

# WELCOME

CUTTLEFISH RED



## Lead Coach

LESLIE REED

Coach Leslie grew up swimming in sunny Florida, taught lessons across three states, then took a break to code as a software engineer—before diving back in when her daughters hit the water. She’s all about helping kids fall in love with swimming and believes every practice should be fun and meaningful. When not on deck, she’s paddleboarding, fly fishing, or hiking with her two girls and dogs, Maui and Hula.



## Assistant Coach

MADDIE HULST

Coach Maddie jumped into summer league swimming at age 10 and never left the pool. After leading the Wildcat Ridge Tigersharks to a championship (and winning the Sportsmanship Award—her personal fave), she brought her big heart and coaching smarts to SSA. When she’s not leading the Cuttlefish, she’s rocking a career in clinical research or hanging out with her husband Max, dog Reggie, and a new recipe in the kitchen.



## Practice Schedule

Mon

Tues

Wed

Thurs

Fri

Sat

YMCA  
6:00-7:00 PM

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6:00-7:00 PM

LHS  
8:00-9:00 AM

## Practice Locations

YMCA  
11 W Dry Creek Ct  
Littleton CO 80120

LHS  
199 E Littleton Blvd  
Littleton, CO 80121

## What to Expect

This group is a step up from Cuttlefish White. Swimmers in this group are proficient swimmers in Freestyle and Backstroke and are approaching/achieving legal strokes in Breaststroke and Butterfly.

This group is expected to understand lane etiquette and have the ability to read a pace clock.

## Required Equipment: Bring to Every Practice

Suit, cap, goggles, kickboard, fins, water bottle (ideally plastic/reusable/labeled)