

# NYAC 2020-2021 TEAM WEAR & EQUIPMENT LIST



Please ensure every piece of equipment and team wear is labeled with your child's first and last name

YOUTH, INTRO AND WAVES					
YOUTH		INTRO		WAVES	
Equipment Required	NYAC Team wear required	Equipment Required	NYAC Team wear required	Equipment Required	NYAC Team wear required
<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (power tube-light)</li> <li>Yoga mat</li> <li>Water bottle</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> <li>NYAC Black warm up jacket (custom name embroidery)</li> <li>NYAC Backpack (custom name embroidery)</li> <li>Dryland – NYAC shirt required - Black cotton T-shirt, Dry fit black tank, Dry fit black T-shirt.</li> </ul>	<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (power tube-light)</li> <li>Yoga mat</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> </ul>	<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> </ul>

DEVELOPMENT					
A		B		C	
Equipment Required	NYAC Team wear required	Equipment Required	NYAC Team wear required	Equipment Required	NYAC Team wear required
<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Paddles (TYR Catalyst, see coach for other)</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (Power tube light-medium)</li> <li>Yoga mat</li> <li>Water bottle</li> <li>Running shoes (we recommend you designate a pair of indoor shoes for dryland, especially at TPASC where it is required)</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> <li>NYAC Black warm up jacket (custom name embroidery)</li> <li>NYAC Backpack (custom name embroidery)</li> <li>Dryland – NYAC shirt required - Black cotton T-shirt, Dry fit black tank, Dry fit black T-shirt.</li> </ul>	<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (power tube light-medium)</li> <li>Yoga mat</li> <li>Running shoes (we recommend you designate a pair of indoor shoes for dryland, especially at TPASC where it is required)</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> <li>NYAC Backpack (custom name embroidery)</li> <li>Dryland – NYAC shirt required - Black cotton T-shirt, Dry fit black tank, Dry fit black T-shirt.</li> </ul>	<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (power tube - light)</li> <li>Yoga mat</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> <li>NYAC Backpack (custom name embroidery)</li> </ul>

**JUNIOR**

A		B		C	
Equipment Required	NYAC Team wear required	Equipment Required	NYAC Team wear required	Equipment Required	NYAC Team wear required
<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Paddles (TYR Catalyst, see coach for other)</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (power tube medium - heavy)</li> <li>Yoga mat</li> <li>Water bottle</li> <li>Running shoes (we recommend you designate a pair of indoor shoes for dryland, especially at TPASC where it is required)</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> <li>NYAC Black warm up jacket (custom name embroidery)</li> <li>NYAC Backpack (custom name embroidery)</li> <li>Dryland – NYAC shirt required - Black cotton T-shirt, Dry fit black tank, Dry fit black T-shirt.</li> </ul>	<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Paddles (TYR Catalyst, see coach for other)</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (power tube - medium)</li> <li>Yoga mat</li> <li>Running shoes (we recommend you designate a pair of indoor shoes for dryland, especially at TPASC where it is required)</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> <li>NYAC Backpack (custom name embroidery)</li> <li>Dryland – NYAC shirt required -Black cotton T-shirt, Dry fit black tank, Dry fit black T-shirt.</li> </ul>	<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (power tube - medium)</li> <li>Yoga mat</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> <li>NYAC Backpack (custom name embroidery)</li> </ul>

**SENIOR**

A		B		C	
Equipment Required	NYAC Team wear required	Equipment Required	NYAC Team wear required	Equipment Required	NYAC Team wear required
<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Paddles (TYR Catalyst, see coach for other)</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (Power tube heavy- very heavy)</li> <li>Yoga mat</li> <li>Water bottle</li> <li>Running shoes (we recommend you designate a pair of indoor shoes for dryland, especially at TPASC where it is required)</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> <li>NYAC Black warm up jacket (custom name embroidery)</li> <li>NYAC Backpack (custom name embroidery)</li> <li>Dryland – NYAC shirt required - Black cotton T-shirt, Dry fit black tank, Dry fit black T-shirt.</li> </ul>	<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Paddles (TYR Catalyst, see coach for other)</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (power tube - heavy)</li> <li>Yoga mat</li> <li>Water bottle</li> <li>Running shoes (we recommend you designate a pair of indoor shoes for dryland, especially at TPASC where it is required)</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> <li>NYAC Backpack (custom name embroidery)</li> <li>Dryland – NYAC shirt required - Black cotton T-shirt, Dry fit black tank, Dry fit black T-shirt.</li> </ul>	<ul style="list-style-type: none"> <li>Goggles</li> <li>Kick board</li> <li>Fins</li> <li>Snorkel</li> <li>Pull buoy</li> <li>Skipping ropes</li> <li>Stretch chord (power tube - medium - heavy)</li> <li>Yoga mat</li> </ul>	<ul style="list-style-type: none"> <li>NYAC Cap</li> <li>Black swimsuits (must be worn at all TPASC practices and meets)</li> <li>NYAC Black cotton T-shirts (must be worn at meets)</li> <li>NYAC Backpack (custom name embroidery)</li> </ul>

**HIGH PERFORMANCE**

<b>Equipment Required</b>	<b>NYAC Team wear required</b>
<ul style="list-style-type: none"><li>• Goggles</li><li>• Kick board</li><li>• Fins</li><li>• Paddles (TYR Catalyst, see coach for other)</li><li>• Snorkel</li><li>• Pull buoy</li><li>• Skipping ropes</li><li>• Stretch chord (Power tube heavy to very heavy)</li><li>• Yoga mat</li><li>• Water bottle</li><li>• Running shoes (we recommend you designate a pair of indoor shoes for dryland, especially at TPASC where it is required)</li></ul>	<ul style="list-style-type: none"><li>• NYAC Cap</li><li>• Black swimsuits (must be worn at all TPASC practices and meets)</li><li>• NYAC Black cotton T-shirts (must be worn at meets)</li><li>• NYAC Black warm up Jacket (custom name embroidery)</li><li>• NYAC Backpack (custom name embroidery)</li><li>• Dryland – NYAC shirt required Black cotton T-shirt, Dry fit black tank, Dry fit black T-shirt.</li></ul>