







**Sussex County Champions  
2017-2022**



### Mid Sussex Marlins swimmer equipment list 2022 / 2023 season

Essential equipment items – All swimmers above Academy		
Item	Recommendation / example items	Other info
<b>Mid Sussex swim cap</b>	Purchase through clubgear@midssussexmarlins.org. <b>All swimmers are expected, if wearing a swim cap to wear an MSM swim cap at all training sessions.</b>	<i>Have a spare cap</i>
<b>Goggles</b>	Essential for vision and comfort whilst lane swimming	<i>Have a spare pair</i>
<b>FINS (short fins)</b>	Example Short fins –  	<i>Write name on them</i>
<b>Mesh wetbag</b>	Essential to neatly store your kit.  	<i>Write name on bag</i>
<b>Kick board</b>	Example - FINIS alignment kickboard -  	<i>Write name on board</i>
<b>Pull bouy</b>	Example Pull bouy  	<i>Write name on board</i>
<b>Water bottle</b>	1 litre water bottle recommended for training sessions. Contact <a href="mailto:clubgear@midssussexmarlins.org">clubgear@midssussexmarlins.org</a> for club branded bottles.	<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 / squad specific equipment

## Pre comp 1 / 2 and Development 1/2/3

All of the above on page 1

**No personal distance tracking or heart rate monitors to be worn**

## Competitive 2 and 3

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

Hand paddles (tech)



Thera band – (stretch) x 2 – low to medium resistance



**No personal distance tracking or heart rate monitors to be worn**

## Performance 1 /2 and Competitive 1

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

15/overs only Hand paddles (power) (flat type)



Foam roller – Available widely online £15-20 average



Thera band – (stretch) x 2 – medium resistance

Digital training log book available via the coaching team and issued as required by the lead coaches.  
Or just use an old fashioned note book to record your training sets and distance swum.

**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 squad.**

**All swimmers are expected, if wearing a swim cap to wear an MSM swim cap at all training sessions. Please buy a spare cap from our club shop in case your breaks.**

We also recommend swimmers consider the purchase of club branded water bottles available via [clubgear@midsussexmarlins.org](mailto:clubgear@midsussexmarlins.org)

Swimzi club kit available here; <https://teamwear.swimzi.com/brand/mid-sussex-marlins-sc/>