**Boldmere Swimming Club 2022-23 Squad Training kit list**

Dear Parents and Swimmers

As the Club enters the summer holiday period it is a great time to look at the swimmer’s training equipment to repair/refresh/replace or add to. The coaches have put together a training kit list for each squad that will assist the swimmer’s development both technically and physically as they progress though the club.

Many of you will have every piece of training equipment that is on the list for your squad, but for those who may be new to the club or have progressed into new squads there may be pieces of equipment that you need. To help we have provided a list for you to make things a little easier for you.

As a club we recommend that each swimmer has the equipment on the list as each piece will assist the swimmers develop which, as coaches, we want every swimmer in the club to do.

The club shop is open on a Thursday night at Wyndley and does stock the basic kit on the list. For some of the more advanced pieces of equipment, such as snorkels and the yellow kick alignment boards, Allen’s of Kingsbury are well stocked and the club do have a discount code.

If you have any questions, please do not hesitate to contact your Squad Coach and they will be more than happy to give you advice on things such as size of hand paddles.

# National Youth

* X2 1 liter drink bottles
* Fins
* Snorkel
* Spare Training goggles
* Spare hats
* Medium to large hand paddles size
* Pull buoy
* Kick board
* Pull band
* Pull Drag Aide
* Tennis or Hockey ball
* Pre pool thera band
* Foam roller

# National Age

* X2 1 liter drink bottles
* Fins
* Snorkel
* Training goggles
* Spare hats
* Finger paddles
* Hand paddles – small to medium Sized age and size dependent
* Pull buoy
* Yellow alignment board
* Tennis or Hockey ball
* Pre pool Thera band

# County Squad

* X 2 - 1 liter drink bottles
* Fins
* Snorkel
* Spare Training goggles
* Spare hats
* Finger paddles or small hand paddles age dependent
* Pull buoy
* Yellow body alignment board optional
* Regular Kick board

# Junior Development 3

* 1 liter drink bottle
* Fins
* Snorkel
* Spare Training goggles
* Spare hats
* Pull buoy
* Yellow alignment board
* Small kick board
* Finger Paddles

# Junior Development 1

* 1 liter drink bottle
* Fins
* Snorkel
* Spare Training goggles
* Spare hats
* Pull buoy
* Yellow alignment board or Small kick board

# Academy squad

* 1 liter drink bottle
* Fins
* Spare Training goggles
* Spare hats
* Pull buoy
* Yellow alignment board or Small kick board

# Regional Squad

* X2 1 liter drink bottles
* Fins
* Snorkel
* Spare Training Goggles
* Spare Hats
* Pull Band
* Tennis Ball
* Hand Paddles
* Freestyle Hand Paddles
* Small Pull Buoy
* Drag Sponge (15+)
* Yellow Alignment Board
* Kick Board
* Optional - Theraband for Pre-Pool

# Club Squad

* 1 liter drink bottle
* Fins
* Snorkel – Optional
* Spare Training Goggles
* Spare hats
* Hand Paddles optional
* Small Pull buoy
* Kick board
* Optional - Yellow alignment board