

EXPAND YOUR TOOL BOX

I. Introduction

- A. History**
- B. Evolution**

II. Equipment

- A. Milk Jugs - Hand Buoys**
- B. Belts - Cuffs**
- C. Gloves - Webs**
- D. Noodles - Toy or Tool**
- E. Everything Else**

III. Pushback on Equipment

- A. Cost**
- B. Storage**
- C. Maintenance (Seasonal or Year Round)**

IV. Solutions

- A. Ownership**
- B. Versatility**

V. New Uses for Old Equipment

- A. Hand Buoys**
- B. Noodle**
- C. Cuffs**
- D. Kick Board**

VI. Grip

- A. Cueing**
- B. Muscle Activation**

VII. Music