



## 757

### 757 Swim

PO Box 6641 Williamsburg, VA 23188-5227

**Contact:** Maria Long (757) 220-5532

**Head Coach:** Morgan Cordle (757) 871-2144

[www.757swim.com](http://www.757swim.com)

[registrar@757swim.com](mailto:registrar@757swim.com)

[coachmorgan@757swim.com](mailto:coachmorgan@757swim.com)

## ACAC

### Atlantic Coast Athletic Clubs of VA, Inc.

500 Albemarle Sq Charlottesville, VA 22901-7405

**Contact:** Kathryn Stephenson (434) 978-3800

**Head Coach:** Helen Dixon (540) 661-6170

[www.acac.com](http://www.acac.com)

[kathryns@acac.com](mailto:kathryns@acac.com)

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## ACST

### ACAST-Amberjacks

708 N Coalter St Staunton, VA 24401-3406

**Contact:** Alicia Jantzi (540) 885-8089

**Head Coach:** Alicia Jantzi (315) 523-2251

[www.saymca.org/aquatics](http://www.saymca.org/aquatics)

[alicia.jantzi@gmail.com](mailto:alicia.jantzi@gmail.com)

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## BAC

### Burkwood Aquatic Club, Inc

PO Box 1886 Mechanicsville, VA 23116-0007

**Contact:** Regina Davis (804) 730-4076

**Head Coach:** Michael Dolan (804) 747-0912

<http://www.bacswim.com>

[office@bacswim.com](mailto:office@bacswim.com)

[dolan85@verizon.net](mailto:dolan85@verizon.net)

## BASS

### Battlefield Area Star Swimmers

PO Box 222 Madison, VA 22727-0222

**Contact:** Kevin McHaney (540) 718-2277

**Head Coach:** Kevin McHaney (540) 718-2277

[www.swimbass.com](http://www.swimbass.com)

[kmchaney@yahoo.com](mailto:kmchaney@yahoo.com)

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## BASS-S

### Bass South

1607 Bell Farms Ln Palmyra, VA 22963-5076

**Contact:** DiFazio, Cosmo (434) 962-1168

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## CAST

### Coomes Area Swim Team

PO Box 2495 Abingdon, VA 24212-2495

**Contact:** Melisha Wynne (276) 623-5279

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[mwynne@abingdon-va.gov](mailto:mwynne@abingdon-va.gov)

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## CAV

### Cavalier Swimming

450 Whitehead Rd Charlottesville, VA 22903-2406

**Contact:** August Busch (434) 928-5755

[apb9r@virginia.edu](mailto:apb9r@virginia.edu)

**Head Coach:** August Busch (434) 282-3408

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## CCA

### Carter Center Aquatics

4254 Colonial Ave Roanoke, VA 24018-4009

**Contact:** Alex Vance (540) 989-7284

<http://www.ccamarlins.com>

**Head Coach:** Gregory Lake (540) 529-6648

[avance@ccamarlins.com](mailto:avance@ccamarlins.com)

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## CGBD

### Coast Guard Blue Dolphins

607 Lotz Dr Yorktown, VA 23692-2179

**Contact:** Steve Hennessy (757) 369-2202

<http://www.cgbdswimming.org>

**Head Coach:** Stephen Hennessy (757) 450-0706

[coachsteve2423@gmail.com](mailto:coachsteve2423@gmail.com)

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## CYAC

### Piedmont Family YMCA/cyac

93 Burchs Creek Rd Crozet, VA 22932-3602

**Contact:** Mike Wenert (540) 314-8715

[www.swimcyac.org](http://www.swimcyac.org)

**Head Coach:** Michael Wenert (513) 328-1163

[mwenert@outlook.com](mailto:mwenert@outlook.com)

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## DC

### Dolphin Club

5403 Monument Ave Richmond, VA 23226-1408

**Contact:** Jonathan Kaplan (804) 545-8640

[www.teamunify.com/vadcst](http://www.teamunify.com/vadcst)

**Head Coach:** Jonathan Kaplan (864) 508-2961

[jkaplan@weinsteinjcc.org](mailto:jkaplan@weinsteinjcc.org)

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## DIG

### DIG Swimming

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**Contact:** Kim Frost (757) 619-9173

[www.digswimming.com](http://www.digswimming.com)

