

Edmonton Keyano Swim Club

Equipment List – 2025/2026

All swimmers receive a Keyano Swim Cap and Keyano T-Shirt with registration.

BRONZE

- Keyano Swim Cap*
- Keyano T-Shirt*
- Goggles
- Kickboard
- Fins (short blade)
- Mesh Bag
- Water Bottle

SILVER

- Keyano Swim Cap*
- Keyano T-Shirt*
- Goggles
- Kickboard
- Fins (short blade)
- Mesh Bag
- Water Bottle

GOLD

- Keyano Swim Cap*
- Keyano T-Shirt*
- Goggles
- Kickboard
- Fins (short blade)
- Mesh Bag
- Water Bottle
- Pull Buoy
- Snorkel
- Paddles – Speedo Power paddle

JUNIOR PROVINCIAL

- Keyano Swim Cap*
- Keyano T-Shirt*
- Goggles
- Kickboard
- Fins (short blade)
- Mesh Bag
- Water Bottle
- Pull Buoy
- Snorkel
- Paddles – Small 'Strokemaker' brand

SENIOR PROVINCIAL

- Keyano Swim Cap*
- Keyano T-Shirt*
- Goggles
- Kickboard
- Fins (short blade)
- Mesh Bag
- Water Bottle
- Pull Buoy
- Snorkel
- Paddles – Small 'Strokemaker' brand

JUNIOR NATIONAL

- Keyano Swim Cap*
- Keyano T-Shirt*
- Goggles
- Kickboard
- Fins (short blade)
- Mesh Bag
- Water Bottle
- Pull Buoy
- Snorkel
- Paddles – 'Strokemaker' brand

SENIOR NATIONAL

- Keyano Swim Cap*
- Keyano T-Shirt*
- Goggles
- Kickboard
- Fins (short blade)
- Mesh Bag
- Water Bottle
- Pull Buoy
- Snorkel
- Paddles – 'Strokemaker' brand
- Tempo Trainer

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* Please WRITE swimmers name on ALL equipment.

Team Gear

- Caps & Shirts - At swim meets all swimmers must wear EKSC team caps and shirts.

Bathing Suits

- Team suits – the club offers team suits for purchase in the fall (see team portal on website).
- Other suits – If you choose to wear a different swimsuit, it must be fitted (no frills, ties or loose fabric).
 - Board shorts and two-piece suits are **NOT ALLOWED**.
- Suits should be snug but not too loose, as they will loosen a little once in the water.
 - Boys – can choose between a jammer (should sit above knee) or brief style suit
 - Girls – general wear a standard cut suit.
- Race Suits
 - Swimmers 12 and under do not need a race suit. If your swimmer is approaching provincial times, you may consider an entry-level race suit but talk to your coach first before purchasing.

Caps & Goggles:

- Keyano team caps should be worn at all times, including practice and meets
 - Swimmers with hair past their ears or eyebrows must wear a cap.
 - It may take some practice to get used to wearing a cap but it's essential for learning key techniques.
- Goggles
 - Swimmers must wear training goggles (no snorkel-style goggles) that have one or two straps that go behind their head.
 - Goggles should not be too large or cover the nose.
 - Younger swimmers benefit from goggles with a fixed nose piece but as they progress they'll likely move to goggles with adjustable nose pieces.

Kickboard:

- Kickboards are used as a support for the upper body when the swimmers isolate the kick action of each stroke.
- We ask that the board be of size no more than a few inches longer than the swimmers forearms.

Fins:

- Also known as flippers – are required for ALL groups in the club, Speedo or Arena brand are preferred.
- Fins are used to provide additional support to the kicking action.

Mesh Bag:

- Lightweight waterproof bag that is used to carry pool equipment on deck.

Paddles:

- They are used as an added resistance device by swimmers. They are worn on the hands to increase surface area.
- It is important to get the correct size paddles for swimmers, this is why we recommend the Speedo (seen below) or strokemaker paddles.
- Paddles should be approximately 2cm beyond the tip of the fingers when fitting paddles.

Snorkels

- Snorkels for swimming are different than regular ocean snorkels.
- The snorkel is front mounted and allows the swimmer to work on the correct body position whilst swimming.
- Note there are Junior and Senior sized snorkels, so keep that in mind when purchasing.

Pull Buoy

- A pull buoy is a small floatation device which is held between the swimmers' thighs.
 - This allows the lower body to be artificially supported and provides a stable body position in the water in which swimmers can work on the pulling action of the stroke.
- We ask that swimmers use a JUNIOR sized pull buoy until the swimmer is taller than an average high schooler or if their legs are larger and/or more muscled.
- We recommend the Speedo Junior Pull Buoy (see photo below)

Where to Purchase Equipment**1. Team Aquatic Supplies (TAS) Portal**

- Available through the Keyano website via our Online Store
- Open September 15 – 28
- Orders are placed directly with Team Aquatic Supplies (Keyano is not involved in these transactions)
- A team discount is applied when ordering through the portal

2. Keyano Pro Shop (via Online Store)

- Limited stock of past team gear available:
 - Hoodies, T-shirts, Ball caps, Toques, Long fins

3. Local & Online Retailers

- Sport Chek, United Cycle
- Team Aquatic Supplies (see above), LySports, SwimOutlet, All Tides

FIXED NOSE GOOGLES



KICKBOARD



ADJUSTABLE NOSE GOOGLES



MESH BAG

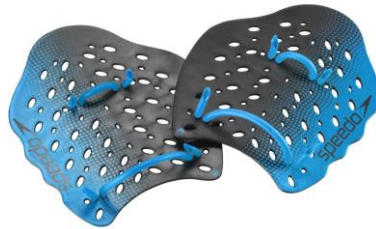


SHORT FINS

Colours are based on size:



HAND PADDLES



STROKEMAKER PADDLES



SNORKEL



PULL BUOY



TEMPO TRAINER



MALE BRIEF



MALE JAMMER



FEMALE SUIT

