

# WELCOME

CUTTLEFISH YELLOW



## Lead Coach

ANNE HARSTON

Coach Anne has been shaping young swimmers in the south metro area for over 30 years—and she's not slowing down! With a background in sports medicine and PE, she's coached everyone from first-time flippers to high school stars. When she's not on deck, she's leading aquatics for South Suburban or out walking, swimming, and soaking up time with friends and family. Passionate, positive, and all in for the kids—Coach Anne is thrilled to be part of the team!



## Assistant Coach

LYDIA VANKOOTEN

From summer league swimmer to head coach by age 19, Coach Lydia has grown up around the pool—and it shows. A proud University of Denver grad, she brings both a swimmer's perspective and a coach's creativity to every practice. Lydia is all about building strong fundamentals while keeping the energy high and the kids smiling. Whether she's leading drills, celebrating small wins, or testing out the latest macaron flavor, she brings joy, connection, and serious swim know-how to the SSA deck.



## Practice Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
BUCK REC 5:00–6:00 PM		BUCK REC 5:00–6:00 PM			LHS 9:00–10:00 AM

## Practice Locations

BUCK Recreation Center (BUCK REC)  
2004 W Powers Ave  
Littleton, CO 80120

LHS  
199 E Littleton Blvd  
Littleton, CO 80121

## What to Expect

This group has swimmers who are legal and proficient in all 4 strokes and flip turns. Swimmers are capable of maintaining intervals on their own at the instruction of their coaches. This group will ramp up to a heavier training program with more endurance and speed training than Cuttlefish Red.

## Required Equipment: Bring to Every Practice

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