



Hillingdon Swimming Club – Equipment List

Please read the information in this document and refer to the tables below regarding the training kit that will be required for swimmers at Hillingdon SC.

Details of the training kit required for the different squads within the club is outlined below. A brief description of the uses of each piece of equipment is also given on the final page. If you require any further information about the required training kit, please contact the [Head of Performance](#) or the [Head of Development](#).

It is expected that all swimmers in the club have the appropriate training kit for the squad they swim with. Much of the training kit will remain the same and therefore swimmers in the club, with the full range of equipment, do not need to continually purchase new training kit. Additional items can be added to the existing training kit when required.

A mesh equipment bag is ideal for taking the training kit to poolside, these can also be purchased from Mailsports.

All items of training kit are available to order from the Mailsports website, please refer to the Club Shop page on our website for full information <https://uk.teamunify.com/team/hbsc/page/club/shop>

The Hillingdon SC Coaching Team



	Fins	Snorkel	Pull Buoy	Hand Paddles	Finger Paddles	Large Sponge	Theraband	Foam Roller	Skipping Rope
Performance A	✓	✓	✓	✓		✓	✓	✓	✓
Performance B	✓	✓	✓	✓		✓	✓	✓	✓
Junior Performance A	✓	✓	✓	✓			✓	✓	✓
Junior Performance B	✓	✓	✓	✓			✓	✓	✓
Youth Development	✓	✓	✓		✓		✓		
Youth Academy	✓	✓	✓		✓		✓		
Competitive Development	✓	✓	✓						
Junior Pathway	✓	✓							
Junior Development	✓	✓							
Academy	✓	✓							
Junior Academy	✓	✓							



The following recommended items are available from Mailsports:

	Fins	Snorkel	Pull Buoy	Hand Paddles	Finger Paddles
Performance A Performance B Junior Performance A Junior Performance B	Maru Training Fins Finis Edge Fins Arena Powerfin Pro	Arena swim snorkel full size MP focus snorkel Finis swimmers snorkel Speedo central snorkel	Maru pull buoy Speedo elite pull buoy Vorgee pull buoy	TYR catalyst 2 training paddles (med & large sizes only)	
Youth Development Youth Academy	Maru Training Fins Finis Edge Fins Arena Powerfin Pro	Arena swim snorkel full size MP focus snorkel Finis swimmers snorkel Speedo central snorkel	Maru pull buoy Speedo elite pull buoy Vorgee pull buoy		Speedo Biofuse finger paddles Arena Elite finger paddle
Competitive Development	Maru Training Fins	Arena Jnr swim snorkel Finis head snorkel junior MP focus snorkel – small fit	Maru junior pull buoy Vorgee junior pull buoy		
Junior Pathway Junior Development	Maru Training Fins	Arena Jnr swim snorkel Finis head snorkel junior MP focus snorkel – small fit			
Academy Junior Academy	Maru Training Fins	Arena Jnr swim snorkel Finis head snorkel junior MP focus snorkel – small fit			



Equipment	Benefit to Swimmer
Fins	Aids buoyancy and body position, enabling consistent technique and assists in replicating race speed.
Snorkel	Aids buoyancy for swimmers during Pull sets.
Pull Buoy	Improves breath control and allows swimmers to swim with a still head and focus on stroke technique.
Hand Paddles	Helps to further develop catch in arm stroke and also develops power.
Finger Paddles	Enables swimmers to feel the correct technique more easily and improve catch in stroke.
Large Sponge	Adds resistance and drag to aid with power development.
Theraband	Prepares joints and muscles for training.
Foam Roller	Recovery aid for after training sessions.
Skipping Rope	Used in land work and pre-pool.