




# PVAC Equipment List

## Gold Group Training Items

## Silver Group Training Items

<p><b>Essential Items</b>  <b>2 Swim Caps / 2 Goggles</b>  <b>Female Swim suit / Male Jammers or Speedo</b></p>	<p><b>Essential Items</b>  <b>2 Swim Caps / 2 Goggles</b>  <b>Female Swim suit / Male Jammers or Speedo</b></p>
<p><b>Mesh Training Bag</b></p> 	<p><b>Mesh Training Bag</b></p> 
<p><b>Stroke Maker Paddles 0.5</b></p> 	<p><b>Figure 1 Floating Rubber Fins</b></p> 
<p><b>Figure 2 Floating Rubber Fins</b></p> 	<p><b>Figure 3 TYR Strealime Kick board</b></p> 
<p><b>Figure 4 TRY Strealime Kick board</b></p> 	<p><b>Bring All Equipment to Each Practice.</b>  <b>Write Your Name on Your Equipment.</b>  <b>Thank You for Your Cooperation</b>  <b>See You on The Pool Deck</b></p>

**MOST ITEMS CAN BE FOUND AT YOUR LOCAL SWIM SHOP OR CHECK OUT [www.swimoutlet.com](http://www.swimoutlet.com)**