

T2 Aquatics Equipment



Introduction/Technique&Training/Age Group Development Groups

Caps: T2 athletes 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: Finis Floating Fin (or similar longer fin). This fin will provide a consistent propulsive force for our younger 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 you do not have to purchase new fins, although it is recommended. You can find these online at a number of retailers. If you have a question about which fin to purchase or if your fin is appropriate, please ask a coach. Note: The sun is rough on fins but we have had fairly good luck with the “Finis Floating Fin” material. They appear to be holding up well for most swimmers. Keeping the fins in a cool place between practices will help them last longer.

Racing Suit: T2 athletes must follow the T2 Suit Guidelines. They can be found on our website under “Documents”.

Sharpie: Write your name on all equipment, front and back.

Optional:

Kickboard: (The Norris Pool has kickboards available to borrow.) If you do purchase a kickboard please get a “standard” sized kickboard, not a kickboard that is very small or pointed at the front. You can find these online at a number of retailers.

Water Bottle: T2 athletes should bring a water bottle filled with water or a sports drink.

Age Group Performance Group

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Racing Suit: T2 athletes must follow the T2 Suit Guidelines. They can be found on our website under “Documents”.

Kickboard: AGP athletes should get a “standard” sized and shaped kickboard, not a kickboard that is very small or pointed in the front. You can find these online at a number of retailers.

Shoes: AGP athletes should bring athletic shoes to each practice for dryland training.

Water Bottle: T2 athletes should bring a water bottle filled with water or a sports drink.

Seniors, Senior Performance, National Group

Caps: T2 athletes 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: "Finis Zoomer Gold Fin". These fins have a short blade and will replicate your natural kicking motion the best. You can find these online at a number of retailers as well as at the Naples Sports Authority.

Racing Suit: T2 athletes must follow the T2 Suit Guidelines. They can be found on our website under "Documents".

Kickboard: Senior athletes should get a "standard" sized and shaped kickboard, not a kickboard that is very small or pointed in the front.

Paddles: The recommended paddles are 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. You can find these online at a number of retailers.

Shoes: Senior athletes should bring athletic shoes to each practice for dryland training.

Water Bottle: T2 athletes should bring a water bottle filled with water or a sports drink.

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