Check List for North DRP Training Days 2018

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| 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*These items only if you already have them – no need to purchase specially.*  |   |
| 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  |   |