

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
	6:30-7:30am Lift		6:30-7:30am Lift	6-8am Swim	7-9am Swim Academy Practice 9:15-10am Dryland
2-4pm Swim	2-3pm Specific Training 3-5pm Swim	2-4pm Swim	2-3pm Specific Training 3-5pm Swim	2-4pm Swim	

COMPETITION SCHEDULE

Shave Down, Best Suit

Old Race Suit

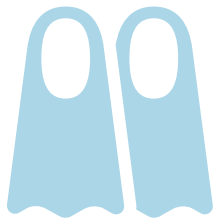
Training Suit

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