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

| **Kit Item** | **Photo of Example Kit** | **Kit Required per Squad** |
| --- | --- | --- |
| **Mesh kit bag** (any brand) | Gear Bag | NARCOUNTYJCDTOP CLUBPLATINUMDIAMONDGOLDSILVERBRONZE |
| **Kickboard** – any brand | page2image248777856 | NARCOUNTYTOP CLUBJUNIOR COUNTY DEVPLATINUMDIAMONDGOLDSILVERBRONZE |
| **Water Bottle**: any brand. Remember to wash out each night to avoid bacteria build-up or use disposable bottles | page1image249705904 | NARCOUNTYTOP CLUBJUNIOR COUNTY DEVPLATINUMDIAMONDGOLDSILVERBRONZE |
| **Training Fins** – any brand but **must be SHORT fins** | Alpha Pro Fins | NARCOUNTYTOP CLUBJUNIOR COUNTY DEVPLATINUMDIAMONDGOLDSILVERBRONZE |
| **Pull-buoy** – any brand | page2image248896128 | NARNARCOUNTYTOP CLUBJUNIOR COUNTY DEVPLATINUMDIAMONDGOLDSILVERBRONZE |
| **Training hand paddles** – 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. | Strength Paddle | NARCOUNTYTOP CLUB |
| **Finger Paddles** | C:\Users\gleni\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7C4BEC6B.tmp | NARCOUNTYTOP CLUBJUNIOR COUNTY DEVPLATINUMDIAMONDGOLD |
| **Front-loading snorkel** – any brand | Focus | NARCOUNTYTOP CLUBJUNIOR COUNTY DEVPLATINIUMDIAMONDGOLD |
| **Finis Pull rubber band**  | page3image206372160 | NARCOUNTYTOP CLUB |
| **Optional: Rollers** for trigger point release, knotty fibres – any brand | Image result for rollers for trigger release | NARCOUNTY |
| **Optional Finis Pacer** – optional training aid to help maintain constant stroke rate | page4image250005072 | NARCOUNTY |

**Swim Training Kit Requirements for all Squads**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **NAR** | **COUNTY** | **TOP CLUB** | **JNR COUNTY DEV** | **PLATINIUM** | **DIAMOND** | **GOLD** | **SILVER** | **BRONZE** |
| **Required Items** |
| **Mesh/Net Kit Bag** | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| **Kickboard** | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| **Water Bottle** | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| **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.**