

WELCOME

KRAKEN ELITE (KE)



Lead Coach

ALEX BARIN

As SSA's Head Coach and Kraken Elite (KE) Lead 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– Nov 16 2025	LHS 4:30–6:00PM	5:30–7:00PM LHS	LHS 4:30–6:00PM	5:30–7:00PM LHS	LHS 4:30–6:00PM	LHS 9:30–11:30AM
Nov 17 2025– May 29 2026	LHS 7:00–9:00PM	5:30–7:00PM	LHS 7:00–9:00PM	5:30–7:00PM	LHS 5:30–7:00AM	LHS 9:30–11:30AM

Practice Locations

LHS
199 E Littleton Blvd
Littleton, CO 80121

What to Expect

This is our highest level training group for high schoolers. This group will be pushed from the start of the season with technical mastery, heart rate color and race pace training. Swimmers in this group are expected to make 5–6 practices per week and compete in at least 1 meet per month. They should also have AG State, Senior Meet or higher meet qualifications (A-League, HS State, Zones, Sectionals, etc.).

Required Equipment: Bring to Every Practice

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