

Check List for North DRP Training Days 2016

	Item	Check
Pool sessions (2)	Swimming costumes/trunks	
	Towels	
	Swimming Cap + spare	
	Goggles + spare(s)	
	Pull buoy, kick board, fins, tennis ball	
	Yoga/exercise mat, foam roller, snorkel <i>These items only if you already have them – no need to purchase specially.</i>	
Land work 2 sessions	Land training clothing & footwear. Layers of clothing advised as facility can be quite cool	
Education	Pens, paper/notebook and an open mind!	
Miscellaneous	Water bottle, snacks, drinks, lunch (or lunch money) £1 coin for lockers	
	A coach/poolside assistant from each club	
	Punctuality	
	Commitment	
	Enthusiasm	
	Any medication – inhalers should be brought on poolside in a sealable plastic bag marked with swimmer's name	
	Training log book if you have one	