



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) 989-4649

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: Maria Wykes

(315) 523-2251

Head Coach: Louis Suta

(252) 599-7496

www.saymca.org/aquatics

maria@saymca.org

lsuta4@gmail.com

BASS

Battlefield Area Star Swimmers

PO Box 222 Madison, VA 22727-0222

Contact: Ann Wood

(540) 718-6933

Head Coach: Kelsey Reott

(724) 841-1799

www.swimbass.com

annwood304@gmail.com

kreott14@gmail.com

BASS-S

Bass South

1607 Bell Farms Ln Palmyra, VA 22963-5076

Contact: DiFazio, Cosmo

(434) 589-6166

Head Coach: Cosmo DiFazio

(434) 589-6116

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

(276) 623-5279

mwynne@abingdon-va.gov

cast@abingdon-va.gov

CAV

Cavalier Swimming

450 Whitehead Rd Charlottesville, VA 22903-2406

Contact: Wes Foltz

(981) 789-1654

Head Coach: Blaire Bachman

(770) 540-9762

wesfoltz@virginia.edu

beb8g@virginia.edu



CCA

Carter Center Aquatics

4254 Colonial Ave Roanoke, VA 24018-4009

<http://www.ccamarlins.com/>

Contact: Amina Serir

(540) 853-2621 Ext: 4

aserir@ccamarlins.com

Head Coach: Amina Serir

(540) 853-2621 Ext: 4

aminaserir@hotmail.com



CGBD

Coast Guard Blue Dolphins

607 Lotz Dr Yorktown, VA 23692-2179

<http://www.cgbdswimming.org/>

Contact: Sharon Baldwin

(757) 478-6601

cgb1@cox.net

Head Coach: Stephen Hennessy

(757) 369-2202

coachsteve2423@gmail.com



CYAC

Piedmont Family YMCA/cyac

151 McIntire Park Dr Charlottesville, VA 22902-4503

www.swimcyac.org

Contact: Jessica Simons

(434) 295-1582

jrsimons@comcast.net

Head Coach: Michael Wenert

(513) 328-1163

mwenert@outlook.com



DC

Dolphin Club

5403 Monument Ave Richmond, VA 23226-1408

www.teamunify.com/vadcst

Contact: Jonathan Kaplan

(804) 285-6500

jkaplan@weinsteinjcc.org

Head Coach: Jonathan Kaplan

(864) 508-2961

jkaplan@weinsteinjcc.org

DIG

DIG Swimming

6209 E Shallowford Ct Suffolk, VA 23435-3163

www.digswimming.com

Contact: Kim Frost

(757) 619-9173

kim@endorphinfitness.com

Head Coach: Michael Salpeter

(757) 375-4394

digswimcoach@gmail.com



ECAT

East Coast Aquatic Team

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

www.SwimECAT.com

Contact: Art Anthony

(757) 450-2152

coachart.ecat@gmail.com

Head Coach: Francis Poulin

(757) 570-4621

ecat.frank@gmail.com

FUAC

Fork Union Aquatic Club

PO Box 278 Fork Union, VA 23055-0278

www.swimfuac.com

Contact: Jon Larson

(814) 404-6688

larsonj@fuma.org

Head Coach: Jon Larson

(434) 842-4210

larsonj@fuma.org



GATR-R

Virginia Gators

2721 Brambleton Ave SW Roanoke, VA 24015-4307

Contact: Brett Fonder (540) 344-2644

Head Coach: Douglas Fonder (540) 397-0505



<http://www.virginiagators.com/>

brett@virginiagators.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) 973-7946



www.virginiagators.org

cvillegators@gmail.com

gatorbean@embarqmail.com



GATR-V

GATR - Harrisonburg

PO Box 984 Harrisonburg, VA 22803-0984

Contact: Kevin Lai (925) 457-8818

Head Coach: Kevin Lai (203) 739-9320



www.vastswimming.org

sophievellner@hotmail.com

kevinlai12383@gmail.com



HOKI

H2okie Aquatics

PO Box 1076 Christiansburg, VA 24068-1076

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: Frank Hughes (540) 342-9622

Head Coach: Francis Hughes (540) 986-5846

frank77hughes@gmail.com

frank77hughes@gmail.com

LASO

Lifetime Aquatic Swim Org

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

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

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

modonnell@lifetimewc.com

modonnell@lifetimewc.com



LY

Lynchburg YMCA Swim Team

105 Fox Hollow Rd Lynchburg, VA 24503-3858

Contact: Ryan Woodruff (434) 439-4403

Head Coach: Ryan Woodruff (919) 943-6420

<http://www.lyswimming.org/>

ryan.d.woodruff@gmail.com

ryan.d.woodruff@gmail.com



NOVA

NOVA of Virginia Aquatics, Inc

12207 Gayton Rd Richmond, VA 23238-3219

Contact: Lori Hopewell

(804) 750-1183

Head Coach: Geoffrey Brown

(804) 690-2396

<http://www.novaswim.org/>

novabusinessoffice@novaswim.org

nova.gbrown1@verizon.net



NOVA-S

Virginia Association of Competitive Swimming

4603 Melody Ct North Chesterfield, VA 23234-3601

Contact: Lauren Waterworth

(804) 955-8572

laurenwaterworth11@gmail.com

Head Coach: Lauren Waterworth

(804) 955-8572

laurenwaterworth11@gmail.com



ODAC

Old Dominion Aquatic Club

609 Ryder Cup Ln Virginia Beach, VA 23462-4645

Contact: Karen Keenan

(757) 373-8111

Head Coach: Stephen Bialorucki

(757) 471-1828

<http://www.swimodac.com/>

swimodac@msn.com

stevebialorucki@swimodac.com



PSDN

Poseidon Swimming Inc

10800 Center View Dr North Chesterfield, VA 23235-4757

Contact: Becky Hofmann

(833) 796-3278

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) 730-5550

Head Coach: Lorena Caballero

(703) 730-5550

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) 739-9792

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) 354-9889 smortimer@gmail.com
Head Coach: Michael Hodges (804) 780-4449 coachmike1130@gmail.com



