

Swim England

Regional Development Programme (RDP)

This is the second step on the Swim England Talent Pathway and is developed in partnership with all of the Swim England Regions. This programme is delivered by each region and supported by the Swim England Talent team.

Programme aims to support athletes and the workforce to:

- ◆ Further develop fundamental movement skills and core aquatic skills to advance physical literacy
- ◆ Further develop technical and skills across all four competitive strokes and turns
- ◆ Understand the culture of Swim England and its associated talent programmes
- ◆ Develop the characteristics in-line with the age and 'Development' stage of the Optimal Athlete Development Framework (OADF)
- ◆ Increase opportunities for the workforce delivering at this stage of the pathway, to experience and facilitate an integrated and inclusive training environment

Key consideration criteria

- ◆ 13 years of age by 31st December 2023
- ◆ Up to 48 swimmers (24 male and 24 female) per region selected from Long Course **200m Individual Medley** Rankings
- ◆ If regions do not have the minimum number of swimmers for each gender they can reduce as required, or increase swimmers of one particular gender
- ◆ To reflect relative age, two selection bands will be implemented
 - Selection Band A – 1st January to 30th June
 - Selection Band B – 1st July to 31st December
- ◆ Additional selections, if required can be made from either selection bands to meet the required number of swimmers selected
- ◆ Times used for selection to the RDP must be taken from the Swim England national rankings, and be achieved between 1st January 2023 and 6th August 2023
- ◆ Any exceptional short course performances can be considered at the discretion of the RDP Head Coach
- ◆ Swimmers will be selected for their RDP based on the region their club is affiliated to
- ◆ Swimmers will be expected to commit fully to all aspects of the programme
- ◆ Swimmers will have worked with their home coach to achieve the standard of **levels 3 & 4** of the **Swim England Club Awards**. Confirmation of these standards being achieved will be signed off by the head coach
- ◆ Para-swimmers will be selected nationally by the Swim England Talent Team and selections will be communicated to the respective region **see general conditions for more information*
- ◆ Up to 6 para-swimmers per region (**nationally selected from 2 IPC events** included within the total of 48 swimmers) **see general conditions for more information*
- ◆ As a minimum, standard times will only be considered where they are in excess of the below World Aquatics Points (WAP) / British Para-Swimming Points (BPSP)
- ◆ Please note, achieving these points does not guarantee selection to a talent programme;

Gender	Age	World Aquatics Points (long course)
Male & Female	13	300

Gender	Age	Impairment	BPS Points (long course)
Male & Female	13	Physical (1-10)	300 event 1 & 250 event 2*
Male & Female	13	Visual (11-13)	300 event 1 & 225 event 2
Male & Female	13	Intellectual (14)	400 event 1 & 350 event 2

**PI selection 2 strokes where impairment allows*

Swim England Regional Distance Development Programme (RDDP)

Running parallel to the RDP is a distance swimming initiative which includes an open water swimming experience. The programme aims to increase the number and standard of swimmers competing in distance events. This programme is delivered by each region and supported by the Swim England Talent team.

Programme aims to support athletes and the workforce to:

- ◆ Gain a greater understanding and insight of training requirements and opportunities within distance swimming
- ◆ Experience practical elements of open water environments
- ◆ Develop technical and racing skills in distance pool events and open water environments
- ◆ Understand the culture of Swim England and its associated talent programmes
- ◆ Develop the characteristics in-line with the age and 'Development' stage of the Optimal Athlete Development Framework (OADF)
- ◆ Increase opportunities for the workforce to gain knowledge, experience and understanding of effective distance swimming practices and different aquatic environments

Key consideration criteria

- ◆ Up to 48 swimmers (24 male and 24 female) per region
- ◆ 12 – 14 years of age by 31st December 2023
- ◆ To reflect relative age, two selection bands will be implemented
- ◆ Selection Band A – 1st January to 30th June – Selection Band B – 1st July to 31st December
- ◆ Additional selections, if required can be made from either selection bands to meet the required number of swimmers selected
- ◆ **The top 4 long course ranked swimmers per age and gender in 800m and 1500m Freestyle**
 - 4 male and 4 female 800m 12 years
 - 4 male and 4 female 1500m 12 years
 - 4 male and 4 female 800m 13 years
 - 4 male and 4 female 1500m 13 years
 - 4 male and 4 female 800m 14 years
 - 4 male and 4 female 1500m 14 years
- ◆ Times used for selection to the RDDP must be taken from the Swim England national long course rankings, and be achieved between 1st January 2023 and 6th August 2023
- ◆ Further selections can be made from fourth, fifth etc. ranked positions until maximum numbers are achieved. Where swimmers have an equal ranking, selections will be prioritised based upon the highest World Aquatic point score
- ◆ Any exceptional short course performances in the 800m & 1500m events can be considered at the discretion of the RDDP Head Coach
- ◆ Swimmers will be selected for RDDP based on the region their club is affiliated to
- ◆ Swimmers will be expected to commit fully to all aspects of the programme
- ◆ Any swimmer(s) selected for the National Distance Swimming Project **will not be eligible** for selection to RDDP. Regions will back fill selections until maximum numbers are achieved