

Swimmer needs for their 1st day of practice:

1) GOLD Slip from the Athletic Director

2) A one-piece swim suit for females or trunks for males– preferably competitive swim attire*



3) Goggles – preferably 2 pair*



4) Swim caps for females and males with long hair – preferably 2 caps*

5) Fins – short training fins, not scuba diving fins*



6) Old pair of tennis shoes to wear in the water (no basketball shoes or water shoes)



7) Pull bouy*

8) Water bottle

9) Dryland apparel – shorts, t-shirt, socks, running shoes

10) Mesh bag to keep your swim equipment tidy and dry at the pool

11) Towel

12) Lock to keep valuables secured in the locker-room

13) MOST IMPORTANT – A Good Attitude and A Will to Work!!!



*Indicates a limited amount MAY be available to borrow on a first-come daily basis.

Most swim apparel can be purchased online or locally at the Life Guard Store or Wild Country. Other stores, including sporting goods stores, may not offer all items needed or in a quality that will last.