

KILLER WHALES JUNIOR



Killer Whale Junior is a high-performance prospects group. Swimmers are in this group because they fit the dispositions necessary to potentially swim in the CRKW Senior Academy. The Killer Whale Junior program is beginning a journey towards age group excellence. While the progress of speed and personal best times are certainly an indication of success, swimmers' competitive results will run a distant second to the level of skill executed in both races and training. The long-term aspects such as work ethic, land work ability, turning ability, stroke mechanics, correct race strategy, and excellent training habits will be the top priority. It is important to note that swimmers in the Killer Whale Junior are encouraged to participate in other sports and activities.

WEEKLY TRAINING SCHEDULE

13.5 Hours Per Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4-5:30pm Swim	*6-8am Swim 3:30-4:30pm Dryland	4-5:30pm Swim	*6-8am Swim 3:30-4:30pm Dryland	4-5:30pm Swim	7-9am Swim 9:15-10am Dryland
*AM Workouts will start at 6:30 at the beginning of the year and progress to 6:00 start when the time comes					

COMPETITION SCHEDULE

Shave Down, Best Suit

Old Race Suit

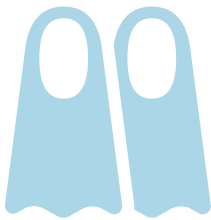
Training Suit

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
Richmond Fast Swim	Dec. 18-21, 2025	Richmond	Qualified	Yes
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
BC Provincials	Mar. 5-8, 2026	Victoria	All Qualified in 3+ Events	Yes
Duncan Invitational	Mar. 6-8, 2026	Duncan	Non-Provincial Qualifiers	No
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
Regionals LC	Jun. 5-7 2026	TBA	All Qualified	No
Summer Divisionals	June TBA	TBA	All Qualified	No
Man/Sask Provincials	July TBA	Saskatoon	Qualified	Yes

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

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