

Dolphin 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.

Axis – Dual-Function Pull Buoy



Dual-function design improves body position and builds upper body and core strength. The ergonomically designed keyholes allow swimmers to easily move the buoy from ankles to legs. The EVA foam provides durability and prevents skin irritation.

Floating Agility Paddle – Strapless Technique Paddles

Ergonomically-advanced design teaches an early vertical forearm position to increase stroke efficiency. The convex shape requires a proper palm positive hand position. Due to the paddles' strapless design, incorrect technique will cause the paddles to fall off.



SIZE GUIDE

AGILITY PADDLES				
SIZE	XS	S	M	L
RECOMMENDED FOR	YOUTH	YOUTH / ADULT	ADULT	ADULT
VERTICAL LENGTH OF PADDLE	4.7" (11.9cm)	6.5" (16.5cm)	7.25" (18.4cm)	8" (20.3cm)
HAND CIRCUMFERENCE	7" or less (17.8cm or less)	7" - 8" (17.8cm-20.3cm)	8" - 9" (20.3cm-22.9cm)	9" or more (22.9cm or more)

1. Black circles on lower half of paddles show size:
XS [○], S [●], M [●●], L [●●●]



2. Hand Circumference - Measure around your palm, excluding your thumb.



3. Vertical length of paddle.



4. Hand should fit comfortably on the paddle.



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 them.