

# WELCOME

## COLOSSAL SQUID



### Co-Lead Coach

CHRISTINA KWON

With decades of coaching experience and recent pursuit of a master's degree in sport psychology, Coach Christina helps swimmers build confidence, focus, and mental toughness in and out of the water. Whether it's calming pre-race nerves or bouncing back after a tough swim, she brings insight, encouragement, and just the right amount of brain science. A decorated coach, lifelong learner, and mom of two, she's always up for a chat about mindset strategies—or the best boba tea in town. She believes fast swimming starts with a strong mind—and she's here to help your swimmer unlock both.



### Co-Lead Coach

ALEX BARIN

As SSA's Head Coach, Alex leads the team with energy, expertise, and a clear vision for helping swimmers grow—both in and out of the water. He's been in the sport since age 11, and now channels his deep love for technique, racing, and athlete development into every practice. A strong believer that mindset matters just as much as mechanics, Alex is all about building confident, coachable, and connected swimmers. With attention to detail, positivity, and an impressive variety of hats and ball caps, he brings focus and fun to every lane.



## Practice Schedule

|                             | Mon | Tues               | Wed | Thurs              | Fri                | Sat              |
|-----------------------------|-----|--------------------|-----|--------------------|--------------------|------------------|
| Aug 18 2025–<br>Nov 16 2025 |     | LHS<br>7:00–8:30PM |     | LHS<br>7:00–8:30PM | LHS<br>7:30–9:00PM | LHS<br>10AM–12PM |
| Nov 17 2025–<br>May 29 2026 |     | LHS<br>7:30–9:00PM |     | LHS<br>7:30–9:00PM | LHS<br>7:30–9:00PM | LHS<br>10AM–12PM |

## Practice Locations

LHS

199 E Littleton Blvd  
Littleton, CO 80121

## Required Equipment

### *Bring to Every Practice*

Suit, cap, goggles, kickboard, fins, buoy, paddles,  
mesh equipment bag, snorkel (yLon preferred),  
plastic nose clip (recommended)  
Water bottle (preferably plastic, reusable, labeled),  
notebook & pen/pencil

## What to Expect

This is our highest level training group for middle schoolers.

Swimmers are proficient in all 4 strokes, turns, and racing starts and are expected to run intervals upon the start of the season. This group trains to complete IMX with the use of heart rate color training and race pace sets.

This group is expected to compete in at least 1 meet per month and should have or be very close to Silver State & AG State qualification times.