

**Langley & Abbotsford Olympians Swim Club Equipment Needs List**

<b>National Group</b>	
<i>Buy Items Below from Stores like Team Aquatics, SportChek, or Amazon</i>	
1-	Red suit for workout (search "MP Solid" for TAS Orders)
2-	Arena Tech Pro Fins
3-	Goggles (2 pairs) - 1 for use; 1 for spare
4-	Pull buoy
5-	Ankle Band
	Stroke Maker Paddles Azure Blue - size #1 Yellow - size #2
6-	Kickboard 14 Inches
7-	Snorkel (Finis "Swimmer's Snorkel" with Blowhole or MP Focus)
8-	Mesh equipment Bag
9-	Racing bathing suit
10-	"Stretch Cordz" Drag Shute
11-	Stretch Cordz
12-	Arena Elite Finger Tip Paddles
13-	Thera-band (for shoulder stability exercises)
14-	Water bottle
15-	Log book
16-	Sponge (Canadian Tire Sponge for Car)
17-	Northern Light Massage Roller 13" - Ball points
18-	Dryland Outdoor Gear (shoes-t-shirt-sweats)
<i>Buy Items Below from Swim Club via Equipment Order Form</i>	
1-	Team Bathing Cap (if you wear one) (2)
2-	Team Embroidered Red Speedo Backpack
3-	Team Dryland T-Shirt (Red)
4-	Team Swim Meet T-Shirt (White)
5-	Team Sweat suit (Kukri Jacket/Hoodie/Crewneck/Sweatpants)
6-	Skipping rope

<b>Provincial Group</b>	
<i>Buy Items Below from Stores like Team Aquatics, SportChek, or Amazon</i>	
1-	Red suit for workout (search "MP Solid" for TAS Orders)
2-	Fins/flippers (Arena Tech Pro or TAS short fins)
3-	Goggles (2 pairs) - 1 for use; 1 for spare
4-	Pull buoy - Junior Size
5-	Ankle Band
	Stroke Maker Paddles Orange - size #0.5 12yrs & U Azure Blue - size #1 13yr & older
6-	Kickboard 14 Inches
7-	Snorkel (Finis "Swimmer's Snorkel" with Blowhole or MP Focus)
8-	Mesh Equipment Bag
9-	Racing bathing suit
10-	Thera-band (for shoulder stability exercises)
11-	Water bottle
12-	Dryland Outdoor Gear (shoes-t-shirt-sweats)
<i>Buy from Swim Club via Equipment Order Form</i>	
1-	Team Bathing Cap (if you wear one) (2)
2-	Team Embroidered Red Speedo Backpack
3-	Team Dryland T-Shirt (Red)
4-	Team Swim Meet T-Shirt (White)
5-	Team Sweat suit (Kukri Jacket/Hoodie/Crewneck/Sweatpants)
7-	Skipping rope
8-	Workout sheet
<i>Bring From Home or Stationary Store</i>	
1-	Unsharpened Pencil (non mechanical)
2-	Sharpened Pencil (non mechanical)
3-	0.5 Inch Binder for Log Book
4-	Empty Plastic Bottle
5-	10 sheets of 8.5x11 paper in binder

**Order your Equipment via Team Aquatic Supply LINK BELOW**  
Use Discount Code: LAN125

Langley: <https://team-aquatic.com/collections/langley-olympians>  
Abbotsford: <https://team-aquatic.com/collections/abbotsford-olympians>

**Click Link Below for L&A OSC Team Equipment Order Page**

<https://www.teamunify.com/team/canlosc/page/resources/equipment-orders>

<b>Age Group Performance</b>	
<i>Buy Items Below from Stores like Team Aquatics, SportChek, or Amazon</i>	
1-	Red suit for workout (search "MP Solid" for TAS Orders)
2-	Fins/flippers (Arena Tech Pro or TAS short fins)
3-	Goggles (2 pairs) - 1 for use; 1 for spare
4-	Pull buoy
5-	Ankle Band
	Stroke Maker Paddles Azure Blue - size #1
6-	Kickboard 14 Inches
7-	Snorkel (Finis "Swimmer's Snorkel" with Blowhole or MP Focus)
8-	Mesh Equipment Bag
9-	Racing bathing suit
10-	Water bottle
11-	Thera-band (for shoulder stability exercises)
12-	Outdoor gear (shoes-t-shirt-sweats)
<i>Buy Items Below from Swim Club via Equipment Order Form</i>	
1-	Team Bathing Cap (if you wear one) (2)
2-	Team Embroidered Red Speedo Backpack
3-	Team Dryland T-Shirt (Red)
4-	Team Swim Meet T-Shirt (White)
5-	Team Sweat suit (Kukri Jacket/Hoodie/Crewneck/Sweatpants)
6-	Skipping rope
<i>Bring From Home or Stationary Store</i>	
1-	Unsharpened Pencil (non mechanical)
2-	Sharpened Pencil (non mechanical)
3-	0.5 Inch Binder for Log Book
4-	Empty Plastic Bottle
5-	10 sheets of 8.5x11 paper in binder

<b>Regional Group</b>	
<i>Buy Items Below from Stores like Team Aquatics, SportChek, or Amazon</i>	
1-	Red suit for workout and races (search "MP Solid" for TAS Orders)
2-	Fins/flippers (TAS short fins)
3-	Goggles (2 pairs) - 1 for use; 1 for spare
4-	Pull buoy - junior size
5-	Kickboard 14 Inches
6-	Mesh Equipment Bag
<i>Buy Items Below from Swim Club via Equipment Order Form</i>	
1-	Team Bathing Cap (if you wear one)
2-	Team Embroidered Red Speedo Backpack
3-	Team Swim Meet T-Shirt (White)
4-	Team Sweat suit (Kukri Jacket/Hoodie/Crewneck/Sweatpants)

<b>Stroke Improvement and Conditioning</b>	
<i>Buy Items Below from Stores like Team Aquatics, SportChek, or Amazon</i>	
1-	Red suit for workout and races (search "MP Solid" for TAS Orders)
2-	Fins/flippers (TAS short fins)
3-	Goggles
4-	Pull buoy - junior size or adult depending upon size
5-	Mesh Equipment Bag (optional)
<i>Buy from Swim Club via Equipment Order Form</i>	
1-	Team Bathing Cap (if you wear one or have long hair)
2-	Team Swim Meet T-Shirt (White)
3-	Team Embroidered Red Speedo Backpack (optional)
4-	Team Sweat suit (Kukri Jacket/Hoodie/Crewneck/Sweatpants) optional

<b>Mini Olympians &amp; Olympic Way Groups</b>	
<i>Buy Items Below from Stores like Team Aquatics, SportChek, or Amazon</i>	
1-	Red suit for workout and racing
2-	Fins/flippers (TAS short fins)
3-	Goggles
5-	Mesh Equipment Bag (optional)
<i>Buy Items Below from Swim Club via Equipment Order Form</i>	
1-	Team Bathing Cap (if you wear one or have long hair)
2-	Team Swim Meet T-Shirt (White)
3-	Team Embroidered Red Speedo Backpack (optional)
4-	Team Sweat suit (Kukri Jacket/Hoodie/Crewneck/Sweatpants) (optional)