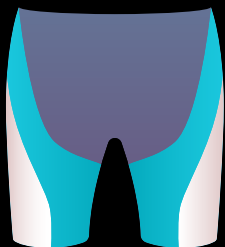


SWIMFIT

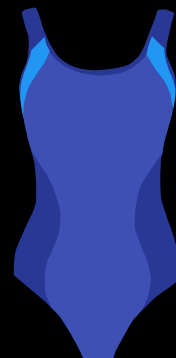
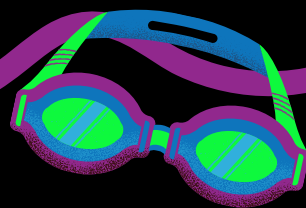
SCOTIA

REQUIRED KIT



Appropriate swimwear

Boys should wear the tighter shorts called JAMMERS, and not baggy swimming shorts. Girls need a one-piece swimsuit (not a bikini).



Goggles

These should be swimming goggles (not diving ones that cover the nose). Swimmers should also have a spare pair.



Swimming Cap

All swimmers with long hair need to wear a swimming cap. We encourage those swimmers with short hair to wear one too to get ready for competitions.

Kickboard

Otherwise known as a float, this should be slightly bigger than the ones used in swimming lessons, with handles.



Fins

These should be TRAINING fins, and not the much longer diving fins.



Central Snorkel

If possible we would like all swimmers to have one of these. This should be a central training snorkel and not one used to go snorkelling with a mask.



Water Bottle

Swimmers benefit from staying hydrated. It is therefore essential to bring water to training.



Our club swimming caps and the T shirts the swimmers use at competitions are all available to buy if you click the shop link on the homepage of www.scotiaasc.co.uk. Please speak to us if you are not financially able to purchase kit at this time and the club can help.