

FREQUENTLY ASKED QUESTIONS

How to Join? Information for this is on the website under contacts/about us and contacts – to join.

What is the difference between the Club and GLL/Better? GLL/Better administer and have total responsibility for all of the training sessions that happen within their facilities. GLL rules apply for all training sessions as the swimmers are attending as part of the GLL Training Scheme (GLL Lessons) and not part of Barnet Copthall Swimming Club. All staff are employed by GLL. Barnet Copthall Swimming Club have responsibility for all Swim Meets, Training Camps and any other activities that occur outside of training sessions. The swimming club do not hire the pool for any training sessions and are not responsible for normal training sessions at Barnet Copthall Leisure Centre. No staff are employed by the Club.

Contacts/speaking to coaches? All of this information is on the website under contacts/about us. Contact details for the club officers and Coach along with email addresses and how to speak to the coaches are in this section.

Safeguarding? Contacts for the club and GLL/Better are on the website, there is also a QR code on the notice board at the back of the main pool balcony which gives a link to report anything of concern directly to the Club Safeguarding officer which is also linked directly to Swim England. Please remember for concerns in training sessions contact the Head Coach, the duty manager or GLL Safeguarding. For concerns at swim meets, training camps or other outside activities please contact the club Safeguarding Officer.

How is information about the club activities disseminated? The club uses the Sports Engine app to pass on information to parents. Once you have the system set up you will be able to read the team feed, receive notifications such as session changes, enter meets online and pay direct for swim meets via credit card. Please ensure that you keep all of your details such as email, contact numbers and emergency contact numbers up to date. Without the app you may miss information.

In order to get on the SE MOTION app you will need to contact Sarah Lawlor the club secretary who will help set you up on the app.

sarahjanebcsc@gmail.com

General information about the club and access to the Team Feed part of the app is also on the club website.

Can I leave my swimmer unattended during training? GLL rules are very clear on this, an adult should be in the building for all swimmers under the age of 18 years of age. GLL Conditions and rules are under squad guides on the website.

Can I leave my swimmer unattended during competitions? Club rules are very clear on this, swimmers under the age of 18 should have a parent/guardian present in the building at all times during a swim meet. Rules for this are on the club website under Swim Meets

What is the filming policy in the gallery during training or at Barnet competitions?

At competitions Swim England regulations are in effect. Guidelines allow parents to video or take photos of their own child, care must be taken not to include other swimmers in the videos/'photos wherever possible.

In training GLL/Better rules are in effect, no videoing/photography is allowed, notices are in the spectator areas.

What are the guidelines for reporting incidents (swimming pool, changing room, outside these areas)? During Training GLL/Better – incidents in the pool should be reported to the coaches, incidents in the changing village should be reported to the duty manager. During Competitions – incidents in the pool area or the changing village should be reported to the club safeguarding officer, either directly, by email (details on website) or via the QR code on the notice board.

SWIM MEETS

What are the differences in meet levels 1-4?

Swim England license meets in order to make sure that the meet is appropriate for the level of swimmer.

Level 1 - Long Course (50m pool), National & Regional Qualifying, usually age 10 & above.

Level 2 - Short Course (25m pool), National & Regional Qualifying, usually age 10 & above.

Level 3 - Long or Short Course, County Qualifier & Development, usually age 9 and above.

Level 4 – Short Course, Club Level Entry Meets, ages can be 8 & above.

Why might my child be ineligible for a meet?

Some meets are age restricted with age minimums of 9 and over, Age restrictions ensure developmental readiness and fairness.

Swimmers may not have made the qualifying criteria for the meet (check meet conditions/qualifying times).

The club may only be taking certain groups to a meet, this ensures that the swimmers attending are ready for the level of competition and also ensure that the club can plan for the correct amount of staff to be available under Safeguarding regulations/numbers.

How do I enter my child for swim meets? Swim meets can only be entered via the sports engine app (please see above details on how to join the app). Swim meets are entered and paid for on the app, this is the only way to enter meets. For all enquiries on the app please contact Sarah Lawlor (details above)

How many events should I enter my child in? Emails are usually sent out detailing the correct amount of events for swimmers in each group, please read the email. These entries are usually based on the squad criteria and allow swimmers to prioritise events that are required for the squad movement process.

What does the swimmer need on competition days? Info on website under swim meets/guidelines for swim meets.

How much should we spend on race suits/goggles?

Goggles – This is an area of personal preference, the most important thing is that the goggles are comfortable and do not leak. In order to find out which goggles suit best without buying loads of different types it might be advisable to borrow a pair of goggles from a friend first (please make sure they are clean and sterile).

Race Suits

9 years - 11 years - below county Level should race in basic training costumes, there is no need for expensive suits. Expensive tech suits are of little assistance to swimmers of this age due to body shape.

11 years-14 year olds at County & Regional Level. As a club we would prefer swimmers at this age and level to not spend large amounts on racing suits. Entry level tech suits may give 0.5-0.8 seconds improvement per 100 metres, time and money is better spent attending the correct amount of training. For information these types of suits are banned in Scotland and numerous other countries at this age.

