



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

registrar@757swim.com

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

kathryns@acac.com

helend@acac.com

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

alicia.jantzi@gmail.com

alicia.jantzi@gmail.com



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

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

kmchaney@yahoo.com

kmchaney@yahoo.com

BASS-S

Bass South

1607 Bell Farms Ln Palmyra, VA 22963-5076

Contact: DiFazio, Cosmo (434) 962-1168

Head Coach: Cosmo DiFazio (434) 962-1168

cos.difazio@gmail.com

cos.difazio@gmail.com

CAST

Coomes Area Swim Team

PO Box 2495 Abingdon, VA 24212-2495

Contact: Melisha Wynne (276) 623-5279

Head Coach: Chelsea Crowder (423) 833-8608

mwynne@abingdon-va.gov

cast@abingdon-va.gov

CAV

Cavalier Swimming

450 Whitehead Rd Charlottesville, VA 22903-2406

Contact: August Busch (434) 928-5755

apb9r@virginia.edu

Head Coach: August Busch (434) 282-3408

apb9r@virginia.edu



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

glake@ccamarlins.com



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

coachsteve2423@gmail.com

CYAC

Piedmont Family YMCA/cyac

93 Burchs Creek Rd Crozet, VA 22932-3602

Contact: Mike Wenert (540) 314-8715

www.swimcyac.org

Head Coach: Michael Wenert (513) 328-1163

mwenert@outlook.com

mwenert@outlook.com



DC

Dolphin Club

5403 Monument Ave Richmond, VA 23226-1408

Contact: Jonathan Kaplan (804) 545-8640

www.teamunify.com/vadcst

Head Coach: Jonathan Kaplan (864) 508-2961

jkaplan@weinsteinjcc.org

jkaplan@weinsteinjcc.org

DIG

DIG Swimming

6209 E Shallowford Ct Suffolk, VA 23435-3163

Contact: Kim Frost (757) 619-9173

www.digswimming.com

Head Coach: Michael Salpeter (757) 375-4394

kim@endorphinfitness.com

digswimcoach@gmail.com



ECAT

East Coast Aquatic Team

732 Eden Way N Ste 125 Chesapeake, VA 23320-2798

Contact: Art Anthony (757) 450-2152

www.SwimECAT.com

Head Coach: Arthur Anthony (757) 450-2152

coachartecat@gmail.com

coachart.ecat@gmail.com

FUAC

Fork Union Aquatic Club

4744 James Madison Hwy Fork Union, VA 23055-2078

Contact: Ryan Campbell (434) 842-4210

Head Coach: Ryan Campbell (434) 808-6811

www.swimfuac.com

campbellr@fuma.org

campbellr@fuma.org



GATR

Virginia Gators

PO Box 4646 Roanoke, VA 24015-0646

Contact: Doug Fonder (540) 397-0505

Head Coach: Douglas Fonder (540) 397-0505

<http://www.viriniagators.com>

dougfonder@gmail.com

dougfonder@gmail.com



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

cvillegators@gmail.com

gatorbean@embarqmail.com



GATR-V

GATR - Harrisonburg

377 West Ave Harrisonburg, VA 22801-1530

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

Head Coach: Kevin Lai (203) 739-9320

www.vastswimming.org

sophievellner@hotmail.com

kevinlai12383@gmail.com



GATR-L

GATR - Lynchburg

7128 Morton Dr Lynchburg, VA 24502-2008

Contact: Greg Hofmann (434) 944-4960

Head Coach: Gregory Hofmann (434) 944-4960

www.swmngators.com

swmngators@yahoo.com

swmngators@yahoo.com



HOKI

H2okie Aquatics

165 Huff Heritage Ln Christiansburg, VA 24073-3897

Contact: Scott Baldwin (540) 998-2327

Head Coach: Edward Baldwin (540) 998-2327

<http://www.h2okieaquatics.org>

edbaldwi@vt.edu

edbaldwi@vt.edu

KFY

Kirk Family YMCA Kraken

520 Church Ave SW Roanoke, VA 24016-5012

Contact: Alexis Dameron (540) 342-9622

Head Coach: Alexis Dameron (540) 580-7106

adameron@ymcaroanoke.org

