

2025-2026 KBM Progression Guidelines (effective September 2, 2025)

Placements go out in late June for the 2026-2027 season. The Head Coach retains full discretion for all group placements.

Once training guidelines/performance standards are met, Group selection occurs based on the following:
Attendance/Training ability/Practice readiness/Skill development/Work Ethic/Leadership/Commitment/Maturity/Meet Results/Group Size

High Performance (14 and over)

Swimming up to 8x a week plus strength and conditioning, these swimmers train at a very high level, approaching the highest competitive levels with opportunities to race at regional, provincial and national levels. Swimmers in this group are fully dedicated to the sport of swimming and have goals to swim varsity or beyond.

Performance standard (see above for other Group Selection criteria)

3 of 3	400 Free	200 IM	Performance standard
Male	4:45	2:35	450 fina points in any event
Female	5:00	2:45	500 fina points in any event

Swimmers will demonstrate the ability to train at a consistent high level. This group requires the athlete to exhibit the maturity to effectively communicate directly with their coach. Training camps, an extended season, and comprehensive meet schedule are part of the program.

Senior Performance (13 and over)

Training 5-6 times a week, this program is designed for swimmers able to handle a significant workload. Swimmers will have an opportunity to race at local and regional level meets with some provincial opportunities.

Performance standard (see above for other Group Selection criteria)

3 of 3	400 Free	200 IM	Performance standard
Male	5:05	2:45	15 yr regional standard
Female	5:15	2:55	15 yr regional standard

Performance 5 (12 and over)

Training 5 times a week this program is designed to teach swimmers how to train at a higher level. Swimmers will have an opportunity to race at local and regional level meets with some provincial opportunities.

Performance standard (see above for other Group Selection criteria)

14 and under	400 Free	200 IM	Performance standard
Male	5:30	3:00	13 yr regional standard
Female	5:30	3:00	13 yr regional standard
15 and over	400 Free	200 IM	Performance standard
Male	5:20	2:50	14 yr regional standard
Female	5:25	2:55	14 yr regional standard

Junior (12 and under)

Training 4 times a week, this program is designed for swimmers aged 11 to 13 who have several years of stroke development and racing experience. The emphasis will be on continued competency over all 4 strokes with several racing opportunities both local and regional.

Swimmers must demonstrate the ability to meet this standard

	200 Free SC	200 IM	Plus:
Male	3:15	3:30	Group selection criteria
Female	3:15	3:30	

Senior (13 and over)

Training 4 times a week (twice with P5), this program is designed for 13 and over swimmers. The focus will be on continued competency over all 4 strokes with local area racing opportunities.

Swimmers must demonstrate the ability to meet this standard

	200 free	200 IM	Plus:
Male	3:30	3:45	Group selection criteria
Female	3:30	3:45	

Junior Development (12 and under)

This program is geared towards our 9-12 yr old athletes and a natural progression for swimmers from our MM+ program. Training 3x a week, these swimmers will be exposed to more advanced fundamentals and improved swimming fitness. Swimmers will have several local area racing opportunities.

Swimmers must demonstrate the ability to meet these standards

	100 free	100 IM	Plus:
Male	1:50	2:15	Group selection criteria
Female	1:50	2:15	

Junior Masters (13 and over)

Swimming 2x a week, this program is designed as a non competitive option. The focus will be on basic skill development and fitness.

Swimmers must demonstrate the ability to meet this standard

	100 free	Plus:
Male	2:00	Group selection criteria
Female	2:00	

MINI MARLINS + (MM+) 11 and under

Swimming 2x a week, this program is designed for swimmers 9-11 coming out of our MM program or with some swimming background.. The emphasis will be on fun, fitness and stroke development with an introduction to competitive novice level racing. *** New swimmers must meet the 50 free standard and be interested in racing opportunities***

Swimmers must demonstrate the ability to meet these standards

	50 free	100 IM	Plus:
Male	1:00	2:30	Group selection criteria
Female	1:00	2:30	

MINI MARLINS (MM) 7-10

Swimming 2x a week, this program is designed for swimmers 9-11 coming out of our MM program or with some swimming background.. The emphasis will be on fun, fitness and stroke development with an introduction to competitive novice level racing. *** New swimmers must meet the 50 free standard and be interested in racing opportunities***

Swimmers must demonstrate the ability to:

Complete 25m free with "side" breathing, 25 metres of backstroke
50m continuous kick on a board
Comfortable in water
Able to be assessed without parental involvement

Performance Programs

Competitive programs

Introductory programs