



# 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)



## Arena Kickboard



## Arena Freeflow Pullbuoy



## Arena Swim Snorkel Pro II



## Arena Power Fins

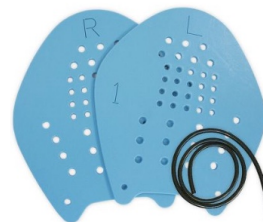


## Strokemaster Paddles



0.5

All girls & 13-14 boys:  
15&up boys:



1.0

0.5 and 1.0  
0.5 and 2.0



2.0