



WHAT'S IN MY SWIM BAG?

- One piece swim suit
- Goggles
- Nose clip (at least 2)
- Calgary Elite Synchro swim cap (provided first day of practice)
- Towel
- Shampoo/Conditioner/Soap
- Hair Tie (for after-practice-wet-hair)
- Flip flops
- Shorts (for dryland training)
- Pool Access Pass (Talisman and/or YMCA)
- Water Bottle

WHERE TO SHOP:

Team Aquatic Supplies (retail store in Calgary & online): www.team-aquatic.com

Splish (online): www.splish.com