

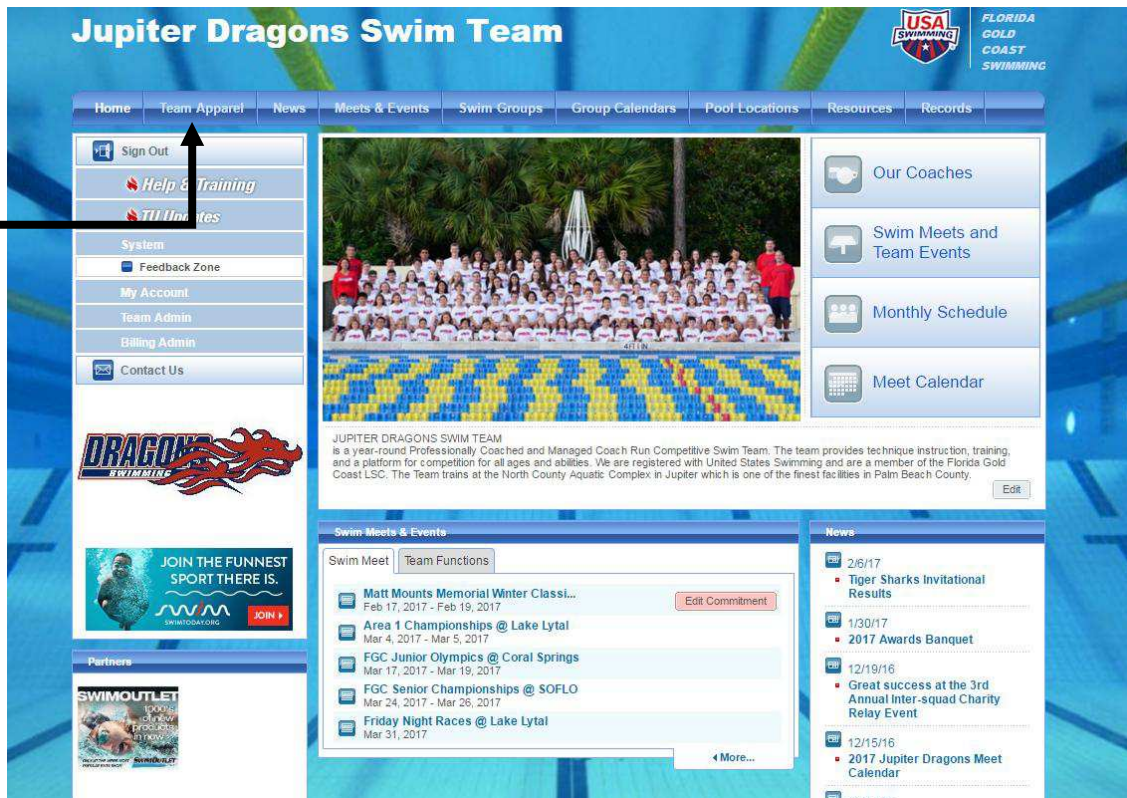
Required Practice Equipment

To order practice equipment please login and then click on the “SwimOutlet” logo. This will redirect you to the SwimOutlet store.

