

# Equipment Guidelines

## **RED Group**

- \*Practice Suit
- \*Red & Black Team/ competition Suit (not worn in practice)
- \*Goggles
- \*Team Cap & Practice cap
- \*Water Bottle
- \*Mesh Bag
- \*Snorkel
- \*Long blade Fins
- \*Finger paddles
- \*Pull Buoy

## **BLACK Group**

- \*Practice Suit
- \*Red & Black Team/Competition Suit (not worn for practices)
- \*Goggles
- \*Team Cap &Practice Cap
- \*Water Bottle
- \*Mesh Bag
- \*Snorkel
- \***Finger Paddles (Updated as of 6 Aug 19)**
- \*Long blade Fins
- \*Pull Buoy

## **GOLD Group**

- \*Practice Suit
- \*Red & Black Team/Competition Suit
- \*Goggles
- \*Team Cap & Practice Cap
- \*Water Bottle
- \*Mesh Bag
- \*Hand Paddles (recommend: speedo finger paddles & finis hand paddles)
- \*Pull Buoy
- \*Snorkel
- \*Silicone medium fin
- \*Tempo Trainer

## Why Extra Equipment?

Many parents look at the equipment we use and think it's unnecessary -- that kids should just "swim." But, there's a lot to think about when swimming. Head position, core engagement, body alignment, kicking from the hip, hand entry, early vertical forearm -- and depending upon the stroke a child is learning, many other things. There is no way most developing (or even advanced swimmers) can focus on every detail and learn to swim well this way.

Every piece of equipment the team recommends has a purpose -- whether it's to build or reinforce proper technique, or build power and strength and endurance. These tools for training are not crutches -- they are stepping stones to technique-driven, faster swimming

## Recommended Equipment

### Fins

Fins are an essential tool to help develop your stroke technique. A mid-length silicone or rubber fin gives you good support so that you can focus on performing the drill well without worrying about staying afloat or kicking very hard to move forwards! When used for a specific and focused purpose, fins really aren't cheating

### Paddles

\*Finis Agility Paddles - Resistance paddles with a natural hand position.

\*Finis ISO Paddles - Increases the 'feel for the water' and allows swimmers to make adjustments to improve stroke technique. Intended for use on drills and stroke-specific training. Versatile tool for all four swim strokes. Outside Isolation: backstroke & freestyle Inside Isolation: breaststroke & butterfly

\*Speedo BIOFuse Finger Paddle - Allows the swimmer to focus on and improve hand positioning in the pool, including catch position and arm pull. By allowing the surface area of the palm to stay exposed, it offers a greater feel of the water whilst placing less strain on the shoulders.

### Pull Buoy

Used to help you focus on your technique and body position while helping the legs to float. Using this tool also helps to minimize the kick for long sets. By eliminating the kick, you can keep your heart rate lower and really focus on your form.

### Snorkel

Used to work on two aspects of your stroke technique - head position and body roll: 1. Head Position: The snorkel helps you find that sweet spot between looking too far forward (with legs

potentially dropping) and too far down (with head being too deeply submerged). At either of these extremes you will suck up water through the snorkel - immediately prompting you to correct your head position! 2. Body Roll: The snorkel is used to help control the head itself and focus on keeping the eyes in one spot while the whole body rolls independently - great swimming technique.

## **Tempo Trainer**

'Swimming Beepers' such as the Tempo Trainer Pro are fantastic tools to help you develop your swimming.

They operate in two simple ways:

A) In 'Stroke Rate Mode' program in a strokes per minute figure (e.g. 70 SPM), place the Tempo Trainer under your swim cap and you will hear it beep the stroke rhythm to you as you swim. You can easily lower or raise your stroke rate slightly to find the sweet spots in your stroke efficiency. Set your Tempo Trainer Pro to mode 3 to do this.

B) In 'Lap Interval Mode' (modes 1 or 2 on the Tempo Trainer Pro) set the Tempo Trainer to a speed that you wish to swim at per 25m. Like a 'beep test' in the gym, you then simply pace your swim so that you are pushing off on each lap on the beep.

You can also purchase swim gear locally at Decathlon. There are many locations, however the Plochingen location is the largest and has the most selection.

Decathlon sporting goods GmbH & Co. KG - Filsallee 19, 73207 Plochingen

<https://goo.gl/maps/RtHgUAhHwAM2>

<https://www.decathlon.de/>

PICTURE EXAMPLES:

Short blade training fins



Pullbuoy for 13 and older



Pullbuoy for 12 & under (Junior size)



Tempo Trainer



If you purchase the **pull/kick** you will not need a kickboard or a pullbuoy



or

Hand paddles Ages 11- 14 purchase size 0.5 Ages 15 & older purchase size 1.0



Ages 10 & under fingerpaddle

### Size Guide

ADULT PADDLES				
1	SIZE	S	M	L
2	HAND CIRCUMFERENCE	7" (17.5 cm)	7"-8" (17.5 cm-20 cm)	8" or more (20 cm or more)
3	VERTICAL LENGTH OF PADDLE	6.5" (165 mm)	7.25" (185 mm)	8" (205 mm)

1 Black dots on lower half of paddles show size: S (●), M (●●), L (●●●)



2 Measure around your palm, excluding your thumb



3 Vertical length of paddle



Snorkel Front mount snorkel by Finis

