



Group Equipment List

The [Finis Alignment kickboard](#) has been added to the equipment list for ALL swimmers, even if they already have a kickboard. Our Director of Performance and Coaching, Nemo, is requiring this board as it promotes proper alignment when kicking with a board and reduces stress on the shoulders.

Development Group

1. Cap (RHAC cap + spare)
 2. Goggles (+ spare)
 3. Swim suit (+ spare)
 4. Fins (Speedo multi-coloured short training fins)
 5. Snorkel (can purchase at Aquapark or Swim Hub and ask for Junior size)
 6. Pull buoy
 7. [Finis Alignment swimming kickboard \(even if you have a kickboard, purchase this one\)](#)
 8. Mesh bag (to hold gear)
 9. RHAC Swim Backpack
 10. RHAC T-shirt (mandatory for meets)
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Select Group

1. Cap (RHAC cap + spare)
2. Goggles (+ spare)
3. Swim suit (+ spare)
4. Fins (Speedo multi-coloured short training fins)
5. Snorkel (can purchase at Aquapark or Swim Hub and ask for Junior size)
6. Pull buoy

7. [Finis Alignment swimming kickboard \(even if you have a kickboard, purchase this one\)](#)
 8. Mesh bag (to hold gear)
 9. RHAC Swim Backpack
 10. RHAC T-shirt (mandatory for meets)
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Youth Group

1. Cap (RHAC cap + spare)
 2. Goggles (+ spare)
 3. Swimsuit (+ spare) (boys need to wear speedo - no jammers)
 4. Fins (Arena Powerfins)
 5. Snorkel (can purchase at Aquapark or Swim Hub and ask for Junior size)
 6. Pull buoy
 7. [Finis Alignment swimming kickboard \(even if you have a kickboard, purchase this one\)](#)
 8. Mesh bag (to hold gear)
 9. RHAC Swim Backpack
 10. RHAC T-shirt (mandatory for meets)
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Provincial Group

1. Cap (RHAC cap + spare)
2. Goggles (+ spare)
3. Swim suit (+ spare) (boys need to wear speedo-no jammers)
4. Fins (Arena Powerfins)
5. FINIS Tempo Trainer
6. Small paddles (can purchase at Aquapark, Speedo brand)
7. Big paddles (Finis agility paddles)
8. Snorkel
9. Pull buoy
10. [Finis Alignment swimming kickboard \(even if you have a kickboard, purchase this one\)](#)
11. Mesh bag
12. RHAC Swim Backpack
13. RHAC T-shirt (mandatory for meets)
14. RHAC Track Suit (mandatory for meets)

HP & National Group

1. Cap (RHAC cap + spare)
 2. Goggles (+ spare)
 3. Swim suit (+ spare) (boys need to wear speedo-no jammers)
 4. Fins (Arena Powerfins)
 5. FINIS Tempo Trainer
 6. Polar waterproof heart rate monitor
 7. Small paddles (can purchase at Aquapark, Speedo brand)
 8. Big paddles (Finis agility paddles)
 9. Snorkel
 10. Pull buoy
 11. [Finis ankle buoy](#)
 12. [Finis Alignment swimming kickboard \(even if you have a kickboard, purchase this one\)](#)
 13. RHAC Swim Backpack
 14. RHAC T-shirt (mandatory for meets)
 15. RHAC Track Suit (mandatory for meets)
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National Development Group

1. Cap (RHAC cap + spare)
2. Goggles (+ spare)
3. Swim suit (+ spare)
4. Fins (Speedo multi-coloured short training fins OR Arena Powerfins)
5. Snorkel (can purchase at Aquapark or Swim Hub)
6. Pull buoy
7. [Finis Alignment swimming kickboard \(even if you have a kickboard, purchase this one\)](#)
8. Mesh bag (to hold gear)
9. RHAC Swim Backpack
10. RHAC T-shirt (if attending meets)

Where to Purchase:

Welcome Back to RHAC event (September 16th 11-1pm at Elgin West CC) -

Ontario Swim Hub will attend and bring Arena & Finis products (but not Finis kickboards or ankle buoys).

Their store is located near the Markham Pan Am Centre (8339 Kennedy Rd #2223, Markham, ON L3R 5T5)

Aquapark - across from Centennial Pool, sells all Speedo products and Speedo & TYR swimwear 120 Newkirk Rd, Richmond Hill, ON L4C 9S7

Amazon.ca - for all Finis and Polar products