

# WELCOME

VAMPIRE SQUID WHITE



## Lead Coach

DAVID CONRAD

Coach David jumped into swimming in high school and never looked back—racking up school records, championship titles, and a coaching résumé that spans multiple states, age groups, and competitive levels. Known for his calm energy and attention to detail, he helps swimmers build strong fundamentals, confidence, and a lifelong love for the sport. Outside the pool, he juggles life with a full house of kids and a passion for outdoor adventures—but always makes time to bring his best to the deck.



## Assistant Coach

DEVIN NASH

Coach Devin started swimming at age 5 with Ben Franklin and never really left the sport. A proud LHS alum and former swimmer under Coach Andy, he's grown from athlete to coach right alongside the team. Devin brings stroke clinic expertise, lifeguard cool, and a calm, encouraging presence to every practice. He's passionate about helping swimmers improve, build confidence, and enjoy the ride—one lap at a time.



## Practice Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
	BUCK REC 5:30-7:00 PM		BUCK REC 5:30-7:00 PM		LHS 11:30AM-1:00PM

## Practice Locations

BUCK Recreation Center (BUCK REC)  
2004 W Powers Ave  
Littleton, CO 80120

LHS  
199 E Littleton Blvd  
Littleton, CO 80121

## What to Expect

This group is our entry-level for middle schoolers. Swimmers are familiar with swim team and have a basic knowledge of all 4 strokes. This group will work extensively on quality drills to reinforce proper technical foundations in all areas so they are adequately prepared for group advancement.

Basic interval training and aerobic endurance will be included at every practice.

## Required Equipment: Bring to Every Practice

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