



Training Gear Required

Junior Squad

1. Two pairs of Goggles



2. Team Swim Cap available from Jindalee Facility customer service counter.
3. Kick Board – we recommend that all swimmers write a motivational saying on their kick board with a permanent marker



4. Pull Buoy



5. DMC Training fins are the preferred fins for our higher squad swimmers. To order these please follow the link. [DMC Training FINS](#)





Bronze, Silver and Gold Squad

All the previous items, plus the following:

6. Agility or ISO Paddles –
 - a. 2 Dot for most swimmers
 - b. 3 Dot for swimmers aged 16 and over



7. Finis, Vorgee or Speedo Snorkel – an absolute crucial tool for all swimmers to have!



8. Kit Bag

