

CBST-USAS Equipment/Apparel

General Equipment Notes:

Please bring ALL equipment to EVERY practice.

Please PUT YOUR NAME ON ALL equipment.

Links are provided for information only. You may purchase equipment anywhere.

For training/practice:

Intermediate and Junior:

- Mesh bag
- Approved fins: Zoomers or Hydro Training Finz
- Pull Buoy

Advanced:

- Mesh bag
- Approved fins: Zoomers or Hydro Training Finz
- Pull Buoy
- Strokemaker paddles (check www.kiefer.com; there are also paddles in the office for purchase - billed to account)

Next Generation:

- Mesh bag
- Approved fins: Zoomers or Hydro Training Finz
- Pull Buoy
- Strokemaker paddles (check www.kiefer.com; there are also paddles in the office for purchase - billed to account)Snorkel (FINIS swimmer snorkel <http://www.finisinc.com/swimmers-snorkel.html>)
- Snorkel

Senior

- Mesh bag
- Approved fins: Zoomers or Hydro Training Finz
- Pull Buoy
- Strokemaker paddles (check www.kiefer.com; there are also paddles in the office for purchase - billed to account)Snorkel (FINIS swimmer snorkel <http://www.finisinc.com/swimmers-snorkel.html>)
- Snorkel
- Shoes and a shirt which can be worn in the pool

For meets ALL SWIMMERS are expected to wear (ordering information to be emailed early each season):

1. A CBST Swim Cap - *if the swimmer wears a cap it must be a CBST cap*; caps are not required.
2. CBST apparel.

rev. 8-2018