

Equipment List - Performance Groups

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

Fins		APPROVED BRANDS: - Arena Powerfin Pro (Recommended - Performance) - DMC Elite Max - Speedo Switchblade - TYR Stryker
Pull Buoy		- Jr. Pull Buoy for all swimmers unless they have received approval from their Coach.
Ankle Band		
Paddles		APPROVED BRANDS: - Strokemaker - Speedo Power Paddle The edge of the paddle should follow the contour of the hand as closely as possible. DO NOT PURCHASE - Nemesis - FINIS Manta, FINIS agility

Snorkel		APPROVED BRANDS: - Arena Swim Snorkel Pro - MP Swim Snorkel - Finis Glide Snorkel - Speedo Bullet Head
Theraband		
Skipping Rope		
Foam Roller		