

# 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 31<sup>st</sup> December 2026
- ◆ 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 sex they can reduce as required, or increase the number of swimmers of one particular sex
- ◆ To reflect relative age, two selection bands will be implemented, with the aim of selecting equally between the two where possible;
  - Selection Band A – birthday between and including 1<sup>st</sup> January to 30<sup>th</sup> June
  - Selection Band B – birthday between and including 1<sup>st</sup> July to 31<sup>st</sup> December
- ◆ Additional selections, if required, can be made for either selection band from swimmers meeting the required minimum standard.
- ◆ Times used for selection to the RDP must be taken from the Swim England national rankings, and be achieved between 1<sup>st</sup> November 2025 and 6<sup>th</sup> 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