



### FCST Equipment List For Long Meadow Farms Groups

- 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 your equipment with your FIRST and LAST name.
  - All equipment purchases can be done at [djsports.com](https://djsports.com)
  - Please contact your coach with any additional equipment questions
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- **Age Group 4** - Kickboard, Tritan long fins, Swim snorkel, Buoy, Freestyle paddles, 10 lbs kettle bell, Finis Tempo Trainer, & Jump rope
  
  - **Pre-Senior 1** - Kickboard, Tritan long fins, Swim snorkel, Buoy, Finis Tempo Trainer, Freestyle paddles, Jump rope, & 10 lbs kettle bell
  
  - **Pre-Senior 2** - Kickboard, Tritan long fins, Swim snorkel, Buoy, Freestyle paddles, Finis Tempo Trainer, Jump rope, & 10 lbs kettle bell
  
  - **Pre-Senior 3** - Kickboard, Tritan long fins, Swim snorkel, Buoy, Freestyle paddles, Finis Tempo Trainer, Jump rope, & 10 lbs kettle bell
  
  - **Senior 3** - Kickboard, Tritan long fins, Swim snorkel, Buoy, Freestyle paddles, Jump Rope, Finis Tempo Trainer, & 10 lbs kettle bell