



Recommended Training and Competition Equipment

Unlike other clubs Southampton Dolphins provide a wide range of training equipment from kick boards and pull buoys to training flippers (fins). The equipment available is suitable for the needs of the majority of swimmers but if you would like to have your own kit that's fine. For swimmers in County and Performance Squads personal training kit is essential and providing your own is part of the criteria for entry to these squads.

We use flippers (fins) to help develop technique by stabilising the body which allows swimmers to concentrate on the stroke. Fins are also used as a training tool to help develop the aerobic energy system. If flippers (fins) rub or you are in between sizes, swimmers are advised to wear ankle socks.

Kick Boards, Pull Buoys and Kit Bags

Kick Boards, Pull Buoys and Kit Bags come in a variety of forms all suitable for training. Just make sure you get the correct size pull buoy for your age as some can be quite large.



Finger Paddles / Hand Paddles

Paddles are only required for those swimmers County, Performance and Senior Squads.

Finger paddles and hand paddles are very different. Finger paddles are used to develop hand position and grip in the water, whereas hand paddles are prominently used for improving strength and grooving strokes.

The finger paddles we use are Arena Elite.



There are two paddles that we recommend; the first is the **Speedo Training Paddles** which come from the USA. They can be purchased via [Amazon.com](https://www.amazon.com). Order size large which are yellow in colour, blue are medium and red small.



The second paddles are **Speedo Hand Paddles** which can be purchased from any swim shop. Please check with the head coach for sizing.



Training Flippers (Fins)

The three main flippers we recommend are; **Kiefer Training Fins** (same as at Shirley Pool)



Kiefer Silicone Training Fins



For advanced and mature swimmer we recommend **Zoomers Gold**



Drag Shorts and Belts

Drag shorts are a very useful providing extra resistance in the water. These can be purchased from any swim shop.



Drag Belts are a really good form of extra resistance especially for the advanced swimmers competing at County level and above. Ideally suited to those swimmers 11yrs plus, drag belts aren't needed on Mondays. For drag belts please see the head coach as they are sold direct to the club from Epsan UK.



Race Costumes and Jammers

For those swimmers in County, Performance and Senior Squads having race wear is essential to aiding your performance in open meets and major competitions. The entry level costume and jammers are made by TYR below, and can be purchased for around £40.00. Race wear should be tight fitting and never worn in training only used for racing.



Most swimmers use **Swim Stop** for their race wear, **Swim Stop** attend most open meets in Hampshire and have a shop in Waterlooville. They offer a fitting service for costumes. Any Southampton Dolphin swimmer will get a 10% discount on any purchases please see below.



You're One Stop Shop for all your Swim Equipment!

We offer local swimming club members...

- Professional advice from experienced swimmers
- Fitting on everything from goggles to competition swimwear
- All sizes of suits, jammers and competition swimwear
- A huge range of kickboards, pull buoys, fins and accessories
- A 10% discount online and in store

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