



## **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	✓	✓	✓						

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