

Seal Squad Kit List

Alignment Kickboard – Streamline Kickboard



Hydrodynamic design and stabilising hand strap allows control over the board without gripping, creating perfect alignment from fingertips to toes. When paired with a snorkel, it encourages proper head alignment and improves overall technique. The EVA foam provides durability and prevents skin irritation.

Stability Snorkel – Bracketless™ Competitive Snorkel



In 1995, FINIS created the first centre-mount snorkel for the competitive swim market. The widespread use of snorkels helped identify two common complaints; head brackets HURT, and the earthquake experience you get off every wall is enough to drive you crazy. Seeing the market need, we invented a solution to these problems: the Stability Snorkel Series. The first of its kind, these bracketless™ snorkels are so comfortable and stable that you will forget you are wearing one. The Speed Snorkel is designed specifically for competitive swimmers who train at high speeds.

Foam Pull Buoy – Leg Buoy



Immobilises legs and provides lift to build upper body strength and increase focus on proper hip rotation. The EVA foam provides durability and prevents skin irritation.

Pulling Ankle Strap



A rubber strap worn around the ankles to eliminate kicking. Ideally used with the Foam Pull Buoy, the strap immobilises the legs to build upper body and stabilising core strength.

Training Fins



We recommend buying the MARU Short Training Fins, available in a range of sizes and colours. Please do not buy the Speedo Biofuse Training Fins as these are heavy and inhibit kicking in the younger swimmers, or long fins as these are unsuitable for the work that we do with the swimmers and can overload joints, ligaments and tendons.