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## ECAT

### East Coast Aquatic Team

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## FUAC

### Fork Union Aquatic Club

4744 James Madison Hwy Fork Union, VA 23055-2078

**Contact:** Ryan Campbell (434) 842-4210

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[www.swimfuac.com](http://www.swimfuac.com)

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## GATR

### Virginia Gators

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<http://www.viriniagators.com>

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## GATR-C

### GATR - Charlottesville

707 Belvedere Blvd Charlottesville, VA 22901-3200

**Contact:** Cathy O'Hara (703) 475-1874

**Head Coach:** John Bean (434) 882-2003

[www.viriniagators.org](http://www.viriniagators.org)

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## GATR-V

### GATR - Harrisonburg

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**Contact:** Sophie Vellner-Lai (925) 457-8818

**Head Coach:** Kevin Lai (203) 739-9320

[www.vastswimming.org](http://www.vastswimming.org)

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## GATR-L

### GATR - Lynchburg

7128 Morton Dr Lynchburg, VA 24502-2008

**Contact:** Greg Hofmann (434) 944-4960

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[www.swmngators.com](http://www.swmngators.com)

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## HOKI

### H2okie Aquatics

165 Huff Heritage Ln Christiansburg, VA 24073-3897

**Contact:** Scott Baldwin (540) 998-2327

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<http://www.h2okieaquatics.org>

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## KFY

### Kirk Family YMCA Kraken

520 Church Ave SW Roanoke, VA 24016-5012

**Contact:** Alexis Dameron (540) 342-9622

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[adameron@ymcaroanoke.org](mailto:adameron@ymcaroanoke.org)

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## LASO

### Lifetime Aquatic Swim Org

1 Health Way Lifetime Wellness Center Marion, VA 24354-4225

**Contact:** Meg O'Donnell (276) 781-2747

[modonnell@lifetimewc.com](mailto:modonnell@lifetimewc.com)

**Head Coach:** Margaret O'Donnell (276) 685-6195

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## LIB

### Liberty Aquatics

1971 University Blvd Lynchburg, VA 24515-0002

**Contact:** Jake Shellenberger (434) 582-2387

[jashellenberger@liberty.edu](mailto:jashellenberger@liberty.edu)

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## LY

### Lynchburg YMCA Swim Team

105 Fox Hollow Rd Lynchburg, VA 24503-3858

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<http://www.lyswimming.org>

**Head Coach:** Ryan Woodruff (919) 943-6420

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## NOVA

### NOVA of Virginia Aquatics, Inc

12207 Gayton Rd Richmond, VA 23238-3219

**Contact:** Lori Hopewell (804) 750-1183

<http://www.novaswim.org>

**Head Coach:** Geoffrey Brown (804) 690-2396

[novabusinessoffice@novaswim.org](mailto:novabusinessoffice@novaswim.org)

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## NOVA-S

### Virginia Association of Competitive Swimming

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## OBX

### OBX Swim Club

PO Box 1028 Nags Head, NC 27959-1028

**Contact:** Barrett Crook (252) 655-1056

[www.obxswimclub.com](http://www.obxswimclub.com)

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[barrettcrook@kittyhawkengineering.com](mailto:barrettcrook@kittyhawkengineering.com)

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## ODAC

### Old Dominion Aquatic Club

1617 Guthrie St Virginia Beach, VA 23464-6706

**Contact:** Karen Keenan (757) 471-1828

<http://www.swimodac.com>

**Head Coach:** Stephen Bialorucki (757) 374-2080

[swimodac@msn.com](mailto:swimodac@msn.com)

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## PSDN

### Poseidon Swimming Inc

10800 Center View Drive Richmond, VA 23235-4757

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**Head Coach:** William Sallade (804) 334-2804

<http://www.poseidonswimming.com>

[admin@poseidonswimming.com](mailto:admin@poseidonswimming.com)

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## PSDN-H

### Poseidon Swimming Hanover

PO Box 1886 Mechanicsville, VA 23116-0007

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**Head Coach:** David Kienlen (253) 951-9368

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[office@bacswim.com](mailto:office@bacswim.com)

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## PWSC

### Prince William Swim Club

12513 Manchester Way Woodbridge, VA 22192-6311

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**Head Coach:** Lorena Caballero (703) 473-5676

