



### **FCST Equipment List For First Colony and New Territory 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 [xtremeswim.com](http://xtremeswim.com) through the FCST Team Store
  - Please contact your coach with any additional equipment questions
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- **White Groups** – Kickboard & Tritan Long Fins
  - **Red Groups** - Kickboard & Tritan long fins, & Swim Snorkel
  - **Blue Groups** - Kickboard, Tritan long fins, & Swim snorkel
  - **Age Group 1** - Kickboard, Tritan long fins, Swim snorkel, & Buoy
  - **Age Group 2** - Kickboard, Tritan long fins, Swim snorkel, Jump rope, & Buoy
  - **Age Group 3** - Kickboard, Tritan long fins, Swim snorkel, Buoy, Jump rope, & Finis Tempo Trainer
  - **Age Group 4** - Kickboard, Tritan long fins, Swim snorkel, Buoy, Strokemaker paddles\*
  - **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\*, Weights & Jump rope
- **Senior 2-** Kickboard, Tritan long fins, Swim snorkel, Buoy, Strokemaker paddles\*, Weights & Jump rope
- **Senior 3-** Kickboard, Tritan long fins, Swim snorkel, Buoy, Strokemaker paddles\*, Weights, & Jump Rope
- **Senior Elite-** Kickboard, Training fins, Swim snorkel, Buoy, Strokemaker paddles\*, Speedo Fingertip paddles, Finis Freestyle paddles, Nose clip, Weights & Jump rope

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