


Personal kit must be clearly labelled/marked with your name. It is important that swimmers have their own equipment to ensure that they do not have to rely on borrowing kit from other swimmers. Please bring your kit bag to ALL sessions.

<u>Kit Item</u>	Photo of Example Kit	Kit Required per Squad
<u>Mesh kit bag</u> (any brand)		NAR COUNTY JCD MAROON ORANGE RED B RED A
<u>Kickboard</u> – any brand		NAR COUNTY JUNIOR COUNTY DEV MAROON ORANGE RED A RED B
<u>Water Bottle</u> : any brand. Remember to wash out each night to avoid bacteria build-up or use disposable bottles		NAR COUNTY JUNIOR COUNTY DEV MAROON ORANGE RED B RED A
<u>Training Fins</u> – any brand but must be SHORT fins		NAR COUNTY JUNIOR COUNTY DEV MAROON ORANGE RED B RED A
<u>Pull-buoy</u> – any brand		NAR NAR COUNTY JUNIOR COUNTY DEV MAROON ORANGE RED B RED A

<u>Kit Item</u>	Photo of Example Kit	Kit Required per Squad
<p><u>Training hand paddles</u> – any brand but MUST have vents and fit your hand properly. Vents and palm risers enhance the swimmers feel for the water. Most hand paddles come in 3 sizes. These are Michael Phelps branded paddles but any brand is fine.</p>		<p>NAR COUNTY JCD</p>
<p><u>Front-loading snorkel</u> – any brand</p>		<p>NAR COUNTY JUNIOR COUNTY DEV MAROON ORANGE</p>
<p><u>Finis Pull rubber band</u></p>		<p>NAR COUNTY</p>
<p><u>Optional: Rollers</u> for trigger point release, knobby fibres – any brand</p>		<p>NAR COUNTY</p>
<p><u>Optional Finis Pacer</u> – optional training aid to help maintain constant stroke rate</p>		<p>NAR COUNTY</p>
<p>Finger Paddles</p>		<p>NAR COUNTY TOP CLUB JUNIOR COUNTY DEV MAROON</p>

Swim Training Kit Requirements for all Squads

	NAR	COUNTY		JCD(SILVER)	Maroon (Dev B)	Orange (Dev c)	Red B	Red A	
Required Items									
Mesh/Net Kit Bag	✓	✓		✓	✓	✓	✓	✓	
Kickboard	✓	✓		✓	✓	✓	✓	✓	
Water Bottle	✓	✓		✓	✓	✓	✓	✓	
Fins	✓	✓		✓	✓	✓	✓	✓	
Pull buoy	✓	✓		✓	✓	✓	✓		
Snorkel	✓	✓		✓	✓	✓			
Paddles - Finger	✓	✓		✓	✓				
Paddles - Large	✓	✓		✓					
Rubber Band	✓	✓							
Optional Items									
Optional - Finis Pacer	✓	✓							
Optional - Roller	✓	✓							

Items can be purchased online at specialist online swimming stores or at amazon etc. Please do register with easyfundraising.com beforehand and click through to the site you are purchasing from to earn commission for your club, without costing you a single penny more.

We are unable to offer direct recommendations for particular stores as that is seen as an endorsement, however we would be happy to share with you where we purchase our own swimmers' kit from if you ask us personally.