



Hillingdon Swimming Club – Equipment List

Please read the information in this document and see the table below regarding the kit that will be required from swimmers at Hillingdon Swimming Club included below is an outline of the kit needed for the different squads within the club and also a brief description of the uses of each piece of equipment, if you require any further information on any of the kit please contact your squad coach. It is expected that all swimmers in the club have the appropriate kit for the squad they swim with. Much of the kit will remain the same and therefore swimmers already in the club with the full range of equipment do not need to purchase new kit.

Kit it is available from the mailsports website and on the website under the tab labelled clubs you will be able to find Hillingdon Swimming Club, which has tabs relevant to the individual squads within the club.

Kind Regards

The Hillingdon Coaching Team



	Alignment Kick Board	Short Fins	Pull Buoy	Snorkel	Hand Paddles	Tennis Ball	Theraband	Foam Roller	Skipping Rope
Elite 1	✓	✓	✓	✓	✓	✓	✓	✓	✓
Elite 2	✓	✓	✓	✓	✓	✓	✓	✓	✓
Elite 3	✓	✓	✓	✓	✓	✓	✓	✓	✓
County 1	✓	✓	✓	✓	✓				
County 2	✓	✓	✓	✓	✓				
Senior Academy	✓	✓	✓	✓	✓				
Youth Academy	✓	✓	✓	✓	✓				
Development 1	✓	✓	✓	✓	✓				
Development 2	✓	✓	✓	✓	✓				
Development 3	✓	✓	✓	✓	✓				
Academy 1	✓	✓	✓	✓					
Academy 2	✓	✓	✓	✓					
Academy 3	✓	✓	✓	✓					
Academy 4	✓	✓	✓	✓					
Junior Academy 1	✓	✓	✓						
Junior Academy 2	✓	✓	✓						
Junior Academy 3	✓	✓	✓						
Junior Academy 4	✓	✓	✓						

Equipment	Benefit to Swimmer
Alignment Kick Board	Enables the correct body position during Kick
Short Fins	Aids buoyancy and body position enabling consistent technique and replicates race speed
Pull Buoy	Aids buoyancy for swimmers during Pull
Snorkel	Improves breath control, allows swimmer to swim with a still head and focus on stroke technique
Hand Paddles	Enables swimmer to feel the correct technique more easily and develops power
Tennis Ball	Recovery aid for after sessions
Theraband	Prepares joints and muscles for training
Foam Roller	Recovery aid for after sessions
Skipping Rope	Used in land work and pre-pool