



### Items for all swimmers

Required Item	Where to buy
<input type="checkbox"/> Swim cap	<a href="#">Walmart</a> , <a href="#">Sportchek</a> , <a href="#">AquaSport</a> , Amazon. Silicone material swim caps are generally preferred among our swimmers rather than latex!
<input type="checkbox"/> Noseclip	<a href="#">Aquasport</a> , <a href="#">Sportchek</a> , or purchased from the club (7\$ for Laxto and 10\$ for Speedo). For competition, swimmers must have either the Laxto or Speedo competition brands.
<input type="checkbox"/> Goggles	<a href="#">Aquasport</a> , <a href="#">Sportchek</a> , <a href="#">Walmart</a> . We recommend mirrored or reflective goggles in a neutral colour (such as black or grey). Prescription goggles are also available at AquaSport for swimmers who wear glasses.
<input type="checkbox"/> Bathing suit	<a href="#">AquaSport</a> , <a href="#">Sportchek</a> , <a href="#">Jolyn</a> . Bathing suits should be tight-fitting and an athletic material.

### Competitive & Novice Programs: Required Clothing

During the first month of the season, a clothing meeting will be held to size swimmers for all items provided by the club. These items are a part of our club uniform that swimmers are required to wear at events and competitions. These items include:

- Nepean dri-fit t-shirt
- Nepean swim cap (can be purchased at Walter Baker or Nepean Sportsplex for \$15)
- Nepean jacket
- Club bathing suit (swimmers are welcome to wear this as a practice suit!)
- Nepean swim bag

Competitive and novice swimmers will also need the following additional clothing items. We have suggested sources for these items but the lists are by no means exhaustive. Swimmers are welcome to use clothing that they already own if they meet the requirements.

- Black leggings (must be skin-tight all the way down to the ankle)
  - [Old Navy](#), [Sportchek](#), [Lululemon](#), [H&M](#)
- Black shorts (must be skin-tight)
  - [Sportchek](#), [Walmart](#), [H&M](#), [Lululemon](#), [Jolyn](#)
- Black tank top
  - [Sportchek](#), [Lululemon](#), [H&M](#), [Walmart](#)
- Black bathing suit (NOT required for Junior competitive athletes or 13+ novice athletes)
  - [Speedo](#), [Jolyn](#), [Nike](#). The suit can only have a small logo and cannot be a tie-back suit. This suit will be used at figure competitions but can also be worn at practices.
- Plain white cap (NOT required for Junior competitive athletes or 13+ novice athletes): can be purchased at Walter Baker or Nepean Sportsplex for \$15
- Running shoes

**All swimmers: Optional Clothing (order form circulated at the start of the season)**

- Nepean hoodie
- Nepean sweatpants
- [Parka](#) (can be embroidered with name and club logo, email clothing coordinator for details)

**Competitive Program: Additional Training Equipment**

- Inflatable Bottles (2x 20L bottles), used for practicing inverted positions
  - [Walmart](#), [Amazon](#)
- Yoga mat
- Yoga block (by coach request)
- Weight belt
  - For competitive 13+ athletes only, at the discretion of the team coach
  - Can be found at diving stores such as Diver's Wearhouse (on Merivale)

**Equipment Locations and Resources**

AquaSport address: 2730 Iris Street, Ottawa ON

For any additional questions, please reach out to your swimmer's coach or to our clothing coordinator at [elynrh@yahoo.ca](mailto:elynrh@yahoo.ca)