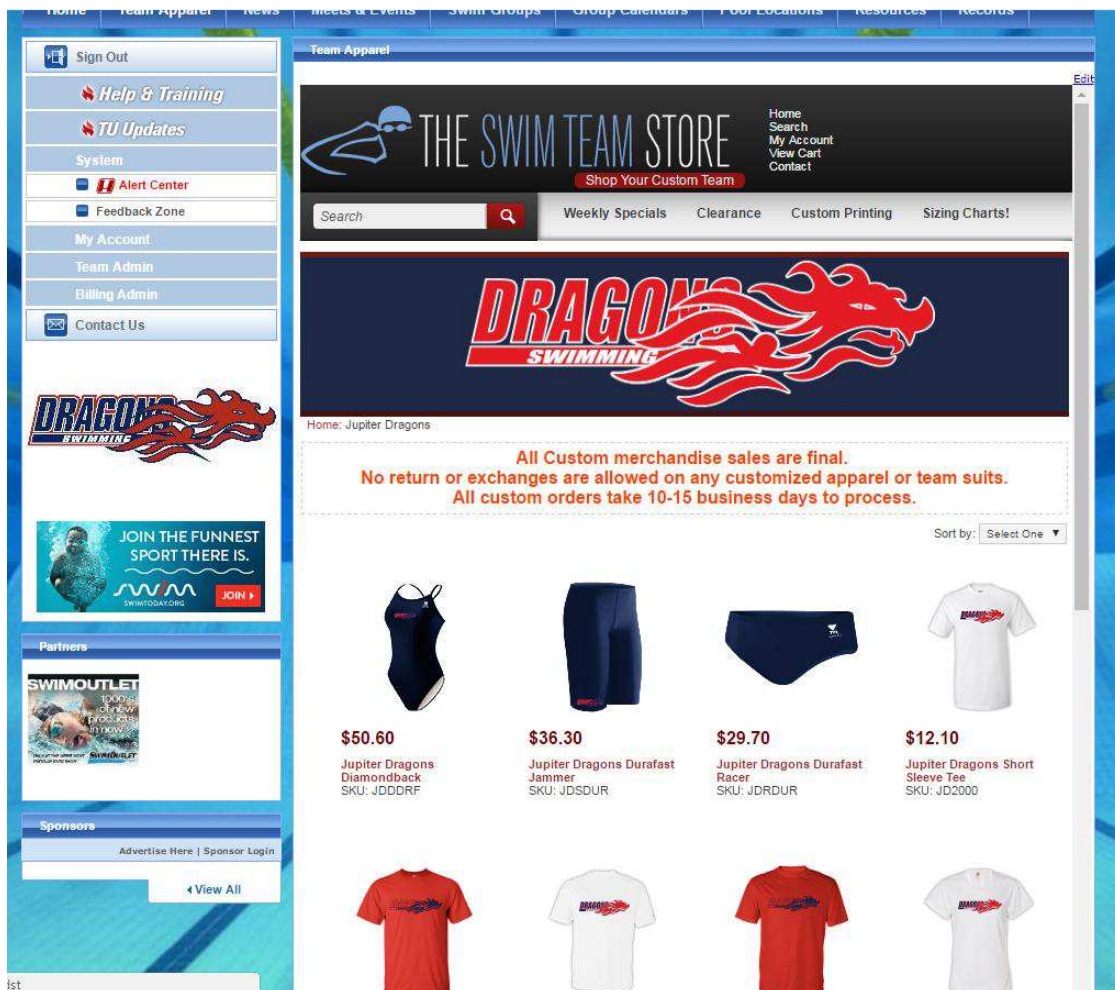
On the left side you can select your swim group which will take you to the page with the required equipment for that particular group. For example on the picture below you can see the Purple group equipment requirement.

The screenshot shows the SwimOutlet.com website interface. At the top, there is a search bar with the text "Start your search here..." and navigation links for "My Account" and "My Cart". Below the search bar is a dark blue navigation menu with categories: ACTIVITY, SWIMWEAR, GEAR, CLOTHING, FOOTWEAR, ELECTRONICS, SALE, BRANDS, TEAM Dragons, and FORUMS. A promotional banner for the "Jupiter Dragons Swim Team" offers free shipping on orders over \$49 and mentions a credit for purchases. The main content area is titled "Narrow Your Choices:" and shows filters for "SUBCATEGORY" (Dragons Custom Gear), "BRAND" (Speedo, Sporti), "COLOR" (Black, Blue, Green, Grey, Multi, Navy, Orange, Pink, Purple), and "SIZE" (1, 3, 4, 5, 6, 7, 8, 9, 9.5, 10). The product grid displays five items: "Sporti Floating Swim Fins" (SALE \$16.55 - \$19.95), "Sporti Mesh Bag" (SALE \$3.99 - \$4.95), "Sporti Junior Pull Buoy" (SALE \$5.25 - \$5.95), "Sporti Junior Kickboard" (SALE \$6.55), and "Speedo Jr. Vanquisher 2.0 Mirrored Goggle" (SALE \$14.26 - \$14.99). A "HELPFUL -links- Help Center" button is located at the bottom left of the product grid.

