

Training equipment: what do you need?

Having and then bringing the right equipment to training will make a big difference to how fast you get better. You will use all the things that we ask you to have. Some of them have been specially picked because they're the best for what we need them for and of course we've kept price very much in mind. **Junior 2 and 3 swimmers need to bring the following equipment to every session in a wet bag: goggles, hat, spare goggles and spare hat, kickboard, fins, paddles, drinks bottle and inhaler (if you might need one). Then, everything you *might* need is right there in case you *do* need it.**

Your choice of training hat, goggles and bottle is up to you. You'll need a larger kickboard rather than a smaller one – something over 400mm long. There are lots of colors and styles to choose from. However, buying the right type of fins and paddles is crucial. These are the ones to get:

Fins:

Kiefer Rubber Long Fin. Available from: www.lifesaversdirect.co.uk. These are long enough and soft enough to help develop ankle flexion but short enough that they allow swimmers to kick at a fast tempo.



Paddles:

WIN Finger Paddles. Available from the Club Shop. These are super for developing technique and for building power and strength. Unless you have larger hands go for the slightly smaller red ones. They're not supposed to cover your whole hand – just the fingers.

