

ACST

ACAST-Amberjacks

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(540) 255-4680

Head Coach: Sandra Zamalis

saymcaswimcoach@gmail.com

(540) 885-8089

Website: www.acastamberjax.org

BAC

Burkwood Aquatic Club, Inc

PO Box 1886, Mechanicsville, VA 23116-0007

Contact: Regina Davis

office@bacswim.com

(804) 730-4076

Head Coach: Craig Clift

coachcraig@bacswim.com

(757) 730-4076

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

BASS

Battlefield Area Star Swimmers

PO Box 222, Madison, VA 22727-0222

Contact: Shelby Gohn

shelbygohn@gmail.com

(540) 948-5394

Head Coach: Kevin McHaney

kmchaney@yahoo.com

(540) 948-7629 Ext: 11

Website: www.swimbass.com

BASS

Bass South

1607 Bell Farms Ln, Palmyra, VA 22963-5076

Contact: DiFazio, Cosmo

cos.difazio@gmail.com

(434) 962-1168

Head Coach: Cosmo DiFazio

cos.difazio@gmail.com

(434) 589-6116

Website:

BRAC

Blue Ridge Aquatic Club

151 Hassinger St SW Apt 7, Abingdon, VA 24210-2434

Contact: Dan Heraly

Dheraly@swimbrac.com

(276) 944-6945

Head Coach: Daniel Heraly

Dheraly@swimbrac.com

(276) 944-6945

Website:

CAST

Coomes Area Swim Team

PO Box 2495, Abingdon, VA 24212-2495

Contact: Melisha Wynne

mwynne@abingdon-va.gov

(276) 623-5279

Head Coach: Ian Dye

cast@abingdon-va.gov

(276) 623-5279

Website:

CCA

Carter Center Aquatics

4254 Colonial Ave, Roanoke, VA 24018-4009

Contact: Greg Lake

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(540) 989-7284 Ext: 313

Head Coach: Gregory Lake

glake@ccamarlins.com

(540) 529-6648

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

CGBD

Coast Guard Blue Dolphins

607 Lotz Dr, Yorktown, VA 23692-2179

Contact: Steve Hennessy

cgbdswimming@cox.net

(757) 369-2202

Head Coach: Stephen Hennessy

coachsteve2423@gmail.com

(757) 369-2202

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

CYAC

Piedmont Family Ymca/cyac

674 Hillsdale Dr, Charlottesville, VA 22901-1799

Contact: Cameron Burr

cburr@piedmontymca.org

(434) 974-9622

Head Coach: Cameron Burr

cburr@piedmontymca.org

(434) 205-4380

Website: www.swimcyac.org

DC

Dolphin Club

5403 Monument Ave, Richmond, VA 23226-1408

Contact: Teresa Andres

tandres@weinsteinjcc.org

(804) 285-6500

Head Coach: Teresa Andres

tandres@weinsteinjcc.org

(609) 970-4740

Website: www.weinsteinjcc.org/aquatica/dolphins

EF

Endorphin Fitness Swim Club

6209 E Shallowford Ct, Suffolk, VA 23435-3163

Contact: Kim Frost

kim@endorphinfitness.com

(757) 619-9173

Head Coach: Ryan Frost

ryan@endorphinfitness.com

(757) 619-9172

Website:

FUAC

Fork Union Aquatic Club

4744 James Madison Hwy, Fork Union, VA 23055-2078

Contact: Chris Van Slooten

vanslootenc@fuma.org

(434) 842-4210

Head Coach: Christopher Van Slooten

vanslootenc@fuma.org

(434) 842-4210

Website: www.teamunify.com/vafuac

GATR

Virginia Gators

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Contact: Doug Fonder

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(540) 397-0505

Head Coach: Douglas Fonder

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Website: <http://www.viriniagators.com>

GATR

GATR - Charlottesville

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Contact: Lynette Wuensch

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Head Coach: John Bean

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Website: www.viriniagators.org

GATR

GATR - Harrisonburg

237 Harding Dr, Broadway, VA 22815-9750

Contact: Steven Phillips

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(864) 506-6730

Head Coach: Steven Phillips

swimvast@gmail.com

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Website: www.vastswimming.org

