

REC-PLEX SHARKS TRAINING EQUIPMENT

Team Vendor: On the Blocks Aquatics
 4871 Mexico Road
 St. Peters, MO 63376
 636-447-9600

Store Hours: M-W-F 10:00 a.m to 5:00 p.m.
 T-Th 10:00 a.m. to 8:00 pm.
 Saturday 10:00 a.m. to 4:00 p.m.
 Sunday 12:00 p.m. to 4:00 p.m.
 (Closed Sundays June 1 through Labor Day)

Tiger and Mako Groups

	Female	Male
Team Cap (latex for practice, latex or silicon for meets)	Yes	Yes
Polyester suit	Yes Speedo Endurance Superproback	Yes Speedo Solid Endurance brief or jammer
Goggles	2 to 3 pairs	2 to 3 pairs
Fins	Yes	Yes
Pull buoy - Mako Only	Yes	Yes

Leopard and Hammerhead Groups

	Female	Male
Team Cap (latex for practice, latex or silicon for meets)	Yes	Yes
Polyester suit	Yes Speedo Endurance Superproback Aquablade Recordbreaker (should be used for championship meets)	Yes Speedo Solid Endurance brief or jammer Aquablade brief or jammer (should be used for championship meets)
Goggles	2 to 3 pairs	2 to 3 pairs
Fins	Yes	Yes
Pull buoy	Yes	Yes

JV and Varsity Groups

	Female	Male
Team Cap (latex for practice, latex or silicone for meets)	Yes	Yes
Polyester suit	Yes Speedo Endurance Superproback FS Pro Recordbreaker or Kneeskin, FSII Recordbreaker (Sectionals or above) Aquablades listed for Hammer/Leopard are an option	Yes Speedo Solid Endurance brief or jammer FS Pro Jammer, FSII brief or jammer (Sectionals or above) Aquablades listed for Hammer/Leopard are an option
Goggles	2 to 3 pairs	2 to 3 pairs
Finis Swimmers tool kit (Includes snorkel, Freestyler paddles and tempo trainer)	Yes	Yes
Zoomers Z2s	Yes	Yes
Pull buoy	Yes	Yes
Paddles (Speedo Power or Tyr Catalyst)	Yes	Yes

We have added a few new suits to our equipment list. These suits are for the Hammerhead groups and above. We highly recommend that swimmers wear these suits only at championship level meets as they are expensive and they do not have a long "lifespan".