

EQUIPMENT

It is compulsory that you have the following equipment for training sessions, do not forget to also take your costume, towel, drinks bottle, club swim cap and goggles to your training sessions it is advisable to always keep a spare costume, cap and goggles in your kit bag in case of an emergency

Elites Minimes	Juniors	Benjamins Cadets	Seniors	Poussins	Avenir
Kickboard		Kickboard	Kickboard	Kickboard	Kickboard
Pull-Buoy		Pull-Buoy	Pull-Buoy	Pull-Buoy	Pull-Buoy
Fins		Fins	Fins	Fins	Fins
Paddles		Paddles		Frontal Snorkel (Purge Valve)	
Finger Paddles		Finger Paddles			
Frontal Snorkel (Purge Valve)		Frontal Snorkel (Purge Valve)			
Parachute Resistance					
Ankle Band					
Low Resistance - Stretch, Thera or Elastic Band					

CLUB KIT

It is recommended that when you join you purchase club polo shirt, costume and swim cap these are available from Stortford Sports Supplies. At Open Meets and Galas, it is compulsory that you wear club polo shirt, with black bottoms and club cap, you may wear any colour costume at an open meet, but the club would prefer it at a gala you wear either a plain black or club costume. Hoddies are available but can only be worn to and from competition and must never be worn in any team photos

COMPETITION KIT

It is advisable to take more than 1 costume, goggles, swim cap and towels to either an open meet or gala. Your costume should be a tight fit most experienced swimmers downsize by at least one dress size to achieve this; your competition goggles must also be of a tighter fit than those worn for training. Small draw string style bag for poolside to keep essential kit at some pools large kit bags are not allowed on poolside must be stored in lockers provided in changing rooms. Please remember do not leave any valuables unattended if they get lost or stolen you leave them at your own risk the host clubs, venue or B.S.S.C cannot be held responsible.

Club Polo Shirt x 1
Black shorts or jogging bottoms x 1
Swim Cap x 2
Goggles x 2
Costumes at least 2
Towels x 2
Kit Bag x 1
Draw String Bag x 1
Drinks at least 2 (non-fizzy)
Poolside Shoes x 1 pair

If you will be attending an open meet all day always make sure that you have packed food to eat in between sessions and plenty of more drinks non-fizzy