

LeisureFit Competition Swim Training Equipment

| Equipment Item <small>Please see the coaching staff if you would like recommendations on where to purchase the following training equipment.</small> | Approximate Cost | Bronze | Silver | YES | Gold | Performance | Fitness |
|---|------------------|--------|--------|-----|------|-------------|---------|
| Mesh Bag  | \$20 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Kick Board  | \$20 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Pull Buoy  | \$25 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Drink Bottle  | \$10 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Short Fins  | \$50-\$60 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Hand Paddles (hand size, flat with holes)  | \$25-\$30 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Finger Paddles  | \$15-\$30 | ✗ | ✗ | ✓ | ✓ | ✓ | ✗ |
| Fulcrum Paddles  | \$20-30 | ✗ | ✗ | ✓ | ✓ | ✓ | ✗ |
| Front Snorkel  | \$25-\$45 | ✗ | ✗ | ✓ | ✓ | ✓ | ✗ |
| Skipping Rope  | \$2 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Stretch Bands  | \$8 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Foam Roller  | \$15 | ✗ | ✗ | ✓ | ✓ | ✓ | ✗ |

Please ensure that all equipment is labelled to ensure no equipment is lost or mistaken for another swimmer's.