RAYS

Rappahannock Area YMCA Swim Team, Inc

PO Box 866 Stafford, VA 22555-0866 <http://www.swimrays.org/>

Contact: Bob Herlinger (540) 785-5899 stingraybob93@verizon.net
Head Coach: Robert Herlinger (540) 207-0846 stingraybob93@verizon.net

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) 877-7642 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@ymcavbr.org
Head Coach: Daniel Smith (540) 387-9622 dsmith@ymcavbr.org



SMAC

Shenandoah Marlins Aquatic Club

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

Contact: Bill Nicholson (540) 471-7152 bnicholson@smacswimming.org
Head Coach: William Nicholson (540) 943-9622 Ext: 205 bnicholson@smacswimming.org

SRVA

SwimRVA

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

Contact: Adam Kennedy (804) 334-7669 adam.kennedy@swimrichmond.org
Head Coach: Adam Kennedy (804) 271-2662 adam.kennedy@swimrichmond.org



STAT

Stafford Aquatics Team

PO Box 836 Stafford, VA 22555-0836

Contact: Katarina Whelan (571) 643-9179

Head Coach: Delwyn Jones (540) 207-2527

www.swimstat.org

whelanwork@yahoo.com

djones.stat@gmail.com

STLH

Stealth Swim Team

14531 Potomac Mills Rd Woodbridge, VA 22192-6808

Contact: Allison Griffin (703) 303-6566

Head Coach: Kristen Bartlett (703) 396-7946

www.swimkids.us/stealth-swimming

allison@swimkids.us

krissy@swimkids.us

STRM

Rockbridge Storm Swim Team

PO Box 1552 Lexington, VA 24450-1552

Contact: Leslie Ayers (540) 464-3663

Head Coach: Leslie Ayers (540) 463-5441

www.rockbridgeswimms.org

forswimming@gmail.com

forswimming@gmail.com



TAC

Tidewater Aquatic Club

PO Box 6141 Norfolk, VA 23508-0141

Contact: Jessica Livsey (757) 373-0199

Head Coach: Jessica Livsey (757) 683-6135

<http://www.swimtac.com/>

jhm329@gmail.com

jhm329@gmail.com



TIDE

Tide Swimming

726 10th St Virginia Beach, VA 23451-4525

Contact: Richard Hunter (757) 306-0591

Head Coach: Jackson Roach (757) 306-0591

<http://www.tideswimming.com/>

coachrichard@tideswimming.com

jroach@tideswimming.com



TORP

TSC Torpedoes

24588 Buckwheat Ln Aldie, VA 20105-5886

Contact: Virginia Moffitt (703) 327-9099

Head Coach: Virginia Moffitt (703) 401-0686

www.swim4theclub.com

coachginger@swim4theclub.com

coachginger@swim4theclub.com



TSU

Tsunami Swimming

365 Belle Plains Rd Falmouth, VA 22405-3435

Contact: Peter Maloney (540) 371-4369

Head Coach: Peter Maloney (540) 371-4369

<http://tsunamiswimming.org/>

swimcoachpeter@yahoo.com

swimcoachpeter@yahoo.com

VAST

Valley Area Swim Team

PO Box 984 Harrisonburg, VA 22803-0984

<http://www.vastswimming.org/>

Contact: Kevin Lai (203) 739-9320

kevinlai12383@gmail.com

Head Coach: Kevin Lai (203) 739-9320

kevinlai12383@gmail.com



VSTP

Valley Swim Team-Phoenix

115 Old Forest Cir Winchester, VA 22602-6627

www.valleyswimteam.com

Contact: Jessica De Jong (540) 303-1355

jepdejong@comcast.net

Head Coach: Bradley Boelter (540) 622-7056

boelterbrad@gmail.com

WAC

Williamsburg Aquatic Club

3013 South Ct Williamsburg, VA 23185-3819

<http://www.swimwac.com/>

Contact: Harold Baker (757) 220-0363

coachharold2@cox.net

Head Coach: Henry Baker (757) 229-8662

coachharold2@cox.net

WFS

Woodberry Forest Swimming

42 Woodberry Sta Woodberry Forest, VA 22989-8005

www.woodberry.org

Contact: Gregory Guldin (732) 586-2525

gregory.guldin@woodberry.org

Head Coach: Gregory Guldin (540) 672-3900 Ext: 5300

gulding@me.com

WST

Winchester Swim Team

PO Box 3157 Winchester, VA 22604-2357

www.winchesteswimteam.com

Contact: Kelly Warnagiris (703) 283-9121

kelly@warnagiris.org

Head Coach: Thomas Grove (540) 722-6011

wstswim@hotmail.com

YMST

YMCA Marlin Swim Team

3 Starling Ave Martinsville, VA 24112-2921

Contact: Joseph Compton (276) 632-6427

martinsvillemarlins1@gmail.com

Head Coach: Joseph Compton (276) 632-6427

jacompton@aumail.averett.edu

YOBX

Outer Banks YMCA Tidal Waves

3000 S Croatan Hwy Nags Head, NC 27959-9029

www.ymcashr.org/outer-banks

Contact: Tia Green (252) 499-8897

tgreen@ymcashr.org

Head Coach: Chelsey Larsen (252) 499-8897

clarsen@ymcashr.org