



NDSA Beacon Programme 2025 – 2026

The Northumberland and Durham Swimming Association (NDSA) Beacon Programme

A Swimming performance programme for athletes and coaches within Northumberland and Durham, funded and supported by the County.

The programme was established over 15 years ago as part of Swim England's 'Beacon' programme. The squad trains at the Sunderland Aquatic centre, the County's only 50m facility.

The main aim of The NDSA Beacon programme

To enable the highest performing athletes to access regular long course training under the guidance of County performance coaches and is in addition to their home programme.

NDSA Beacon Programme Athlete selection process:

- Selections onto the programme are made in August, at the conclusion of the Summer Championships and prior to the start of the new season.
- Number of places available for selection to be agreed by the NDSA Beacon Programme Management Working Party.
- All swimmers must be registered with affiliated clubs in the Northumberland and Durham County.
- Selections to be based on 100/200/400/800/1500m events in all age groups – Male and Female: 13/14, 15, 16, 17, 18 years and open.
- Selections in 50m events will only be from 18 years and open age group.
- Athletes, Clubs and Home coaches will be notified of their athlete's selection by the start of September.
- A review will take place following the Northumberland and Durham Championships in early 2026. Qualifying athletes may be added to the programme, subject to numbers, at the NDSA Beacon Programme working party discretion.

Consideration selections/Policy:

- GBR Senior Athlete selected to Olympic, World or European Teams.
- GBR Junior Athlete selected to World, European Junior Championships or European Youth Olympics.
- National finalist at the AGB Summer Nationals (July 2025) and/or:
- Top 15 nationally ranked athletes on British Long Course rankings, in individual age group, in year of birth, in the following age categories (at time of selection, August 2025):
 - Male & Female: 13/14, 15, 16, 17, 18yrs and open.
- Para swimmers from the World Class Programme (subject to approval by the GB Para Swimming Head Coach).

Further selections may be made following a review in late September.

NDSA Beacon Programme Coach selection:

The programme will be managed by a management group made up of the lead coaches and NDSA Beacon working party. The lead coaches are:

- Paul Woodley (Derwentside & Gateshead)
- Matty Allison (Newcastle Swim Team)
- Becki McGuire (Morpeth)

Beacon sessions: Wednesday 1400-1600, Thursday 0530-0730 and Saturday 0730-1000

Expressions of interest will be accepted from coaches in the County to support the programme as assistant coaches or observers, to enhance their CPD. Home coaches of selected swimmers are also encouraged to attend and support the Lead coaches with delivery as part of their development and should email:

sarah.small@swimnortheast.org for further information.

Terms & Expectations:

- All athletes participating in the NDSA Beacon Programme must be a member of at training regularly within a Swim England affiliated NDSA club and be eligible to represent Home Nations or Great Britain at International level.
- Quarterly attendance will be monitored as full commitment is required. Regular non- attendance, non-commitment, will result in the athlete being withdrawn from the programme by the NDSA Beacon working party.
- Selected athletes are required to maintain full commitment to their overall home training programme.
- Training standards and behaviour will also be monitored and reviewed by the NDSA Beacon working party.
- The maximum term of selection will be up until the end of July 2026. Membership of the NDSA Beacon Programme is however subject to regular review.
- There will be an acceptance fee applied to all athletes to assist in the further self-funding of the programme – no refunds will be given.