GATR

GATR - Lynchburg

7128 Morton Dr, Lynchburg, VA 24502-2008

Contact: Greg Hofmann

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(434) 944-4960

Head Coach: Gregory Hofmann

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Website: www.swmngators.com

HA

Hargrave Aquatics

200 Military Dr, Chatham, VA 24531-4658

Contact: John Eife

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(434) 432-2681

Head Coach: John Eife

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(434) 432-2681

Website: <http://www.hargrave.edu>

HOKI

H2okie Aquatics

PO Box 1076, Christiansburg, VA 24068-1076

Contact: Scott Baldwin

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(540) 998-2327

Head Coach: Edward Baldwin

edbaldwi@vt.edu

(540) 998-2327

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

LASO

Lifetime Aquatic Swim Org

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

Contact: Meg O'Donnell

modonnell@lifetimewc.com

(276) 781-2747

Head Coach: Margaret O'Donnell

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(276) 781-2747

Website:

LY

Lynchburg YMCA Swim Team

1240 Krise Cir, Lynchburg, VA 24503-2612

Contact: Lisa Liston

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(434) 401-3617

Head Coach: Timothy Liston

coachliston@comcast.net

(434) 444-1256

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

MA

Monarch Aquatics

911 Brandon Ave Apt C1, Norfolk, VA 23517-1651

Contact: Jessica Livesey

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(757) 683-6135

Head Coach: Carol Withus

caroliswithus@odu.edu

(757) 683-5752

Website:

NOVA

NOVA of Virginia Aquatics, Inc

12207 Gayton Rd, Richmond, VA 23238-3219

Contact: Lori Hopewell

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(804) 750-1183

Head Coach: Geoffrey Brown

nova.gbrown1@verizon.net

(804) 754-3401

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

NOVA

Virginia Association of Competitive Swimming

PO Box 3944, Chester, VA 23831-8472

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(804) 955-8572

Head Coach: Lauren McC Corey

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(804) 955-8572

Website:

NSU

Norfolk State University

126 Manteo Ave, Hampton, VA 23661-3424

Contact: Robeson White

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(757) 823-8477

Head Coach: Robeson White

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(757) 823-8477

Website:

OBX

OBX Swim Club

PO Box 1028, Nags Head, NC 27959-1028

Contact: Barrett Crook

eskimohealer@yahoo.com

(704) 395-8908

Head Coach: Louis Suta

lsuta4@gmail.com

(252) 599-7946

Website: www.obxswimclub.com

PSDN

Poseidon Swimming Inc

5050 Ridgedale Pkwy, North Chesterfield, VA 23234-4741

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(804) 447-2487

Head Coach: William Sallade

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Website: <http://www.poseidonswimming.com>

QDD

QDD Swim Team

10371 Central Park Dr Ste A, Manassas, VA 20110-4197

Contact: Mary Poletto

teamadmin@qddswim.org

(703) 369-0699

Head Coach: Shari Harshman

shari.harshman@gmail.com

(919) 633-1352

Website: <http://www.qddswim.org>

ODAC

Old Dominion Aquatic Club

5165 Stratford Chase Dr, Virginia Beach, VA 23464-5556

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karensundahl@swimodac.com

(757) 471-1828

Head Coach: Stephen Bialorucki

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(757) 471-1828

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

PWSC

Prince William Swim Club

5936 Moonbeam Dr, Woodbridge, VA 22193-6016

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(571) 275-4621

Head Coach: Scott O'Reilly

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QSTS

Quest Swimming

6800 Deer Run Dr, Midlothian, VA 23112-1902

Contact: Dudley Duncan

swimmet1@aol.com

(804) 640-5714

Head Coach: Dudley Duncan

swimmet1@aol.com

(804) 640-5714

Website: <http://www.swimquest-richmond.com>

RACE

Richmond Racers

1718 Wilmington Ave, Richmond, VA 23227-4341

Contact: Scott Mortimer

snmortimer@gmail.com

(804) 640-5694

Head Coach: Michael Hodges

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Website:

RAPP

Rappahannock Raiders Swim Club

PO Box 463, King George, VA 22485-0463

Contact: Delwyn Jones

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(540) 623-7108

Head Coach: Delwyn Jones

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(540) 207-2527

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

RAYS

Rappahannock Y Swim Team

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(540) 207-0846

Head Coach: Robert Herlinger

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

RPST

Regency Park Swim Team

6105 N Danford St, Fredericksburg, VA 22407-8383

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(540) 846-3580

Head Coach: Andrew Baciocco

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(540) 846-3580

Website: <http://www.swimrpst.org>

SCAT

Star City Aquatic Team

3610 Derby Dr, Roanoke, VA 24012-6531

Contact: Sarah Nielsen

ben.nielsen@cox.net

(540) 556-4381

Head Coach: Robert Braaten

rcbraaten123@gmail.com

(540) 309-0865

Website:

