

# WELCOME

VAMPIRE SQUID RED



## 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-<br>Nov 16 2025 |     | LHS<br>5:30-7:00PM |     | LHS<br>5:30-7:00PM | LHS<br>6:00-7:30PM |     |
| Nov 17 2025-<br>May 29 2026 |     | LHS<br>6:00-7:30PM |     | LHS<br>6:00-7:30PM | LHS<br>6:00-7:30PM |     |

## Practice Locations

LHS  
199 E Littleton Blvd  
Littleton, CO 80121

## What to Expect

This group is a step up from Vampire White. Swimmers in this group are legal in all 4 strokes and consistent with flip turns. Swimmers will prioritize maintaining technique while increasing aerobic capacity and developing race strategy for all distances. Swimmers can expect a significant jump in yardage and intensity from their time in Vampire White -OR- their time in the Cuttlefish Groups.

## Required Equipment: Bring to Every Practice

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