14 years plus competing at National level – swimmers at this level should look at using a mid to high end range suit to assist in the performance – high end suits may give 0.8-1.2 seconds per 100 metres advantage over a training suit depending on how well they fit.

Where is the Swimming Calendar? The calendar is on the website under Swim Meets – Club/Fixtures. Please note that this calendar can only be produced when other clubs/counties/regions release their dates. This is updated as soon as possible. Please do not email asking when a meet is, as soon as we know it will be placed on the calendar.

Why don't we do more meets/enter Arena League/relays?

Travel, entry fees, and hosting responsibilities can be demanding. £1000-£2000 per evening competition, depending on bus hire etc.

Coach/Team Manager availability – we only have 6 coaches to cover all of the meets, most do not want to be working nearly every weekend.

Swimmer specialisation – in order to compete well on these events swimmers need to specialise in shorter distances which is contrary to LTAD.

Senior Swimmers choice – The senior squad which would make up the majority of the teams chooses which meets they wish to compete in each year based around the Head Coaches guidance, more often than not they choose to have more weekends off and less competing so that they can focus on training, schoolwork and their own social lives.

Meets may clash with other priority events or training cycles

The club focuses on individual development over team galas.

Who can we discuss/appeal DQ/times? Swim England Regulations state you cannot appeal recorded times. You can appeal a referee's interpretation of rules, but not their observation of facts (e.g. stroke infractions). Appealing a referee's interpretation of rules has to be completed through the team staff and within 30 minutes of the alleged misinterpretation by the referee.

Video evidence is not admissible.

TRAINING

What is Long Term Athlete Development? Details on website under squad guides GLL.

Where can I get the required Kit for my swimmer? Info on website under Squad Guides (GLL)/ Training Equipment Required. Club uniform kit is available from the club shop, all other equipment is available from external suppliers, a suggested list is on the website.

Should I send my child to training when injured or ill? The rules for the programme are clear, if a swimmer attends training it is assumed that they are fully fit to train, you should not send your child to training with an injury or illness. If they become ill or injured in the session they will be directed to the lifeguard who is the qualified first aider on pool. If a child has to see a lifeguard for treatment they will not be allowed to re-enter the training session and should only return to training when fit to do so.

SQUAD MOVES, PROMOTIONS AND ATTENDANCE.

Are there specific times of the year when swimmers are promoted? Please see explanation on website under Squad Guides/explanation of squad guides.

Why was my child not promoted? This is usually down to either attendance or not achieving the guide or qualifying times for the next group. Please read the squad rules fully prior to emailing and asking this question, the reasons will be clearly written in the rules/guidelines. These are available under Squad Guides GLL on the website.

Is there any discretion for illness, injuries, school events, exams, religious days, compassionate leave, wedding, etc on attendance? Please see explanation on website under Squad guides GLL/Explanation of squad criteria.

Is it beneficial to attend external stroke camps/clinics? Attending stroke camps or clinics run by Olympians can be extremely motivating for younger swimmers and can be very beneficial for the improvement of attitude and commitment of the swimmer. Things that should be taken into consideration when attending the clinics - swimmers can get very confused when given conflicting information between their home coach and the coach on the clinic. The coaches on the clinics are generally less qualified than the coaches at Barnet and the clinics are run for money and are very busy which means the swimmers generally get very little feedback. Please also consider the signals you are sending to your child when sending them to a stroke clinic (i.e. your home coach is not good enough), this may lead to the child not listening to the home coach in the future. If you are attending for motivation reasons it can be very beneficial, but if you are attending to improve technique it is generally not worth the money.

Questions on nutrition including protein and Supplements?

General Nutrition

Swimming coaches can offer general nutritional guidance, but they should avoid giving detailed or prescriptive advice unless they're qualified in sports nutrition. We only have 1 qualified coach at Barnet Copthall, generally we do not give out complex nutritional advice.

If you need nutritional advice beyond what is generally available on the internet and from Swim England, you should employ a nutritionist to design a precise nutritional plan based on the swimmers needs.

The general nutritional advice we give is to eat healthy foods and limit processed foods, limit the amount of sugars and junk food consumed and try to eat as many whole foods as possible. If you feel the swimmer does not have enough energy try increasing the amount of complex carbohydrates, if you feel the swimmer is breaking down physically you could try to get more protein into the swimmer, the best way and safest way to do this is to drink more milk if not intolerant. Anything beyond this should be discussed with a fully qualified nutritionist.

Supplements?

Swim England guidance for nutritional supplements - [Swim England Policy Documents | Member Resources](#)
(under Swim England Guidance Documents)

Caffeine/Creatine/Bicarbonate? Some senior GB athletes have mentioned in articles the usage of these supplements for performance enhancement. No swimmer under the age of 18 should consider taking these supplements and should follow the Swim England Guidance.