

## ACST

### ACAST-Amberjacks

PO Box 3086, Staunton, VA 24402-3086

**Contact:** Barbara Knopp

barbaraknopp@gmail.com

(540) 255-4680

**Head Coach:** Sandra Zamalis

saymcaswimcoach@gmail.com

(540) 885-8089

**Website:** [www.acastamberjax.org](http://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](http://www.swimbass.com)

## BASS-S

### 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:**

## CAV

### Cavalier Swimming

PO Box 400316, Charlottesville, VA 22904-4316

**Contact:** August Busch

apb9r@virginia.edu

(434) 928-5755

**Head Coach:** Kerry Smith

ksmith@virginia.edu

(434) 924-2228

**Website:**

## CCA

### Carter Center Aquatics

4254 Colonial Ave, Roanoke, VA 24018-4009

**Contact:** Greg Lake

glake@ccamarlins.com

(540) 529-6648

**Head Coach:** Greg 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 Hillside 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](http://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](http://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](http://www.teamunify.com/vafuac)

## GATR

### Virginia Gators

PO Box 4646, Roanoke, VA 24015-0646

**Contact:** Doug Fonder  
dougfonder@gmail.com  
(540) 397-0505

**Head Coach:** Douglas Fonder  
dougfonder@gmail.com  
(540) 397-0505

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

## GATR-C

### GATR - Charlottesville

707 Belvedere Blvd, Charlottesville, VA 22901-3200

**Contact:** Lynette Wuensch  
l.wuensch@att.net  
(804) 647-7701

**Head Coach:** John Bean  
gatorbean@embarqmail.com  
(434) 882-2003

**Website:** [www.viriniagators.org](http://www.viriniagators.org)

## GATR-V

### GATR - Harrisonburg

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:** [www.vastswimming.org](http://www.vastswimming.org)

## GATR-L

### GATR - Lynchburg

7128 Morton Dr, Lynchburg, VA 24502-2008

**Contact:** Greg Hofmann  
swmngators@yahoo.com  
(434) 944-4960

**Head Coach:** Gregory Hofmann  
swmngators@yahoo.com  
(434) 515-5400

**Website:** [www.swmngators.com](http://www.swmngators.com)

## HA

### Hargrave Aquatics

200 Military Dr, Chatham, VA 24531-4658

**Contact:** John Eife  
eifej@hargrave.edu  
(434) 432-2681

**Head Coach:** John Eife  
john.eife@gmail.com  
(434) 432-2681

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

## HOKI

### H2okie Aquatics

PO Box 1076, Christiansburg, VA 24068-1076

**Contact:** Scott Baldwin

edbaldwi@vt.edu

(540) 998-2327

**Head Coach:** Edward Baldwin

edbaldwi@vt.edu

(540) 998-2327

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

## LIB

### Liberty Aquatics

1971 University Blvd, Lynchburg, VA 24515-0002

**Contact:** Jake Shellenberger

jashellenberger@liberty.edu

(434) 582-2387

**Head Coach:** Jacob Shellenberger

jashellenberger@liberty.edu

(434) 582-2387

**Website:**

## MA

### Monarch Aquatics

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

**Contact:** Jessica Livesey

jhm329@gmail.com

(757) 683-6135

**Head Coach:** Carol Withus

cwithus@odu.edu

(757) 683-5752

**Website:**

## 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

lisalliston@aol.com

(434) 401-3617

**Head Coach:** Timothy Liston

coachliston@comcast.net

(434) 444-1256

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

## NOVA

### NOVA of Virginia Aquatics, Inc

12207 Gayton Rd, Richmond, VA 23238-3219

**Contact:** Lori Hopewell

novabusiness@comcast.net

(804) 750-1183

**Head Coach:** Geoffrey Brown

nova.gbrown1@verizon.net

(804) 754-3401

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

## NOVA-S

### NOVA South

PO Box 3944, Chester, VA 23831-8472

**Contact:** Lauren McCorey

laurenmccorey@gmail.com

(804) 955-8572

**Head Coach:** Lauren McCorey

laurenmccorey@gmail.com

(804) 955-8572

**Website:**

## NSU

### Norfolk State University

126 Manteo Ave, Hampton, VA 23661-3424

**Contact:** Robeson White

rjwhite@nsu.edu

(757) 823-8477

**Head Coach:** Robeson White

rjwhite@nsu.edu

(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](http://www.obxswimclub.com)

