

# County Development Programmes CDP

September 2023-August 2024

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# Overview

- 2023 – 2024 Season
  - Rational for Change
  - Key Updates
  - Talent Pathway Programmes

# Relative age effect on the Swimming Pathway

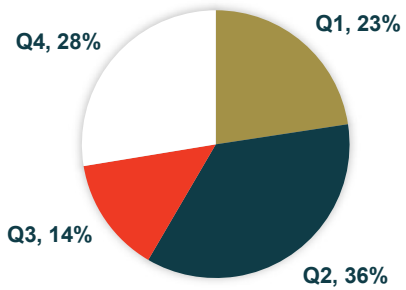
Report and analysis completed

# Relative age effect analysis rationale

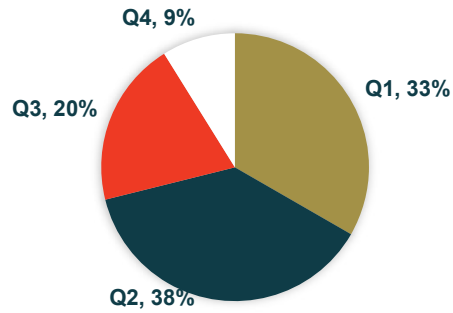
In various youth sports, including swimming, annual age grouping has resulted in a substantial under-representation of athletes born in the final stages of the year. This phenomenon is known as the relative age effect (RAE), which arises due to maturational, physical and performance differences between relatively younger and older athletes within an age band. The Swim England Talent Team have carried out research analysed the month of birth of each athlete selected to a Talent Programme for the previous three swimming seasons (2020-2023), to investigate the presence of RAE and fully understand the effects within the pathway.

# Pathway Data

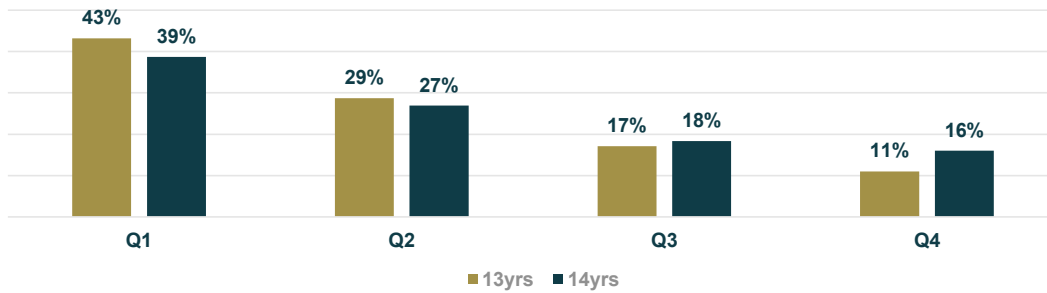
CDP 2020 - 2023



RDP 2020 - 2023



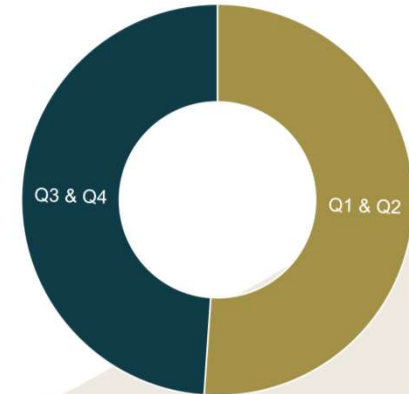
NAGDP 2020 - 2023



YPS 2020 - 2023

Birth Quartiles	17 years	18 years
Q1 and Q2	56	53
Q3 and Q4	44	47

British Swimming



# Interpretation of the results

- The data collected regarding birth quartiles of swimmers selected for the Swim England Talent Programmes between 2020 and 2023 show that the current selection system may be biased towards those born early in the year. As the Talent Pathway aims to develop young athletes and promote progression through the pathway, young athletes who do not meet the qualification standards for CDP, RDP, NAGDP and NYDP may be less likely to succeed long-term.
- RAEs for females and males were consistent across the development stages of the Talent Pathway. This coincides with results from Swimming Australia, where RAEs were largest between 13-15 years for males, and 12-14 years for females (CDP, RDP & NAGDP).

# Interpretation of the results

- Females generally mature earlier than males, and these age bands coincide with average age at peak height velocity, where physical differences are greatest. This supports the 'maturation-selection hypothesis' - the relatively older athletes benefitted from superior physical qualities which helped them achieve qualification standards, accounting for their over-representation in programmes at this stage of the Talent Pathway.
- RAEs are much less evident within the 16 years plus (YPS, SPS, British Swimming) stages of the England Talent Pathway. It can be concluded that the physical and biological differences are less prominent due to the fact athletes have gone through peak height velocity, nearing full maturation at these stages of the pathway.

