



Please find below a list of kit that our coaches have requested the swimmers should have with them during galas or training. We have highlighted the items in **BLUE** that are a priority. These items form part of this upcoming training cycle.

Tim has made a suggestion via the links below, however if you already have kit from a different brand there is no need to purchase another.

Training

1. Kick board
2. pull buoys
3. TRAINING PADDLES.
https://www.amazon.co.uk/Adults-Swimming-Paddles-Training-Gloves/dp/B01HXLDIK2/ref=sr_1_1?s=sports&ie=UTF8&qid=1473773854&sr=1-1&keywords=training+paddles+for+kids
4. Snorkel
https://www.amazon.co.uk/Finis-Adult-Swimmers-Snorkel-Yellow/dp/B004O6ECL4/ref=sr_1_48?s=sports&ie=UTF8&qid=1473773737&sr=1-48&keywords=snorkel
5. RESISTANT BAND (light)
https://www.amazon.co.uk/PhysioRoom-Resistance-Exercise-Workout-Fitness/dp/B00B783RGI/ref=sr_1_50?s=fitness&ie=UTF8&qid=1473773506&sr=1-50&keywords=resistance+bands
6. Yoga matt
https://www.amazon.co.uk/Kabalo-Non-Slip-Exercise-Camping-Purple/dp/B00VPMSB80/ref=sr_1_4?s=sports&ie=UTF8&qid=1473773593&sr=1-4&keywords=yoga+mats
7. Nose clip
https://www.amazon.co.uk/Speedo-Competition-Nose-Clip-Graphite/dp/B000V599Y2/ref=sr_1_sc_1?s=sports&ie=UTF8&qid=1473773681&sr=1-1-spell&keywords=noce+clip
8. Polo shirt
9. Socks
10. Spare goggles
11. Spare hat
12. Logbooks

13. Fins

https://www.amazon.co.uk/Speedo-Adult-BioFUSE-Fin-Black/dp/B009OGDKEE/ref=sr_1_2?s=sports&ie=UTF8&qid=1473773950&sr=1-2&keywords=fins

14. Gym Gloves

https://www.amazon.co.uk/Weightlifting-Fingerless-Shockproof-Breathable-Anti-skid/dp/B00UGVGZHA/ref=sr_1_2?s=sports&ie=UTF8&qid=1473774052&sr=1-2&keywords=gym+gloves+for+kids

Competition (opens, county, regionals, nationals, club champs)

1. Swimming hat (2)
2. Goggles (2)
3. Track suit or onesie
4. 2 pair of socks
5. Trainers (not flip flops)
6. Yoga matt
7. Towel
8. Club T-shirt
9. good mood
10. logbooks
11. mp3 or any other devises with music