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Dear Parents,

As of January 2014 we would like to introduce the use of training fins into our training cycle. In order for us to achieve this we would like to encourage all members to purchase Fins (not long fins) and bring them to ALL training sessions. Some sessions will be centred purely on the use of Fins; if swimmers don't have these then they may find the set more challenging. Training Fins can be purchased from the Club Shop and samples are available to try for size.

We would like to see all swimmers that are representing the club wearing club hats, polo shirts, poolside shirts and club swimwear. Again these items are all available to purchase from the Club Shop. Hats can be purchase @ £5.50 and competition swimwear from £20 upwards.

If you have any questions please don't hesitate to speak to Roger or Dan.

Many Thanks

The Coaching Team

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Please complete and return the attached slip if you wish to order for finns from the club shop.

**Swimmers name**.....

**Squad**.....

**Shoe size** .....