

WELCOME

GIANT CUTTLEFISH



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.



Assistant Coach

DENA KRET

A former national-level swimmer and Oregon State alum, Coach Dena brings high-level experience and big energy to our youngest swimmers. She's passionate about fun, fundamentals, and helping kids fall in love with the sport. With a strong focus on building confidence and skills in and out of the water, she knows that great swimmers—and great people—start with a strong foundation.



Practice Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat
Aug 18 2025- Nov 16 2025	LHS 6:00-7:30PM		LHS 6:00-7:30PM			LHS 8:00-9:30AM
Nov 17 2025- May 29 2026	LHS 5:30-7:00 PM		LHS 5:30-7:00 PM			LHS 8:00-9:30AM

Practice Locations

LHS
199 E Littleton Blvd
Littleton, CO 80121

What to Expect

This is our highest level training group for 10 & Under swimmers. Swimmers are proficient in all 4 strokes, flip & open turns, and racing starts. Swimmers should have or be very close to Silver State & Age Group State qualification times. These practices will be very challenging in both yardage and intensity.

Required Equipment: Bring to Every Practice

Suit, cap; goggles, kickboard, fins, buoy, paddles, water bottle (Preferably reusable/Plastic and Labeled) mesh equipment bag, snorkel (yLon preferred), plastic nose clip (recommended), notebook & pen/pencil