

# WELCOME

KRAKEN 2 (K2)



## Lead Coach

ANDY FARNER

Coach, club founder, hype man, and Oreo connoisseur—Coach Andy wears a lot of hats (and usually a stopwatch too). With over 20 years on deck, he's built SlipStream Aquatics into a high-energy, inclusive, and athlete-centered swim family. Andy brings big vision, deep knowledge, and a commanding presence to the pool deck. Whether he's refining a start or firing up a relay, he's always all in—and you're likely to hear him shouting "GO!" or "GET HOME!" at someone else's kid (in the most supportive way possible). His love for the sport is matched only by his commitment to helping every swimmer reach their full potential.



## Practice Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat
Aug 18 2025– Nov 16 2025	LHS 4:30–6:00PM	LHS 5:30–7:00AM	LHS 4:30–6:00PM	LHS 5:30–7:00AM	LHS 4:30–6:00PM	LHS 9:30–11:30AM

## Practice Locations

LHS  
199 E Littleton Blvd  
Littleton, CO 80121

## What to Expect

This group is to help bridge the gap between swimmers in K1 to Elite. Swimmers can expect a significant jump in intensity with heart rate color and lactic acid training. Swimmers are expected to make 3–4 practices per week to see improvement and are highly encouraged to participate in at least 1 meet per month.

In November once Girls HS season begins, swimmers will be recommended to move into either: K1 or Elite (KE) groups.

## Required Equipment: Bring to Every Practice

Suit, cap, goggles, kickboard, fins, water bottle (ideally plastic/reusable/labeled), Mesh Equipment Bag  
paddles, buoy, snorkel