

## Regional Development Programme (RDP) 2026

This is the second step on the Swim England development pathway, which is implemented and delivered by each region with support from the Swim England sports 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 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 31<sup>st</sup> December 2026
- ◆ Up to 36 swimmers (18 male and female) per region selected from Long Course **200m Individual Medley** Rankings
- ◆ To reflect relative age, two selection bands will be implemented
  - Selection Band A – 1<sup>st</sup> January to 30<sup>th</sup> June
  - Selection Band B – 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 Long course national rankings, and be achieved between 1<sup>st</sup> January 2025 and 26<sup>th</sup> June 2026
- ◆ Any exceptional short course performances can be considered at the discretion of the RDP Head Coach
- ◆ Swimmers will be selected for their RDP based on the region their club is affiliated to
- ◆ Swimmers will be expected to commit fully to all aspects of the programme

### Dates

- ◆ Sunday 6<sup>th</sup> September 2026 – ACS International School, Cobham
- ◆ Sunday 6<sup>th</sup> June 2027 – ACS International School, Cobham