alexisdameron35@gmail.com

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

Head Coach: Margaret O'Donnell (276) 685-6195 modonnell@lifetimewc.com

LIB

Liberty Aquatics

1971 University Blvd Lynchburg, VA 24515-0002

Contact: Jake Shellenberger (434) 582-2387 jashellenberger@liberty.edu

Head Coach: Jacob Shellenberger (717) 468-6115 jashellenberger@liberty.edu



LY

Lynchburg YMCA Swim Team

105 Fox Hollow Rd Lynchburg, VA 24503-3858

Contact: Ryan Woodruff (919) 943-6420 <http://www.lyswimming.org>

Head Coach: Ryan Woodruff (919) 943-6420 ryan.d.woodruff@gmail.com



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 nova.gbrown1@verizon.net



NOVA-S

Virginia Association of Competitive Swimming

PO Box 3944 Chester, VA 23831-8472

Contact: Lauren Corey (804) 955-8572 laurenmccorey@gmail.com

Head Coach: Lauren Waterworth (804) 955-8572 laurenmccorey@gmail.com



OBX

OBX Swim Club

PO Box 1028 Nags Head, NC 27959-1028

Contact: Barrett Crook (252) 655-1056 www.obxswimclub.com

Head Coach: John O'Donnell (252) 202-8087 barrettcrook@kittyhawkengineering.com

jody@beach104.com



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

stevebialorucki@swimodac.com



PSDN

Poseidon Swimming Inc

5050 Ridgedale Pkwy North Chesterfield, VA 23234-4741

Contact: Becky Hofmann

(804) 447-2487

Head Coach: William Sallade

(804) 334-2804

<http://www.poseidonswimming.com>

admin@poseidonswimming.com

tedpsdn@poseidonswimming.com



PSDN-H

Poseidon Swimming Hanover

PO Box 1886 Mechanicsville, VA 23116-0007

Contact: Regina Davis

(804) 730-4076

Head Coach: David Kienlen

(253) 951-9368

www.psdnhanover.com

office@bacswim.com

davekienlen@comcast.net



PWSC

Prince William Swim Club

12513 Manchester Way Woodbridge, VA 22192-6311

Contact: Lorena Caballero

(703) 473-5676

Head Coach: Lorena Caballero

(703) 473-5676

www.teamunify.com/vapwsc

colore5@comcast.net

colore5@comcast.net



QSTS

Quest Swimming

6800 Deer Run Dr Midlothian, VA 23112-1902

Contact: Dudley Duncan

(804) 640-5714

Head Coach: Dudley Duncan

(804) 640-5714

www.questswimming.com

swimmet1@aol.com

swimmet1@aol.com

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

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>

coachcraigrapp@gmail.com

coachcraigrapp@gmail.com



RAYS

Rappahannock Area YMCA Swim Team, Inc

PO Box 866 Stafford, VA 22555-0866

Contact: Bob Herlinger

(540) 207-0846

Head Coach: Robert Herlinger

(540) 207-0846

<http://www.swimrays.org>

stingraybob93@verizon.net

stingraybob93@verizon.net

RICH

Spider Swimming

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

Contact: Staci Schrecongost (804) 289-8750 sschreco@richmond.edu

Head Coach: Matthew Barany (804) 349-4659 mbarany@richmond.edu

SCAT

Star City Aquatic Team

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

Contact: Sarah Nielsen (540) 556-4381 ben.nielsen@cox.net

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

SEVA

South Eastern Virginia Aquatics

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

Contact: David Henderson (757) 897-6127 sevaseahawks@aol.com

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

SFY

Salem Family YMCA

1126 Kime Ln Salem, VA 24153-5301 www.ymcaroanoke.org

Contact: Daniel Smith (540) 387-9622 dsmith@ymcaroanoke.org

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



SMAC

Shenandoah Marlins Aquatic Club

648 S Wayne Ave Waynesboro, VA 22980-4838 <http://www.smacswimming.org>

