

ORANGEVILLE OTTERS REQUIRED TRAINING EQUIPMENT

		Skills	Novice	Orange & Bronze	Rec	Silver	Gold	Masters
POOL	Goggles	✓	✓	✓	✓	✓	✓	✓
	Swim Cap	Suggested	✓	✓	✓	✓	✓	✓
	Practice Suit (Mens Jammers/Briefs or Womens One Piece)	✓	✓	✓	✓	✓	✓	✓
	Water Bottle	✓	✓	✓	✓	✓	✓	✓
	Kickboard	Optional	✓	✓	✓	✓	✓	✓
	Pull Buoy		✓	✓	✓	✓	✓	✓
	Ankle Band			✓	✓	✓	✓	
	Snorkel (Finis or Arena Pro ONLY)		✓	✓	✓	✓	✓	Optional
	Fins		✓	✓ (Arena Powerfin Only)	✓ (Arena Powerfin Only)	✓ (Arena Powerfin Only)	✓ (Arena Powerfin Only)	✓
	Hand Paddles			✓	✓	✓	✓	
	Finger Paddles		✓	✓	✓	✓	✓	
	Mesh Bag		✓	✓	✓	✓	✓	Optional
	Nose Clip		Optional	Optional	Optional	Optional	Optional	Optional
	Hockey Puck		Optional	Optional	Optional	Optional	Optional	Optional
DRY LAND	Running Shoes			✓	✓	✓	✓	
	Skipping Rope			✓	✓	✓	✓	
	StretchCordz (handles ONLY)			Grey or Yellow	Grey or Yellow	Minimum Yellow	Minimum Green	
	Yoga Mat			✓	✓	✓	✓	
	Tennis Ball			✓	✓	✓	✓	
	Foam Roller			Suggested	Suggested	Suggested	Suggested	

Please note: Gear will not be provided for swimmers, and they must have their own. Athletes may not be allowed to participate if they do not have required gear. Equipment will help the athletes improve, and can be sold in the Otters Buy and Sell if a child outgrows the equipment.

OTTERS RECOMMENDED GEAR

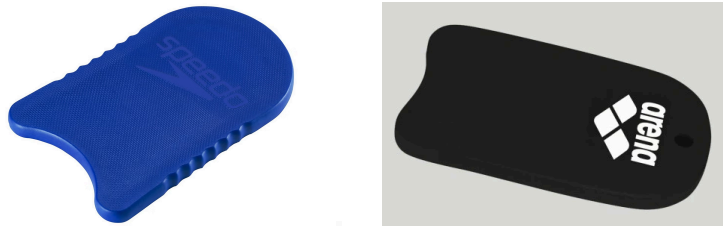
GOGGLES

Speedo Vanquisher
Arena Air Speed
TYR Black Hawk



KICKBOARD

Speedo Team Kickboard
Arena Club Kickboard
TYR Classic Kickboard



ANKLE BAND

Speedo Training Silicone Band
Finis Pulling Ankle Band
DO NOT PURCHASE: Arena Ankle Band Pro



SNORKEL

**** Must be front-facing**
Finis Swimmers Snorkel (#1 Recommended)
Arena Swim Pro
DO NOT PURCHASE: Focevi Brand Snorkel



FINS

Gold + Silver + Bronze + :
- Arena Powerfin Pro or TYR Hydroblade ONLY!!!
Novice:
- Arena Powerfin Pro or TYR Hydroblade



HAND PADDLES

**** Please check sizing to ensure they appropriate size**
Arena Elite Hand Paddle
Speedo Powertrain Plus
TYR Catalyst Stroke Swimming Paddle



Stretchcordz

**** Please follow chart for appropriate resistance level**

