



WREXHAM SWIMMING CLUB (EQUIPMENT & KIT LIST - 2019/2020)

Seals Squad	Sharks Squad	Development Squads
<ul style="list-style-type: none"> - Swimming Costume / Trunks - Swimming Hat (not compulsory) - Goggles - 1 x 1 Litre Drinks Bottle (Water or Weak Squash) 	<ul style="list-style-type: none"> - Swimming Costume / Trunks - Swimming Hat (not compulsory) - Goggles - 1 x 1 Litre Drinks Bottle (Water or Weak Squash) - Kickboard - Short Bladed Fins - Mesh Bag 	<ul style="list-style-type: none"> - Swimming Costume / Trunks – plus spares - Swimming Hat (not compulsory) – plus spares - Goggles – plus spares - 1 x 1 Litre Drinks Bottle (Water or Weak Squash) - Kickboard - Short Bladed Fins - Mesh Bag - Front Mounted Snorkel
Bronze Squads	Age-Group	Youth
<ul style="list-style-type: none"> - Swimming Costume / Trunks – plus spares - Swimming Hat (not compulsory) – plus spares - Goggles – plus spares - 1 x 1 Litre Drinks Bottle (Water or Weak Squash) - Kickboard - Short Bladed Fins - Mesh Bag - Front Mounted Snorkel - Pull Buoy 	<ul style="list-style-type: none"> - Swimming Costume / Trunks – plus spares - Swimming Hat (not compulsory) – plus spares - Goggles – plus spares - 2 x 1 Litre Drinks Bottle (Water or Weak Squash) - Kickboard - Short Bladed Fins - Mesh Bag - Front Mounted Snorkel - Pull Buoy - Finis Agility Paddles (Small or Medium so just larger than hands) 	<ul style="list-style-type: none"> - Swimming Costume / Trunks – plus spares - Swimming Hat (not compulsory) – plus spares - Goggles – plus spares - 2 x 1 Litre Drinks Bottle (Water or Weak Squash) - Kickboard - Short Bladed Fins - Mesh Bag - Front Mounted Snorkel - Pull Buoy / Ankle Buoy - Finis Agility Paddles (Medium or Large so just larger than hands) - Finis Ankle Strap - Finis Tempo Trainer
National Junior Age-Group	National Age-Group	National Youth
<ul style="list-style-type: none"> - Swimming Costume / Trunks – plus spares - Swimming Hat (not compulsory) – plus spares - Goggles – plus spares - 2 x 1 Litre Drinks Bottle (Water or Weak Squash) - Kickboard - Short Bladed Fins - Mesh Bag - Front Mounted Snorkel - Pull Buoy - Finis Agility Paddles (Small or Medium so just larger than hands) 	<ul style="list-style-type: none"> - Swimming Costume / Trunks – plus spares - Swimming Hat (not compulsory) – plus spares - Goggles – plus spares - 2 x 1 Litre Drinks Bottle (Water or Weak Squash) - Kickboard - Short Bladed Fins - Mesh Bag - Front Mounted Snorkel - Pull Buoy / Ankle Buoy - Finis Agility Paddles (Medium or Large so just larger than hands) - Finis Ankle Strap - Finis Tempo Trainer 	<ul style="list-style-type: none"> - Swimming Costume / Trunks – plus spares - Swimming Hat (not compulsory) – plus spares - Goggles – plus spares - 2 x 1 Litre Drinks Bottle (Water or Weak Squash) - Kickboard - Short Bladed Fins - Mesh Bag - Front Mounted Snorkel - Pull Buoy / Ankle Buoy - Finis Agility Paddles (Medium or Large so just larger than hands) - Finis Ankle Strap - Finis Tempo Trainer



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Land Training / Gym Kit (Development & Bronze)	Land Training / Gym Kit (National / Age-Group / Youth Squads)
<ul style="list-style-type: none"> - Comfortable & Supportive Running Trainers - T-Shirt / Hoody - Knee Length Shorts / Leggings - 1 x 1 Litre Drinks Bottle (Water or Weak Squash) - Foam Roller 	<ul style="list-style-type: none"> - Comfortable & Supportive Running Trainers - T-Shirt / Hoody - Knee Length Shorts / Leggings - 1 x 1 Litre Drinks Bottle (Water or Weak Squash) - Foam Roller - Bobble for tying up wet hair - Small Hand Towel

KICK BOARD	PULL BUOY	AGILITY PADDLES
		
SHORT BLADED FINS	DRINKS BOTTLES	MESH BAG
		
ANKLE STRAP	FRONT SNORKEL	TEMPO TRAINER
		
FOAM ROLLER	FOAM ROLLER (SOFT)	POSITIVE ATTITUDE
		