

## UCSC TRAINING EQUIPMENT LIST

Arriving at workout with the appropriate training equipment is part of every swimmer's responsibility. Equipment adds variety, differing stimulus and corrective measures for technique. Swimming equipment can and should become as personalized as any piece of equipment in any sport. If treated well, the below items should provide years of service to you in your sport and will help you to achieve your goals. Without the appropriate training equipment you will miss out on optimizing your training and may get 'left behind'...

### KICKBOARD



Speedo Junior Kickboard



TAS Rigid Kickboard (Jr)

Kickboards are best when they are smaller. Too long a kickboard can lead to poor body position and possibly shoulder/back injuries. Ideally swimmers should choose a compact kickboard for traveling purposes as well. Here are two examples we recommend

### PULL BUOY



TAS 2-Piece PB



Speedo PB - Jr. or Sr.



Band

Pull buoys are intended to provide floatation. However too large a pull buoy will create too much floatation at the mid point of the body and create poor body position. 12 Stream and younger should get a junior sized pull buoy.

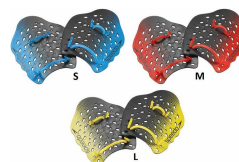
### PADDLES



Finis Agility Paddles



Strokemaker Paddles



Speedo Power Paddle Plus

Paddles are a key component to increasing stroke length and force. It is critical that young swimmers do not wear paddles that are much more than 1/2 an inch wider/longer than their own hand. Too large a surface area will cause improper stroke technique, decreased stroke rates and potentially injury.

**12&Under** swimmers should only use paddles that are the same size as their hands. Please note that paddles that look complex are often too complex to use well... simple is best. Coaches will remove wrist straps on paddles. **Paddles are only necessary for 12 Stream and older.**

### FINS



Arena Powerfin Pro 2



Speedo Short Blade Training Fins



TAS Short Fin

Fins are a great tool for helping to maintain propulsive forces from the lower body, developing underwater speed and developing technique under lower intensities. The far and away best choice are the Arena Powerfin. Without a full 'heel cup' swimmer can have better ankle flexibility as well as minimal water damming in the fin itself. Short Fins are the only choice. Long fins slow down kick rates and produce too much stress at the ankle.

## SNORKEL



Finis Snk Jr. or Sr.



Michael Phelps Focus Snk



Speedo Bullet Head Snk

Taking the 'complexities' out of breathing, snorkels allow swimmers to focus on head, body or purposive positions without worrying about taking a breath. Watch any Senior level workout and you are bound to find several swimmers using Snorkels throughout each and every workout. It takes getting used to but once mastered there may not be a better technical tool in your mesh bag. **Swimmers older than the 12 Stream should be using a senior snorkel.**

## MESH BAG



Speedo Ventilator Deluxe



Speedo Ventilator

Swimmers should keep all their training equipment in their mesh bag. Mesh Bags with additional zipper pockets are great for keeping nose plugs, ear plugs, spare caps and goggles. Once a mesh bag 'springs' a hole it should be replaced. Most holes are the result of 'tossing' the mesh bag to hang on the hooks or dragging them daily up and down the pool.

## TEMPO TRAINER



Finis Tempo Trainer Pro

This specialized piece of equipment is only for senior swimmers, please check with your coach. Swimmers in other groups should not purchase this equipment until they reach those levels.

## OTHER EQUIPMENT

Personal Preference



Team Cap

Personal Preference



Nose Plug

Goggles

Water Bottle

## LABELS

**Swimmers should Label all their training equipment with their name. Simply 'wrapping tape' around it or 'marking it' allows You to know it's Yours but nobody else knows who it belongs to!**