

Equipment for swimming:

You will need a water bottle, float, pull-buoy, fins and snorkel, not to mention costume and goggles (a spare pair of goggles is always useful).

At Leasowe club sessions the club will provide floats and pull-buoys, if you want to provide these for yourself for use outside of Leasowe club sessions please do so.

Floats – swimmers love a big float, they aren't necessarily best for two reasons:

- (a) They put the body in a non-natural swimming position so what you are practising is not as relevant for the required improvement.
- (b) They can stress shoulders and make injury more likely

Pull-buoys – again must be related to swimmer's size, most swimmers have too big a pull buoy and again it does not then allow optimum improvement.

Fins – these should be short fins to develop more power with your kick, the club does have a range of fins in normal sizes at Leasowe, but clearly your own will fit better and definitely available.

Snorkel – used to allow swimmers to breathe when doing FC and allow development of stroke, should be a specialist swim snorkel. Search for “**swim snorkel for training**” on Amazon to see the variation in price, colour, etc., etc., it is different to a normal snorkel in that the breathing tube goes straight up the face.

Water Bottle – fill with water or non-sugared flavoured drink. This should be drunk in sips spaced throughout the session.

If any help is needed please speak to one of our coaches.