

Storm Coach's Wish List

If you choose to purchase anything off of this Wish List, please let Coach David, the President, and the Treasurer know so they can remove it from the Wish List and record it on Storm's books.

If you have any questions about the items below, please feel free to contact Coach David.

1. Strokemaker Paddles (Hand Paddles for Pulling)

<u>Sizes</u>	<u>Desired Amounts</u>
#0 Light Blue (smallest)	2
#0.5 Red	3
#1 Green	3
#2 Yellow	3
#3 Red	2
#4 Dark Blue	2
#5 Green (largest)	1

2. Speedo Speed Training Fins

<u>Sizes</u>	<u>Desired Amounts</u>
Green Small (4-6)	6
Blue Medium (7-9)	6
Grey Large (10-12)	3
Black X-Large (13-15)	1

3. Finis Forearm Fulcrum Paddle

<u>Sizes</u>	<u>Desired Amounts</u>
Blue Junior	1
Grey Adult	1

4. Medicine Balls

<u>Sizes</u>	<u>Desired Amounts</u>
4 pounds	1
6 pounds	2
8 pounds	2
10 pounds	2
12 pounds	1
14 pounds	1

5. StretchCordz Long Belt (Long Belt Slider with Safety Cord)

<u>Sizes</u>	<u>Desired Amounts</u>
8 – 24 lbs of pull (Green)	1

6. StretchCordz Short Belt

<u>Sizes</u>	<u>Desired Amounts</u>
30 lbs of pull (Black)	2

7. StrechCordz Grudge Belt

(Two belts connected by a 7-foot length of heavy latex tubing for swimming tug-of-war)

<u>Sizes</u>	<u>Desired Amounts</u>
30 lbs of pull (Black)	3

8. StrechCordz Drag Belt/Tow Tether (the Parachutes)

<u>Sizes</u>	<u>Desired Amounts</u>
16 Inches	2

9. Replacement Chutes

For the StrechCordz Drag Belt/Tow Tether (the Parachutes)

<u>Sizes</u>	<u>Desired Amounts</u>
12 Inches	4

10. Resistance Cables, with handles or paddles

(Stretch Cords for Dry Land Training)

Sizes
Various lengths, strengths, and sizes

11. ASCA's DVD Product ID # 514

Posture, Line and Balance – The Foundation of Championship Winning Swimming (DVD)

https://www.swimmingcoach.org/ecom/store/comersus_viewItem.asp?idProduct=85

12. Swimming Skills and Drills Vol. 1

Starring: Randy Reese **Director:** Bill Richardson **Format:** DVD

13. Swimming Skills and Drills Vol. 2

Director: Bill Richardson **Format:** DVD