

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