

**ELITE GROUP SWIMMERS** should have the following in their Net Bag on deck for all practices:

Water Bottle

Goggles

Caps

Pull Boy

Kick Board

Fins (Finis Gold or Speedo)

Rubber Band (Finis)

Snorkel (Finis or Vorgee)

Hand Paddles (Speedo Contoured)

Chute (optional)

Skipping Rope

**For Dryland Training:**

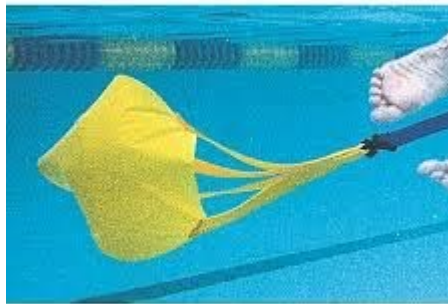
Yoga Mat

Shorts

T-Shirt

Running Shoes

ADDITIONAL OPTIONAL EQUIPMENT FOR TRAINING - ELITE GROUP



The S103 comes with a carry bag which includes one pair each of interchangeable handles, paddles, adjusting leg straps, mounting straps and two 4ft/1.2m tubes. Interchangeable. Replacement and additional parts available. Available in five resistance levels.