

SWIM PARENT ESSENTIALS – SWIM GEAR

As a new parent to the sport of swimming there are some essential items you will need to know. This guide has been put together by the coaching staff and will hopefully help to answer some questions you might have around equipment.

1. Essential Equipment

All swimmers MUST have proper swimming equipment. For the younger swimmers this means...

- a) A proper bathing suit – For girls this must be a one-piece bathing suit. For boys this means either a Speedo style suit (brief style swim suit) or a Jammer style suit (bike short style swim suit). These can be purchased at any swim store and often at sport stores.
- b) Effective goggles – Goggles can be the bane of any swimmers existence...until you find a pair that work well. Nothing drives a coach crazier than a swimmer constantly adjusting and complaining about their goggles. Often going with a more reputable brand (Speedo, Arena, TYR) is the best solution to constant faulty goggles. Also make sure the goggles fit your son/daughters face (so please try them on).
- c) A swim cap – This is essential for girls and boys with slightly longer hair. The club will provide a basic latex “HSSC” cap for all new swimmers. A higher quality silicone Speedo brand “HSSC” cap is available to purchase for \$10. We encourage swimmers to wear their HSSC caps for all practices and swim meets.
- d) Club T-Shirt (and other apparel) – The club will provide all swimmers with an HSSC T-shirt with registration. Other team gear (jackets, pants, etc.) will be available through the online store (coming soon). We encourage swimmers to wear their HSSC gear when they are at our home pool or when they are representing the club at any swim competition.

2. Training Equipment

Proper training equipment (training gear) is also helpful for transitioning into the sport of swimming. Some gear is required for all swimmers, some gear is recommended for all swimmers and other gear will be dependant upon which swim group your son/daughter participate in...

- a) Water Bottles – We expect all swimmers to take care of themselves by staying hydrated at all times. This includes them having a water bottle for training sessions. This is a required piece of equipment.
- b) Swim Bags – We recommend having a quality swim bag for your athlete. Speedo and Arena make the best ones with compartments for wet gear, equipment, etc. This is a recommended piece of equipment.

- c) Kick Boards – The most common and recognizable piece of training equipment for swimmers of all ages is the kick board. We recommend swimmers having their own kickboard that is size appropriate for their body. There are kickboards at the pool, but these are often too large for most young swimmers. We also would like to encourage our swimmers to take pride in their sport, which includes having their own training gear. This is a recommended piece of equipment.
- d) Fins – Another recognizable piece of training equipment. Coaches will use fins (or flippers) regularly with their swimmers. There are Fins at the pool. However, these are very generic and not the best quality. We encourage everyone to have their own Fins for their swimmers. We understand that kids feet grow rapidly and you may have to purchase new ones often. The executive is looking for a forum for parents to sell used fins to each other when they have been grown out of. We will keep you posted on this. This is a recommended piece of equipment.

3. Group Specific Equipment

The more advanced training groups will require their swimmers to have proper training equipment. Most of this can be bought or ordered through one of the local swim stores.

Senior Group

Senior group swimmers are required to have their own kickboard, pull buoy, band, hand paddles, snorkel and fins. You will also need a mesh bag to store all of this equipment.

Youth 2 Group

Youth 2 group swimmers are required to have their own kickboard, snorkel and fins. A mesh bag is also recommended to store your equipment.

If anyone has any questions regarding equipment or swim gear please email me at geary.ds@gmail.com. Lets have a great season!!!!