




Training Kit List

To each training you should bring

- 1) Spare goggles
- 2) Spare hat
- 3) drinks bottle with either water or weak juice (filled for the start of session)
- 4) Mesh bag containing:
 - a. Fins
 - b. kick board
 - c. pull bouy

Fins short fins. i.e. Mara nb Academy 1 and 2 squads do not need fins	Kick board small ones are better for younger swimmers	Pull bouy small ones are best for younger swimmers i.e. Mara junior pull bouy
		
MARU TRAINING AID FINS -	FINIS FOAM KICKBOARD	MARU JUNIOR PULL BUOY - BLUE / LIME

Mesh bag – large enough to contain the kit above (30L)



All kit should be named (a Sharpie pen is good for this).

Decathlon is good for first-time kit and some useful websites for buying these are Proswimwear, Mailsports to name a few.