

# Swim England Regional Development Programme

The second step on the Swim England Talent extended swimming pathway is the Regional Development Programme.

## Programme aims

- ◆ In the pool, swimmers will learn the basics of effective starts, turns and finishes.
- ◆ On dry land, mobility, stability and fundamental movement skills will be covered to enhance start, turn and finishing skills.
- ◆ To be a fun positive experience that fosters curiosity around the progressions of the sport for lifelong learning, participation and performance

## Duration

1 x one day camp. (In addition to the online engagement day already undertaken)

## Dates

24<sup>th</sup> October 2021

## Location

Repton Sports Centre, Derby

## Key selection criteria

1. Up to 36 swimmers (18 male and 18 female) will be selected.
2. Swimmers will be aged 12 years as at 31<sup>st</sup> December 2021.
3. Swimmers will be selected for the programme based on their ranked club being affiliated to the Region.
4. Up to 6 swimmers of the 18 will be selected from best placing at the East Midlands Regional Festival of Swimming 2021 taking into account FINA points to separate equal placings.

The remaining places applying the criteria below:

5. Times achieved between 1<sup>st</sup> January 2020 and 8<sup>th</sup> August 2021, will be considered.
6. The Swim England rankings database for long course events will be used for initial selection purposes.
7. Should there be an event with no long course times in the given time period, the short course rankings database will be used.
8. Swimmers will be expected to commit fully to all aspects of the programme.
9. Additional reserve swimmers may be selected using the above policy.
10. The Region reserves the right to add additional swimmers from performances in 2020/2021 outside of the published selection policy.