

ATTENTION TWST MEMBERS

Everyone should be preparing for the upcoming season. Remember, practice is VERY IMPORTANT to achieve your goal.

- Set up you goals based on your best time.
- Manage your time. Make sure that you are doing well in school.
- Be prepared for each and every practice/meet.

List of Gear for Swimmers:

TYM:

Pull Buoy
Kick Board, Flippers
Paddles (Small)
Team Uniform

Junior/Senior:

Pull Buoy
Kick Board
Paddles (Juniors – Small/Medium) (Senior – Small/Large)
Team Uniform
Flippers (Preferably Speedo Speed Training Fin or Rubber Fin)
Mesh Bag
Heart Rate Watch (Type will be recommended)
Drag Suit
In-Water Stretching Cords
Parachutes

Recommended Uniform:

T-Shirts
Shorts
Sweatshirt/Hoodie
Sweatpants
Warm-up