



Senior 1 & National Track Practice Equipment List



****Unless otherwise noted, all items can be purchased at The Swim Guy****

Please label all equipment with swimmer's first and last name.

Swimsuit

Goggles

Water bottle

(preferably insulated & reusable)

Black Team Cap

(order through Coach Chantal)

Kickboard (from The Swim Guy)



Arena Freeflow Pullbuoy



Arena Swim Snorkel Pro II

(or any swimmer snorkel without a purge valve)



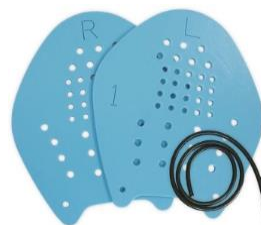
Arena Power Fins



Strokemaster Paddles



0.5



1.0



2.0

All girls & 13-14 boys: 0.5 and 1.0

15&up boys: 0.5 and 2.0