



PRACTICE EQUIPMENT

Each year the Greater Ottawa Kingfish list items that will benefit an athlete's development in swimming with regards to repeating and improving drills and swimming in general. This year each level of swim group needs to have such designated training aids. The following is a group by group description of what **YOU NEED** to have in the upcoming year.

Swimmers should **ALWAYS** have these items with them at all times while attending a Greater Ottawa Kingfish Swim Practice.

Please note: Swimmers are to wear Go Kingfish logo Practice Caps during practice time.

Senior Kingfish Group

- Finis Snorkel
- Arena Tech Pro Fin
- Mono Foil Training Fin
- Finis Swim Parachute
- Stroke Maker (2 sets)
 - i. Hand size---same as hand for younger swimmers
 - ii. Large size---2-3 sizes bigger than hand size for Senior Group
- Greater Ottawa Kingfish logo Mesh Bag
- Pull Buoy
- Finis Ankle pulling Band/Strap
- Kick Board
- 4 hockey Pucks
- Skipping Rope

Senior Blue Group

- Finis Snorkel
- Arena Tech Pro Fins
- Mono Foil Training Fin
- Finis Swim Parachute
- Stroke Maker or Speedo Power Paddles (2 Sets)
 - i. Hand size---same as hand
 - ii. Large size---2 sizes bigger than hand size!
- Greater Ottawa Kingfish logo Mesh bag
- Pull Buoy
- Finis Ankle pulling Band/Strap
- Kick Board
- 4 Hockey Pucks
- Skipping Rope

Senior Orange Group

- Finis Snorkel
- Arena Tech Pro Fins
- Mono Foil Training Fin
- Finis Swim Parachute
- Stroke Maker
 - i. Hand size---same as hand
- Greater Ottawa Kingfish logo Mesh bag
- Pull Buoy
- Finis Ankle pulling Band/Strap
- Kick Board
- Skipping Rope

Youth Group

- Finis Snorkel
- Aqua Sport or Speedo Training Fins
- Mono Foil Training Fin
- Finis Swim Parachute
- Stroke Maker or Speedo Power Paddles
 - i. Same size as your hand(or just a little bigger)
- Greater Ottawa Kingfish logo Mesh bag
- Pull Buoy
- Finis Ankle pulling Band/Strap
- Kick Board

GOLD GROUP

- Finis Snorkel
- Speedo Training Fins
- Greater Ottawa Kingfish logo Mesh bag
- Pull Buoy

Bronze/Silver Group

- Finis Snorkel
- Speedo Training Fins
- Greater Ottawa Kingfish logo Mesh bag



Team Equipment Needs

The following pages show the description of each item that each group will be required to obtain for the current swim season:

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FINIS-SNORKEL



STROKE MAKER or SPEEDO POWER PADDLE

Only for swimmers 12/years of age and older and/or in the youth group or above.
Please ask your coach for sizing: Hand size and/or two sizes bigger!



**Arena Tech Pro
TRAINING FINS
or
SPEEDO**



Foil MonoFin:



PULL BUOY:Small

TEAM MESH BAG

Navy or Orange bags with
“Kingfish Swimming” logo



FINIS Swim Parachute



Pulling Ankle Band/Strap



Kick Board