

CNS Equipment List

Club North is an Adidas sponsored team. We would like our swimmers to wear Adidas suits and use any Adidas training equipment whenever possible.

Please use a sharpie to label **ALL** equipment and we recommend that you do this at the beginning of every month.

Senior/Gold	Silver	Bronze II	Bronze I	Pre-competitive
Mesh Bag	Mesh Bag	Mesh Bag	Mesh Bag	Mesh Bag
Water Bottle	Water Bottle	Water Bottle	Water Bottle	Water Bottle
Jr. Sized Kickboard	Jr. Sized Kickboard	Jr. Sized Kickboard	Jr. Sized Kickboard	Jr. Sized Kickboard
Jr. sized Pull Buoy	Jr. sized Pull Buoy	Jr. sized Pull Bouy	Jr. Sized Pull Bouy	
Crossblade fins	Crossblade fins	Crossblade Fins	Crossblade Fins	Crossblade Fins
Center Mount Snorkel	Center Mount Snorkel	Center Mount Snorkel		
Catalyst Paddles (small sizes)	Tube Socks (wear while kicking)			
Any specialized equipment athlete wants to help with training, see coaching staff first. For example a Tempo Trainer, breaststroke fins.				

The Club North team uniform is currently a Navy racing suit with or without the CNS team logo, we will be introducing our Adidas team suit in the near future. All team members, including those swimmers in an unattached" status, must wear the team suit in competition. The coaching staff recommends that swimmers wear their team suit in competitions only and a different suit in practices to reduce wear and tear. In championship, shave and taper meets, 11 & over swimmers are not required to, but may wear Technical Racing Suits. The coaching staff does not recommend these suits for 10 & Under. These suits are expensive and CNS coaches do not believe these suits are necessary for fast swimming. If you do decide to purchase one of these suits, you may go to our website and you will receive a slight discount through Kollege Town Sports (35%). Please check with the coaching staff to make sure you are purchasing a FINA approved suit. If a suit is purchased, Club North Coaching Staff does not want these suits worn in meets other than championship meets, unless discussed prior to that specified meet with a coach.

If your swimmer chooses to wear a cap, he or she must wear the Club North team cap. The team cap is Navy with the club North logo imprinted on both sides in yellow. Caps cost \$10.00 for silicone. Caps are available for purchase from the coaches. Coaches usually bring extra caps for sale at swim meets, your team account will be billed for a cap purchase.

The racing suit and swim cap are the only required team uniform in competition. The purchase of all other Club North apparel is optional. However, as an organization we do place high value on team unity and are always focused on creating new traditions while continuing our previous traditions. This is expressed at meets with the team pride each swimmer and parent demonstrates by wearing only Club North team apparel.

Team apparel and equipment can be purchased from Kollege Town Sports on our team website, you will receive a 30-35 % discount on products in the swim catalog.