

REQUIRED TRAINING EQUIPMENT SHORT COURSE 2009-2010

YSSC & YSL swimmers should come to each practice with suit (jammer for boys, NO BOARD SHORTS ALLOWED), goggles, and a cap if their hair is below their ears. The coaching staff would like each swimmer to purchase the following equipment at the start of the season. This equipment represents the very best in technology designed with the competitive swimmer in mind. This equipment will give the coaching staff an opportunity to greatly increase the number of skills and drills that can be taught to each athlete. Each swimmer will be provided kick boards and wall hooks to hang swimmers' equipment bags overnight. ***Please write your swimmers name on all equipment with a waterproof marker.*** Dave Johnson of Augusta Swim Supply (888) 799-7946 is Y-Spartaquatics' supplier of everything needed to be part of the team. He will gladly take any orders over the phone and will be at the Middle Tyger YMCA at different times throughout the year to take orders for team suits and any training equipment. Please mention YSSC to get the team discount pricing.

Training Group

Necessary Equipment

Y-Spartaquatics Swim League (YSL)	Speedo Training Fins, Equipment Bag
Age Group Green	Speedo Training Fins, Equipment Bag
Age Group Red	Speedo Training Fins, Equipment Bag
Age Group Purple	Speedo Training Fins, Green Catalyst Swim Paddles, Pull Buoy, and Equipment Bag
Age Group Blue	Speedo Training Fins, Green Catalyst Swim Paddles, Pull Buoy, and Equipment Bag
Age Group Yellow	Speedo Training Fins, Green Catalyst Swim Paddles, Pull Buoy, and Equipment Bag
Pre-Senior	Speedo Training Fins, Green/Yellow Catalyst Swim Paddles (Ask Coach which size), Pull Buoy, and Equipment Bag
Senior III	Speedo Training Fins, Green (Small Hands)/Yellow (Medium to Large Hands) Catalyst Swim Paddles, Pull Buoy, and Equipment Bag
Senior II	Speedo Training Fins, Catalyst Swim Paddles (Ask Coach which size), Pull Buoy, and Equipment Bag
Senior I	Speedo Training Fins, Catalyst Swim Paddles, Finis Freestyle Paddles (coach Pete will turn in new order) Pull Buoy, and Equipment Bag
ALL Groups	Must wear the Black & Red Speedo Endurance Team Swim Suit at every meet! No other suits allowed at meets.

****We will be distributing an Equipment ordering form at registration.**