

**COHO SWIM CLUB SPRING-SUMMER 2010
SENIOR 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 SHAWN 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)

SWIMMER'S SNORKEL

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

HAND PADDLES (ANY STYLE THAT HAS HOLES TO LET WATER PASS THROUGH)

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

OPTIONAL PERSONAL EQUIPMENT:

FOREARM FULCRUMS

ANKLE PULLING BAND

EQUIPMENT BAG

DRAG SUIT (STYLE/BRAND CAN VARY... WITHIN REASON)

*BREASTSTROKERS & IM'ERS: BREASTSTROKE FINS

^KICK BOARD

^PULL-BUOY

*IF YOU ARE NOT SURE IF YOU SHOULD GET THIS ITEM, ASK COACH SHAWN

^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 SENIOR 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