



TRAINING EQUIPMENT

PLEASE STICK TO THE BRANDS LISTED BELOW. IF YOU HAVE ANY QUESTIONS PLEASE DIRECT THEM TO THE COACHING STAFF.

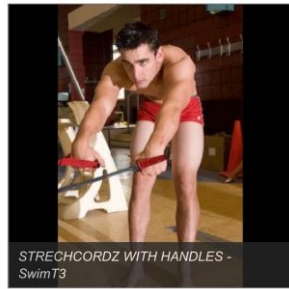
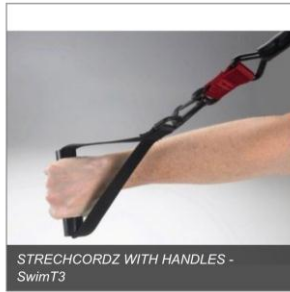
REQUIRED EQUIPMENT @ ALL SQUAD LEVELS		
ITEM	LAND GEAR	BRAND
1	2m Black THERABAND Stretching Cord (<i>Avaliable at T3 Swim Shop</i>)	THERABAND
2	2m Blue THERABAND Stretching Cord (<i>Avaliable at T3 Swim Shop</i>)	THERABAND
3	STRECHCORDZ with HANDLES stroke simulator (<i>Yellow 8 - 11yrs, Green 12 & Over</i>)	STRECHCORDZ
ITEM	POOL GEAR	BRAND
4	Gear Bag (<i>must be able to be "toggled"</i>)	N/A
5	Snorkel	SPEEDO or FINIS
6	Kick Board	N/A
7	SPEEDO Power Paddles (<i>Small - 8 - 12yrs, Medium 12yr & over</i>)	SPEEDO
8	Pull Buoy	N/A
9	Band (<i>cut from old tyre innertube - job for Dad!</i>)	N/A
10a	Nipper & Junior (8 - 12yrs) Fins	N/A
10b	Age, Youth & Open (13 & over) DMC Elite or Arena Tech Pro Fins	DMC or ARENA
ADDITIONAL GEAR REQUIRED AT AGE GROUP & OVER SQUADS ONLY		
ITEM	LAND GEAR	BRAND
11	Med Balls 3kg Bouncy - WOMAN	N/A
11	Med Balls 4kg Bouncy - MEN	N/A
ITEM	IMPORTANT READING FOR PARENTS	BRAND
12	Swimming for Parents - Gary Barclay	N/A

PSC recomends the following stores for purchasing training equipment:
www.dqdswimming.co.nz
www.swimt3.co.nz
www.triathletescorner.co.nz
www.aquashop.com.au



PARNELL
SWIM CLUB

TRAINING EQUIPMENT



1 & 2

3

11



4



5



6



7



8



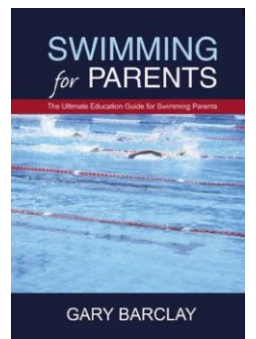
10a



10b



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12