



### FCST Equipment List

- All groups must have the appropriate dryland clothes, athletic lace up shoes, & 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](http://djsports.com)
- Please contact your coach with any additional equipment questions.

- 
- Age Group 3- Kickboard, Tritan long fins, Swim snorkel, Buoy, Freestyle paddles, 8 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, Nose clip, Jump rope, & 10 lbs kettle bell
  - Pre-Senior 3- Kickboard, Tritan long fins, Swim snorkel, Buoy, Freestyle paddles, Finis Tempo Trainer, Nose clip, Jump rope, & 10 lbs kettle bell



- Senior 2- Kickboard, Tritan long fins, Swim snorkel, Buoy, Freestyle paddles, Jump Rope, Finis Tempo Trainer, & 10 lbs kettle bell