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 |  |