

WELCOME

KRAKEN 1 (K1)



Lead Coach

SEAUMS LUCERO-DIXON



With over 20 years in the sport, Coach Seamus has done it all—swimmer, coach, and resident swim nerd. He’s helped athletes reach state and national levels, brings deep technical knowledge to every set, and still swims with Masters (a.k.a. swim team for grown-ups). Known for his energy and dedication, Seamus is all about helping swimmers build confidence, work hard, and enjoy the journey. Bonus: he’s a serious foodie, which pairs perfectly with post-meet snacks.

Practice Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat
Aug 18 2025– Nov 16 2025	LHS 7:30–9:00PM		LHS 7:30–9:00PM		LHS 7:30–9:00PM	LHS 12:00–1:00PM
Nov 17 2025– May 29 2026	LHS 7:30–9:00PM	LHS 5:30–7:00AM	LHS 7:30–9:00PM	LHS 5:30–7:00AM	LHS 7:30–9:00PM	LHS 12:00–1:00PM

Practice Locations

LHS
199 E Littleton Blvd
Littleton, CO 80121

What to Expect

This group is for any high school aged swimmer who is looking to stay in shape and get prepared for high school swimming. Swimmers can expect a healthy balance of quality technical work, aerobic training and race strategy emphasis for the HS meet format.

Swimmers expected to make 2-3 practices per week to see improvement.

Required Equipment: Bring to Every Practice

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