



Hillingdon Swimming Club – Equipment List

Dear Parents and Swimmers,

As I'm sure you are already aware, following recent discussions with the swimwear/equipment provider Mailsports, we have arranged for them to come in once a month to Highgrove on a Friday evening to run a "pop-up shop". This is so that everyone within the club can purchase swimwear and equipment more easily. The club then added a brief equipment list to the website under the tab "Club Shop" to give some guidance to those needing to update their equipment.

Since this has been put in place, I have had a recent meeting with FINIS who have shown me a range of products also supplied by Mailsports that I have researched in detail. A number of their products are very different from other brands and would benefit our swimmers throughout the club for example, specific kick boards, paddles and snorkels.

Following this, I have now improved the detail of our equipment list and attached it to this letter. The list is specific to each squad, includes brief explanation about the products and also links to each specific product on Mailsports website. This equipment will enable the coaching team to further standardise our training methods and in time bring greater consistency in stroke technique and race skills throughout all squads in the club. Every item on the kit list will be used during the swimmers' training and is great value for money.

My expectations are not that every swimmer has every piece of equipment immediately. However, I would like to think that by September we can all start a new season with the vast majority of swimmers using the same training equipment and that if you have something that needs replacing then you will be able to follow the equipment list attached for guidance.

Sincerely,

John Adye

Head Coach
Hillingdon Swimming Club
Email: hbestheadcoach@gmail.com



HILLINGDON SWIMMING CLUB - SQUAD EQUIPMENT LIST

Elite 1, 2 & 3	Alignment Kick Board Finger Paddles Fins Snorkel Pull Buoy Tennis Ball Paddles Theraband Foam Roller Skipping Rope
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Regional County	Alignment Kick Board Finger Paddles Power Paddles Short Fins Snorkel Pull Buoy
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Development 1	Alignment Kick Board
Development 2	Finger Paddles
	Short Fins
	Snorkel
	Pull Buoy

Youth & Senior Academy	Alignment Kick Board Snorkel Axis Pull Buoy Short Fins Finger Paddles
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Junior Academy 1, 2 & 3	Alignment Kick Board Small Pull Buoy Short Fins
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Academy 1, 2 & 3	Alignment Kick Board Small Pull Buoy Snorkel Short Fins
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ADDITIONAL INFORMATION		
Equipment	Benefits to the Swimmer	Link to Preferred Product
Alignment Kick Board	Enables the correct body position during Kick	www.mailsports.co.uk/alignment-kickboard
Finger Paddles	Enables swimmer to feel the correct technique more easily	www.mailsports.co.uk/elite-arena-finger-paddle-training-aid-2
Power Fins	Develops leg power and replicates race speed	www.mailsports.co.uk/finis-edge-fin
Snorkel	Improves breath control, allows swimmer to swim with a still head and focus on stroke technique	www.mailsports.co.uk/freestyle-snorkel
Power Paddles	Develops upper body power (older swimmers only)	www.mailsports.co.uk/catalyst-hand-paddle-34822
Skipping Rope	Used in land work and pre-pool	www.mailsports.co.uk/skipping-rope-35180
Short Fins	Aids buoyancy and body position enabling consistent technique and replicates race speed	www.mailsports.co.uk/maru-training-fins-46061
Small Pull Buoy	Aids buoyancy for young swimmers during Pull	
Theraband	Prepares joints and muscles for training	Consult with coach
Foam Roller	Recovery aid for after sessions	Consult with coach
Tennis Ball	Recovery aid for after sessions	