

## LAKE FOREST SWIM CLUB 2010 Squad Equipment & Apparel List

**LFSC uniforms and equipment is available in September and April of each year at LFSC Team Swim Shop.  
Team caps are available from LFSC coaches throughout the year.**

**Call Kiefer, 847-872-8866, for your equipment needs at other times during the season -- ask for LFSC team discount.  
Fins (Kiefer or Speedo brand), Goggles (proper sized), Team Suit (ask for LFSC "well fitted" team suit)**

<b>SENIOR Required Equipment</b>	<b>BRONZE Required Equipment</b>	<b>GREEN Required Equipment</b>	<b>YELLOW Required Equipment</b>	<b>MIGHTY DUCKS &amp; MINI-DUCKS Required Equipment</b>
Team Suit (Meets) Team Cap (Meets)	Team Suit (Meets) Team Cap (Meets)	Team Suit (Meets) Team Cap (Meets)	Team Suit (Meets) Team Cap (Meets)	Swim Suit (well fitted)
Mesh Bag Fins Snorkel Kick Board Pull Buoy Paddles (Sm or Med)	Mesh Bag Fins Snorkel Kick Board Pull Buoy Paddles (Sm. Speedo orange)	Mesh Bag Fins Snorkel Kick Board	Mesh Bag Fins Snorkel Kick Board	Fins Goggles (2 pr.) Swim Cap (if long hair)
Goggles (2 pr.) Swim Caps (2)	Goggles (2 pr.) Swim Caps (2)	Goggles (2 pr.) Swim Caps (2)	Goggles (2 pr.) Swim Caps (2)	Extra Cap (if needed)
Nose Clip	Nose Clip			
Dryland Log Book Dryland Shoes & Clothing	Old Shoes for kicking  Dryland Log Book Dryland Shoes & Clothing			

**Questions: [lfsc@sbcglobal.net](mailto:lfsc@sbcglobal.net), (847)295-8343**