[www.teamunify.com/vapwsc](http://www.teamunify.com/vapwsc)

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## QSTS

### Quest Swimming

6800 Deer Run Dr Midlothian, VA 23112-1902

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[www.questswimming.com](http://www.questswimming.com)

[swimmet1@aol.com](mailto:swimmet1@aol.com)

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## RACE

### Richmond Racers

1718 Wilmington Ave Richmond, VA 23227-4341

**Contact:** Scott Mortimer (804) 640-5694

**Head Coach:** Michael Hodges (804) 833-7037

[snmortimer@gmail.com](mailto:snmortimer@gmail.com)

[coachmike1130@gmail.com](mailto:coachmike1130@gmail.com)



## RAPP

### Rappahannock Raiders Swim Club

PO Box 463 King George, VA 22485-0463

**Contact:** Craig Clift (757) 729-2609

**Head Coach:** Craig Clift (757) 729-2609

<http://www.rappraiders.com>

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## RAYS

### Rappahannock Area YMCA Swim Team, Inc

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**Head Coach:** Robert Herlinger (540) 207-0846

<http://www.swimrays.org>

[stingraybob93@verizon.net](mailto:stingraybob93@verizon.net)

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## RICH

### Spider Swimming

28 Westhampton Way The Robins Center Richmond, VA 23173-0001

**Contact:** Staci Schrecongost (804) 289-8750 [sschreco@richmond.edu](mailto:sschreco@richmond.edu)

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## SCAT

### Star City Aquatic Team

3610 Derby Dr Roanoke, VA 24012-6531 <http://starcityaquaticteam.activesb.net>

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**Head Coach:** Robert Braaten (540) 309-0865 [rcbraaten123@gmail.com](mailto:rcbraaten123@gmail.com)

## SEVA

### South Eastern Virginia Aquatics

PO Box 2854 Newport News, VA 23609-0854 <http://www.sevaswimming.com/>

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**Head Coach:** David Henderson (757) 897-6127 [sevaseahawks@aol.com](mailto:sevaseahawks@aol.com)

## SFY

### Salem Family YMCA

1126 Kime Ln Salem, VA 24153-5301 [www.ymcaroanoke.org](http://www.ymcaroanoke.org)

**Contact:** Daniel Smith (540) 387-9622 [dsmith@ymcaroanoke.org](mailto:dsmith@ymcaroanoke.org)

**Head Coach:** Daniel Smith (804) 402-2233 [dsmith@ymcaroanoke.org](mailto:dsmith@ymcaroanoke.org)



## SMAC

### Shenandoah Marlins Aquatic Club

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**Contact:** Bill Nicholson (540) 943-9622 Ext: 206 [bnicholson@smacswimming.org](mailto:bnicholson@smacswimming.org)

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## SRVA

### SwimRVA

5050 Ridgedale Pkwy North Chesterfield, VA 23234-4741 [www.swimrichmond.org](http://www.swimrichmond.org)

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## STAT

### Stafford Aquatics Team

PO Box 836 Stafford, VA 22555-0836 [www.swimstat.org](http://www.swimstat.org)

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## STLH

### Stealth Swim Team

14531 Potomac Mills Rd Woodbridge, VA 22192-6808

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**Head Coach:** Krissy Barlett (571) 238-4201

[krissy@swimkids.us](mailto:krissy@swimkids.us)

## STRM

### Rockbridge Storm Swim Team

323 Old Farm Rd Lexington, VA 24450-5745

[www.rockbridgeswimms.org](http://www.rockbridgeswimms.org)

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[forswimming@gmail.com](mailto:forswimming@gmail.com)

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## TAC

### Tidewater Aquatic Club

PO Box 6141 Norfolk, VA 23508-0141

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## TIDE

### Tide Swimming

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## TORP

### TSC Torpedoes

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## TRIB

### Tribe Aquatics

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## TSU

### Tsunami Swimming

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## VAST

### Valley Area Swim Team

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### Valley Swim Team-Phoenix

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## WAC

### Williamsburg Aquatic Club

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(757) 229-8662

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## WFS

### Woodberry Forest Swimming

42 Woodberry Sta Woodberry Forest, VA 22989-8005

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## WST

### Winchester Swim Team

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## YMST

### YMCA Marlin Swim Team

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