

About Coach Ken Ebuna

Club Swimming

- Sprints Swim Club - Commerce City, CO
- Northglenn Dolphins - Northglenn, CO
- Denver Swim School - Denver, CO
- Celebrity Swim Team - Denver, CO
- Commerce City Swim Club - Commerce City, CO

High School Swimming

- Adams City High School, Commerce City, CO
- 6-time Skyline League Individual Finalist
- 6-time State Championships Individual Finalist

College Swimming

- The Colorado College - Colorado Springs, CO
- 8-time Conference Individual Finalist

Coaching History

- Commerce City Swim Club, Asst. Coach, Summers 1971-1974
- Brighton High School, Head Coach Boys/Girls, 1975-1978
- Brighton Bullfrogs, Head Coach, 1975-1978
- Northglenn High School, Head Coach Boys/Girls, 1978-1987
- Northglenn Dolphins, Head Coach, 1978-1987
- Longmont Swim Club, Head Coach, 1987-1996
- Northglenn High School, Head Coach Boys/Girls, 1996-1998
- Aurora Aquatic Academy, Asst. Coach, 1996-1998
- Horizon High School, Head Coach Boys, 1999
- Northglenn High School, Asst. Coach Boys/Girls, 2004-2006
- Aurora Aquatic Academy, Asst. Coach, 2004-2006
- Lifetime Fitness, Masters Swim Coach, 2015-Present

Swimming Related Positions

- Suburban Swim League, President, 1978-1996
- Colorado Swimming, Zone 1 Representative, 1987-1989
- Colorado Swimming, Age Group Vice-Chairman, 1989-1994
- Colorado Swimming, Technical Planning Chairman, 1994-2004
- Colorado Swimming, Administrative Vice-Chairman, 1994-1998
- Colorado Swimming, General Chairman, 2006-2008
- USA Swimming, Age Group Planning Committee, 1994-1998
- USA Swimming Board of Directors, Domestic Age Group Coordinator, 1998-2000
- USA Swimming Board of Directors, Western Zone Director, 2000-2004

Awards and Achievements

- Named Colorado High School Coach of the Year
- State Championships Team Runner-up
- Won 7 High School Conference Team titles
- Coached numerous High School Conference individual/relay champions
- Coached several High School State individual/relay champions
- Coached several High School All-America recipients
- Coached National High School Record Holder
- Coached dozens of State Club individual/relay champions
- Coached numerous Junior National qualifiers/finalists
- Coached several Senior National qualifiers/finalists
- Coached two Olympic Trials qualifiers
- Head Coach of 5 Midwestern All-Star Teams
- Head Coach of 5 Western Zone All-Star Teams
- American Swim Coaches Association Level 4 Qualified
- American Swim Coaches Association Excellence in Coaching Award
- USA Swimming/Phillips 66 Outstanding Service Award
- Named Colorado Swimming Coach of the Year
- Awarded Lifetime Membership in USA Swimming