

Equipment List for Swimmers

As enjoyable as swimming can be, training can get monotonous and we coaches have a hard job of making endless lengths interesting. One of the best ways of keeping it exciting is to use additional equipment other than those standard necessities such as a swimming costume and goggles. Below is an explanation of what equipment should be used and for what purposes.

PLEASE GO TO OUR CLUB WEBSITE (anacondaswimmingclub.org.uk) AND CLICK ON THE PROSWIMWEAR LINK TO PURCHASE YOUR EQUIPMENT AS BOTH YOU AND THE CLUB GAIN BENEFITS.

Costume – Training and Competition.

Training costumes tend to be of better quality and have chlorine resistant properties. Racing costumes are usually aimed at providing optimum streamlining and for this reason are usually bought a size or two smaller than a normal comfortable fit.



Goggles – two pairs (one spare in case one break mid comp).

Comfortable goggles are essential for training but different size goggles fit different types of face shapes. Trial and error works best, but there are some popular brands. My favourite is the Speedo Futura (Junior). Goggles need to be treated with care, if they're left in a bag crumpled under the weight of other belongings, then the rim that fits the eye can misshape and cause them to leak.



Anaconda Hat – essential for coaches to recognise swimmers at competitions.

Swim hats reduce water resistance and are hygienic.



Towel – two for competition.

Although there is nothing wrong with a normal towel, a shammy towel is small, light, and super absorbent.



Water Bottle



Any bottle that is big enough to hold a sufficient amount of fluid will suffice. The **minimal** fluid intake for a swimmer during a 1 hour session should be 500ml. A 1 litre bottle is required for a two hour training session.

Club Bag – Can be ordered from Ray

Club Hoodie – Can be ordered from Ray

Kick Board – used for legs only kicking sets.

We have big kickboards at Holloway but only small kickboards at Cally. Swimmers have a choice of different sizes, shapes, and choice of with or without grip holes.



Pull buoy – used for isolating the legs to focus on the pulling actions.

Although we have these at both pools there aren't enough for everyone. They come in two sizes, the larger one is preferable for ages 10+.



Hand Paddles – ranging from finger paddles to power paddles, the size of a paddle determines the type of intensity output/feel for water.

Ages 8-11 = Finger Paddles

Ages 12-15 = Tech Paddles

Ages 15+ = Power Paddles



Fins – increases speed through water and helps strengthen legs whilst increasing ankle flexibility. Good for helping to teach butterfly.



Snorkel – for focus on improving body alignment, stroke and kick technique. Swimming specific snorkels come out of the water in front of the face.



Drag shorts – assist with drag resistance for use during training and pre-race warm ups.



Mesh Bag – to carry equipment around.



ANACONDA SWIMMING CLUB KIT CHECK LIST

Swimmers should arrive with the following equipment properly adjusted, named and in good working order prior to the start of each session. At the end of the Kit list's you will find a selection of recommended training products! Remember when you shop at ProSwimwear, through the Anaconda link, Anaconda Swimming Club will receive a commission from ProSwimwear on all purchases made! And you will receive discount as well!

Training Kit:

Development A+B and Fast Track B Squads

- Swimming costume or trunks
- Goggles (preferably two pairs)
- Swimming hat (preferably Anaconda SC club hat)
- Drinks bottles (700ml+)
- Pull buoy
- Fins
- Finger paddles - Ages 8-11 = Finger Paddles
- Kick board

Fast Track A and Performance Squads

- As above plus...
- Drinks bottle (700ml+)
- Hand paddles – Ages 12-15 = Tech Paddles, 15+ = Power Paddles
- Finger paddles (optional)
- Snorkel (optional for FT A, some swimmers may require nose clip)
- Drag Shorts (optional)

Competition Equipment:

- Racing costume or trunks (two for all day comps)
- 2 x towels (shammy towels are great water absorbers and are small/lightweight)
- 2 x pairs of goggles (spares for last minute breakages)
- Anaconda swimming kit to be worn at all times (t-shirt/hoody and club hat)
- At least two drinks bottles (700ml+)
- Snacks e.g. energy bars/ bananas / pasta

Kind Regards

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