

Fall 2022 KBM Standards and Progression Guidelines

Placements and movements typically take place in July for the start of the season with limited season progressions considered, at the discretion of the head coach. We don't want swimmers "chasing standards." These guidelines will be reassessed in Spring of 2023 after a season of swimming without interruptions.

HIGH PERFORMANCE 13 AND OVER

Swimming 7-9x a week, these swimmers will train with both SP and Varsity. Swimmers at this level have increasingly tailored stroke and distance programming. These swimmers are approaching the highest competitive levels with opportunities to race at regional, provincial and national levels.	Advancement Criteria		
		400 FREE	200 IM
	Male	5:00	2:40
	Female	5:10	2:50
Swimmers will be asked to discuss and meet the expectations of the group. Swimming is a priority and any absences or gaps in training should be communicated in advance. There will be training expectations that must be met.			

SENIOR PERFORMANCE 15 AND OVER

Swimming 5x a week, this program is designed for swimmers 15 and over. A more sprint concentrated group, swimmers will have increased exposure to regional and provincial level competition.	Advancement Criteria		
		400 FREE	200 IM
	Male 15 and over	5:30	2:55
	Female 15 and over	5:40	3:05
Swimmers in this group should be keen to race in both local and away meets. This group is ideal for multi sport athletes with most practices set up to be early mornings.			

JUNIOR PERFORMANCE (11-14)

Swimming 5x a week, this program is designed for swimmers 11-14 working toward a regional level. There will be an emphasis on continued stroke development and aerobic fitness. Swimmers at this level will have increased exposure to regional and provincial competitive opportunities.	Advancement Criteria		
		400 FREE	200 IM
	Male 13 and under	6:10	3:15
	Female 13 and under	6:10	3:15
Swimmers should be keen to race in both local and away meets. Swimmers should be able to follow practice plans and pace times. With an increase in training volume, swimmers should have solid technical skills over all four strokes.			

JUNIOR MASTERS (11 and over)

Swimming 3x a week, this program is designed for swimmers with a desire to train 2-3x a week. The emphasis will be on continued fitness. Practices will be freestyle dominant with several racing opportunities at our own KBM in house meets.	Advancement/Entry Criteria	
	200 Free 4:00	

JUNIOR (10-12)

Swimming 4x a week, this program is designed for swimmers with a desire to train 3-4x a week. The emphasis will be on continued competency over all 4 strokes with several racing opportunities both local and regional.	Advancement Criteria		
		400 FREE	
	10 and under	7:45	
	11-12 yr	7:30	

JUNIOR DEVELOPMENT (9-12)

Swimming 3x a week, this program is designed for swimmers 9-12 with a desire to train 2-3x a week. The emphasis will be on fun, fitness and stroke development with an introduction to local area racing.	Advancement Criteria	
	100 free with flipturns 2:15 100 back with flipturns 100 breaststroke with legal turn 150 continuous kick 25m of Butterfly (swimmers new to KBM do not have a butterfly or flipturn requirement)	

MM+ (9-11)

Swimming 2x a week, this program is designed for swimmers 9-11 with a desire to train 1-2x a week. The emphasis will be on fun and fitness with an introduction to novice level racing.	Entry Criteria	
	50m free with "side" breathing 50m backstroke 100m continuous kick on a board Comfortable in water Able to be assessed without parental involvement	

MM (10 and under)

Swimming 2x a week, this program is designed for swimmers 10 and under with a desire to train 1-2x a week. The emphasis will be on fun and fitness, focusing on basic movement skills. Swimmers in the group can look forward to an "in house" fun meet at the end of the season.	Entry Criteria	
	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	