



Training Kit:

<u>Minnows</u>	<u>Bronze</u>	<u>Silver, Gold & County</u>	<u>Regional & National</u>
BSC Swimming Cap 2 pairs of goggles 500ml of water / juice	BSC Swimming Cap 2 pairs of goggles 500ml of water / juice Training Fins (Short Type)	BSC Swimming Cap 2 pairs of goggles 500ml of water / juice Training Fins (Short Type) Post training snack - High Protein	BSC Swimming Cap 2 pairs of goggles 500ml of water / juice Training Fins (Short Type) Finis Swimmers Snorkel Pullbuoy Finis Agility Paddles Post training snack - High Protein Recommended: Finis Tempo Trainer

Competition Kit:

<u>Galas</u>	<u>Open Meets</u>
2 x BSC Swimming Caps 2 pairs of goggles (which should be trialled in training) Racing Costume BSC T Shirt (Swimzi or Silverback) Trainers or Sliders for Poolside 2 towels 500ml of water / juice Snacks - dried fruit / rice cakes. NO SWEETS OR CRISPS	As per Galas with the addition of: Packed lunch Hoody / Tracksuit bottoms / Trainers or Sliders for poolside Training costume (To warm up in, then change in to a dry racing costume to reduce heat loss) 500ml of water / juice per 2 hours of being at venue

Note - please leave mobile phones in bag at training and competition. Any queries, please ask your coach.

