

SWIM EQUIPMENT REQUIRED FOR EACH SQUAD

Junior C

Yellow board

Junior B

Yellow board and flippers

Junior A

Yellow board, flippers and snorkel

Pathway

Yellow board, flippers and snorkel

Teen Squad

Yellow board, flippers, finger paddles and pull buoy (coach to advise)

Junior Performance

Yellow board, flippers, snorkel, finger paddles and pull buoy

Age Performance

Yellow board, flippers, snorkels, finger paddle, pull buoy and hand paddle

National

Kick board, flippers, snorkel, finger paddles, pull buoy and hand paddle

Please note: The below pictures are a guidance when purchasing the equipment. If in doubt talk to the coach.

HYDRATION

Coaches recommend the following.

For every 1hour training, 1 x 750ml of water

Training for over 1 hour, 2 x 750ml of water



Yellow Board



1 Flippers/Fins/Zoomers



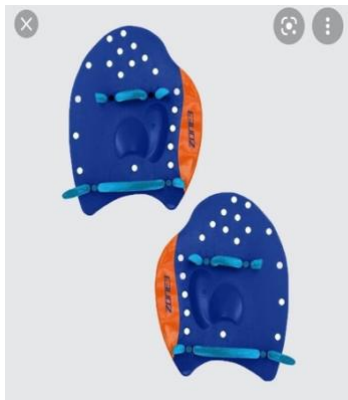
Snorkel



Finger paddles



Pull Buoy



Hand paddles



Net kit bag