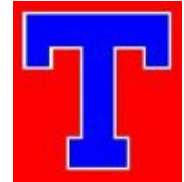




TIVERTON SWIMMING CLUB

www.tiverton-swimming.co.uk

Essential Training Kit



Tiverton Swimming Club branded clothing is available to order on-line from Stitch2Print in Exeter. T-shirts, jackets, shorts and trousers from the Joma sport range are available currently but we are looking to extend the range shortly. **T-shirts are an essential item for all members.** Shorts are also recommended for all competitive swimmers to protect their race costumes at open meets and galas while they aren't swimming.

Clothing items can be ordered from the TSC page on the Stitch2Print website:
<https://stitch2printuk.co.uk/product-category/clubs/tiverton-swimming-club/>

Add your name to the back of the t-shirts & jackets!

Swimmer names can be added to the backs of club T-shirts and jackets when ordered or alternatively try the Tiverton Print Centre in Bampton Street for this additional service - price on request.

TSC club swimming hats

Only available at poolside - cost £7.

If you would like to buy a blue club swimming hat – please ask the Club Secretary (Donna) or Chairman (Sara) to get one for you.

All swimmers are advised to wear a swimming hat when training at the Exe Valley Leisure Centre pool. **Swimmers racing in all open meets and galas are expected to wear a TSC logo swim hat**, which easily identifies them to their coaches, team managers and spectators while they are racing. **Please wear the “Tivvy T” swim hat with pride!**

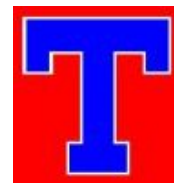




TIVERTON SWIMMING CLUB

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Essential Training Kit



All swimmers should arrive for training with the following training equipment properly adjusted named and in good working order prior to the start of every session:

Basic training equipment required:

- Well-fitting goggles (preferably 2 pairs)
- Swimming hat (preferably TSC)
- Kick float
- Kit bag
- Drinks bottle (filled with water or squash)
- Swimming costume or trunks
- Towel

Extra kit for Competitive and Performance squads and Masters:

- Pull buoy
- Fins
- Hand paddles
- Snorkel
- Nose clip

Swim equipment such as training suits, kick boards, short fins, mesh bags, and pull buoys, can be bought locally at EVLC or at larger sports shops. The more specialist aids including large swimming kit bags, snorkels, hand paddles, technical race suits (kneeskins and jammers) can often be bought at swim shops found at many open meets. Alternatively you can order swim kit from online specialist websites such as these below:

www.proswimwear.co.uk

www.simplyswim.com

www.swimsupplies.co.uk

www.allensswimwear.co.uk

www.newitts.com

www.mailports.co.uk