



# UCSC Sr Group Equipment List



For athletes in YND, JND, ND, Provincial, Provincial Lite, and National

|               |                                                                                                                                                                                                                                                                                                   |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Water Bottle  | Athletes' choice                                                                                                                                                                                                                                                                                  |
| Kick Board    | Athletes' choice                                                                                                                                                                                                                                                                                  |
| Fins          | Recommendation: <a href="#">Speedo DMC Elite Fin</a>                                                                                                                                                                                                                                              |
| Pull Buoy     | Athletes' choice                                                                                                                                                                                                                                                                                  |
| Snorkel       | Option: <a href="#">Speedo Bullet Head Snorkel</a>                                                                                                                                                                                                                                                |
| Paddles       | <p>Flat hand paddle</p> <p>Paddles should be *just* larger than the size of their hand</p> <p>We recommend the <a href="#">Speedo Power Plus paddle</a>, Stroke Maker, or Speedo IM Tech Paddle</p> <p><i>The Speedo Tech paddle or Finis Agility paddle are not considered a flat paddle</i></p> |
| Band          | <p><a href="#">Speedo Training Band</a></p>                                                                                                                                                                     |
| Loofah        | <i>Belt and 1 loofah provided by club – additional loofahs the responsibility of the athlete</i>                                                                                                                                                                                                  |
| Mini Band     | <p>Very 1st one provided by club, <a href="#">any similar one</a> works if a new one is needed</p>                                                                                                             |
| Skipping Rope | Athletes' choice                                                                                                                                                                                                                                                                                  |
| Theraband     | <p>Option: <a href="#">Theraband on Amazon</a></p>                                                                                                                                                             |

*Please reach out to your squad coach if you have questions about equipment*