


















## TAG Equipment List

<b>General Equipment</b>	MAC Cap (2) 	Goggles (2) 	Mesh Bag (choice colour) 	
<b>Practice Suit Options</b> <i>*practice suits must be 90% base black Swimmers can chose other suits as long as they are base black</i>	Endurance+ Flyback Training Suit by Speedo or arena 	Poly Mesh Square Leg by Speedo 	Endurance+ Poly Brief by Speedo or arena 	
<b>Fins</b>	Short Blade Training fins By Speedo or Arena 			
<b>Snorkel</b>	MP Snorkel Junior 	(choose colour)		
<b>Kick Board</b> <i>1 of the following options</i>	TAS Rigid Kickboards Jr 	Speedo or Arena Junior Kickboard 	<i>*if you own a kick board you do not need to purchase a junior kickboard</i>  <i>*any colour</i>	
<b>Hand Paddles</b>	Finis Agility 			
<b>Pull Buoys / Pulling Ankle Bands</b> <i>1 of the pull buoy options &amp; 1 ankle band</i>	TAS 2 Piece Pull Buoy 3x6 	TYR Jr Pull Float 	Junior Speedo Pull Buoy 	Pulling Ankle Strap by Finis 

\*new equipment is only required if swimmers have lost/outgrown their current equipment. **Additional equipment requirements: Water bottle, skipping rope, at least one water bottle, MAC Attire, Thera/PTP Band**



We will provide basic pieces of Thera band when we are able to get more into the office. However I highly recommend investing in this piece of equipment instead: The PTP MEDIBAND (LIGHT RESISTANCE OR ULTRA LIGHT). It is long, durable and is wonderful for all types of shoulder stability and activation to help prevent injury.

It is around 15\$ and you can buy it at Sport Chek, or you can order it online from this link [PTP MEDIBAND](#)