# Summary of developments in the Pathway

- Pathway starts 1 year later
- More single Age Selections at RAE ages
- 2 phase selections Jan 1<sup>st</sup> – June 30<sup>th</sup> & 1<sup>st</sup> July – 31<sup>st</sup> December
  - County
  - Regional
  - National Age Group Development
- Engage more with our swimmer further up the pathway when we know with more certainty we are selecting talent.
- Separate Youth and Senior Swimmers to support transition
- Develop the Senior Performance squad offer
- DiSE to become further embedded.



# Swimming & Para-Swimming Pathway 2023 +



# Integrated Talent Pathway 2023-2024

Key Updates

# CDP Key Updates 2023 - 2024

## Swimmer Selection:

- 12yrs of age by 31<sup>st</sup> December 2023
- 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
- Up to 48 swimmers (24 male and 24 female) per County selected from Long Course 200m Individual Medley Rankings. If counties do not have the minimum number of swimmers ranked in the long course 200m Individual Medley, then short course 200m Individual Medley rankings may be utilised for selection
- Para selections made by National Para Staff
- Additional selections, if required can be made from either selection bands to meet the required number of swimmers selected.
- At the completion of the Summer National Competitions
- Selection Period; 1<sup>st</sup> January – 6<sup>th</sup> August 2023
- SE Club Awards achieve levels 3 & 4
- <https://www.swimming.org/swimengland/swim-england-club-awards/>

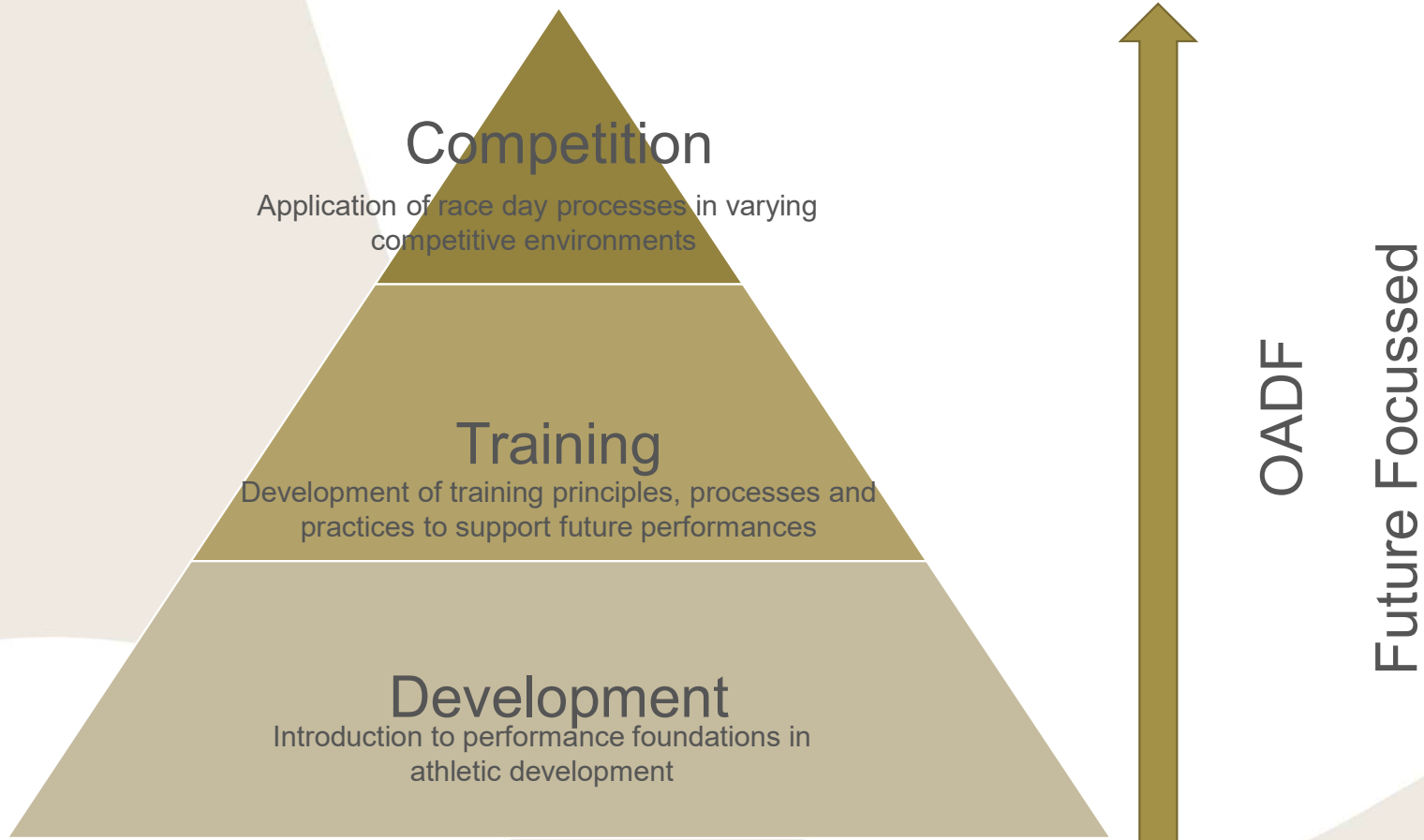
# Integrated Talent Pathway 2023-2024

CDP Delivery

# CDP Integrated Programme Aims 2023-2024

- Develop fundamental movement skills and core aquatic skills to advance physical literacy
- Develop technical skills across all four competitive strokes
- Create awareness of Swim England's culture 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

