









## Recommended Equipment

	<p><b><u>Swimming Hat</u></b> These are necessary for any swimmers whose hair may obscure their eyes. Hats may be purchased from the club for £5 each.</p>	Water Polo Squad	Development Squad	Competitive Squad	Masters Squad
	<p><b><u>Goggles</u></b> These are necessary for all swimmers. There are many styles, and it's important to experiment to find a pair which fits the swimmers face well and which doesn't leak or fall off.</p>				
	<p><b><u>Water Bottle</u></b> Staying hydrated is important during exercise. We expect all swimmers to bring a refillable water bottle to every session of an hour or more in length.</p>				
	<p><b><u>Kick Board/Float</u></b> These are used for "kick" training using only the legs. They are held out in front of the swimmer to aid with upper body buoyancy. Some have hand holes useful for smaller children.</p>				
	<p><b><u>Pull Buoy</u></b> These are used for "pull" training using only the arms. They are placed between the upper thighs and provide buoyancy for the lower body when not kicking.</p>				
	<p><b><u>Swim Fins</u></b> These are used to strengthen leg muscles during kick training by providing additional resistance against the water. They should be short swim training fins (NOT long snorkelling flippers).</p>				
	<p><b><u>Swim Snorkel</u></b> These are similar to leisure snorkels, but are positioned centrally on the face. They can be used to assist with various elements of training without moving the head to breathe.</p>				
	<p><b><u>Hand Paddles</u></b> These can be used to strengthen upper body muscles during training, by providing additional resistance against the water. Some have no hand straps and help ensure correct technique.</p>				