



Eastbourne Swimming Club Equipment and Team Kit policy

(this will be on the ESC web site under documents)

Below is a list of equipment that Swimmers will require during their time with the Club.

The list of equipment depends on the type of training and the age of the swimmer and therefore varies by squad, so please check the squad descriptions for the specific equipment needed for your training group.

PLEASE MAKE SURE ALL EQUIPMENT HAS THE SWIMMER'S NAME ON IT! It is very common for equipment to become muddled or left on poolside and we want to return it to the correct owner.

Please remember that the Club can get hold of additional equipment, see the [Club Shop](#) page.

Essential For All Swimmers, including our Beginners and Improvers Groups:

- **Swimming Trunks/Jammers and Costumes** - It is important for all swimmers to wear swimwear that allows them to move comfortably in the water. Swimming trunks or jammers are fine for boys, but not baggy shorts as these drag in the water and tend to make the swimmer's legs sink. Swimming costumes are fine for girls, preferably without frills as these also cause drag and inhibit the swimmers. The colour and pattern are left to the swimmer's personal preference. Swimwear may extend to the top of the swimmer's knee. Boys' swimwear should extend no higher than the bottom of the navel.
- **Swimming Goggles** - These are essential. Very few swimmers can train without goggles as they protect the eyes from some of the necessary chemicals in the water. They also aid good vision so are necessary for tumble turns. Always have at least two pairs available. Swimmers who are long or short sighted may benefit from optical goggles with prescription lenses to allow them to see the coaches, training session whiteboards and timing clocks more clearly. The style and colour of goggles is left up to the swimmer's personal preference. Swimmers may find that dark and/or mirrored lenses reduce visibility in some pools, and they may benefit from lighter or clear goggle lenses.

Essential For All Junior Squad, Squad and Elite Squad Swimmers etc.

- **Drinks Bottle** - To keep hydrated during training. 700ml capacity or higher. Plastic rather than metal so it floats. Water or diluted juice is fine - nothing fizzy.
- **Swimming Hat** - Keeps your hair under control and helps to identify club swimmers, but most important of all it creates less resistance with the

consequence that you swim faster. Boys please note, it is not macho to swim without a hat. The Red or White Eastbourne SC Club hat is preferred but it is noted that swimmers are often proud to wear the limited-edition hats they can buy at competitions, e.g., County Championship hats. Some pools insist on swimmers wearing hats and may prevent you swimming without one. Always have a spare hat because they can be prone to tears in the silicone from which they are made.

- **Kick Boards** - Held by hand, they support the arms and upper body whilst propulsion is ensured by a strong leg kick.
- **Pull Buoys** - These are gripped between the legs and ensure the buoyancy of the legs so that movement of the body comes from the action of the arms and therefore develops upper body strength.
- **Fins** - Give rapid propulsion and strengthen ankles and legs. Used in developing good butterfly technique. The legs don't have to work quite so hard thus allowing the swimmer to develop a good arm action without tiring rapidly. The fins should be short, not the longer style of flippers used for scuba diving. Fins are made of rubber and swimmers may find their growing feet sometimes rub against slightly ill-fitting fins, therefore they may prefer to wear fin liners or trainer socks inside the fins to reduce friction.
- **Land training** - the following is acceptable to wear.



- Open/Male torso covered, sleeves covering shoulders and to elbow in length. Shorts to mid thigh length (Club T-Shirt is acceptable)



- Female torso covered, sleeves covering shoulders and to elbow in length. Shorts to mid thigh length (club T shirt is acceptable)
- Appropriate footwear (ask if you are not sure what is appropriate)

Training Aids for All Squad Swimmers (Please ask the coaches if you are not sure which float, paddles, flipper etc. to purchase before you buy)

Discuss with your Squad Coach to see if these are needed.

Mandatory Training:

Kick board
pull buoy
Fins
paddles (squad & Elite only)
water bottle
Goggles
Hat

Optional kit:

Snorkel (Elite)
Skipping rope
Resistant bands (squads & Elite, obtain advice from coaches)

Equipment For Competitions

If you are swimming at Open Meets, Club Championships, or any event that you are representing Eastbourne Swimming Club, it is mandatory that you have the following additional equipment.



Galas and Open meets -Poolside Bag - Small bag to take onto poolside for keeping the essentials safe, e.g., your goggles, hat, snacks and also any medication that may be required. Pools are often busy with limited space, so this bag needs to be small. The Club Swim Shop has these in stock.

- **ESC T Shirts and ESC Hats** - ESC T Shirts and ESC Hats are mandatory (you are part of a team and for Safeguarding- you can easily be identified at all competitions)-They can be worn over the top of other choice of clothing -**T-Shirt** - This can be ordered from the Club Shop. They are to be worn on poolside at all **Galas, Club Championships, Regional and Nationals and Open Meets**. Our sponsors logo will be on the team T-Shirts. Our sponsors are proud to help you and the club. Sponsors Logo **MUST** be visible.
Club Swim Hat (hats defined as Team wear by ESC or produced by ESC)
- **Race Suits/Jammers** x 2 (in case one splits)- These are optional and can be very expensive. Younger swimmers will tend to see a greater benefit from technique practice and improvement rather than the use of specialist suits.

Race suits should always be World aquatic/FINA Approved. This means that it will have been sent to World aquatic/FINA by the manufacturer to be tested and checked that it meets World aquatic/FINA's criteria for competing. If a swimsuit is World aquatic/FINA Approved, it will have a World aquatic/FINA Approved label printed on the suit (normally on the rear).

The colour and pattern of the swimwear is left to the personal preference of the swimmer. Race suit lifespan will be extended if the suits are worn only for competitions, not training, and are rinsed in cold water after each use.

- **Shorts or Leggings** - To protect swimwear from damage on the poolside tiles. Particularly important if you have an expensive race suit. Swimmers will be spending a lot of their time at competitions sitting on poolside and shorts/leggings will help costumes last longer and swimmers need to stay warm.

It is therefore the following is recommended bearing in mind that the Club colours are RED and WHITE in accordance with the Club's Constitution. Black is also acceptable.

- **Hoddies** and zip up tops are available from the ESC Swim Shop. Hoody - over which Team ESC t shirt showing sponsors logos must be worn.
- **Pool side shoes** – Flip Flops or Trainers to wear pool side and in the whipping area - appropriate footwear. Not shoes worn outside.
- **Goggles** - 2 pairs of goggles just in case 1 breaks.
- **Towels** x 2 (1 for event and 1 for drying after)
- **Water bottle** (Plenty of Water for rehydration)
- **Food and Snacks** (not sweets, speak to coaches about the best food to have)
- **Locker money** (usually £1 returnable)

We have several Sponsors who have supported the Club and in return we advertise their logos on our kit.

Imagine if “Chelsea FC has a kit and 1 player decided not to wear it on a match day” how would the Sponsors feel, the other Team players, the Coaches or the fans feel? Would they even be allowed on the pitch? No kit no game.

The shop provides a team kit with Hat and T-shirts sponsored by several companies. Hoodies and zip up tops are also available.

Team managers will have spare hats that can be purchased and a spare T shirt to be lent out during the event.

A hat and T shirt can be purchased from the Club's Swim Shop, at a reduced price, when new Members join the Club or progress to competing for the Club.