



Swimmer Equipment List

As part of the Strathcona County Swim Club's "Return to Swim" plan, all swimmers within the competitive programs 13&O and 12&U cohorts will be required to use personal pieces of swim equipment ONLY. Mesh-bags are to be taken home after each swim practice where they can be cleaned and kept somewhere for safe storage; mesh-bags will not be kept at the Kinsmen Leisure Center.

Equipment	13&O cohort	12&U cohort
<u>Junior Kick Board</u>  All kick boards should be a Junior sized board, regardless of the size of the swimmer. The smaller board forces the swimmer to engage their core muscles more. They aren't able to depend on the bigger, more buoyancy kick board to provide them support and do most the work for them. Body position while kicking with a board is always an issue for swimmers. The board places their upper body higher in the water than required for when they swim. The smaller board mitigates this by keeping the swimmers lower in the water with a more appropriate body position.	X	X
<u>Snorkel</u>  Snorkels will be utilized a great deal in the first months of swimming. They are great when focusing on swimming with proper head & body position during Freestyle sets (and can be used for Butterfly as well). Snorkels will often be used during kick sets during the first months of swimming. Swimmers can be in a streamline position or with their hands secured by their thighs.	X	X
<u>Hockey Puck</u>  Don't get too excited Silver-Ray Dads, we're still swimming. Pucks can be placed on a swimmer's forehead during backstroke sets to ensure proper head position whilst focusing on other aspects of stroke technique such as body rotation. They're also fun to get from the bottom when they fall off!	X	X

<p>Pull Buoy</p>  <p>Pull Buoys assist maintaining a high body position during pull sets and can be placed in between a swimmer's thighs, knees & ankles. Pull buoys can be used in various drills for stroke technique or held during kick sets instead of a kick board.</p>	X	X
<p>Hand Paddles ("normal size" – ones that fit hand just right)</p>  <p>Hand paddles can be used for any stroke to either provide resistance during the catch & pull or held in a variety of ways to provide swimmers unique kinesthetic feedback on either their catch or pull. These are important pieces of equipment but will remain in mesh-bags for a couple weeks until swimmers have re-developed the strength of the muscles surrounding the shoulder capsule.</p>	X	
<p>Yoga Mat</p>  <p>Swimmers will get into a routine of appropriately activating before work-out requiring hands, elbows, knees, etc to be on the ground. Swimmers will also be stretching or performing some myofascial release on the pool deck after practice. Pool decks are gross, bring a yoga mat!</p>	X	Optional
<p>Skipping Rope</p>  <p>Skipping ropes will be used as a "pulse raiser" activity at the start of every activation on-deck. Ropes can also be used to assist proper technique of exercises such as a standing squat and be held during mobility movements and assist in static stretching.</p>	X	X