



Group Equipment List

All listed gear must be ready for practices, all brands of that type of gear are acceptable.
Equipment that is mandatory is noted.

Development Group

1. Cap (RHAC cap + spare) - mandatory
2. Goggles (+ spare)
3. Swim suit (+ spare)
4. Fins - Speedo X DMC Original Swim Fins
5. Snorkel
6. Pull buoy
7. [Finis Alignment swimming kickboard](https://a.co/d/2GjtA2S) (even if you have a kickboard, purchase this one - can be found on Amazon <https://a.co/d/2GjtA2S>)
8. Mesh bag (to hold gear)
9. RHAC Swim Backpack (mandatory for meets)
10. RHAC T-shirt (mandatory for meets)

Select & Youth Group

1. Cap (RHAC cap + spare) - mandatory
2. Goggles (+ spare)
3. Swim suit (+ spare)
4. Fins - Speedo X DMC Original Swim Fins
5. Small paddles - Speedo Biofuse Finger Paddles** For Youth Group and up**
6. Snorkel
7. Pull buoy
8. [Finis Alignment swimming kickboard](https://a.co/d/2GjtA2S) (even if you have a kickboard, purchase this one - can be found on Amazon <https://a.co/d/2GjtA2S>)
9. Mesh bag (to hold gear)
10. RHAC Swim Backpack (mandatory for meets)
11. RHAC T-shirt (mandatory for meets)

Junior Group

1. Cap (RHAC cap + spare) - mandatory
2. Goggles (+ spare)
3. Swim suit (+ spare)
4. Fins - Speedo X DMC Original Swim Fins
5. Small paddles - Speedo Biofuse Finger Paddles
6. Big Paddles - Speedo Power Paddle Plus Swim Paddles** For Junior group and up **
7. Snorkel
8. Pull buoy
9. Tennis balls
10. [Finis Alignment swimming kickboard](https://a.co/d/2GjtA2S) (even if you have a kickboard, purchase this one - can be found on Amazon <https://a.co/d/2GjtA2S>)
11. Mesh bag (to hold gear)
12. RHAC Swim Backpack (mandatory for meets)
13. RHAC T-shirt (mandatory for meets)

Senior Group

1. Cap (RHAC cap + spare) - mandatory
 2. Goggles (+ spare)
 3. Swim suit (+ spare) (boys need to wear speedo-no jammers)
 4. Fins - Speedo X DMC Elite Max Swim Fins
 5. Small paddles - Speedo Biofuse Finger Paddles
 6. Big paddles - Speedo Power Paddle Plus Swim Paddles
 7. Snorkel
 8. Pull buoy
 9. [Finis Alignment swimming kickboard](https://a.co/d/2GjtA2S) (even if you have a kickboard, purchase this one - can be found on Amazon <https://a.co/d/2GjtA2S>)
 10. Mesh bag
 11. RHAC Swim Backpack (mandatory for meets)
 12. RHAC T-shirt (mandatory for meets)
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Performance Group

1. Cap (RHAC cap + spare) - mandatory
2. Goggles (+ spare)
3. Swim suit (+ spare) (boys need to wear speedo-no jammers)
4. Fins - Speedo X DMC Elite OR Speedo X DMC Elite Max Swim Fins
5. Small paddles - Speedo Biofuse Finger Paddles
6. Big paddles - Speedo Power Paddle Plus Swim Paddles
7. FINIS Tempo Trainer
8. Snorkel
9. Pull buoy
10. Tennis balls
11. [Finis Alignment swimming kickboard \(even if you have a kickboard, purchase this one - can be found on Amazon https://a.co/d/2GjtA2S\)](https://a.co/d/2GjtA2S)
12. Mesh bag
13. RHAC Swim Backpack
14. RHAC T-shirt (mandatory for meets)
15. ARENA RHAC Embroidered Track Jacket and pants (mandatory for meets and Travel meets)

HP/National Groups

1. Cap (RHAC cap + spare) - mandatory
2. Goggles (+ spare)
3. Swim suit (+ spare) (boys need to wear speedo-no jammers)
4. Fins - Speedo X DMC Elite OR Speedo X DMC Elite Max Swim Fins
5. Small paddles - Speedo Biofuse Finger Paddles
6. Big paddles - Speedo Power Paddle Plus Swim Paddles
7. FINIS Tempo Trainer
8. Polar Verity Sense Heart Rate Monitor
9. Snorkel
10. Pull buoy
11. [Finis Alignment swimming kickboard \(even if you have a kickboard, purchase this one - can be found on Amazon https://a.co/d/2GjtA2S\)](https://a.co/d/2GjtA2S)
12. RHAC Swim Backpack
13. RHAC T-shirt (mandatory for meets)
14. ARENA RHAC Embroidered Track Jacket and pants (mandatory for meets and Travel meets)

Where to Purchase:

1. **Ontario Swim Hub** - Coupon posted on RHAC Website (after login) for RHAC team
Store Address: 8339 Kennedy Rd #2223, Markham, ON L3R 5T5.
Website: <https://ontarioswimhub.com>
Discount: 20% off Arena products online and instore, tax off on non-Arena items in store;
1. [LySports.com](https://www.lysports.com) - for Speedo products and more. Coupon posted on RHAC website (after login) for RHAC team promo code.
2. **Team Aquatic Supplies @ Toronto Pan Am Centre**
3. **Amazon.ca** - for all Finis and Polar products