

LA OSC Group Equipment Needs			
Sep-09			
	<u>National Group</u>		<u>SI&C</u>
1-	red suit for workout & races		(Stroke Improvement & Conditioning)
2-	bathing cap (if you wear one) (2)	1-	red suit
3-	fins (flippers)	2-	bathing cap (if you wear one)
4-	speedo fins	3-	fins (flippers)
5-	goggles (2 pair)	4-	goggles
6-	team t-shirt (1 dry & 1 meet)	5-	swim bag
7-	sweat suit	6-	team t-shirt
8-	pull buoy	7-	sweat suit (optional)
9-	band	8-	pull buoy
10-	hand paddles (red or yellow)	9-	mesh equipment bag
11-	finger tip paddles		
12-	mesh equipment bag		<u>Olympic Way Groups</u>
13-	water bottle	1-	red suit
14-	log book	2-	bathing cap (if you wear one)
15-	racing bathing suit	3-	fins (flippers)
16-	surgical tubing (for dryland exercises)	5-	goggles
17-	outdoor gear-shoes-t-shirt-sweats	6-	swim bag
18-	red dryland LOSC t-shirt	7-	team t-shirt
19-	skipping rope	8-	sweat suit (optional)
20-	Shutes		
21-	snorkel (finis brand)		
	<u>Provincial Group</u>		
1-	red suit for workout & races		
2-	bathing cap (if you wear one) (2)		
3-	fins (flippers)		
4-	goggles (2 pair)		
5-	swim bag		
6-	team t-shirt (1 dry & 1 meet)		
7-	sweat suit		
8-	pull buoy		
9-	band		
10-	hand paddles (blue)		
11-	mesh equipment bag		
12-	water bottle		
13-	log book		
14-	racing bathing suit		
15-	surgical tubing (for dryland exercises)		
16-	outdoor gear-shoes-t-shirt-sweats		
17-	red dryland LOSC t-shirt		
18-	skipping rope		
19-	workout sheet		
	<u>Regional Group</u>		
1-	red suit		
2-	bathing cap (if you wear one)		
3-	fins (flippers)		
4-	goggles		
5-	swim bag		
6-	team t-shirt		
7-	sweat suit (optional)		
8-	pull buoy		
9-	mesh equipment bag		