



FCST Equipment List

- All groups must have the appropriate dryland clothes and athletic lace up shoes
 - All groups must bring a water bottle
 - We highly recommend purchasing a mesh swim bag. It is a great way to keep all the equipment together, clean, and organized.
 - Please label all of your equipment with your FIRST and LAST name.
 - All equipment purchases can be done at djsports.com
 - Please contact your coach with any additional equipment questions
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- Red and White Groups- Kickboard & Tritan long fins

- Blue 1 - Kickboard, Tritan long fins, & Swim snorkel (**Seven Meadows** in addition to previous equipment- Jump Rope)

- Blue 2- Kickboard, Tritan long fins, Swim snorkel, jump rope, & Buoy

- Age Group 1- Kickboard, Tritan long fins, & Swim snorkel (**Seven Meadows** in addition to previous equipment- Buoy, Jump Rope, & Finis Tempo Trainer)

- Age Group 2- Kickboard, Tritan long fins, Swim snorkel, Buoy, Jump rope, & Finis Tempo Trainer

- Age Group 3- Kickboard, Tritan long fins, Swim snorkel, Buoy, Strokemaker paddles*, Finis Tempo Trainer, & Jump rope



- Pre-Senior 1- Kickboard, Tritan long fins, Swim snorkel, Buoy, & Finis Tempo Trainer
- Pre-Senior 2- Kickboard, Tritan long fins, Swim snorkel, Buoy, Strokemaker paddles*, Finis Tempo Trainer, Nose clip, & Jump rope
- Pre-Senior 3- Kickboard, Tritan long fins, Swim snorkel, Buoy, Strokemaker paddles*, Finis Tempo Trainer, Nose clip, Jump rope, & Speedo Fingertip paddles
- Senior 1- Kickboard, Tritan long fins, Swim snorkel, Buoy, Strokemaker paddles*, Finis Tempo Trainer, & Jump rope
- Senior 2- Kickboard, Tritan long fins, Swim snorkel, Buoy, Strokemaker paddles*, Jump Rope, Finis Tempo Trainer, & Fingertip paddles
- Senior Elite- Kickboard, Training fins, Swim snorkel, Buoy, Strokemaker paddles*, Speedo Fingertip paddles, Finis Freestyle paddles, Nose clip, & Jump rope

*For Strokemaker paddles please ask your coach for the appropriate size