SEVA

South Eastern Virginia Aquatics

PO Box 2854, Newport News, VA 23609-0854

Contact: David Henderson

sevaseahawks@aol.com

(757) 897-6127

Head Coach: David Henderson

sevaseahawks@aol.com

(757) 897-6127

Website: <http://www.sevaswimming.com/>

SMAC

Shenandoah Marlins Aquatic Club

648 S Wayne Ave, Waynesboro, VA 22980-4838

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(540) 943-9622

Head Coach: Norman Wright

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

STAT

Stafford Aquatics Team

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(540) 220-9338

Head Coach: Boris Rybatsky

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(540) 645-0604

Website: www.swimstat.org

STLH

Stealth Swim Team

14531 Potomac Mills Rd, Woodbridge, VA 22192-6808

Contact: Allison Griffin

allison@swimkids.us

(703) 396-7946

Head Coach: Allison Griffin

harv79@gmail.com

(703) 303-6566

Website: www.swimkids.us/stealth-swimming

STRM

Rockbridge Storm Swim Team

219 Donald Ln, Lexington, VA 24450-2830

Contact: Craig Charley

ccharley9@hotmail.com

(540) 463-5441

Head Coach: Craig Charley

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(540) 463-5441

Website: www.rockbridgeswimms.org

TAC

Tidewater Aquatic Club

PO Box 16304, Chesapeake, VA 23328-6304

Contact: Glenn Houseman

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(757) 373-5960

Head Coach: Glenn Houseman

glennrhouseman@yahoo.com

(757) 373-5960

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

TIDE

Tide Swimming

PO Box 4224, Virginia Beach, VA 23454-0224

Contact: Jennie Carder

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(757) 306-0591

Head Coach: Joshua Fulton

coachjosh@tideswimming.com

(757) 218-3987

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

TSU

Tsunami Swimming

365 Belle Plains Rd, Falmouth, VA 22405-3435

Contact: Peter Maloney

swimcoachpeter@yahoo.com

(540) 371-4369

Head Coach: Peter Maloney

swimcoachpeter@yahoo.com

(540) 371-4369

Website: <http://tsunamiswimming.org>

VAST

Valley Area Swim Team

237 Harding Dr, Broadway, VA 22815-9750

Contact: Steven Phillips

swimvast@gmail.com

(864) 506-6730

Head Coach: Steven Phillips

swimvast@gmail.com

(864) 506-6730

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

VSTP

Valley Swim Team-Phoenix

115 Old Forest Cir, Winchester, VA 22602-6627

Contact: Jessica De Jong

jepdejong@comcast.net

(540) 303-1355

Head Coach: Bradley Boelter

bradandjennyboelter@gmail.com

(540) 622-7056

Website: www.valleyswimteam.com

VYAC

Virginia YMCA Aquatic Club

2913 Scotsman Run, Chesapeake, VA 23321-4269

Contact: Frank Poulin

cyathc@yahoo.com

(757) 570-4621

Head Coach: Michael Salpeter

pyacswimcoach@gmail.com

(757) 483-9622

Website:

<http://www.orgsites.com/va/pyac/index.html>

W&M

William and Mary, College of

PO Box 399, Williamsburg, VA 23187-0399

Contact: Matt Crispino

mecrispino@wm.edu

(757) 221-3393

Head Coach: Matthew Crispino

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(757) 221-3393

Website: www.tribeathletics.com

WAC

Williamsburg Aquatic Club

3013 South Ct, Williamsburg, VA 23185-3819

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Head Coach: Henry Baker

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

WFS

Woodberry Forest Swimming

42 Woodberry Sta, Woodberry Forest, VA 22989-8005

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gregory_guldin@woodberry.org

(540) 672-3900

Head Coach: Gregory Guldin

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(540) 672-3900 Ext: 5300

Website: www.woodberry.org

WST

Winchester Swim Team

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Head Coach: Thomas Grove

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YMST

YMCA Marlin Swim Team

3 Starling Ave, Martinsville, VA 24112-2921

Contact: Joseph Compton

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(276) 340-6513

Head Coach Joseph Compton

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Website:

YRVS

YMCA of Roanoke Valley Swimming

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Head Coach: Meredith Tharrington

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