

## Dynamo Alpharetta 2010-2011 Equipment List by Training Group

### **Senior 1**

shoes for kicking  
½ paddles-long, green paddles  
kickboard  
PDF's  
long fins  
pull bouy  
nose clip (Better Times)  
center mount snorkel  
tempo trainer  
finger paddles (Stingray)  
mesh bag

### **Senior 2**

long fins  
PDF's  
finger paddles  
regular hand paddles  
kickboard  
pull buoy  
center mount snorkel  
nose clip  
mesh bag

### **Senior 3**

hand paddles  
kickboard  
pull buoy  
PDF's  
center mount snorkel  
nose clip  
mesh bag

### **Age Group 1**

long fins  
PDF's  
finger paddles  
kickboard  
pull buoy  
center mount snorkel  
nose clip

### **Age Group Development**

kickboard  
long fins  
PDF's  
center mount snorkel  
nose clip  
pull buoy

### **Age Group 2**

pull buoy  
kickboard  
nose clip  
center mount snorkel  
PDF's or Z2's  
finger paddles (Stingray)  
mesh bags

### **Age Group 3**

kickboard (junior size)  
long fins  
PDF's  
center mount snorkel  
TYR nose clip  
pull buoy (junior size)  
mesh bag

### **Gold**

kickboard (junior size)  
long fins  
PDF's  
center mount snorkel (junior size)  
TYR nose clip  
mesh bag

### **Green**

kickboard (junior size)  
long fins  
mesh bag