

DST Recommended Training Equipment

2007-2007



All Olympic Development Swimmers

- Hydro Finz
- Catalyst or Strokemaker Paddles
- Kickboard
- Pull Buoy
- Equipment Bag
- Snorkels (suggested for Senior Groups Only)

Delaware Swim Team "DAWGS"

Bigg & Super Swimmers:

- Hydro Finz
- Catalyst or Strokemaker Paddles
- Kickboard
- Pull Buoy
- Equipment Bag

Mighty Swimmers:

- Hydro Finz
- Kickboard (optional)

Wonder Swimmers:

- Regular Full Size Fins

Developmental Program

Hot, Mini, and Pup Swimmers:

- Regular Full Size Fins