

**SATELLITES of MACCLESFIELD**  
**Swimming Club**  
Affiliated to ASA NWR



## Equipment Required

There is a minimum set of training equipment swimmers are expected to bring to every session, and some of this will vary dependant on squad.

The basic kit should include:

- **Swimwear** – chlorine resistant fabric is best for training because of the amount of time spent in the water. Lycra just does not last. Wet costumes should be kept separate from towels, then rinsed thoroughly in clean water and left to dry naturally.
- **Goggles** – choice will be driven by swimmer preference, but always have a couple of spares for when they go walkabout or the straps snap.
- **Swimming Cap** – All swimmers with hair that comes down below the ears should wear a swimming cap for training. Always have a couple of spares as they stretch and can snap. Silicone caps are much longer lasting than latex.
- **Towel**
- **Water/Juice bottles** – NEVER be without one or more. Water or squash is MUCH better at sustaining your energy levels over a training session than the 'powerade' or 'lucozade' bottles you can buy.
- **Net Bag** – useful for holding all the gear you will need on poolside.
- **Kickboard** – the larger versions
- **Pull buoy** – for younger swimmers a junior size is best, then progress to the larger size.

Those in junior coaching should also think about getting:

- **Training Fins** – SHORT rubber or silicone fins, not the longer type used for snorkelling or scuba.
- **Skipping rope** – for warm up and land training. A simple plastic one is best.

Those in the competition squads and above will need:

- **Drag Shorts** – for increasing resistance in the water and increasing 'feel good' factor when removed.
- **Training Fins** – SHORT rubber or silicone fins, not the longer type used for snorkelling or scuba.
- **Hand Paddles** – larger ones are best as you can feel more of the stroke with these and they are better for developing technique.
- **Band** – used for pull without a pull buoy.
- **Skipping rope** – for warm up and land training. A simple plastic one is best.
- **Plastic Clipboard/Log Book** – to record your sessions. You should keep a log of what you swim each session and how you felt during the session. In line with the squad requirements this should be emailed to squad coaches.
- **TheraBand** – for warm up and land training. You need roughly 1.2m length of medium or heavy resistance.

You should also think about getting:

- **Freestyle Snorkel** – for developing technique and improving breathing technique.

Competition swimmers will also want to consider costumes designed specifically for the purpose. Racing costumes, or fastskins, are designed to be very tight and are made of special fabrics to reduce drag effect. They are not to be used for training nor should they be used in a competition warm-up. They are expensive, have a limited life, and are not a necessity for young swimmers, but many feel that they have an advantage, if only psychological, when wearing one.

When representing Satellites or swimming under Satellites at an open meet you should wear a Satellites swimming hat and have a Satellites T-Shirt for poolside.