














LITTLEHAMPTON SWIMMING CLUB

RECOMMENDED EQUIPMENT

Note: all pictures below are examples only. Equipment can be ordered online from various websites such as www.proswimwear.com and www.swimshop.co.uk or you can buy locally from Broadwater Sports in Worthing or David O Jones in Littlehampton. We also have a specialised swim shop at our open meets.

Please make sure ALL equipment is labelled

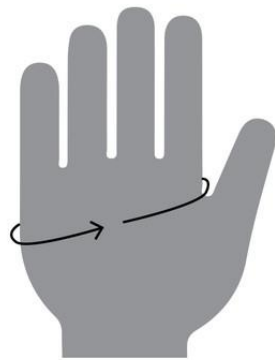
Equipment		Squads
	<p>Mesh Equipment Bag Essential item for keeping all of your equipment together! Prices range from around £5 to £10.</p>	All
	<p>Goggles Vital equipment for all swimmers! We recommend you have two pairs so you always have a spare pair with you, especially when competing. Prices vary tremendously from as little as £5 for a basic pair to well over £20 for a good racing pair. The important thing is to make sure they are properly adjusted and fit well.</p>	All
	<p>Pull buoy We use pull buoys to isolate the pull and maintain body alignment on some pull only sets. A small pull buoy is best for junior swimmers. Youth swimmers may use a larger one. They cost around £5- £10.</p>	All
	<p>Short Training Fins We recommend short training fins. Fins that have an ankle strap allow for greater flexibility. Avoid very stiff heavy fins, especially with our younger swimmers. Costs vary around £15 - £30 a pair.</p>	All
	<p>Swimmer's Snorkel A snorkel is a very useful piece of training equipment as it allows swimmers to focus on technique without worrying about their breathing. It encourages correct body alignment and a still head, plus swimmers can do kick sets without a kickboard! They take a bit of practice to get used to but are well worth the effort. Snorkels cost around £15-£25.</p>	All except Foundation Squad
	<p>Nose Clip Most swimmers find they need a nose clip to use with their snorkels, especially when they are learning to use a snorkel. They are around £5-£6.</p>	All except Foundation Squad

	<p>Small Kickboard Using a kickboard can increase stress on the shoulders, therefore it is important to buy the right one. Very young swimmers should not use a large kickboard; we recommend all swimmers use small kickboards. They are £5-£15.</p> <p>Alternative Small kickboard: Finis have produced the Alignment Kickboard which sits just below the water surface and is said to improve streamline, body position and puts less pressure on the shoulders than a standard kickboard. It is presently priced around £15-£20 depending on where you buy.</p>	<p>All</p>
	<p>Strapless Hand Paddles These paddles are recommended for technique work. They are quick and easy to put on as no fiddly straps to contend with. They encourage correct position of the hand as this is required for them to stay on! There is a sizing guide at the end of this document. They cost £16-£20 depending on where you buy.</p>	<p>Junior 5 squad and above</p>
	<p>Hand Paddles with Straps Strapped hand paddles create resistance in the water. They have holes in them which increase sensitivity and help swimmers develop a feel for the water. For youth and senior swimmers, the added resistance helps to develop strength and power. It is important to buy the right size. Under the age of 14/15 years buy small paddles only or finger paddles; remember the larger the paddle the greater the resistance and therefore impact on your shoulders. Prices range from £6 to £20.</p>	<p>Senior & Performance Squads only</p>
	<p>Ankle Band An ankle band ensures proper isolation of the upper body for pull sets. They make the workout harder and require a strong core to maintain correct alignment. Prices are as little as £2 to £5.</p>	<p>Senior & Performance Squads only</p>
	<p>Roll Mat Essential for land training, but may also be used for pre-pool work and post swim stretching</p>	<p>Anyone who attends land training</p>
	<p>Skipping rope Skipping can form part of your pre-pool warm up routine, but you need plenty of space to use one safely poolside!</p>	<p>Optional - all</p>
	<p>Resistance bands These may be used in land training and can be used as part of the pre-pool routine for swimmers aged 12+ (see www.swimming.org/sport/land-warm-up-swimmers/)</p>	<p>Optional – Senior & Performance Squads only</p>

Size Guide

AGILITY PADDLES				
1	SIZE	S	M	L
2	HAND CIRCUMFERENCE	7" (17.5 cm)	7"-8" (17.5 cm-20 cm)	8" or more (20cm or more)
3	VERTICAL LENGTH OF PADDLE	6.5" (160 mm)	7.25" (185 mm)	8" (205 mm)

1 Black dots on lower half of paddles show size: S (●), M (●●), L (●●●)



2 Measure around your palm, excluding your thumb



3 Vertical length of paddle