

Morpeth ASC – Equipment Lists

All Squads SD 1 & above need Mesh Bag & Water Bottle (1 Water Bottle for each hour, 2 hours = 2 bottles)
The following items are needed for swimmers to complete sessions fully (along with normal costume, hat & goggles)

Squad: Skill Development 1 & 2

Kickboard
Pullbouy
Fins – Maru/Finis

Squad: Competitive 1

Kickboard
Pullbouy
Fins – Maru/Finis
Finger Paddles – Arena/Speedo
Snorkel – Arena/Finis

Squad: Competitive 2

Kickboard
Pullbouy
Fins – Maru/Finis
Finger Paddles – Arena/Speedo
Snorkel – Arena/Finis
Hand Paddles – Speedo Tech Paddles
Hand Paddles – Finis Agility Paddles

Squad: Junior Performance

Kickboard
Pullbouy
Fins – Maru/Finis
Finger Paddles – Arena/Speedo
Snorkel – Arena/Finis
Hand Paddles – Finis Agility Paddles

Squad: Performance

Kickboard
Pullbouy
Fins – Maru (12 + Under) Arena Power Fin (13/14 +)
Sponge 13 +
Finger Paddles – Arena/Speedo
Snorkel – Arena/Finis
Hand Paddles 1 – Speedo Tech Paddles
Hand Paddles 2 – Finis Agility Paddles
Finis Tempo Trainer