

## **SQUAD TRAINING EQUIPMENT LISTS**

### **A SQUAD – PAUL HOGG**

The following equipment is required for swimmers in this squad.

- WATER BOTTLE X2
- FINS
- KICK BOARD
- PULL BOUY
- PADDLES – HAND & FINGER
- BUCKET BELT
- BAND
- HEART RATE MONITOR
- GOGGLES X2
- HAT X2
- DRAG PANTS (OPTIONAL)
- SNORKEL (OPTIONAL)

### **JUNIOR OLYMPIC 2 – DANNY THOMPSON**

The following equipment will be required for swimmers within this squad.

- WATER BOTTLE X2
- FINS
- KICK BOARD
- PULL BOUY
- PADDLES – HAND & FINGER
- BUCKET BELT
- BAND
- GOGGLES X2
- HAT X2
- DRAG PANTS (OPTIONAL)
- SNORKEL (OPTIONAL)

### **SQUAD TRAINING EQUIPMENT LISTS**

#### **JUNIOR OLYMPIC 1 – PAUL WOODLEY**

The following equipment will be required for swimmers within this squad.

- PULL BOUY
- BAND
- FINS
- PADDLES HAND & FINGER
- BUCKET BELT
- 2 WATER BOTTLES
- GOGGLES X2
- HAT X2
- KICK BOARD

#### **OLYMPIC HOPEFULS 3 – VAL WILSON**

The following equipment will be required for swimmers within this squad.

- PULL BOUY
- BAND
- FINS
- WATER BOTTLE
- GOGGLES X2
- HAT X2



## **SQUAD TRAINING EQUIPMENT LISTS**

### **OLYMPIC HOPEFULS 2 – ALEX BALLENTYNE**

**The following equipment will be required for swimmers within this squad.**

- **PULL BOUY**
- **FINS**
- **WATER BOTTLE**
- **GOGGLES X2**
- **HAT X2**

### **OLYMPIC HOPEFULS 1 – LIAM WHITTING**

**The following equipment will be required for swimmers within this squad.**

- **PULL BOUY**
- **FINS**
- **WATER BOTTLE**
- **GOGGLES X2**
- **HAT X2**

### **CLUB SQUAD –**

**The following equipment will be required for swimmers within this squad.**

- **PULL BOUY**
- **FINS**
- **WATER BOTTLE**
- **GOGGLES X2**
- **HAT X2**