

Aquasprint/Junior Squad Training Kit

In addition to a swim suit/trunks, goggles and hat, the following equipment is necessary for Aquasprint/Junior squad sessions.

Please remember that when representing the Club your swim suit/trunks should be **black** and a **club hat** should be worn.

Local suppliers who have a good supply of swimming equipment include Podium4Sport (Montgomery Road, Belfast) and the Athletic Stores (Queen Street, Belfast).

If you choose to order swimming equipment online, please remember to go to the [Templemore ASC website](#) first and then use one of the links to whatever retailer you want to use. This way the Club receive commission at no cost to you.

Item	Recommended Product	Internet based suppliers	Price range
Kickboard	Finis Alignment Kickboard 	www.swimshop.co.uk www.amazon.co.uk	£11.50 – £14.75
Pull buoy	Junior Pull buoy Solid by Win or Speedo 	www.swimshop.co.uk www.amazon.co.uk	£3.15 – £6.28
Fins	Rubber Training Fin by Win, Keifer, Speedo, Pool or Zoggs 	www.swimshop.co.uk	£11.99 – £29.99

Don't forget when shopping online to use the links on the Templemore ASC website www.templemore.org.uk

Item	Recommended Product	Internet based suppliers	Price range
Hand Paddles	Kiefer Ergo Hand Paddles 	www.swimshop.co.uk Don't forget to use the links to these online shops via on the Templemore website	£6.10 – £17.75
Forearm Fulcrum	Finis Forearm Fulcrum – Junior 	www.amazon.co.uk www.swimshop.co.uk	£9.22 – £14.75
Mesh bag		www.swimshop.co.uk	£1.99
Poolside Footwear		www.amazon.co.uk www.swimshop.co.uk	£5.00 – £15.00
Water bottle		www.amazon.co.uk www.swimshop.co.uk	£3.00 – £5.00

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