

Competitive Squad Equipment List (Sept 4, 2017)

Below is a chart of equipment that the athletes will require while training with the Flatland competitive program. Different groups require different items so please take note of changes between the groups.

Equipment Group	Goggles	Swim Cap	Water Bottle	Running Shoes	Dryland (DL) Clothing	Skipping Rope	Fins (Short) Please read details below	Pull buoy	Hand Paddles	Training Bathing Suit	Team Wear
Pre-Comp Intro	✓	✓	✓	✓	✓					✓	✓
Pre-Comp	✓	✓	✓	✓	✓					✓	✓
Comp 1	✓	✓	✓	✓	✓	✓	✓ **			✓	✓
Comp 2	✓	✓	✓	✓	✓	✓	✓	✓ **		✓	✓
Comp 3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Comp 4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

****:** optional items

Descriptions:

Goggles: Most goggles are sufficient at every level but swimmers will develop preferences as they progress. Goggles can be purchased in a variety of places: Wal-Mart, SportChek, SportCo. (located in the Lawson Aquatic Centre), online at <https://www.alltides.com/en/accessories/swim-goggles.html>

Try fitting the goggles into the eye socket. If they stay without the use of the strap they are most likely a good fit.

Swim Cap: Most latex and silicone swim caps are acceptable for training. These may be found at the same places as goggles. We also provide blue latex (\$7) and white & orange silicone (\$15) team caps. The white/ orange silicone Flatland cap is required for racing. These can be acquired from the coaches.

Water Bottle: Every athlete will be required to have a water bottle at all workouts (in and out of pool), and at swim meets.

Running Shoes: Appropriate running shoes will be required for out-of-water training, including running and various other fitness exercises. Please ensure the athletes have supportive shoe wear for multidirectional movements.

Dryland Clothing: Appropriate clothing for exercising includes gym shorts/ pants, workout t-shirts/ tank tops/ sweatshirts. The athletes will do dryland both in- and outdoors, while the weather permits it. Avoid using day wear, such as jeans, dresses, and other clothing that restricts full range of motion.

Skipping Rope: Most skipping ropes will be acceptable for dryland use. Please avoid ropes with extra/ loose parts that could cause injury.

Fins: Due to the Lawson's new policy prohibiting public/ user groups from borrowing their fins, the swimmers will now be required to have their own. Shorter fins are preferred for those who do not already own a pair. The preferred style can be purchased at: <https://www.alltides.com/en/aquam-flow-fins.html>

Sizing is the same as shoe size. Some fins can also be found at SportCo. (located in the Lawson Aquatic Centre).

Pull Buoy: Most training facilities provide pull buoys for public use but some athletes might prefer to have their own. They can be purchased at: <https://www.alltides.com/en/speedo-jr-pull-buoy.html>

Hand Paddles: The swimmers should discuss sizing with their coach before purchasing. The preferred hand paddles can be purchased at: <https://www.alltides.com/en/tyr-catalyst-2-training-paddles.html>

Training Suit: Most training swimsuits are acceptable. Please try to avoid novelty or recreational suits. Examples of female training suits can be seen here: https://www.alltides.com/en/girls.html?swimmer_profile=253

For boys in Comp 1 to Comp 4, please avoid swim trunks. Examples of male training suits can be seen here: <https://www.alltides.com/en/boys.html?cat=25>

These suits can also be purchased at various locations including the above mentioned stores.

Competition & Team Wear: For those planning to compete, it is highly recommended that the athletes have a team bathing suit and at least one team t-shirt to wear at swim meets. You can find the Team Clothing catalogue on the home page of our website, <https://www.teamunify.com/canfs/doc/Cataloguepdf.pdf>

Special Items: Any specialty equipment should be discussed with the coach to ensure proper sizing and usage.

All questions and clarifications can be discussed with the coaches at any time.