

OAC

Required Equipment List

Olympic Aquatic Club, PO Box 756, Tracyton, Wa 98393-0756
(360) 698-1214

ENTRY and NOVICE ~cOACH Megan

Practice: Swim suit, Swim Cap, Goggles (2 pair fitted to child),
Water Bottle

Competition: Team racing suit, Team cap

Optional: Kickboard, Fins

AGE GROUP and TRANSITION ~cOACH Amy

Practice: Training suit, Cap, Goggles (2), Water Bottle,
Kickboard, Tempo Timer, Fins, Hand Paddles, Pull Buoy

Competition: Team racing suit, Team cap

Optional: Mono snorkel

SENIOR ~cOACH Marilyn

Practice: Training suits, Cap, Goggles (2), Water Bottle, Dryland
training clothes, Tempo Timers, Fins, Pull Buoy

Competition: Team racing suit, Team cap

Optional: Mono snorkel

Janet Meeds, our apparel chairperson will be contacting club members about additional team wear. Tee shirts, sweat shirts, parkas etc. Fircrest swim shop will be at OLY pool 5-7 PM for your equipment needs Friday October 2, 2009. Fircrest will also be at all of our home swim meets (Dec 5-6, Jan 30, Mar 6, May 29).