**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 | NAR  COUNTY  JCD  TOP CLUB  PLATINUM  DIAMOND  GOLD  SILVER  BRONZE |
| **Kickboard** – any brand | page2image248777856 | NAR  COUNTY  TOP CLUB  JUNIOR COUNTY DEV  PLATINUM  DIAMOND  GOLD  SILVER  BRONZE |
| **Water Bottle**: any brand. Remember to wash out each night to avoid bacteria build-up or use disposable bottles | page1image249705904 | NAR  COUNTY  TOP CLUB  JUNIOR COUNTY DEV  PLATINUM  DIAMOND  GOLD  SILVER  BRONZE |
| **Training Fins** – any brand but **must be SHORT fins** | Alpha Pro Fins | NAR  COUNTY  TOP CLUB  JUNIOR COUNTY DEV  PLATINUM  DIAMOND  GOLD  SILVER  BRONZE |
| **Pull-buoy** – any brand | page2image248896128 | NAR  NAR  COUNTY  TOP CLUB  JUNIOR COUNTY DEV  PLATINUM  DIAMOND  GOLD  SILVER  BRONZE |
| **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 | NAR  COUNTY  TOP CLUB |
| **Finger Paddles** | C:\Users\gleni\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\7C4BEC6B.tmp | NAR  COUNTY  TOP CLUB  JUNIOR COUNTY DEV  PLATINUM  DIAMOND  GOLD |
| **Front-loading snorkel** – any brand | Focus | NAR  COUNTY  TOP CLUB  JUNIOR COUNTY DEV  PLATINIUM  DIAMOND  GOLD |
| **Finis Pull rubber band** | page3image206372160 | NAR  COUNTY  TOP CLUB |
| **Optional: Rollers** for trigger point release, knotty fibres – any brand | Image result for rollers for trigger release | NAR  COUNTY |
| **Optional Finis Pacer** – optional training aid to help maintain constant stroke rate | page4image250005072 | NAR  COUNTY |

**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.**