## ODAC

### Old Dominion Aquatic Club

5165 Stratford Chase Dr, Virginia Beach, VA 23464

**Contact:** Karen Keenan

karensundahl@swimodac.com

(757) 471-1828

**Head Coach:** Stephen Bialorucki

stevebialorucki@swimodac.com

(757) 471-1828

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

## PSDN

### Poseidon Swimming Inc

5050 Ridgedale Pkwy, North Chesterfield, VA 23234-4741

**Contact:** Marla Shreve

admin@poseidonswimming.com

(804) 447-2487

**Head Coach:** William Sallade

tedpsdn@poseidonswimming.com

(804) 447-2487

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

## PWSC

### Prince William Swim Club

5936 Moonbeam Dr, Woodbridge, VA 22193-6016

**Contact:** Jamie Gaskill

gaskills6@verizon.net

(571) 275-4621

**Head Coach:** Scott O'Reilly

spoirish98@gmail.com

(901) 481-8625

**Website:** <http://www.pwscamberjax.org>

## 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>

## 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

coachmike1130@gmail.com

(804) 646-8088

**Website:**

## RAPP

### Rappahannock Raiders Swim Club

PO Box 463, King George, VA 22485-0463

**Contact:** Delwyn Jones

djones.raiders@gmail.com

(540) 623-7108

**Head Coach:** Delwyn Jones

djones.raiders@gmail.com

(540) 207-2527

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

## RAYS

### Rappahannock Y Swim Team

PO Box 866, Stafford, VA 22555-0866

**Contact:** Bob Herlinger

stingraybob93@verizon.net

(540) 207-0846

**Head Coach:** Robert Herlinger

stingraybob93@verizon.net

(540) 207-0846

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

## RICH

### Spider Swimming

28 Westhampton Way, The Robins Center,

Richmond, VA 23173-0001

**Contact:** Matt Barany

mbarany@richmond.edu

(804) 289-8750

**Head Coach:** Matthew Barany

mbarany@richmond.edu

(804) 289-8750

**Website:**

## RPST

### Regency Park Swim Team

6105 N Danford St, Fredericksburg, VA 22407-8383

**Contact:** Andy Baciocco

rpstcoach@comcast.net

(540) 846-3580

**Head Coach:** Andrew Baciocco

rpstcoach@comcast.net

(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

**Contact:** Scott Thacker

scott.thacker@smacswimming.org

(540) 943-9622

**Head Coach:** Scott Thacker

coach.scott.thacker@gmail.com

(804) 624-0121

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

## STAT

### Stafford Aquatics Team

PO Box 836, Stafford, VA 22555-0836

**Contact:** Kim Correa

correakim4@gmail.com

(540) 220-9338

**Head Coach:** Boris Rybatsky

rbz1950@gmail.com

(540) 645-0604

**Website:** [www.swimstat.org](http://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](http://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

ccharley9@hotmail.com

(540) 463-5441

**Website:** [www.rockbridgeswimms.org](http://www.rockbridgeswimms.org)

## TAC

### Tidewater Aquatic Club

PO Box 16304, Chesapeake, VA 23328-6304

**Contact:** Jessica Livsey

jhm329@gmail.com

(757) 373-0199

**Head Coach:** Jessica Livsey

jhm329@gmail.com

(757) 683-6135

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

## TIDE

### Tide Swimming

PO Box 4224, Virginia Beach, VA 23454-0224

**Contact:** Jennie Carder

jennie@tideswimming.com

(757) 306-0591

**Head Coach:** Joshua Fulton

coachjosh@tideswimming.com

(757) 218-3987

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

## TRIB

### Tribe Aquatics

84 Teal Way, Williamsburg, VA 23188-1695

**Contact:** Matthew Crispino

mecrispino@wm.edu

(757) 221-3393

**Head Coach:** Matthew Crispino

mecrispino@wm.edu

(757) 221-3393

**Website:**

## 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](http://www.valleyswimteam.com)

## 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

mecrispino@wm.edu

(757) 221-3393

**Website:** [tribeathletics.com](http://tribeathletics.com)

## WFS

### Woodberry Forest Swimming

42 Woodberry Sta, Woodberry Forest, VA 22989-8005

**Contact:** Gregory Guldin

gregory\_guldin@woodberry.org

(540) 672-3900

**Head Coach:** Gregory Guldin

gregory\_guldin@woodberry.org

(540) 672-3900 Ext: 5300

**Website:** [www.woodberry.org](http://www.woodberry.org)

## 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>

## WAC

### Williamsburg Aquatic Club

3013 South Ct, Williamsburg, VA 23185-3819

**Contact:** Harold Baker

coachharold2@cox.net

(757) 229-8662

**Head Coach:** Henry Baker

coachharold2@cox.net

(757) 229-8662

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

## WST

### Winchester Swim Team

PO Box 3157, Winchester, VA 22604-2357

**Contact:** Kim Dooley

kimdooley@comcast.net

(540) 539-6723

**Head Coach:** Thomas Grove

wstswim@hotmail.com

(540) 539-4440

**Website:** [www.winchesteswimteam.com](http://www.winchesteswimteam.com)

## YMST

### YMCA Marlin Swim Team

3 Starling Ave, Martinsville, VA 24112-2921

**Contact:** Joseph Compton

coachjoe@martinsvillemca.com

(276) 340-6513

**Head Coach:** Joseph Compton

jacompton@aumail.averett.edu

(276) 632-6427

**Website:**

**Contact:**

**Head Coach:**

**Website:**

**Contact:**

**Head Coach:**

**Website:**

## YRVS

### YMCA of Roanoke Valley Swimming

1126 Kime Ln, Salem, VA 24153-5301

**Contact:** Cathy Shenal

cshenal@hotmail.com

(540) 387-9622

**Head Coach:** Marianne Fleenor

fleenor2@gmail.com

(540) 388-3875

**Website:** [www.ymcaroanoke.org](http://www.ymcaroanoke.org)

**Contact:**

**Head Coach:**

**Website:**

**Contact:**

**Head Coach:**

**Website:**