

**COHO SWIM CLUB SPRING-SUMMER 2010  
SENIOR ELITE EQUIPMENT REQUIREMENTS**

**REQUIRED FOR \*ALL MEETS**

COHO TYR TEAM SUIT

COHO TYR RED TEAM CAP

DRAG SUIT

\*AT STATE CHAMPIONSHIP MEETS "SPEED SUITS" MAY BE WORN INSTEAD OF THE COHO TEAM SUIT. PLEASE DISCUSS THIS OPTION WITH COACH NANCY 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)

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

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

ANKLE PULLING BAND

SWIMMER'S SNORKEL

FOREARM FULCRUMS

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

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

EQUIPMENT BAG

\*BREASTSTROKERS & IM'ERS: BREASTSTROKE FINS

\*BACKSTROKERS & IM'ERS: A 2<sup>ND</sup> SET OF PADDLES THAT MUST BE THE HANS PADDLES WE SELL THROUGH THE ON-LINE TEAM STORE

^KICK BOARD

^PULL-BUOY

\*IF YOU ARE NOT SURE IF YOU NEED THIS ITEM, ASK COACH NANCY

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

**PAST EQUIPMENT ISSUES THAT WILL NOT BE TOLERATED:**

- ✂ BRINGING A SNORKLE, FULCRUMS, AND A PERSONAL SET OF FINS THAT FIT EVERY DAY. SRE SWIMMERS NOW HAVE BINS AT DHS THAT THEY CAN LEAVE THEIR EQUIPMENT BAGS IN SO THEY WILL BE EXPECTED TO HAVE ALL REQUIRED EQUIPMENT AT PRACTICE EVERYDAY.
- ✂ BACKSTROKERS/IM'ERS HAVING A 2<sup>ND</sup> SET OF PADDLES SET TO PULL BACKSTROKE. THIS 2<sup>ND</sup> SET MUST BE THE HANS PADDLES AVAILABLE THROUGH THE ON-LINE TEAM STORE.
- ✂ BRINGING A PERSONAL WATER BOTTLE, AND WEARING A DRAG SUIT AT EVERY PRACTICE AND FOR MEET WARM-UPS.

SWIMMERS WHO REPEATEDLY DO NOT BRING THEIR EQUIPMENT WILL  
EVENTUALLY BE REMOVED FROM THE SENIOR ELITE 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