

**COHO SWIM CLUB SPRING-SUMMER 2010
AG3 EQUIPMENT REQUIREMENTS**

REQUIRED FOR *ALL MEETS

COHO TYR TEAM SUIT

COHO TYR RED TEAM CAP

***AT STATE CHAMPIONSHIP MEETS "SPEED SUITS" MAY BE WORN INSTEAD OF THE COHO TEAM SUIT. PLEASE DISCUSS THIS OPTION WITH COACH JEFF WELL IN ADVANCE OF THE MEET AS IT TAKES TIME TO ORDER THESE SUITS.**

REQUIRED FOR ALL PRACTICES:

PERSONAL WATER BOTTLE (OR GATORADE, PROPEL ETC. -NO SHARING)

GOGGLES (IT SEEMS OBVIOUS BUT...) 2 PAIRS ARE RECOMMENDED

FOREARM FULCRUMS

SWIMMER'S SNORKEL

MESH EQUIPMENT BAG FOR EQUIPMENT IS OPTIONAL

^HANS HAND PADDLES (BLACK WITH HOLES)

^FULL-LENGTH TRAINING FINS (NO CUT OR SHORT FINS)

^KICK BOARD

^PULL-BUOY

^THESE ARE AVAILABLE AT THE POOL SO YOU DO NOT NEED TO HAVE YOUR OWN

**SWIMMERS WHO REPEATEDLY DO NOT BRING THEIR EQUIPMENT WILL
EVENTUALLY BE REMOVED FROM THE AG3 GROUP.**

**PLEASE ORDER ALL ITEMS THROUGH THE ON-LINE TEAM STORE VIA THE COHO
WEBSITE. IF YOU CANNOT FIND AN ITEM OR HAVE ANY QUESTIONS, PLEASE
CONTACT EQUIPMENT DIRECTOR JANET STERN AT sternonline@comcast.net**

TEAM SUITS MUST BE ORDERED THROUGH THE EQUIPMENT DIRECTOR