

GRACE SWIMMING

SQUAD TRAINING EQUIPMENT

Mini

- Net bag (no preference) RRP \$20-\$30
- Kick board (no preference) RRP \$22-\$35
- Pull Buoy (comfortable size) RRP \$15-\$25
- Fins (preferably long) RRP \$30-\$45
- Water Bottle

Bronze

- Net bag (no preference) RRP \$20-\$30
- Kick board (no preference) RRP \$22-\$35
- Pull Buoy (comfortable size) RRP \$15-\$25
- Ankle Strap / Band RRP \$10-\$25
- Paddles (finis agility / tyr catalyst, check with coach) RRP \$35-\$45
- Fins (preferably long) RRP \$30-\$45
- Water Bottle

Silver

- Net bag (no preference) RRP \$20-\$30
- Kick board (no preference) RRP \$22-\$35
- Pull Buoy (comfortable size) RRP \$15-\$25
- Ankle Strap / Band RRP \$10-\$25
- Paddles (finis agility / tyr catalyst, check with coach) RRP \$35-\$45
- Fins (preferably short DMC, TYR) RRP \$30-\$45
- Water Bottle

Silver Dryland Accessories

- Foam Roller RRP \$30-\$50
- Trigger Ball RRP \$10-\$20
- Skipping Rope RRP \$8-\$25
- Resistance Band RRP \$20-\$30

Gold

- Net bag (no preference) RRP \$20-\$30
- Kick board (no preference) RRP \$22-\$35
- Pull Buoy (comfortable size) RRP \$15-\$25
- Ankle Strap / Band RRP \$10-\$25
- Paddles (finis agility / tyr catalyst, check with coach) RRP \$35-\$45
- Short Fins (preferably short DMC, TYR) RRP \$30-\$45
- Snorkel RRP \$50-\$60
- Drag suit RRP \$50
- Water bottle

Gold Dryland Accessories

- Foam Roller RRP \$30-\$50
- Trigger Ball RRP \$10-\$20
- Skipping Rope RRP \$8-\$25
- Resistance Band RRP \$20-\$30

Places to buy items:

- Grace Swimming Kiosk
- Swimwear Shack www.swimwearshack.com.au
- Aqua Shop www.aquashop.com.au
- Pro Swimwear www.proswimwear.com.au
- Rebel www.rebelsport.com.au – for dryland accessories

