





Mid Sussex Marlins swimmer equipment list 2019/2020 season

Essential club swimmer items – All swimmers above teaching groups		
Item	Recommendation / example items	Other info
Mid Sussex swim cap	Purchase through club shop on website. Must be worn to all training sessions (Girls) and boys at all competitions / competition warm ups. Wear it with pride!	<i>Have a spare cap</i>
Goggles	Essential for vision and comfort whilst lane swimming	<i>Have a spare pair</i>
FINS (short fins)	Example Short fins – 	<i>Write name on them</i>
Mesh wetbag	Essential to neatly store your kit. 	<i>Write name on bag</i>
Kick board	Example - FINIS alignment kickboard - 	<i>Write name on board</i>
Pull bouy	Example Pull bouy - 	<i>Write name on board</i>
Water bottle	1 litre water bottle recommended for training sessions.	<i>Write name on bottle</i>

It is important that all club swimmers obtain and bring the essential items to training sessions. Having this equipment allows our sessions to run better and as appropriate allows for some variety in the sessions. Please make every effort to obtain the items listed above for the beginning of the new season (September).

See page 2 for additional items / specific equipment

County development, youth Development 1 and 2

All of the above on page 1 plus:

Snorkel – example link - <https://www.proswimwear.co.uk/yingfa-frontal-snorkel-blue.html>

Skipping rope (speed rope)

County squad

All the above on page 1 including Snorkel and skipping rope plus:

Hand paddles (tech) – example link - <https://www.proswimwear.co.uk/speedo-tech-paddle-blue-green.html>

Regional / National / Youth squad

All the above on page 1 including Snorkel, skipping rope and Hand paddles (tech) plus:

16/overs only Hand paddles (power) - <https://www.proswimwear.co.uk/turbo-hand-paddles.html>

Laminated training recording sheet (available at the beginning of each season via the coach for £1). Must be kept on a clipboard in kitbags and requires a pencil for recording data and sets.

Foam roller – Available widely online £15-20 average



Thera band – (stretch) x 2 - <https://www.thera-bands.co.uk/>

Training log book (available via the club – details TBC) £10

Please ensure that swimmers attend training with the correct equipment so that our sessions can run as effectively as possible. All swimmers are expected to have the correct equipment ready for the beginning of each season or if promoted as appropriate to their new swim group as advised.

Stephen Murphy

Head Coach, Mid Sussex Marlins