



3<sup>rd</sup> July 2025

Dear Athlete,

Congratulations, you have been selected to attend the 2025/2026 South East regional development programme. Camps will take place on Sunday 7<sup>th</sup> September 2025 and Sunday 7<sup>th</sup> June 2026 at ACS International School in Cobham, Surrey.

The programme will engage with 36 athletes, comprised of 18 males and 18 females in the 13-year-old age group (as of the 31<sup>st</sup> December 2025). Selections have been made using the selection policy which is available on the regional website.

The syllabus for these camps has been prescribed by the Swim England talent team to maintain the development pathway within the sport. For the camp day, athletes will need;

- Swim kit for 2 pool sessions, including kick board, pull buoy, fins and a snorkel.
- Land training kit with suitable footwear
- Pen and paper for making notes.
- Lunch and refreshments for the whole day (water fountains are available, no nuts)

We expect all athletes to attend both camp days. Please confirm your place by completing the booking form and submitting the £50 payment through the South East regional website <https://www.southeastswimming.org/regional-development-programme-2025-2026-athlete-registration-form/> by **Friday 25<sup>th</sup> July**. After this date, reserves will be invited.

The timetables and the code of conduct can be found below.

Please find our Privacy Notice on the following page which lets you know how we use your data: <https://www.southeastswimming.org/privacy-policy-for-our-competitors/>

Any additional queries may be directed by email to [Kristie.jarrett@southeastswimming.org](mailto:Kristie.jarrett@southeastswimming.org) / 07725201601

Yours sincerely,

Kristie Jarrett  
Regional Club Development Officer  
Swim England South East



## Regional Pathway Camp – Sunday 7<sup>th</sup> September 2025

### Timetable

**ACS International School, Heywood, Portsmouth Road, Cobham, Surrey KT11 1BL**

<b>Time</b>	<b>Session</b>	<b>Venue</b>
08:45 – 09:00	Registration	Dance Studio
09:00 – 09:30	Welcome Meeting	Dance Studio
09:30 – 09:45	Pre Pool	Dance Studio
09:45 – 10:00	Change	Changing rooms
10:00 – 11:30	Swim Session Fly/Back Technique	Pool
11:30 – 11:45	Change	Changing Rooms
11:45 – 12:00	Post Pool	Dance Studio
12:00 – 12:30	Lunch	Dance Studio
12:30 – 13:45	Land work and pre pool, including self-checks	Dance Studio
13:45– 14:00	Change	Dance Studio
14:00 – 15:30	Swim Session Breast/Free technique	Pool
15:30– 15:45	Change	Changing rooms
15:45 – 16:00	Post pool	Dance Studio
16:00 – 16:15	Closing Meeting	Dance Studio
16.15	Sign Out	Dance Studio

## Regional Pathway Camp – Sunday 7<sup>th</sup> June 2026

### Timetable

**ACS International School, Heywood, Portsmouth Road, Cobham, Surrey KT11 1BL**

<b>Time</b>	<b>Session</b>	<b>Venue</b>
08:45 – 09:00	Registration	Dance Studio
09:00 – 09:15	Welcome Meeting	Dance Studio
09:15 – 09:30	Pre Pool	Dance Studio
09:30 – 9:45	Change	Changing rooms
9.45 – 11.15	Swim Session Starts and turns	Pool
11.15 – 11.30	Change	Changing Rooms
11.30 – 11.45	Post Pool	Dance Studio
11:45 – 12.15	Lunch	Dance Studio
12.15 – 13:00	Psychology workshop - Self-awareness and Development; set race process goals, which can be developed in the daily training environment. How to review and reflect these goals.	Dance Studio
13:00 – 14:00	Land work and pre pool	Dance Studio
14:00 – 14:15	Change	Changing rooms
14:15 – 15:45	Swim Session IM technique/ stroke efficiency	Pool
15:45– 16:00	Change	Changing rooms
16:00 – 16.15	Post pool	Dance Studio
16.15 – 16:30	Closing Meeting	Dance Studio
16:30	Sign Out	Dance Studio



## Regional Development Camp 2025 Code of Conduct

The purpose of this document is to establish a set of guidelines and procedures, which outline the responsibilities and behaviour of both staff and swimmers who are attending the Regional Development Camps.

Behaviour and Personal Conduct must at all times be of a high standard and reflect favourably on the sport, and the Programme. Language in public or relevant group situations must always be appropriate and socially acceptable.

Attendance at all activities is expected unless agreed by the Team Manager. Throughout the duration of the Camp swimmers should inform staff of their whereabouts. Punctuality on all occasions is essential.

**Medication:** It is important that information on all medication being currently taken should be reported to the Team Manager immediately on arrival at camp/event who will report it to the relevant personnel.

**Injuries:** It is essential that camp staff are made aware of any injuries both at the time of booking onto the camp and any changes on the day.

### **Sanctions:**

Breaches of the Code of Conduct shall be dealt with in the first instance by the Team Manager or Head Coach. He/she shall report the incident to the Swim England South East Officer who shall take such further action as is deemed necessary. It is expected that all Swimmers, when attending any camp shall adhere to the swimmer code of conduct as set out in Wavepower.