

Training Snorkels

Training Snorkels have been around in a variety of forms since the mid-1990's. Recently significant advancements have been made in design and many teams have started to use them. In fact my Iona College team used them with enormous success this past season and our YW Masters program have been using them with great results in technique and conditioning.

We rarely demand swimmers buy equipment; however, this is quickly demonstrating itself has an invaluable training and technique aid and I would ask that all swimmers on the State/National purchase one (Blue version) as well as those swimmers on TAG 3 (Jr version).

Unfortunately, snorkels really can't be shared because of obvious reasons. Please use the links below to place your order (20% discount) as soon as possible. If you don't have a "gear bag, please get one of those too (at <http://www.finisinc.com/P-125010101/Finis+Mesh+Training+Bag+Black> for 9.99 less 20% =\$8.00)

To get your discount, please put in the promotional code "Greenwich" at checkout!

Jr. Swimmer's Snorkel



Finis – Junior Snorkel
(Retail Price: \$39.99)
Our Price: \$32.00

<http://www.finisinc.com/P-10500948/Jr+Swimmer's+Snorkel+Yellow>

Swimmer's Snorkel Blue



Finis – Blue Snorkel
(Retail Price: \$44.99)
Our Price: \$36.00

<http://www.finisinc.com/P-10500910350/Swimmer's+Snorkel+Blue>

What is the Swimmer's Snorkel?

The Swimmer's Snorkel is a patented front-mount snorkel designed specifically for swimmers and can be worn with any standard swimming goggle. At its most basic level, the **SWIMMER'S SNORKEL** allows a swimmer of any ability to relax in the water and maintain a completely laid out, horizontal position. The key benefit to this is the ability for the person to breathe naturally and rhythmically. This skill is the most critical aspect for novice level swimmers to master. The ability to be laid out, completely horizontal and relaxed is beneficial to all levels of swimmers, as it allows people to swim at normal or even slower speeds while maintaining a full range of motion.

A **JR SNORKEL** is also available, which is shorter in length to account for the possible underdeveloped lungs of swimmers under the age of 12.

"The Swimmer's Snorkel allows the swimmer concentrate on body balance, rotation and alignment by eliminating the complicated breathing motion." - Richard Quick Head Coach, Auburn University Swimming Head Coach 1996, 2000 USA Women's Olympic Swim Team