

## SWIMMING KIT

So what do you need as a competitive swimmer:

**Swim Shops** - the Club run a Swim Shop every Club night, so you can get the right kit & some advice from an experienced 'swimming Mum' - see the Club Notice board of our Web Site for details. If you are attending County events or Open Meets, there is often a Swim Shop that can be very useful too.

**Costumes for training** - the older & baggier the better (to cause drag & make the swimming harder) use your old ones and wear 2 or 3 together. Drag suits are a useful addition too. You don't need new costumes with this years patterns to train in !

**Costumes for competition** - the current brand of lycra costumes are by far the best BUT they need to be a tight fit - very tight. They need to be difficult to get on, as directly they are wet they become loose. A good check for girls is if you can stretch the shoulder strap up, it is too big ! The top size for the majority of older swimmers is 28 for boys and 30 for girls.

This is not the time to buy a costume to 'grow into'.....training costumes yes, but not for competition.

Make sure you have more than one, particularly for a long event where you are swimming a number of events & maybe heats & finals.

**Body Suits** - the better swimmers, competing at County level & above, may benefit from one of the range of body suits available - they range in design & price. From the research from scientists and also feedback from the GB swimmers, they do appear to be faster.....and are worth investing in. But they are expensive & there are very strict rules defining the type of suit you are allowed to wear in competition, Expect to pay from about £30 to £150 & they have to be kept for important competitions as they do wear out & get baggy quickly. But above all do get advice on what's legal before investing.

**Polo Shirts** - a real 'must have' for galas so you look part of the team - available on order from the club shop, or as a result of having attended one of the club's training camps.

**Hats** - the Club shop stock Club silicone hats & you can order ones with your name on. Please have a spare at galas - they do split, or you stick you finger through it - usually at the wrong time. For the boys in particular - unless you have a shaved head you must wear a hat to reduce the resistance caused by hair ! No I'm not suggesting you shave your head.....

**Shoes** - either trainers or flip-flops **MUST** be worn at galas - warm feet & therefore lower leg muscles give you the benefit of 1 second per 60 second swim. Are any of you that good that you can afford *not* have that ?

**Track Suits** - usually made of tactel with an aertex lining, they don't absorb water so doesn't get damp, so they retain warmth without over-heating. If the temperature drops in a pool you need these at galas, again to keep your muscles warm. Tracksuit bottoms and shorts are also beneficial, but not so necessary.

**Hoodies** - these are for travel so that we look smart and co-ordinated. They **should not** be worn on poolside as they absorb water from costumes and lower the temperature of muscles. If dry they can also cause over heating.

**Drinks** - make sure that you have enough drink when you go to a gala or even during a training session. A large non-breakable water bottle is a **MUST**. How much should you drink ? For an evening league match your normal bottle is probably enough, but if you are setting off for a days event, in what may be a very hot pool, you will probably need a lot more than you think - maybe up to 4 litres. Water or weak squash is fine - you don't need expensive sports drinks.

**Towels** - please make sure you have enough - a minimum of one for the poolside & a dry one to change with at the end of the event. A chamois is also useful to get rid of most of the water & keep your towels dry.