

## Swimmers Only - Fins / Snorkel / Bag Request

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The following is a list of equipment we are asking you to have for the start of our season. They are some essential PERSONAL items that you will need throughout your four years at LTHS and can also be used during your club or out of season training. The LT athletic department cannot provide these items since they are specific to each individual swimmer.

We understand this is asking a lot for some of our families, however we would like you to understand these items are a one-time purchase and can be used from year to year. If you have concerns financially, we as coaches certainly understand, if you would like to contact us to discuss the situation further we will be happy to look into alternatives to purchasing these items.

**The items listed are from different vendors, but have the most competitive price I could find. If you can find a comparable item for a lower price, or another store has it for less (i.e. Swimmers Edge, Urban Tri Gear, Kiefer etc.) feel free to make your purchase wherever you would like. Urban Tri Gear will be coming out to one of our practices during the beginning of the season and will have these items for sale.**

The athletic department will have kickboards, pull buoys, and paddles to use throughout the season. Please feel free to contact us with any questions, or concerns.

Kurt Johns  
[kjohns@lths.net](mailto:kjohns@lths.net)

### Zoomers (any color) Fins (or regular sized fins that are cut 2" to 3" above the toe)



Item Number: 800086  
**Price:\$31.95**

[www.kiefer.com](http://www.kiefer.com)

- **Product Details:**

New improved Zoomer fins feature a softer and more comfortable foot pocket. Zoomers are short blade swim fins that promote a shorter, faster kick. Zoomers provide ideal propulsion for perfecting swimming kick and stroke, allowing for better form over longer periods of time. Zoomers smaller blade makes legs work harder without overloading muscles, helping avoid burnout while sustaining optimal workout level for longer time periods.

Zoomers allow training at or above race pace, improving high-speed neuromuscular coordination and reducing upper-body stress. The core of your workout is improved, allowing you to become a better swimmer with a stronger, faster kick.

Kick Science:

Zoomers are designed to help practice and perfect this smaller kick by providing just enough extra propulsion while avoiding additional drag.

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### Finis Freestyle Snorkel

Our Lowest Price Is: \$30.00



616323200166

#### Product Description

The Freestyle Snorkel is designed specifically for freestyle swimmers but can be used for other strokes. This design allows swimmers to achieve a lower head position during freestyle and therefore further optimize body position.

Designed to use centrifugal force generated during flip turns to greatly restrict water from entering the tube. The Freestyle Snorkel will allow a swimmer to maintain a natural, rhythmic breathing pattern due to easy achievement of proper body position. The elimination of the purge valve requires in an increased lung capacity to clear water. Results in an increased CO2 tolerance and VO2 max from regular use. Fully compatible with cardio cap for simulated altitude training.

PRICES FOR ON LINE ORDERS ONLY

[www.UrbanTriGear.com](http://www.UrbanTriGear.com) 1-888-SWIM-1ST (1-888-794-6178)

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## Kiefer Large Mesh Equipment Bag

Item Number: 641808

**Price:\$7.95**

#### Product Details:

A roomy 18" x 30" holds kickboards, pull buoys, fins or whatever is getting you down. Drawstring top.

