

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