# Athlete Development Model



Journey of the Great  
British Swimmer &  
Para-Swimmer

# CDP Integrated Talent Pathway 2023-2024

## County Development Programme (Pool)

- **Athlete Selection**
- 12 years of age as at 31<sup>st</sup> December 2023.
- Up to 48 swimmers (24 male and 24 female) per region selected from Long Course 200m Individual Medley Rankings. If counties do not have the minimum number of swimmers ranked in the long course 200m Individual Medley, then short course 200m Individual Medley rankings may be utilised for selection.
- If Counties do not have the minimum number of swimmers for each gender they can reduce as required, or increase swimmers of one particular gender
- 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 from either selection bands to meet the required number of swimmers selected
- Times used for selection to the CDP must be taken from the Swim England national rankings, and be achieved between 1<sup>st</sup> January 2023 and 6<sup>th</sup> August 2023.

## County Development Programme (Pool)

- **Athlete Selection (Para)**
- 12 years of age as at 31<sup>st</sup> December 2023.
- 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
- Para-swimmers will be selected nationally by the Swim England Talent Officers/Coaches and selections will be communicated to the respective County \*see general conditions for more information
- Up to 6 para swimmers per County (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 excess of the below British Para-Swimming Points:

Male & Female 12 Physical (1-10) 250 event 1 & 200 event 2\*  
Male & Female 12 Visual (11-13) 250 event 1 & 175 event 2  
Male & Female 12 Intellectual (14) 350 event 1 & 275 event 2

*\*PI selection 2 strokes where impairment allows*

# CDP Integrated Talent Pathway 2023-2024

## CDP Pool Face to Face Camp 1 Content

- 2x1.5hr Pool Sessions
- Pool Session 1 – Freestyle & Backstroke
- 1x1hr Land session – \*Mobility for Streamlining
- \*Counties will need a coach with a recognised S&C qualification to lead this session (L3 PT, SE Land Qual etc.)
- Pool Session 2 – IM Technique/Pacing Development
- IM Efficiency Test Set

## CDP Pool Face to Face Camp 2 Content

- 2x1.5hr Pool Sessions
- Pool Session 1 – Breaststroke & Butterfly
- 1x1hr Land Session – FMS into RMAP
- \*L2 Coach can lead this session.
- Pool Session 2 – IM Technique/Pacing Development
- IM Efficiency Test Set

\*Guidance for the land session personnel can be found on this link:

<https://www.swimming.org/swimengland/swim-england-coaching-policy-updated/>



# Bespoke Activities

3 Bespoke video's will be available to swimmers to access in their own time.

1. Menstrual Cycle
2. Peak Height Velocity
3. Mental Health Awareness

# CDP Roles & Responsibilities 2023-2024

## County's

- Select AB only athletes.
- Communicate to selected athletes, guardians and home coach.
- Set dates for Face to Face Camps.
- Book facilities.
- Recruit staff and ensure all have DBS and Safeguarding.
- Set date for online education.
- Host online education (3hrs).
- Deliver face to face camps.
- Share athlete resources to athletes and their home coach.
- Collect feedback from all stakeholders and share feedback with England Talent.
- Update England Talent on County workforce and confirmed dates of programme delivery.

## England Talent

- Provide selection and delivery guidance.
- Provide Face to Face and online delivery resources and materials.
- Support recruitment of workforce.
- Provide pool and land training session guidance and relevant resources.
- Support programme lead.
- Select para-swimmers and communicate to the respective County programme lead and head coach.

# Useful Links

- **SE Wavepower**
- <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>
- **NSPCC – Safe Sports Events Management Tool**
- <https://thecpsu.org.uk/event-management/>
- **SE Coaching Policy**
- <file:///C:/Users/parkerm/Downloads/Swim%20England%20Coaching%20Policy%20.pdf>
- **SE Concussion Full Guidance**
- <https://www.swimming.org/swimengland/concussion-guidance-documents/>
- **SE Concussion Guidance Summary**
- <https://www.swimming.org/swimengland/concussion-guidance-documents/>
- **SE Transgender & Non-Binary Competition Policy Indoor Swimming**
- <file:///C:/Users/parkerm/Downloads/Transgender%20Competition%20Policy%20-%20Indoor%20Swimming.pdf>
- **SE Transgender & Non-Binary Competition Policy OW Swimming**
- <file:///C:/Users/parkerm/Downloads/Transgender%20Competition%20Policy%20-%20Open%20Water%20Swimming.pdf>