

Swim England Regional Development Programme (RDP)

This is the second step on the Swim England Talent Pathway which is implemented and delivered by each region with support from 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 swimmer's 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 on 31st December 2026

- ◆ Up to 60 swimmers (30 male and 30 female) per region selected from Long Course **200m Individual Medley** Rankings
- ◆ If regions do not have the minimum number of swimmers for each sex they can reduce as required, or increase the number of swimmers of one particular sex
- ◆ Times used for selection to the RDP must be taken from the Swim England national rankings, and be achieved between 1st November 2025 and 1st August 2026
- ◆ Any exceptional short course performances can be considered at the discretion of the RDP Programme Lead/Head Coach
- ◆ Swimmers will be selected for their RDP based on the region their club is affiliated to

14 / 15 / 16 years of age on 31st December 2026

- ◆ Up to 60 swimmers (30 male and 30 female) per region selected from Long Course **100m+ Events** Rankings using highest scoring World Aquatics Points
- ◆ If regions do not have the minimum number of swimmers for each sex they can reduce as required, or increase the number of swimmers of one particular sex/age group
- ◆ Times used for selection to the RDP must be taken from the Swim England national rankings, and be achieved between 1st November 2025 and 1st August 2026
- ◆ Any exceptional short course performances can be considered at the discretion of the RDP Programme Lead/Head Coach
- ◆ Swimmers will be selected for their RDP based on the region their club is affiliated to



In 2026, Swim England NE Region will deliver this event in partnership with AP Race
Swimmers will attend a half day clinic at Sunderland Aquatics Centre on 22nd November