

EASTERN EXPRESS SWIM TEAM TRAINING

EQUIPMENT LIST

All Items can be ordered through our EEX Team Portal on the Ultimate Swim Shop Website.

www.UltimateSwimShop.com , create an account, and select EEX as your Team

Equipment / Item	Senior Elite	Senior Boys	Senior Girls	Pre-Senior	Age Group
Goggles (Reliable!)	2-3 Pairs	2-3 Pairs	2-3 Pairs	2-3 Pairs	1-2 Pairs
Mesh Bag	Yes	Yes	Yes	Yes	Yes
Snorkel (Speedo Bullet)	Yes	Yes	Yes	Yes	Yes
Kick Board (Speedo)	Yes	Yes	Yes	Yes	Yes (Junior)
Floating Fins (Trialon)	Yes	Yes	Yes	Yes	Yes
Zoomers (FINIS)	Yes	Yes	Yes	Yes	
Pull Buoy (Speedo 1piece)	Yes	Yes	Yes	Yes (Junior)	Yes (Junior)
Agility Paddles (FINIS)	Yes (Medium)	Yes (Small / Med)	Yes (Small)	Yes (Small)	Yes (Small)
Paddles (Power +)	Yes (by hand size)	Yes (by hand size)	Yes (Small Med)		
Pulling Ankle Band	Yes	Yes			
Parachutes	Yes	Yes			
Water Thermos / Bottle	Yes	Yes	Yes	Yes	Yes
Sneakers	Yes	Yes	Yes	Yes	Yes
Dry-land clothes	Yes	Yes	Yes	Yes	
Yoga Mats (not req.)	Recommend	Optional	Optional	Optional	
Jump Rope	Recommend	Recommend	Yes	Optional	
Stretch Cordz	2 Kinds	Yes	Yes		

Swimmers will need to bring the above items to workout each day in order to fully participate in and benefit from the practice.

This Includes Wearing Sneakers to Every Practice!

Equipment should be in excellent working condition and easily identifiable **AT ALL TIMES!**

Gear that is lost or damaged during the season **must be replaced immediately – no excuses!**