

**COHO SWIM CLUB SPRING-SUMMER 2010  
JUNIOR 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 JACOB 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

HANS HAND PADDLES (BLACK WITH HOLES)

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

SWIMMER'S SNORKEL

HOCKEY PUCK (PRO OR JR, \$1.99 TO \$4.00 AT SPORTS AUTHORITY)

MESH EQUIPMENT BAG

^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 JUNIOR 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](mailto:sternonline@comcast.net)**

**TEAM SUITS MUST BE ORDERED THROUGH THE EQUIPMENT DIRECTOR**