

RAC TEAM EQUIPMENT BY GROUPS

SENIOR ELITE GROUP/SENIOR GROUP

SET OF PADDLES (SIZE 2-4 DEPENDING ON HAND SIZE)

PULL BUOY

KICKBOARD

FINS

MESH BAG

WATER BOTTLE

DRAG SUIT

STRETCH CORDS (GET FROM COACH BOB)

**TEAM WARM UP

Gold Group

KICKBOARD

FINS

MESH BAG

PULL BUOY

WATER BOTTLE

Bronze/Silver

KICKBOARD

FINS

MESH BAG

WATER BOTTLE

MASTERS

KICKBOARD

FINS

MESH BAG

PULL BUOY

PADDLES