



2020-2021 EQUIPMENT LIST

	JOW	JD	OW	JAG	AGP	PERFORMANCE (X)	PERFORMANCE / SENIOR	HIGH PERFORMANCE
Mesh Bag	☒	☒	☒	☒	☒	☒	☒	☒
Training Suit	☒	☒	☒	☒	☒	☒	☒	☒
Cap & Goggles	☒	☒	☒	☒	☒	☒	☒	☒
Water Bottle	☒	☒	☒	☒	☒	☒	☒	☒
Team Shirt	☒	☒	☒	☒	☒	☒	☒	☒
Kickboard	☒	☒	☒	☒	☒	☒	☒	☒
Fins	☒	☒	☒	☒	☒	☒	☒	☒
Snorkel		☒	☒	☒	☒	☒	☒	☒
Running Shoes			☒	☒	☒	☒	☒	☒
Pull Buoy				☒	☒	☒	☒	☒
Paddles					☒	☒	☒	☒
Band					☒	☒	☒	☒
Racing Suit						☒	☒	☒
Foam Roller							☒	☒
Skipping Rope							☒	☒

Team Gear FAQ

- Our Vivos Sponsorship Agreement will provide all swimmers OSC team gear as part of the registration package - please see the registration page for more information about what will be included this year
- Any additional team gear can be ordered throughout the season via the OSC website.
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Equipment FAQ

- Fins/snorkels/paddles/pullbuoys/kickboards/backpacks/meshbags can be purchased through United Cycle or Team Aquatic Supply
- Paddles should not grossly exceed hand size - for our developing athletes, this means you may need to size up paddles as you grow
- Additional equipment requirements may be directed from time to time for senior groups.

Suit FAQ

- Training suits can be used for competitions at all levels for in-season meets
- Swimmers at a Provincial level and below are **not** required to have a racing suit other than their training suit
- Racing suits are only required for National Championship meets