

# 2009-2010 DST Recommended Training Equipment



## **National and Senior Swimmers**

- Hydro Finz
- Catalyst or Strokemaker Paddles
- Kickboard
- Snorkels
- Equipment Bag
- DST Yellow Cap for practice
- Pull Buoy

## **Super Dawgs Equipment List**

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

## **Mighty Dawgs Equipment List**

- Hydro Finz
- Kickboard (optional)

## **Wonder Dawgs Equipment List**

- Regular Fins
- Kickboard (optional)

## **Pups Equipment List**

- Regular Fins