We would like to encourage you to buy the equipment from **Swim Outlet** using the link found on our website. It is the least expensive and easiest way to get equipment. **Swim Outlet** is giving back 8 percent of the total sales to the team if they are done using the link on our website – www.jdswim.com.



You can also buy team gear like the Dress Code T-shirts for Championship meets (White T-shirt for Friday events, Red T-shirt with Slogan for Saturday and Blue T-shirt with Slogan for Sunday events) from the **Team Apparel Store** by clicking on the button on the top bar.



Utilizing the proper equipment during workouts allows our coaches to provide swimmers with targeted training and technique instruction. Although swimmers may find kick boards and pull buoys located poolside; we encourage our swimmers to bring their own gear. **All swimmers are responsible for keeping track of their own equipment, PLEASE LABEL EVERYTHING! Unlabeled equipment found around the pool deck will be placed in Lost & Found. The team is not responsible for lost or stolen items.**

Please take a minute and review what items should be in your swimming bags and please LABEL EVERYTHING.

Purple Groups: Required equipment - Dragons Cap & T-shirt, Goggles and **Rubber Fins (not dive fins)**. Optional but recommended equipment - Kickboard, Pull Buoy and Mesh Equipment Bag.

Green 1 Group: Required equipment - Dragons Cap & T-shirt, Goggles and **Rubber Fins (not dive fins)**. Optional but recommended equipment - Kickboard, Pull Buoy and Mesh Equipment Bag.

Green 2 Group: Required equipment - Dragons Cap & T-shirt, Goggles, **Rubber Fins (not dive fins)**. Optional but recommended equipment - Kickboard, Pull Buoy and Mesh Equipment Bag.

Orange Group: Required equipment - Dragons Cap & T-shirt, Goggles, **Rubber Fins (not dive fins)**. Optional but recommended equipment - Kickboard, Pull Buoy and Mesh Equipment Bag.

Elite Groups: Required equipment - Dragons Cap & T-shirt, Goggles (tinted for daylight swimming, clear for evening/winter swimming), Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Rubber Fins (**not dive fins**), Pull Buoy, Small or Mid Size Training Paddles, Snorkel, Nose Clip, Kickboard and Mesh Equipment Bag.

Red Group: Required equipment - Dragons Cap & T-shirt, Goggles (tinted for daylight swimming, clear for evening/winter swimming), Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Rubber Fins (**not dive fins**), Pull Buoy, Training Paddles, Kickboard and Mesh Equipment Bag.

Blue Junior Group: Required equipment - Dragons Cap & T-shirt, Goggles (tinted for daylight swimming, clear for evening/winter swimming), Team Warm-up, Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Rubber Fins (**not dive fins**), Pull Buoy, Training Paddles, Snorkel, Nose Clip, Kickboard, FINIS Ankle Bands and Mesh Equipment Bag.

Blue Senior Group: Required equipment - Dragons Cap & T-shirt, Goggles (tinted for daylight swimming, clear for evening/winter swimming), Drag Suit, Team Warm-up, Water Bottle, Running Shoes, and Gym Shorts. In addition, this group is required to purchase their own Short Rubber Zoomers-TYR-Burner and Rubber Fins (**not dive fins**), Pull Buoy, Training Paddles, Snorkel, Nose Clip, Kickboard, FINIS Ankle Bands, FINIS Tempo Trainer and Mesh Equipment Bag.

Please note the above items are not overly expensive and will open up numerous training advantages for your swimmer(s). Using certain equipment can be instrumental in fixing or teaching certain stroke technique.

If you have any questions please feel free to email Coach K at coachkiril@yahoo.com.