

NATIONALS & NATIONAL OPEN

SWIMMING EQUIPMENT REQUIREMENTS

01 Goggles

Competitive goggles



02

Short Fins

DMC - Ocean & Earth

03

Kickboard

Speedo Eva Kickboard



Pull Buoy

Speedo or Funkita

04

05

Front Snorkel

Michael Phelps or Arena for best fit



06

Hand Paddles

Speedo Tech Paddle or TYR Catalyst

07

Swimming Cap

Purchase from the Club once registered as a Member



08

Skipping rope

Any decent skipping rope for fitness
 Rebel Sports sell this version

09

Theraband

Light weight



11



Mesh Bag

To store your equipment in

10

Drink Bottle

Keep hydrated!

