

# STATE PERFORMANCE

## SWIMMING EQUIPMENT REQUIREMENTS

### 01 Goggles

Competitive goggles



### 02

#### Short Fins

DMC - Ocean & Earth

### 03

#### Kickboard

Speedo Eva  
Kickboard



#### Pull Buoy

Speedo or Funkita

### 04

### 05

#### Front Snorkel

Michael Phelps or Arena  
for best fit



### 06

#### Hand Paddles

Speedo Tech Paddle or TYR  
Catalyst

### 07

#### Swimming Cap

Purchase from the Club once  
registered as a Member



#### Skipping rope

Any decent skipping rope for fitness  
Rebel Sports sell this version

### 08

### 09

#### Theraband

light weight



### 10

#### Drink Bottle

Keep hydrated!



### 11



#### Mesh Bag

To store your equipment in