

# KILLER WHALES ACADEMY



Killer Whale Senior is the final step before entering the Killer Whale Academy. Swimmers are invited to swim the entire program, but there is flexibility to reduce by a session or 2. In doing so they are expected to take their training and treatment of the opportunity with CRKW very seriously. Swimmers in this group can start this training schedule at 13 years of age, but it is preferred that swimmers are at least in grade 9 when they enter into Killer Whale Senior. It is expected that swimmers are able to be healthy physically and mentally through this exciting training program. It is understood that swimmers in Killer Whale Senior balance a high academic standard and enjoy a high quality of life outside the training lifestyle. This group has potential to train swimmers all the way up to the required ability to enter the CRKW Academy.

## WEEKLY TRAINING SCHEDULE

### 15 Hours Per Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4-5:30pm Swim KWJ Practice	6:30-7:30am Lift  3-5pm Swim Academy Practice	4-5:30pm Swim KWJ Practice	6:30-7:30am Lift  3-5pm Swim Academy Practice	6-8am Swim Academy Practice	7-9am Swim Academy Practice  9:15-10am Dryland

# COMPETITION SCHEDULE

**Shave Down, Best Suit**

**Old Race Suit**

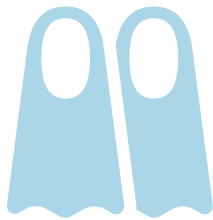
**Training Suit**

Meet Name	Date	Location	Attending Groups	Team Travel
<b>Comox Season Opener</b>	Oct. 18, 2025	Courtenay	All Groups	No
<b>Nanaimo Fall Invitational</b>	Oct. 25-26, 2025	Nanaimo	Killer Whale Groups	No
<b>CRKW Meet</b>	Nov. 29-30, 2025	Campbell River	All Groups	No
<b>VPSC</b>	Dec. 5-7, 2025	UBC	Qualified	No
<b>Richmond Fast Swim</b>	Dec. 18-21, 2025	Richmond	Qualified	Yes
<b>CRKW Time Trial</b>	Jan. 17, 2026	Campbell River	All Groups	No
<b>LC Tune Up</b>	Late January	TBA	Academy	No
<b>LC Focus Race</b>	Mid Feb	TBA	All Qualified	No
<b>BC Provincials</b>	Mar. 5-8, 2026	Victoria	All Qualified in 3+ Events	Yes
<b>April CRKW Meet</b>	Apr. 18, 2026	Campbell River	All Groups	No
<b>Nanaimo Spring LC</b>	Apr. 25-26, 2026	Nanaimo	Killer Whales	No
<b>May Meet</b>	May TBA	TBA (Victoria)	All Groups	No
<b>Mel Zajac</b>	Jun. 5-7, 2026	UBC	Qualifiers	No
<b>Regionals LC</b>	Jun. 5-7, 2026	TBA	All Qualified	No
<b>Pan Pacific Trials</b>	Jun. 5-9, 2026	Montreal	All Qualified	No
<b>Man/Sask Provincials</b>	July TBA	Saskatoon	Non-Trials	Yes
<b>Montreal Outdoor Meet</b>	July TBA	Montreal	Trials	Maybe
<b>Junior Pan Pacs</b>	July	Vancouver	All Qualified	No

## Requirements to Enter Killer Whales Junior



## Equipment Requirements



- ✓ Team Shirt (provided)
- ✓ Team Cap (provided)
- ✓ Goggles
- ✓ Swimsuit
- ✓ Fins (Arena Powerfin Pro II Swim Fins)
- ✓ Snorkel (Finis Original Swimmer's Snorkel)
- ✓ Tempo Trainer
- ✓ Foam Roller
- ✓ Pull Band
- ✓ Paddles

Pre-Competitive

Developmental Competitive

Senior Competitive

Bronze

Silver

Gold

Platinum

Orca  
Development

Orca Junior

Orca Senior

Killer Whale  
Development

Killer Whale  
Junior

Killer Whale  
Senior