



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 xtremeswim.com through the FCST Team Store
 - 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