

CBST-USAS Equipment & Apparel

General Equipment Notes:

Please bring ALL equipment to EVERY practice.

Please PUT YOUR NAME ON ALL of your equipment.

Links are provided at bottom of this document. You may purchase equipment anywhere.

For training/practice:

Intermediate and Junior:

- Mesh bag
- Approved fins:
 1. Speedo Short Blade Training Fins**OR**
 2. Arena Powerfin
- Pull Buoy
- FINIS swimmer snorkel (recommended for Intermediate, required for Junior)

Advanced & Next Generation:

- Mesh bag
- Approved fins:
 1. Speedo Short Blade Training Fins**OR**
 2. Arena Powerfin
- Pull Buoy
- FINIS swimmer snorkel
- FINIS Agility Paddles floating
- Arena Power Paddles

Senior

- Mesh bag
- Approved fins: Arena Powerfin Pro Swim Fins
- Pull Buoy
- FINIS swimmer snorkel
- FINIS Agility Paddles floating
- One Swim Power Bag Set
- Swim parachute
- Arena Power Paddles
- Optional
 1. Finnis Tempo Trainer
 2. Foam Roller (Portable option that fits into your bag)
 3. Therabands

For meets ALL SWIMMERS are expected to wear (ordering information to be emailed early each season):

1. A CBST Swim Cap - *if the swimmer wears a cap it must be a CBST cap*; caps are not required
2. CBST apparel

You may purchase your equipment anywhere you like – be sure to buy the specific items listed and choose the appropriate size. Some online retailers people often use to purchase these items are swimoutlet.com, finisswim.com, amazon.com, and kiefer.com. If you have any questions, please reach out to your head coach. (Chris cskabra@cbsd.org for age group or Geoff ghawskworth@cbsd.org for senior group)

Pictures for reference:

Speedo Short Blade Training Fins



Arena Powerfin



Arena Powerfin Pro Swim Fins



Pull Bouy (read product description to decide between standard and junior size)



FINIS swimmer snorkel



FINIS Agility Paddles floating



Arena Power Paddles



One Swim Power Bag Set



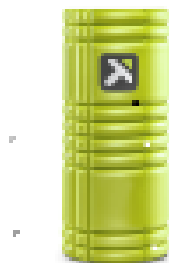
Swim Parachute



FINIS Tempo Trainer



[Foam Roller](#)



[Therabands](#) (other options at Amazon)



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