

VPSC Equipment Checklist

What You Need:

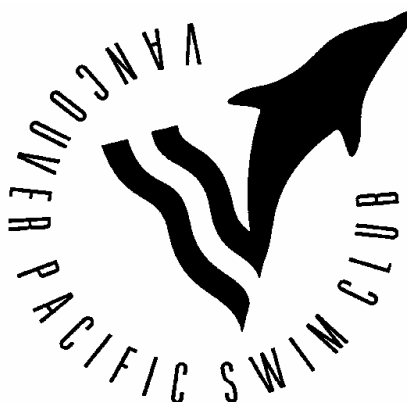
Green and White Dolphins:

Club Gear:

VPSC t-shirt
VPSC cap
VPSC swimsuit

Training Gear:

Water Bottle



Red, Blue and Bronze Dolphins:

Club Gear:

VPSC t-shirt
VPSC cap
VPSC swimsuit

Training Gear:

Training fins
Pull buoy (Red: N/A, Blue: starting January, Bronze: starting September)
Water Bottle

Silver, Junior Performance:

Club Gear:

VPSC t-shirt
VPSC cap
VPSC swimsuit

AAA Swimmers:

UBCD Shirt & Cap (first shirt and first cap are free)
UBCD Suit (Black Speedo is fine, or you can order a UBCD suit)

Training Gear:

Training fins
Pull buoy
Kickboard (optional)
Paddles
Training band (supplied by coach – don't lose it)
Water Bottle

Gold, Senior Performance:

Club Gear:

VPSC t-shirt
VPSC cap
VPSC swimsuit
UBCD Shirt & Cap
UBCD Suit (competition suit should be a UBCD suit or black aquablade)

Optional Team Gear:

UBCD Track suit (swimmers attending Youth or Club Nationals should get one)

Training Gear:

Training fins
Pull buoy
Paddles
Training band (supplied by coach – don't lose it)
Recording Sheet (supplied by coach – replacements cost \$5)
Water Bottle