

All swimmers are required to have all equipment  
by  
**OCT 1 2009.**

*I would recommend shopping at [www.swimoutlet.com](http://www.swimoutlet.com)  
Prices I quoted are from this site and are subject to change.*

**PULL BOUY- Recommendation: Speedo JR. Pull Buoy 2**

SKU: 7530007-004 Price: 6.65

**NOT REQUIRED FOR DEVELOPMENT SWIMMERS!**

**KICKBOARD- Recommendation: TYR Jr. Kickboard\***

SKU: LKJB Price: \$7.55

\*Speedo is just as good.

**FINS- Recommendation: TYR Flex Fins**

SKU: LFN Price: \$20.95

These are frequently on backorder online so don't delay!

*PLEASE STICK TO RUBBER FINS... THE HARD PLASTIC FINS ARE NOT COMFORTABLE AND  
CAUSE BLISTERS. FINS SHOULD BE SNUG SO IF BETWEEN SIZES I USUALLY SUGGEST THE  
SMALLER PAIR. YOUR KIDS MAY COMPLAIN ABOUT THE FINS HURTING... WE WILL USUALLY  
NOT BE WEARING THEM LONG ENOUGH ON ANY GIVEN DAY FOR THIS TO HAPPEN BUT IT  
STILL MAY. WE SUGGEST THROWING IN AN EXTRA PAIR OF SOCKS IN THE SWIM BAG FOR  
USE WITH THE FINS.*

**Goggles: Recommendations**

Speedo Kids Vanquisher, Speedo Sprint Goggles

Jr. Hydrospex Goggles

Please be aware every brand/style of goggles are different it may take some trials to find  
the right pair.

**If your child wears glasses please get prescription goggles. It's very  
important!!!!**

**Caps:**

TRS caps are available for \$5.00. Please see any coach to buy one.

**Mesh Equipment Bags are required to hold swimmers equipment.**