

## **Swim Gear needed for Practices and Swim Meets**

Many summer team swim parents are new to swimming and may not know much about the equipment your coach requires. This blog on [summer league swim gear](#) can be a handy reference for the brand new swim parent.

### **Practice Gear:**

- Swim Suit – one piece and/or competitive swim suit
- Goggles
- Towel
- Sun Screen
- Tennis Shoes – Coaches will sometimes run dryland practice for which the kids need to be prepared with a good pair of shoes.

### **Swim Meet Gear:**

- Team Swim Suit - purchased at open house and delivered before the end of May.
- Goggles
- Towel(s) - some people bring 3-5 towels so kids have a dry one after each event
- Sun Screen
- Downloaded/Printed Meet Program (this will be emailed the night before)
- Sharpie
- Water bottles/snacks/money for concessions
- Blankets/tarps/folding chairs