

WELCOME

VAMPIRE SQUID YELLOW



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 6:00–7:30PM | | LHS 6:00–7:30PM | | LHS 6:00–7:30PM | |
| Nov 17 2025– May 29 2026 | LHS 6:00–7:30PM | | LHS 6:00–7:30PM | | LHS 6:00–7:30PM | |

Practice Locations

LHS
199 E Littleton Blvd
Littleton, CO 80121

What to Expect

This group is a step up from both Vampire White and Vampire Red. Swimmers in this group will follow a cyclical season plan to maximize their performance at the meets. Swimmers can expect heavier interval training and race pace sets. This group will also introduce heart rate color training in preparation for advancement into the Colossal Squid group OR into the Kraken groups.

Required Equipment: Bring to Every Practice

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