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

Head Coach: Bill Nicholson (540) 472-7152 bnicholson@smacswimming.org

SRVA

SwimRVA

5050 Ridgedale Pkwy North Chesterfield, VA 23234-4741 www.swimrichmond.org

Contact: Adam Kennedy (804) 271-2662 adam.kennedy@swimrichmond.org

Head Coach: Adam Kennedy (804) 334-7669 adam.kennedy@swimrichmond.org



STAT

Stafford Aquatics Team

PO Box 836 Stafford, VA 22555-0836 www.swimstat.org

Contact: Katarina Whelan (703) 987-7561 whelanwork@yahoo.com

Head Coach: Delwyn Jones (540) 207-2527 djones.stat@gmail.com

STLH

Stealth Swim Team

14531 Potomac Mills Rd Woodbridge, VA 22192-6808

www.swimkids.us/stealth-swimming

Contact: Allison Griffin (703) 396-7946

allison@swimkids.us

Head Coach: Krissy Barlett (571) 238-4201

krissy@swimkids.us

STRM

Rockbridge Storm Swim Team

323 Old Farm Rd Lexington, VA 24450-5745

www.rockbridgeswimms.org

Contact: Julie Woodzicka (540) 463-5441

forswimming@gmail.com

Head Coach: Leslie Ayers (540) 460-7469

forswimming@gmail.com



TAC

Tidewater Aquatic Club

PO Box 6141 Norfolk, VA 23508-0141

<http://www.swimtac.com>

Contact: Jessica Livsey (757) 373-0199

jhm329@gmail.com

Head Coach: Jessica Livsey (757) 373-0199

jhm329@gmail.com



TIDE

Tide Swimming

726 10th St Virginia Beach, VA 23451-4525

<http://www.tideswimming.com>

Contact: Jennie Carder (757) 306-0591

jennie@tideswimming.com

Head Coach: Jackson Roach (719) 339-5111

jroach@tideswimming.com



TORP

TSC Torpedoes

24588 Buckwheat Ln Aldie, VA 20105-5886

www.swim4theclub.com

Contact: Virginia Moffitt (703) 401-0686

coachginger@swim4theclub.com

Head Coach: Virginia Moffitt (703) 401-0686

coachginger@swim4theclub.com

TRIB

Tribe Aquatics

84 Teal Way Williamsburg, VA 23188-1695

Contact: Matthew Crispino (757) 221-3393

mecrispino@wm.edu

Head Coach: Matthew Crispino (757) 903-7111

mecrispino@wm.edu



TSU

Tsunami Swimming

365 Belle Plains Rd Falmouth, VA 22405-3435

<http://tsunamiswimming.org>

Contact: Peter Maloney (540) 371-4369

swimcoachpeter@yahoo.com

Head Coach: Peter Maloney (540) 220-7195

swimcoachpeter@yahoo.com

VAST

Valley Area Swim Team

PO Box 984 Harrisonburg, VA 22803-0984

Contact: Kevin Lai

(203) 739-9320

Head Coach: Kevin Lai

(203) 739-9320

<http://www.vastswimming.org>

sophievellner@hotmail.com

kevinlai12383@gmail.com



VSTP

Valley Swim Team-Phoenix

115 Old Forest Cir Winchester, VA 22602-6627

Contact: Jessica De Jong

(540) 303-1355

Head Coach: Bradley Boelter

(540) 622-7056

www.valleyswimteam.com

jepdejong@comcast.net

boelterbrad@gmail.com

WAC

Williamsburg Aquatic Club

3013 South Ct Williamsburg, VA 23185-3819

Contact: Harold Baker

(757) 229-8662

Head Coach: Henry Baker

(757) 773-1555

<http://www.swimwac.com>

coachharold2@cox.net

coachharold2@cox.net

WFS

Woodberry Forest Swimming

42 Woodberry Sta Woodberry Forest, VA 22989-8005

Contact: Gregory Guldin

(540) 672-3900

Head Coach: Gregory Guldin

(732) 586-2525

www.woodberry.org

gulding@me.com

gulding@me.com

WST

Winchester Swim Team

PO Box 3157 Winchester, VA 22604-2357

Contact: Kelly Warnagiris

(703) 283-9121

Head Coach: Thomas Grove

(540) 539-4440

www.winchesteswimteam.com

kelly@warnagiris.org

wstswim@hotmail.com

YMST

YMCA Marlin Swim Team

3 Starling Ave Martinsville, VA 24112-2921

Contact: Joseph Compton

(276) 632-6427

Head Coach: Joseph Compton

(276) 340-6513

jacompton@aumail.averett.edu

martinsvillemarlins1@gmail.com