**Required Workout Attire/Gear**

Every athlete should attend **every** practice with the following:

* Water Bottle
* One piece swim suit
* Old T-Shirt that can be worn at every practice underneath suit in the water
* Swim Cap
* Goggles
* Nose Clips
* Mesh equipment bag with a minimum or fins and pull buoy and toe bands
* Athletic shorts or yoga pants, denim is not appropriate
* T-shirt or work-out top
* Exercise or workout bra - NOT a regular bra.  This item should hold the breasts close and firmly to the chest wall for a minimum of movement.
* Athletic shoes with good heel and arch support.
	+ NOTE:
		- Converse, Keds, Vans and other canvas shoes are **NOT** appropriate
		- Slip on shoes are **NOT** appropriate, there should be ties or Velcro straps to enable a close fit as shoes stretch out.
* Toiletries for showering
* At least one large towel

If you have any questions, please let me know!

Go T-Hills!

Coach Christina

Head Coach

THS Synchro

(503) 533-0831 Office

email: thsheadcoach@gmail.com

[http://www.thillssynchroclub.org](http://www.thillssynchroclub.org/) [http://www.usasynchro.org](http://www.usasynchro.org/)

*"The future belongs to those who believe in the beauty of the dream" - Eleanor Roosevelt*