



# South Shore Swimming Club

## Training Equipment List

# EQUIPMENT LIST

Equipment Item Please see the coaching team if you would like recommendations on where to purchase the following training equipment.	Approximate Cost	Bronze	Silver	Gold	State	National	Fitness
Mesh Bag 	\$30	✓	✓	✓	✓	✓	✓
Kick Board 	\$30	✓	✓	✓	✓	✓	✓
Pull Buoy 	\$40	✓	✓	✓	✓	✓	✓
Drink Bottle 	\$20	✓	✓	✓	✓	✓	✓
Short Fins 	\$80	✗	✗	✓	✓	✓	✓
Hand Paddles (hand size, flat with holes) 	\$50	✗	✗	✗	✓	✓	✓
Finger Paddles 	\$40	✗	✓	✓	✓	✓	✗
Long Fins 	\$35	✓	✓	✓	✗	✗	✗
Front Snorkle 	\$25-\$65	✓	✓	✓	✓	✓	✗
Skipping Rope 	\$2	✗	✗	✗	✓	✓	✓
Stretch Bands 	\$15	✗	✗	✗	✓	✓	✓
Foam Roller 	\$30	✗	✗	✗	✓	✓	✗