

East Region Development Programme 2023-24

Programme Aims and Selection Policy

This programme is delivered by the region and supported by the Swim England Talent team.

Programme Aims

This 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 land 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

Selection criteria

Swimmers will be selected using the provided criteria from the Swim England Talent Team.

East Region will select up to 48 swimmers (24 male and 24 female) although if the region does not have the minimum number of swimmers for each gender that meet the criteria, we will reduce as required, or increase swimmers of one particular gender.

Athletes must:

- Athletes must be 13 years of age by 31st December 2023
- Their main club is affiliated to East Region
- Athletes must commit fully to all aspects of the programme

Selection will be the highest long course ranked 13-year-old males and females, in 200m Individual Medley.

To reflect relative age, two selection bands will be implemented

- Selection Band A – 1st January to 30th June
- Selection Band B – 1st July to 31st December

Times used for selection to the RDP will be taken from the Swim England national rankings, and be achieved between 1st January 2023 and 6th August 2023. Where swimmers have an equal ranking, selections will be prioritised based upon the highest FINA point score.

Any exceptional short course performances may be considered at the discretion of the Regional Manager.

Para Selection

Para-swimmers will be selected nationally by the Swim England Talent Officers/Coaches and selections will be communicated to the respective region *see general conditions for more information.

Up to 6 para-swimmers per region (nationally selected from 2 IPC events included within the total of 48 swimmers) *see general conditions for more information.

As a minimum, standard times will only be considered where they are in equal to or in excess of the below World Aquatics Points (WAP); British Para-Swimming Points (BPSP).

Sex	Age	WAP (long course)
Male & Female	13	300

Sex	Age	Impairment	BPSP (long course)
Male & Female	13	Physical (1-10)	300 event 1 & 250 event 2*
Male & Female	13	Visual (11-13)	300 event 1 & 225 event 2
Male & Female	13	Intellectual (14)	400 event 1 & 350 event 2

**P1 selection 2 strokes where impairment allows*