



NORTH BAY Y TITANS

Box 1234 • North Bay, Ontario • P1B 8K4

WHAT EQUIPMENT DO I NEED TO SWIM

Initially, every Titan needs an equipment bag with a practice bathing suit, goggles, a towel and a water bottle. Eventually they will require paddles, fins, pull buoys, flutter board and a competition suit. Your coach will let you know when this equipment is required. All of these items are available through the Titans equipment manager at a reduced cost. The practice suits are a polyester blend and chlorine resistant which allows the fibers and colour to last 20 times longer than a regular bathing suit. Most swimmers will “out grow” their suit before “out wearing” their suit.

Every swimmer will receive a complimentary Titans bathing cap and t-shirt. It is not recommended that swimmers use these bathing caps for practice.

Approximate price for equipment (includes taxes and shipping):

Female Practice Suits	\$50.00 to \$70.00
Male Practice Jammer	\$28.00
Goggles	\$13.00 to \$25.00
Titan's Equipment Bag	\$35.00
Practice Caps.....	\$2.00
Silicone Caps	\$10.00

All items can be viewed at www.speedocanada.com as there will not be a catalogue this year to view.

If you have any questions please contact our Equipment Manager, Carrie Baran at 752-5216.