



The Country Pool Swim Team
73 Waln Road
Chesterfield, NJ 08515
www.thecountrypool.com



Swim Team EQUIPMENT Information – 2016 Season

This sheet provides a description of the equipment each swimmer will need for the swim season. Having the right equipment for swim practice and swim meets will help your swimmer do their best. At the beginning of each swim season we host our team equipment dealer (Metro Swim Shop, 1221 Valley Road Stirling, NJ 07980, 1-800-526-8788, www.metroswimshop.com) at Country Pool to allow families to purchase the equipment that is needed for the season (Tuesday, June 7th from 5:00 – 7:30PM). You can also purchase much of it online at various websites. It is important to get the right equipment for swimming. Please review the descriptions before purchasing any equipment online. And please, make sure your swimmers have all the necessary equipment for swimming this season.

Team Suit: Required equipment. Each swimmer needs a team suit for swim meets. For the 2016 swim season we are getting a new suit, the Speedo Endurance Zee Wave.

- Girls (~ \$36.00): [http://www.metroswimshop.com/product.8191505_Kelly_Green_\(003\).htm](http://www.metroswimshop.com/product.8191505_Kelly_Green_(003).htm).
- Boys (~ \$27.00): [http://www.metroswimshop.com/product.8051505_Kelly_Green_\(003\).htm#.VwGF-uT2Y5k](http://www.metroswimshop.com/product.8051505_Kelly_Green_(003).htm#.VwGF-uT2Y5k)

It is a competition/racing suit. When fitting a racing suit, it needs to be snug (girls suit shoulder straps snug to tight), not loose (less drag makes faster swimmers). You are better off choosing a smaller size rather than larger if you are stuck in between sizes. The suits will stretch slightly with use over time no matter how well you take care of them. We recommend that you only use these suits for meets (and they will last longer too). Our team dealer will have these suits at our suit try-on date for you to try on so you can get the right size. They will also set up an on-line portal for you to order it directly from them (same price) if you cannot make it on the suit try-on date (info will be forwarded to team once portal is set up).

Practice Suit: Recommended equipment. While not required, a practice suit is highly recommended. Over the course of the summer, a suit will wear, fade, and generally see a lot of use. Having a practice suit will allow you to keep your team suit in good shape. Practice suits should be fitted the same as the team suit. Our team dealer will have these at suit try-on as well, but you can also get them on-line at low prices. Many dealers have 'grab-bag' suits where you provide your size and maybe a 1st color choice and for a low price you'll get a discontinued racing suit (last year's model for example) but still a high quality competition/racing suit.

- Boys: swim trunks or shorts are not competitive practice attire
- Girls: 2-piece suits or suits with strings and ties are not competitive practice attire

Goggles: Required equipment. Every swimmer will feel better and more comfortable wearing goggles for practice, meets, and for playing around in the pool. The right kind of goggle is important. No swim masks or diving type goggles that cover the nose. Smaller is better (remember, less drag makes you faster). A one-piece frame, adjustable strap and a soft and sturdy gasket between goggle lens and eye socket (one piece, integrated into goggles so it doesn't come off or leak) are good considerations for goggles that will last and not break quickly. The Speedo Hydrosplex Jr, Speedo Jr. Hydrosplex 2, and Speedo Jr. Victory Goggle are examples of a good pair of goggles for younger swimmers (they can take a beating and still will work). The Speedo Jr. Vanquisher 2.0 is also a good goggle, but has a nose piece that can break so care must be taken with this choice. Tinted goggles are a very good idea for summer swimming as the sun in the water can be very bright. You may want to try a few pair on to see what is most comfortable. Please put your child's name on their goggles!



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Goggles (cont.): If you wear prescription glasses, you can purchase prescription goggles. They are not much more expensive than non-prescription goggles and work very well. The Speedo Jr. Vanquisher Optical Goggle is a good brand & style and is not that expensive (and they come in clear and tinted lenses). Here is a link to some prescription goggle choices from Swim Outlet (including the Speedo Jr. Vanquisher Optical Goggle):

<http://www.swimoutlet.com/prescription-swim-goggles-c9623/#cat=9623&page=1&sortBy=BestMatch&viewall=no>

Swim Cap: Highly recommended for girls, optional for boys. If your hair is in your face, it is hard to see, it may prevent you from swimming and breathing properly, and will likely slow you down. Swim caps are recommended to keep your hair out of the way and to help protect your lovely hair from the chlorine. Most girls wear swim caps, some boys do, some don't. A hair tie is NOT an acceptable means of pulling up your hair while swimming. At swim meets, if a swimmer wears a swim cap, it must be a Country Pool team cap (no exceptions). At practice you don't have to wear a team swim cap. Each swimmer will receive one team cap as part of their registration fee. Please put your child's name on it! If you lose or break your team swim cap, additional team swim caps can be purchased from the team administrator for \$5 each. Team swim caps cannot be ordered or purchased at any dealer as we have them custom made for our team. Practice swim caps can be purchased online or at any swim shop or sports store.

Fins: Required equipment. Every swimmer needs to have a pair of fins. We will use them in practice on a daily basis. No scuba, diving, open heel, or adjustable fins. All rubber fins only, no plastic. Shorter fins are better than longer fins (fast feet make fast swimmers), but do not buy 'zoomers' (really short fins for specialized training). The fins should be snug fitting, but not overly tight, however do not get fins that are too loose as they will fall off. Please put your child's name on each fin! A few good examples of the type of fins that are good for swim practice:

- Sporti Swim Fins ([http://www.swimoutlet.com/p/sporti-floating-swim-fins-\(color\)-23059/?color](http://www.swimoutlet.com/p/sporti-floating-swim-fins-(color)-23059/?color))
- Finis Swim Fins (<http://www.swimoutlet.com/p/finis-floating-swim-fins-13413/?color=>)
- Speedo Training Fins (http://www.amazon.com/Speedo-Rubber-Swim-Fins-Medium/dp/B005FYF8X0/ref=sr_1_2?s=sports-and-fitness&ie=UTF8&qid=1459730202&sr=1-2&keywords=swim+fins)

Water Bottle: Required equipment. Every swimmer needs to bring a water bottle to every practice and meet. No glass. Please put your swimmer's name on their water bottle.

Online sites to purchase equipment:

- Metro Swim Shop (CP Team Dealer): www.metroswimshop.com
- Swim Outlet: www.swimoutlet.com
- Kiefer: www.kiefer.com
- Amazon: www.amazon.com