

DURHAM CITY AQUATICS

SQUAD EQUIPMENT LIST



	P1, P2 and C1	P3, C2 and C3	Entry Program	Masters, Fit and J-Fit	Popular Swim Shop Links
1x 750ml Bottle (per hr)	✓	✓	✓	✓	NESS Swimwear (nessswimwear.co.uk)
Mesh Kit Bag	✓	✓	✓	✓	
Kickboard	✓	✓	✓	✓	ProSwimWear (proswimwear.co.uk)
PullBuoy	✓	✓	✓	✓	
Short Fins	✓	✓	✓	✓	Allens of Kingsbury (allensswimwear.co.uk)
Alignment Snorkel	✓	✓		✓	
Finger Paddles	✓	✓		✓	Mailsports (mailsports.co.uk)
Hand Paddles	✓			✓	
Ankle Band	○	○		○	Simply Swim (simplyswim.com)
Bucket Belt / Drag Suit	✓				
Training Slate	✓				The Swimming Shop (theswimmingshop.com)
Foam Roller (home use)	○			○	

KEY

✓ = Required

○ = Optional

NOTES

It is important that swimmers have the correct equipment for their squad, always.

To maximise development, coaches from time-to-time may request that individuals acquire other equipment not included on the list above.