Team Code - Name Contact Type Title / Position First Name Last Name Cell Phone Other Phone Email 757 - 757 Swim coachmorgan@757swim.com Primary Head Coach Morgan Cordle 757-871-2144 ACAC - Atlantic Coast Athletic Clubs of VA, acac Head Coach Helen Dixon 5406616170 helend@acac.com Primary Inc. Secondary acac Asst Coach Chris Taylor 4344096338 ct3a@virginia.edu Additional acac asst Coach Erin 4349890427 erinblawson@gmail.com Lawson CAV - Cavalier Swimming Primarv Assistant Coach Wes Foltz 9847891654 wesfoltz@virginia.edu CCA - Carter Center Aquatics Primary Head Coach Amina Serir 5407619488 aserir@ccamarlins.com Assistant Coach Bleecker 5403093556 sbleecker@ccamarliins.com Secondary Susan CGBD - Coast Guard Blue Dolphins Head Coach Bierie 7578166688 jebierie@gmail.com Primary Jack Secondary Steve Hennessey 7574500706 coachsteve2423@gmail.com Additional Jodi Clark 7578768400 coachjodiclark@gmail.com CYAC - Piedmont Family YMCA/cyac Primary Head Coach Mike Wenert 5133281163 Mwenert@outlook.com CYAC Administrator jrsimons@comcast.net Secondary Jessica Simons ECAT - East Coast Aquatic Team Head Site Coach Kristian Ramkvist 757-708-1697 kristian.ecat@gmail.com Primary Secondary Head Site Coach Steve Cassell 757-641-4007 coachcassell02@cox.net Primary Doug GATR - Virginia Gators Head Coach Fonder 540-397-0505 dougfonder@gmai.com Additional Assistant Coach J.J. Bean 434-882-2003 gatorbean@embarqmail.com Head Coach Kienlen 253-951-9368 davekienlen@comcast.net HNVR - Hanover Aquatics, Inc Primary David HOKI - H2okie Aquatics Primary Head Coach Scott Baldwin 5409982327 edbaldwi@vt.edu Secondary Sr Coach Bureau 7247718836 lucasb6@vt.edu Lucas LIB - Liberty Aquatics Primary Head Coach Jake Shellenberger 7174686115 jashellenberger@liberty.edu Secondary Assistant Coach Jessica Barnes 8147774939 jbbarnes2@liberty.edu LY - Lynchburg YMCA Swim Team Primary Head Coach Ryan Woodruff 919-943-6420 ryan.d.woodruff@gmail.com NOVA - NOVA of Virginia Aquatics, Inc Primary Head Coach Geoff Brown 8046902396 coachgeoff@novaswim.org Secondary Coach David Schreck 8043660963 coachdavid@novaswim.org Additional Coach Mike Julian 8044059625 coachmikej@novaswim.org **ODAC - Old Dominion Aquatic Club** swimodac@msn.com Primary karen keenan 7573738111 Albert PRVT - Pinnacle Racing Primary Assistant Coach Subirats 5202895867 albertsubirats1@gmail.com PSDN - Poseidon Swimming Inc Primary Head Coach Ted Sallade 8043342804 tedpsdn@poseidonswimming.com

Team Contacts 2019 Virginia Swimming LC Senior Champs, 7/18/2019 - 7/21/2019

Team Code - Name QSTS - Quest Swimming	<u>Contact Type</u> Primary Secondary	<u>Title / Position</u> Co-Head Coach Co-Head Coach	<u>First Name</u> John Chad	<u>Last Name</u> Smithson Onken	<u>Cell Phone</u> 804-301-3332 919-360-7370	Other Phone	<u>Email</u> swimcoachjohn@hotmail.com questcoachchad@gmail.com
RACE - Richmond Racers	Primary Secondary Additional	Meet Manager Coach Club President	Teresa Wells Scott	Mortimer Bridgforth Mortimer	8043800855 8044676751 8046405694		richmondracersmeetmanager@gmail.com wellsbridgforth93@gmail.com snmortimer@gmail.com
RAYS - Rappahannock Area YMCA Swim Team, Inc	Primary	Head Coach	Robert	Herlinger	5402070846		robert.herlinger@gmail.com
SEVA - South Eastern Virginia Aquatics	Primary Secondary	Senior Head Coach Head Coach	Jeff David	Kincaid Henderson	7577251502 7578976127	7578681233	jeffkincaid1502@gmail.com sevaseahawks@aol.com
SFY - Salem Family YMCA	Primary Secondary Additional	Head Coach Asst. Coach Swim Team Coordinator	Daniel Marianne Shelley	Smith Fleenor Sykes	804-402-2233 540-588-3875		DSMITH@ymcavbr.org fleenor2@gmail.com ssykes@ymcavbr.org
SMAC - Shenandoah Marlins Aquatic Club	Primary	Head Coach	William	Nicholson	540-471-7152	540-943-9622	bnicholson@smacswimming.org
SRVA - SwimRVA	Primary Secondary	Head Coach Senior Assistant Coach	Jonathan Chris	Kaplan Bushelman	864-508-2961 937-239-2361		jonathan.kaplan@swimrichmond.org chris.bushelman@swimrichmond.org
STAT - Stafford Aquatics Team	Primary	Head Coach	Delwyn	Jones	5402072527		djones.stat@gmail.com
TAC - Tidewater Aquatic Club	Primary Secondary	Head Coach Coach	Jessica Andrew	Livsey Cook	7573730199		jhm329@gmail.com jacook052@gmail.com
TIDE - Tide Swimming	Primary Secondary Additional	Associate Head Coach Associate Head Coach Executive Director	Richard Mike Jennie	Hunter Salpeter Carder	9493380466 7573754394 7576158636		coachrichard@tideswimming.com coachmike@tideswimming.com jennie@tideswimming.com
TRIB - Tribe Aquatics	Primary	Head Coach	Nate	Kellogg	912-531-4135		jnkellogg@wm.edu
VSTP - Valley Swim Team-Phoenix	Primary Secondary	Head Coach Team Manager	Jeff Greg	Reed Jones	5408770135 5405607048		stephandjeffreed@gmail.com gregj@comsonics.com
WAC - Williamsburg Aquatic Club	Primary Secondary	Head Coach Assistant Coach	Harold Chris	Baker Hanks	757-229-8662 757-810-4919	757-229-8662	coachharold2@cox.net coachhanks@gmail.com
WST - Winchester Swim Team	Primary	Head Age Group Coach	William	Shafer	5403362406		dcufan12@gmail.com