

KILLER WHALES DEVELOPMENT



Swimmers in Killer Whale Development are identified as high quality swimmers with the potential to begin elite swim training. Fun and lightheartedness are still the top priority. Skill, fun, friends, and fitness are emphasized with results and competitiveness coming well after. Killer Whale Development will be focused on teaching technical excellence. Upon progressing through the Development program, swimmers will be offered 2 additional hours of step up straining with Killer Whale Junior.

WEEKLY TRAINING SCHEDULE

7-9 Hours Per Week

Monday	Wednesday	Wednesday	Friday
4:30-5:30 pm Swim	6:15-7:45 am Swim 3:30-4:30 pm Dryland	4:00-5:30 pm Swim	4:00-5:30 pm Swim

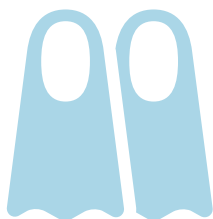
COMPETITION SCHEDULE

Meet Name	Date	Location	Attending Groups	Team Travel
Comox Season Opener	Oct. 18, 2025	Courtenay	All Groups	No
CRKW Meet	Nov. 29-30, 2025	Campbell River	All Groups	No
Ugly Sweater Meet	Dec. 12-14, 2025	Nanaimo	Orca Senior and Killer Whale Dev	No
CRKW Time Trial	Jan. 17, 2026	Campbell River	All Groups	No
Regional Champs	Jan/Early Feb	TBA	All Qualified	No
Divisionals	Mid Feb	TBA	All Qualified	No
Comox Jamboree	Feb TBA	Courtenay	12 years and Under	No
Duncan Invitational	March TBA	Duncan	Killer Whales	No
April CRKW Meet	Apr. 18, 2026	Campbell River	All Groups	No
Nanaimo Spring LC	Apr. 25-26, 2026	Nanaimo	Killer Whales	No
CRKW Rule the Pool-Time Trial	May TBA	Campbell River	All Groups	No
Regionals LC	Jun. 5-7 2026	TBA	All Qualified	No
Summer Divisionals	June TBA	TBA	All Qualified	No

Requirements to Enter Killer Whale Development



Equipment Requirements



- ✓ Team Shirt (provided)
- ✓ Team Cap (provided)
- ✓ Goggles
- ✓ Swimsuit
- ✓ Fins (Arena Powerfin Pro II Swim Fins)
- ✓ Snorkel (Finis Original Swimmer's Snorkel)

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