










## Equipment List - Performance Groups

Item	Image	Notes
<p><b>OAK CAP</b> (1x Free)</p>		
<p><b>OAK Shirt</b> (1x Free)</p>		
<p><b>OAK Suit</b> (1x Free)</p>		
<p><b>Goggles</b></p>		
<p><b>Jr. Kick Board</b></p>		<p>Your Kick Board should not be longer than the length of your fingertip to elbow.</p>
<p><b>Mesh Bag</b></p>		

<p><b>Fins</b></p>		<p>APPROVED BRANDS:</p> <ul style="list-style-type: none"> <li>- <b>Arena Powerfin Pro (Recommended - Performance)</b></li> <li>- DMC Elite Max</li> <li>- Speedo Switchblade</li> <li>- TYR Stryker</li> </ul>
<p><b>Pull Buoy</b></p>		<ul style="list-style-type: none"> <li>- Jr. Pull Buoy for all swimmers unless they have received approval from their Coach.</li> </ul>
<p><b>Ankle Band</b></p>		
<p><b>Paddles</b></p>		<p>APPROVED BRANDS:</p> <ul style="list-style-type: none"> <li>- Strokemaker</li> <li>- Speedo Power Paddle</li> <li>- Finis <b>Manta</b> Paddle</li> </ul> <p>The edge of the paddle should follow the contour of the hand as closely as possible.</p>

<p><b>Snorkel</b></p>		<p>APPROVED BRANDS:</p> <ul style="list-style-type: none"><li>- Arena Swim Snorkel Pro</li><li>- MP Swim Snorkel</li><li>- Finis Glide Snorkel</li><li>- Speedo Bullet Head</li></ul>
<p><b>Theraband</b></p>		
<p><b>Skipping Rope</b></p>		
<p><b>Foam Roller</b></p>	