

EQUIPMENT

It is recommended to have the following equipment for this season:

- **Pull buoy** - any old pull buoy will do
- **Kick board** - most pools have boards we can use but if you want your own, I would keep it simple and get something similar to what you see at the pool.
- **Paddles** - There's a lot of paddles out there. The key here is not to buy ones that are too big, try to pick a size that's a little bigger than your outstretched hand. Also, for bonus points: consider getting a small pair, these can be useful for drills and working on your "feel" of the water.
- **Fins** – These are important! We will be using them throughout the season for a variety of different types of training, so we highly recommend having them. If you are looking at getting a new pair, select ones that have the strap around the ankle like the Speedo DMC fins or similar (<https://team-aquatic.com/collections/equipment-fins/products/speedo-x-dmc-elite-max-fin-black>). The ones that fit like a shoe do not allow for proper ankle range of motion. If you already have these, don't worry too much they're better than nothing but if you're looking for something new the Speedo DMC fins or similar.
- **Snorkel** - Probably the most under-rated piece of gear. These are great for drills, technique and even speed work. The preferred type is a one-piece without the little valve (they always break or end up leaking). Something like this: (<https://team-aquatic.com/collections/equipment-snorkels/products/arena-swim-snorkel-pro-iii>)
- **Band** – This is especially beneficial to ensure we are focusing on pulling. Something like this is recommended [Finis Pulling Ankle Strap | Team Aquatic Supplies](#)

We do have a discount at Team Aquatic Supplies – information can be found here (once logged into the BMSC Website) [Burlington Masters Swim Club Inc. | Team Aquatics Shark Card](#)