

For athletes in 12A, 12B, 12C, and 12D

Water Bottle	Athletes' choice
Mesh Bag	To keep everything together
Kick Board	Athletes' choice
Fins	If your swimmer needs new fins, please purchase short fins Recommendation: Speedo DMC Elite Fin
Pull Buoy	Athletes' choice
Snorkel	One-piece, front-facing, swimming snorkel Option: Speedo Bullet Head Snorkel
Finger Paddles	Arena brand finger paddles *This is not the same as a full-sized paddle, please reach out to your coach if you have questions
12B/12C ONLY: Paddles	Paddles should *just* cover the full size of their hand We recommend the Speedo Power Plus paddle or Stroke Maker <i>**If you are unsure of sizing or type of paddle, please reach out to your group coach prior to purchasing</i>
12B ONLY: Band	Speedo Training Band 