

Triathlon Team Equipment & Gear Information

Swim:

- Caps→ Are available for purchase at the team store and suggested for team practices per swim team rules.
- Goggle→ All brands are welcome. Just choose one that is most comfortable for your child. When swimming outside, mirrored lenses make it easier to see.
- Suits→
 - Practice suits are for girls a one piece style suit and boys can wear a jammer or a brief. They are available for purchase through the link for D&J Sports on our website <http://www.crawfishaquatics.com/swim-team/team-outfitting/>
 - Team race suits are available by contacting us as tri.br@crawfishaquatics.com and we have different styles through Kiwami.

Bike:

- Pedal Play on Perkins Road is our main sponsor. Scott Mackey is the owner and has different bikes and different price points for all levels of competition. He will be able to help your child "fit" appropriately on a bike and give great advice on what would suit your child. There are "road" bikes with skinner tires, "hybrid" bikes with medium width tires and "mountain" bikes with fat tires. One thing to note: NO TRI/ARROW bars are allowed for youth in any USA Triathlon sanctioned race.
 - The best deals are on the Fuji bikes
 - Clip ins are only suggested by the coaching staff once an athlete is of certain age and ability
- Helmets→ REQUIRED for all practices and all races. Must be a standard bike "road" helmet (cannot be a skateboard or scooter helmet).

Run:

- Shoes→ A good pair of running shoes is needed. They do not have to be new, but need to fit properly. For racing, we would recommend lace locks instead of regular shoe strings (greatly reduce transition time) although this is not required. Fleet Feet Sports is our preferred vendor.

Extra:

- Race belts→ can be purchased at Fleet Feet (between \$6-\$10). Greatly reduce transition time.
- Waterbottles→required for all practices and races

Pedal Play Bicycles

*Contact: Scott Mackey
13726 Perkins Road
Baton Rouge, LA 70810*

Fleet Feet Sports

*Contact: Michelle Forte
6251 Perkins Road
Baton Rouge, LA 70808*