2023-2024 TROJAN PRACTICE EQUIPMENT LIST

NATIONAL DEVELOPMENT

Trojans are all expected to come to practice with:

- Swimsuit suitable for training
- Goggles
- Towel
- Water bottle

Additional equipment required::

Images	Product Name	Links at All Tides
	Kickboard	<u>Micro-Kickboard – All Tides</u>
	Fins	Colour-Coded Swim Fins – All Tides
The control of the co	Snorkel	All Tides Swim Snorkel
arena	Mesh Bag	<u>Team Mesh Bag – All Tides</u>

Images	Product Name	Links at All Tides
	Paddles	TYR Training Paddle Catalyst Stroke – All Tides
	Small Pull Buoy	Pull Buoy One-Piece All Tides
₩ All Tides	Yoga Mat	<u>Tapis De Yoga Noir – All Tides</u>
	Foam Roller (optional)	Rouleau TriggerPoint CORE™ Mini – All Tides
	Skipping Rope (optional)	Corde À Sauter – All Tides

