



Training Kit

What do I need in my swimming bag?

It is always a good idea to carry more than one set of goggles, hat and swim suits/jammers with you at all times.

You will also need a mesh bag to carry your floats and other training equipment in. Please see below which each squad needs for their training sessions.

Academy Squad	Junior Squad	Junior Competition Squad	Competition Squad	Training & Masters Squads
Named Mesh Bag * Finns (short training)	Named Mesh Bag Kick Float Pull Float * Finns (short training)	Named Mesh Bag Kick Float Pull Float * Finns (short training)	Named Mesh Bag Kick Float Pull Float * Hand Paddles Drag Shorts * Finns (short training)	Named Mesh Bag Kick Float Pull Float * Hand Paddles Drag Shorts (optional) * Finns (short training)

**Please speak with your coach for best buy finns/paddles before any purchase.*

Where can I purchase the above items?

You can purchase the above items from www.proswimwear.co.uk who offer a free Returns service and full refund to your payment card or any sports shop that may stock the above.

LTSC swim hats can be purchased via Julie, Fiona, Elaine or Lisa at your swim session - £5.00 each.