



757

757 Swim

PO Box 6641 Williamsburg, VA 23188-5227

www.757swim.com

Contact:

Maria Long
(757) 220-5532

registrar@757swim.com

Head Coach:

Morgan Cordle
(757) 871-2144

coachmorgan@757swim.com

ACAC

Atlantic Coast Athletic Clubs of VA, Inc.

500 Albemarle Sq Charlottesville, VA 22901-7405

www.acac.com

Contact:

Kathryn Stephenson
(434) 978-3800

kathryns@acac.com

Head Coach:

Helen Dixon
(540) 661-6170

helend@acac.com

ACST

ACAST-Amberjacks

708 N Coalter St Staunton, VA 24401-3406

www.saymca.org/aquatics

Contact & Head Coach:

Alicia Jantzi
(540) 885-8089

alicia.jantzi@gmail.com



BAC

Burkwood Aquatic Club, Inc

PO Box 1886 Mechanicsville, VA 23116-0007

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

Contact:

Regina Davis
(804) 730-4076

office@bacswim.com

Head Coach:

Michael Dolan
(804) 747-0912

dolan85@verizon.net

BASS

Battlefield Area Star Swimmers

PO Box 222 Madison, VA 22727-0222

www.swimbass.com

Contact & Head Coach:

Kevin McHaney
(540) 718-2277

kmchaney@yahoo.com

BASS

Bass South

1607 Bell Farms Ln Palmyra, VA 22963-5076

Contact & Head Coach:

DiFazio, Cosmo
(434) 962-1168

cos.difazio@gmail.com

CAST

Coomes Area Swim Team

PO Box 2495 Abingdon, VA 24212-2495

Contact:

Melisha Wynne
(276) 623-5279

mwynne@abingdon-va.gov

Head Coach:

Chelsea Crowder
(423) 833-8608

cast@abingdon-va.gov

CAV

Cavalier Swimming

450 Whitehead Rd Charlottesville, VA 22903-2406

Contact & Head Coach:

August Busch
(434) 928-5755

apb9r@virginia.edu



CCA

Carter Center Aquatics

4254 Colonial Ave Roanoke, VA 24018-4009

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

Contact:

Alex Vance
(540) 989-7284 Ext: 313

avance@ccamarlins.com

Head Coach:

Gregory Lake
(540) 529-6648

glake@ccamarlins.com



CGBD

Coast Guard Blue Dolphins

607 Lotz Dr Yorktown, VA 23692-2179

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

Contact & Head Coach:

Steve Hennessy
(757) 369-2202

coachsteve2423@gmail.com



CYAC

Piedmont Family YMCA/cyac

93 Burchs Creek Rd Crozet, VA 22932-3602

www.swimcyac.org

Contact & Head Coach:

Patrick Bateman

(540) 314-8715

coachpatbateman@gmail.com



DC

Dolphin Club

5403 Monument Ave Richmond, VA 23226

www.teamunify.com/vadcst

Contact & Head Coach:

Jonathan Kaplan

(804) 545-8640

coach_jonathan@hotmail.com

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 & Head Coach:

Art Anthony

(757) 450-2152

coachartecat@gmail.com

FUAC

Fork Union Aquatic Club

4744 James Madison Hwy Fork Union, VA 23055-2078

www.swimfuac.com

Contact & Head Coach:

Ryan Campbell

(434) 842-4210

campbellr@fuma.org



GATR

Virginia Gators

PO Box 4646 Roanoke, VA 24015-0646

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

Contact & Head Coach:

Douglas Fonder

(540) 397-0505

dougfonder@gmail.com



GATR

GATR - Charlottesville

707 Belvedere Blvd Charlottesville, VA 22901-3200

www.virginiagators.org

Contact:

Cathy O'Hara

(703) 475-1874

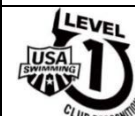
cvillegators@gmail.com

Head Coach:

John Bean

(434) 882-2003

gatorbean@embarqmail.com



GATR

GATR - Harrisonburg

377 West Ave Harrisonburg, VA 22801-1530

www.vastswimming.org

Contact:

Sophie Vellner-Lai

(925) 457-8818

sophievellner@hotmail.com

Head Coach:

Kevin Lai

(203) 739-9320

kevinlai12383@gmail.com



GATR

GATR - Lynchburg

7128 Morton Dr Lynchburg, VA 24502-2008

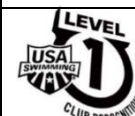
www.swmngators.com

Contact & Head Coach:

Gregory Hofmann

(434) 944-4960

swmngators@yahoo.com



HOKI

H2okie Aquatics

165 Huff Heritage Ln Christiansburg, VA 24073-3897

<http://www.h2okieaquatics.org/>

Contact & Head Coach:

Scott Baldwin

(540) 998-2327

edbaldwi@vt.edu

KFY

Kirk Family YMCA Kraken

520 Church Ave SW Roanoke, VA 24016-5012

Contact & Head Coach:

