

2026-2027 KBM Progression Guidelines (updated May 2026)

Placements go out in late June for the 2026-2027 season. The Head Coach retains full discretion for all group placements. Progression guidelines are reviewed regularly as Provincial and Regional standards and guidelines change.

High Performance (HP)					
Season runs Sept 21-late July *** off 10 days Christmas and 1 week May					
This program is geared towards OAG/OSC level swimmers who prioritize the sport of swimming. Training up to 9x a week including strength and conditioning, swimmers have goals to swim varsity or beyond. Training camps, an extended season and comprehensive meet schedule are an expected part of the program.	Swimmers must demonstrate the following:	14 and over	Performance criteria	400 free	200 IM
	Clear effective communication/ Self advocacy				
	Prioritize sleep/nutrition/recovery techniques	Male	15 yr OAG	4:45	2:30
	Exemplary Attendance practice/meets	Female	15 yr OAG	4:55	2:40
Senior Performance (SP)					
Season runs Sept 21-June 20*** off 2 weeks Christmas and 1 week March break, 1 week May					
This program is geared towards 13 and over regional level athletes. Training up to 6x a week, these swimmers will continue to develop aerobic capacity, power and refine technique. Swimmers in this group become more dedicated to the sport and have opportunities to attend training camps and higher level meets with finals.	Swimmers must demonstrate the following:	13 and over	Performance criteria	400 free	200 IM
	Practice readiness/advanced technical skills				
	Threshold ability/Resilience/Self-Regulation	Male	14 yr Regional	5:15	2:45
	Preparedness & attendance at practice/meets	Female	14 yr Regional	5:25	2:55
Junior Performance (JP)					
Season runs Sept 21-June 6*** off 2 weeks Christmas and 1 week March break, 1 week May					
This program is geared towards swimmers aged 11-14 yrs working at or towards regional level. Training up to 5x a week these swimmers will continue to develop aerobic capacity with an increase in training load. Swimmers in this group have demonstrated competency in all 4 strokes and are dedicated to the sport. Swimmers are expected to attend a full contingent of swim meets.	Swimmers must demonstrate the following:	11-14 yr old	Performance criteria	400 free	200 IM
	Training habits/Technical IM skill base				
	Aerobic endurance ability/Racing speed	Male	12 yr Regional	6:00	3:10
	Consistent attendance practice/meets	Female	12 yr Regional	6:00	3:10
Junior (J)					
Season runs Sept 21-June 6*** off 2.5 weeks Christmas and 1 week March break, 1 week May					
This program is geared towards swimmers aged 10-12 yrs working at or towards regional level. Training up to 4x a week these swimmers will begin to develop aerobic capacity with an increase in training load. Swimmers in this group have demonstrated competency in all 4 strokes and are dedicated to the sport. Swimmers in this group will have several local and regional opportunities to compete.	Swimmers must demonstrate the following:		10-12 yr old	200 free	200 IM
	Training ability/IM skill base				
	Attentive to instruction/Deliberate practice	Male		3:15	3:30
	Consistent attendance practice/meets	Female		3:15	3:30
Senior (S)					
Season runs Sept 21-May 30*** off 2.5 weeks Christmas and 1 week March break, 1 week May					
This program is geared towards competitive swimmers 13 and over. Training 3x a week these swimmers will continue to develop more advanced fundamentals over all 4 competitive strokes, better training habits and improved swimming fitness. Swimmers in this group will have an opportunity to compete in several local area meets.	Swimmers must demonstrate the following:		13 and over	200 free	
	Training enthusiasm/Respect for teammates				
	Attentive to instruction/Deliberate practice	Male			3:30
	Active participation in club events/meets	Female		3:30	
Junior Development (JD)					
Season runs Sept 21-May 30*** off 2.5 weeks Christmas and 1 week March break, 1 week May					
This program is geared towards our 9-12 yr old athletes and is a natural progression for swimmers from our MM+ program. Training 3x a week, these swimmers will be exposed to more advanced fundamentals over all 4 competitive strokes. Swimmers will have several local area racing opportunities.	Swimmers must demonstrate the following:		12 and under	100 free	100 IM
	Training enthusiasm/Respect for teammates				
	Attentive to instruction/Deliberate practice	Male		1:50	2:15
	Active participation in club events/meets	Female		1:50	2:15
Junior Masters (JM)					
Season runs Sept 21-Apr 25*** off 2.5 weeks Christmas and 1 week at March break					
This program is geared towards our 12 and over non-competitive athletes and is designed to improve swimming skills and maintain fitness. Entry in this program is limited. Swimmers will have an opportunity to compete at one of our KBM swim meets.	Swimmers must demonstrate the following:		12 and over	100 free	
	Desire to learn				
	Attentive to instruction	Male			2:00
	Active participation in practice	Female		2:00	
MINI MARLINS + (MM+)					
Season runs Sept 21-Apr 25*** off 2.5 weeks Christmas and 1 week at March break					
This program is a natural progression for swimmers from our MM program predominately aged 11 and under. The focus will be on continued fundamentals of competitive swimming and more exposure to all 4 competitive strokes. Swimmers will have an opportunity to race at local area meets plus the "fun meets" during the season.	Swimmers must demonstrate the following:		11 and under	50 free	100 IM
	Desire to learn				
	Attentive to instruction	Male		1:00	2:30
	Active participation in club events	Female		1:00	2:30
MINI MARLINS (MM) 7-10					
Season runs Sept 21-Apr 25*** off 2.5 weeks Christmas and 1 week at March break					
This program is our entry level program and is geared towards athletes aged 7-10. The program is an introductory program with a focus on basic fundamentals of competitive swimming. Swimmers will have an opportunity to be exposed to "fun meets" during the season.	Swimmers must demonstrate the following:		25m free with "side" breathing /25m backstroke 50m continuous kick on a board Comfortable in water Able to be assessed without parental involvement		
	Desire to learn				
	Attentive to instruction				
	Active participation in club events				

Performance Programs

Competitive Programs

Introductory Programs