

LOOKING TO BUILD YOUR SWIM TEAM BAG?

LIKE ANY OTHER SPORT, YOU ARE EXPECTED TO HAVE SOME BASIC EQUIPMENT.

WHAT YOU REALLY NEED: **Goggles & Swim Cap** (optional but recommended for girls)

LANES: 1-2 Goggles, Swim Cap, Fins

LANES: 3-4 Goggles, Swim Cap, Fins & Pull Buoy

LANES: 5-6 Goggles, Swim Cap, Fins & Pull Buoy

WHY HAVE YOUR OWN EQUIPMENT?

IT'S ALWAYS THERE!

Cuts down on time spent searching for the right fins or properly fitted goggles. Teaches ownership and you can pick your favorite color and design!

We have a limited number of fins and pull buoys.

If you forget your goggles, we have a limited number of back-up goggles that can be checked out before practice.

THESE ARE EMERGENCY GOGGLES. NOT FOR CONTINUAL BORROWING.



FOR A LIST OF EQUIPMENT RECOMMENDATIONS AND WHERE TO FIND THEM SEE OPPOSITE SIDE

GOGGLES

Top Recommendations:

SPEEDO JR. VANQUISHER OPTICAL GOGGLE

NIKE SWIFT REFLEX II GOGGLE

SPEEDO VANQUISHER 2 GOGGLE

SPEEDO SKOOGLES SWIM GOGGLES

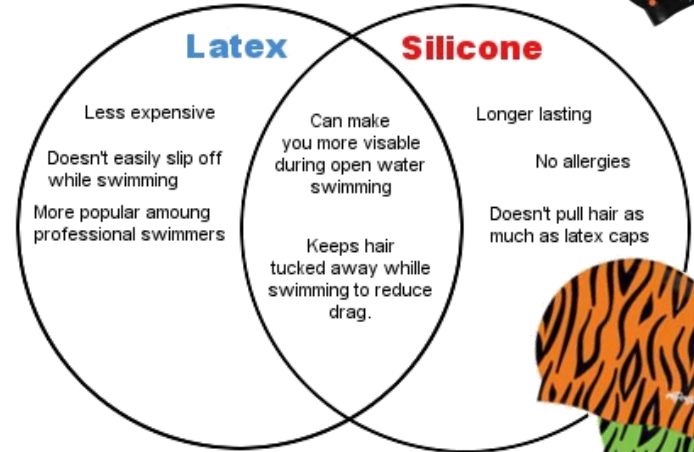


What to look for: silicone eye gasket

and split strap design. Speedo, Nike and TYR are among the top goggle makes and are the designs most coaches recommend. Avoid swim masks or snorkeling masks [enclosing the nose in the mask].

SWIM CAPS

What to look for: silicone or latex swim cap



FINS

What to look for: rubber fin with built in foot.

Avoid fins that strap over the heel. Floating fins are a plus. Rubber fins available in Children's size 8-Adult size 17.



PULL BUOYS

Top Recommendations:

TYR PULL FLOAT

TYR JUNIOR PULL FLOAT

NIKE ONE PIECE PULL FLOAT



What to look for: foam single

construction pull float. Smaller swimmers

will need "junior" or smaller sized buoys, larger swimmers will need adult or regular size buoys.

ALL OF THESE ITEMS OR SIMILAR ITEMS CAN BE PURCHASED AT

D&J SPORTS [WWW.DJSPTS.COM]

214-631-0057

3060 STEMMONS FREEWAY, SUITE B

DALLAS, TX 75247-6118

KIEFER [WWW.KIEFER.COM]

1-800-323-4071

SWIM OUTLET [WWW.SWIMOUTLET.COM]

1-800-691-4065

QUESTIONS???

Contact Jen Hughes

214.820.8922 or JENNIFER.HUGHES@BAYLORHEALTH.EDU

MISC.

MESH BAGS are great for storing all of your swimming equipment in. They can be found at any swim store in a variety of sizes and colors.

STING RAY KIDS THERMAL suits are available for kids that find the water too chilly. They are priced similar to a swim suit and available for boys and girls and can be found at any swim store.

SWIM EAR DROPS can be found at any local drug store [Target, Walmart, Walgreens, etc...] and is helpful to clear water trapped in ears.