Alexis Dameron

(540) 342-9622

alexisdameron35@gmail.com**LASO**

Lifetime Aquatic Swim Org

1 Health Way Lifetime Wellness Center

Marion, VA 24354

Contact & Head Coach:

Meg O'Donnell

(276) 781-2747

modonnell@lifetimewc.com**LY**

Lynchburg YMCA Swim Team

105 Fox Hollow Rd Lynchburg, VA 24503-3858

<http://www.lyswimming.org/>**Contact & 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

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

Lori Hopewell

(804) 750-1183

novabusinessoffice@novaswim.org**Head Coach:**

Geoffrey Brown

(804) 690-2396

NOVA - S

NOVA South

PO Box 3944 Chester, VA 23831-8472

Contact & Head Coach:

Lauren Waterworth

(804) 955-8572

laurenmccorey@gmail.com**OBX**

OBX Swim Club

PO Box 1028 Nags Head, NC 27959-1028

www.obxswimclub.com**Contact:**

Barrett Crook

(252) 655-1056

Head Coach:

Sherwood Faison

(507) 226-6321

badger.faison@gmail.com**ODAC**

Old Dominion Aquatic Club

1617 Guthrie St Virginia Beach, VA 23464-6706

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

Karen Keenan

(757) 471-1828

swimodac@msn.com**Head Coach:**

Stephen Bialorucki

(757) 374-2080

stevebialorucki@swimodac.com**PSDN**

Poseidon Swimming Inc

5050 Ridgedale Pkwy North Chesterfield, VA 23234

<http://www.poseidonswimming.com/>**Contact:**

Becky Hofmann

(804) 447-2487

admin@poseidonswimming.org tedpsdn@poseidonswimming.com**Head Coach:**

William Sallade

(804) 334-2804

PSDN

Poseidon Swimming Hanover

PO Box 1886 Mechanicsville, VA 23116-0007

www.psdnhanover.com**Contact:**

Regina Davis

(804) 730-4076

office@bacswim.com**Head Coach:**

David Kienlen

(253) 951-9368

davekienlen@comcast.net**PWSC**

Prince William Swim Club

12513 Manchester Way Woodbridge, VA 22192-6311

www.teamunify.com/vapwsc**Contact & Head Coach:**

Lorena Caballero

(703) 473-5676

colore5@comcast.net



QSTS

Quest Swimming

6800 Deer Run Dr Midlothian, VA 23112

www.questswimming.com

Contact & Head Coach:

Dudley Duncan
(804) 640-5714
swimmet1@aol.com



RACE

Richmond Racers

1718 Wilmington Ave Richmond, VA 23227-4341

Contact:

Scott Mortimer
(804) 640-5694
snmortimer@gmail.com

Head Coach:

Michael Hodges
(804) 833-7037
coachmike1130@gmail.com



RAPP

Rappahannock Raiders Swim Club

PO Box 463 King George, VA 22485-0463

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

Contact & Head Coach:

Craig Clift
(757) 729-2609
coachcraigrapp@gmail.com



RAYS

Rappahannock Area YMCA Swim

Team PO Box 866 Stafford, VA 22555-

0866 <http://www.swimrays.org/>

Contact & Head Coach:

Bob 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 & 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 & Head Coach:

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



SMAC

Shenandoah Marlins Aquatic Club

648 S Wayne Ave Waynesboro, VA 22980-4838

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

Contact & Head Coach:

Kendra Hogg
(540) 943-9622 Ext: 206
kendrah@smacswimming.org



STAT

Stafford Aquatics Team

PO Box 836 Stafford, VA 22555-0836

www.swimstat.org

Contact:

Kim Correa
(703) 987-7561
correkim4@gmail.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:

David Tonnesen
(703) 732-0877
dave@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 & 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 & Head Coach:

Virginia Moffitt

(703) 401-0686

coachginger@swim4theclub.com

TSU

Tsunami Swimming

365 Belle Plains Rd Falmouth, VA 22405-3435

<http://tsunamiswimming.org/>

Contact & Head Coach:

Peter Maloney

(540) 371-4369

swimcoachpeter@yahoo.com

VAST

Valley Area Swim Team

PO Box 984 Harrisonburg, VA 22803-0984

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

Contact & 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 & Head Coach:

Harold Baker

(757) 229-8662

coachharold2@cox.net

WFS

Woodberry Forest Swimming

42 Woodberry Sta Woodberry Forest, VA 22989-8005

www.woodberry.org

Contact & Head Coach::

Gregory Guldin

(540) 672-3900

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) 539-4440

wstswim@hotmail.com

YMST

YMCA Marlin Swim Team

3 Starling Ave Martinsville, VA 24112-2921

Contact:

Joseph Compton

(276) 340-6513

martinsvillemarlins1@gmail.com