



## T2 Aquatics Equipment

**Caps:** Swimmers with long hair must wear T2 swim caps during practice and meets. They are for sale at the Norris Pool. At practices swimmers can wear white or black caps. At meets swimmers can only wear black caps. If a swimmer has earned a special blue cap they may wear that at practice and meets.

**Fins:** All T2 swimmers must have a pair of swim fins.

**Introduction, Technique & Training, AGD and AGP:** We ask that these athletes get the "**Finis Floating Fin**". This fin will provide a consistent propulsive force for our younger beginning swimmers and let them concentrate on many of the kicking and stroke drills that we do at practice. If swimmers in this group have a previously approved T2 Aquatics fin, that is great as well! You do not have to purchase new fins. You can find these online at a number of retailers. If you have a question about which fin to purchase, please ask a coach.

**Seniors, Senior Performance, National Group:** We ask that these are called "**Finis Zoomer Gold Fins**". You can find these online at a number of retailers as well as the Naples Sports Authority. These fins have a short blade and will replicate your natural kicking motion the best.

**Swim Paddles:** We ask that all swimmers in the Seniors/ Senior Performance/ National Group get paddles. The recommended pair is called "Strokemaker Paddles". Most high school aged girls will use the green size. Most high school aged boys will use the green or yellow size. Please consult your coach for sizing before ordering.

**Kickboards and Pull Buoys:** Kickboards and Pull Buoys can be borrowed from the Norris Pool if you do not have your own. It is recommended that all AGP, S2, SP, and National swimmers have their own kickboard and pull buoy.

**Shoes:** Swimmers should always bring shoes so that we can do some dryland (exercises on land) if needed.

### **Suits:**

**Competition Suit:** All athletes should have a basic black competition suit. The Speedo Endurance (male and female) or the Speedo Super Back (female only) are the two options for T2 Aquatics athletes. This suit should be worn in most racing situations. These suits should be Speedo brand and BLACK only (with the T2 logo if possible).

**Performance Suit:** It may be appropriate for some athletes to have a "Performance" level suit at some competitions. These suits should be Speedo brand and may come in different colors. Please refer to the T2 Aquatics Suit Guidelines for a list of appropriate suits. If you have any questions please ask your coaches for guidance.

---

*Senior level swimmers may have additional required equipment. Please check with your coach.*