



**SWIMMING CLUB**

## ***Training Kit List***



## THAME SWIMMING CLUB (TSC)

### WHAT KIT DO THE SWIMMERS NEED?

Swimmers will need a non transparent **one-piece swimming costume/trunks** and **goggles** (spares are a good idea as they are often mislaid, to reappear a couple of weeks later!). Please do not wear fun swim shorts as they are baggy and impede training.

A Thame Swimming Club Hat will be needed and ideally a Thame Swimming Club shirt and kit bag for competitions. These can be found on the club shop link on the website.

The swimmers will also need basic training equipment:

*(The pictures are illustrative; Thame Swimming Club does not recommend specific brands)*

- **Kick Board:**



- **Pull-Buoy:**



- **Fins:**



- **Hand Paddles:**



- **Wet Bag:**



- **Drinks Bottle:**



The fins illustrated are the longer fins for use in Groups 1/1R and 2/2R. As the swimmers progress to Groups 3 PERFORMANCE and 4 COUNTY & DISTRICT they should move to shorter training fins and to possibly purchase a training snorkel which builds up their breathing stamina. We advise you to ask your

coach whether you should go straight to the shorter training fins and when to buy the training snorkel. Please remember that fins need to be checked for fit as often as you would check their shoes.



**Shorter Training Fins**



**Training Snorkel**

Swimmers will not be allowed to swim if they do not have a drink with them. This is due to the dehydrating effects of training. The wet bag allows you to carry the kit to poolside and, as the name implies, is a bag that can get wet and carry wet kit.

Please **NAME** all your kit as it will be removed from the wet bag and placed poolside with all the other swimmers kit during training – things do get muddled.

#### **WHERE CAN I BUY TRAINING EQUIPMENT & CLUB KIT?**

Thame Swimming Club have a link to [www.swimshop.co.uk](http://www.swimshop.co.uk) on the TSC website, ([www.thameswimmingclub.co.uk](http://www.thameswimmingclub.co.uk)). Training equipment can be purchased from that link. Swim shop are reasonably priced and by purchasing from them you will be helping TSC to keep our costs down.

Club kit, swimming hats, shirts and bags can also be purchased at the Thame Swimming Club website. All swimmers must use a Thame Swimming Club hat and for competitions we like the swimmers to wear the club shirts to develop the squad identity and spirit.