

Read Carefully –Training Equipment fittings and details.

Coach Roger would like **all of the swimmers / all age groups to have fins and hand paddles** for practice beginning ASAP. It is also helpful to have a mesh bag to use to carry these on and off the deck. *If you already have any of this equipment (any make/style) you are welcome to use what you have. If you are not sure if it will work, bring in ASAP and ask the coaches. If your fin blades are too long the coaches may want to cut them down.*

FITTINGS

- The fitting dates are on the team calendar. Parents do not need to come in – we will fit the kids as they arrive on deck for practice. It is helpful if swimmers know their shoe size. Parents may volunteer to help fit swimmers via Supermeets. Volunteers will set up and be trained on how to fit swimmers each day at 3:15pm – please arrive promptly if you are a volunteer.
- We will place a consolidated order for the equipment - coaches selected styles to choose from – see order form. We will fill in sizes on the forms and their order form will come home with them.
- RETURNING MAKOS - CHECK YOUR EQUIP to see if it fits and please BRING IT IN if you want to try our “trade up” program (see below) If swimmers need equip they should come home with an order form with their suggested sizes for your review. If you choose to purchase this equipment please fill in the order form and return it with payment ASAP (put in "Equipment Order" folder in team mail box). Please turn in your form as soon as you can to catch the earliest order date you can to begin using your equipment as soon as possible!

NOTES ON EQUIPMENT

I) FINS:

If the swimmer is between sizes, they may have to order a fin that is the next size up and wear socks under them. They may try the fin in the pool - often a wet fin feels better. These are nice fins and the foot pockets are soft and flexible.

- **ALL SWIMMERS** – we are now using the **TYR Crossblade Fins** – any suitable fins you already have are fine – wait to buy new fins when you outgrow them, our old style fins are still suitable training fins. We switched due to irregular availability from Kiefer on fins.

II) HAND PADDLES:

The best way to fit these is to simply have the swimmer lay their closed hand on the paddle and choose a size slightly larger than their hand. Too big a paddle gives too much resistance and can cause shoulder injury. The Speedo training paddle will be selected for most of the 10 & under swimmers; it is simple and lowest in cost. Some of the younger kids with larger or wider hands will be recommended TYR Catalyst Brights. Some of the 11/12's and older swimmers may prefer the Speedo Training paddles. You can make changes to the recommended models if you want to. Generally the 11 & older kids will fit well in one of the TYR Catalyst Brights; the size recommendations on the order form are a very good guide. Most of the HS kids choose the Catalyst Brights.

III) MESH BAGS: These come in 2 sizes. The **mini-mesh** bag only fits the smaller shorter blade fins. A pair of paddles will fit in also. Any larger fin size, and all longer blade fins should go to the larger **Better Times Equipment** bag. The bags are helpful as you can store your wet equipment in them while not in use and the open mesh allows the equipment to dry. It also gives the kids something to carry them in, and to help keep them organized.

IV) TRADE UP PROGRAM:

Once again we will organize the trade up / resale program for those who are interested. If you have any of the equipment that you bought through the Mako program and it is too small, we can attempt to make some cash free swaps. For example if you wear long royal fins and need next size, these are the long red fins. If another swimmer has outgrown red and needs navy we can arrange some trade ups. We will look for trades first, keeping a priority system where the first person who brings a pair to sell and wants a pair to buy will get the first match. If you have nothing to trade, but are willing to buy/sell used fins at \$5 off of the “new” price you can mark this on your order form. We can do the same thing with hand paddles, where we can try to make cash free swaps, or offer buy/sell at \$3 off the “new” price. If you want to try this you **MUST** bring in the equip you want to trade, as early during the fittings as possible, and you can print your own trade form and mark what you are interested in on it – send it in with your swimmers during the fitting.

V) DONATIONS / OR UNABLE TO PURCHASE: Over the years many families have acquired a supply of fins or hand paddles that they may have out grown. The team would appreciate donations of your used equipment to help team members who may not have their own equipment. A box will be placed in the observation lobby during practice hours to collect any such donations. Please dig these up & bring them as soon as you can so we can see what we have to help others with. If you are unable to make an equipment purchase please advise Coach Roger ASAP and we will see if we can match kids needing equipment up with the donated supply on a loaner basis. If you wind up with extra equipment that did not find a match in the “trade up” program you may donate it if you wish. Coach Roger will sign “charitable donation” slips receipts for you.