



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: Beth Valentine (540) 885-8089

beth@saymca.org

Head Coach: Jack Taylor (757) 675-5105

jack@saymca.org

BASS

Battlefield Area Star Swimmers

PO Box 222 Madison, VA 22727-0222 www.swimbass.com

Contact: Ann Wood (540) 718-6933

annwood304@gmail.com

Head Coach: Kelsey Reott (724) 841-1799

kreott14@gmail.com

BASS-S

Bass South

1607 Bell Farms Ln Palmyra, VA 22963-5076

Contact: Cosmo DiFazio (434) 589-6166

cos.difazio@gmail.com

Head Coach: Cosmo DiFazio (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: Wes Foltz (981) 789-1654

wesfoltz@virginia.edu

Head Coach: Todd DeSorbo (919) 606-2052

tdesorbo@virginia.edu



CCA

Carter Center Aquatics

4254 Colonial Ave Roanoke, VA 24018-4009 <http://www.ccamarlins.com/>

Contact: Amina Serir (540) 853-2621

aserir@ccamarlins.com

Head Coach: Amina Serir (540) 761-9488

aserir@ccamarlins.com



CGBD

Coast Guard Blue Dolphins

607 Lotz Dr Yorktown, VA 23692-2179

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

Contact: Steve Hennessy (757) 478-6601

coachsteve2423@gmail.com

Head Coach: Stephen Hennessy (757) 450-0706

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: Craig Clift (757) 729-2609

cclift@weinsteinjcc.org

Head Coach: Craig Clift (757) 729-2609

cclift@weinsteinjcc.org

DYST

Danville YMCA Swim Team

215 Riverside Dr Danville, VA 24540

www.ymcadanville.org

Contact: Jenna Leach (434) 792-0621

jenna.leach@ymcadanville.org

Head Coach: Jenna Leach (757) 927-5123

jenna.leach@ymcadanville.org



ECAT

East Coast Aquatic Team

857 Shoal Creek Trl Chesapeake, VA 23320-9409

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 (434) 842-4210

larsonj@fuma.org

Head Coach: Jon Larson (814) 404-6688

larsonj@fuma.org



GATR

Virginia Gators

2721 Brambleton Ave SW Roanoke, VA 24015-4307 <http://www.viriniagators.com/>

Contact: Brett Fonder (540) 344-2644

brett@viriniagators.com

Head Coach: Douglas Fonder (540) 397-0505

dougfonder@gmail.com



GATR-C

GATR - Charlottesville

707 Belvedere Blvd Charlottesville, VA 22901-3200 www.viriniagators.org

Contact: Cathy O'Hara (703) 475-1874

cvillegators@gmail.com

Head Coach: John Bean (434) 882-2003

gatorbean@embarqmail.com





GATR-V

GATR - Harrisonburg

PO Box 984 Harrisonburg, VA 22803-0984 www.vastswimming.org

Contact: Beth Arnold (540) 568-6532 arnoldeaa@gmail.com

Head Coach: Justin Racer (434) 305-7449 swimmer0950@gmail.com



HOKI

H2okie Aquatics

PO Box 1076 Christiansburg, VA 24068-1076 <http://www.h2okieaquatics.org/>

Contact: Scott Baldwin (540) 998-2327 edbaldwi@vt.edu

Head Coach: Edward Baldwin (540) 998-2327 edbaldwi@vt.edu

KFY

Kirk Family YMCA Kraken

520 Church Ave SW Roanoke, VA 24016-5012

Contact: Frank Hughes (540) 342-9622 frank77hughes@gmail.com

Head Coach: Francis Hughes (540) 986-5846 frank77hughes@gmail.com

LASO

Lifetime Aquatic Swim Org

1212 Snider St Marion, VA 24354-4222

Contact: Kyle Doty (810) 494-1436 doty.kyle@gmail.com

Head Coach: Kyle Doty (810) 494-1436 doty.kyle@gmail.com

LIB

Liberty Aquatics

1971 University Blvd Lynchburg, VA 24515-0002

Contact: Jake Shellenberger (717) 468-6115 jashellenger@liberty.edu

Head Coach: Jacob Shellenberger (717) 468-6115 jashellenberger@liberty.edu



LY

Lynchburg YMCA Swim Team

105 Fox Hollow Rd Lynchburg, VA 24503-3858 <http://www.lyswimming.org/>

Contact: Ryan Woodruff (919) 943-6420 ryan.d.woodruff@gmail.com

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

Contact: Karen Keenan (757) 373-8111 swimodac@msn.com

Head Coach: Stephen Bialorucki (757) 471-1828 stevebialorucki@swimodac.com



PSDN

Poseidon Swimming Inc

10800 Center View Dr North Chesterfield, VA 23235-4757 <http://www.poseidonswimming.com/>

Contact: Becky Hofmann (833) 796-3278 admin@poseidonswimming.com

Head Coach: William Sallade (804) 334-2804 tedpsdn@poseidonswimming.com



PSDN-H

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: Lorena Caballero (703) 730-5550 colore5@comcast.net

Head Coach: Lorena Caballero (703) 473-5676 colore5@comcast.net



QSTS

Quest Swimming

6800 Deer Run Dr Midlothian, VA 23112-1902 www.questswimming.com

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

Head Coach: Dudley Duncan (804) 640-5714 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) 207-0846 robert.herlinger@gmail.com

Head Coach: Robert Herlinger (540) 207-0846 robert.herlinger@gmail.com

RICH

Spider Swimming

28 Westhampton Way Richmond, VA 23173-0001

Contact: Matt Barany (804) 289-8750 mbarany@richmond.edu

Head Coach: Matthew Barany (804) 349-4659 mbarany@richmond.edu

SCAT

Star City Aquatic Team

2740 Chateau Ct Roanoke, VA 24012-6782 <http://starcityaquaticteam.activesb.net/>

Contact: Jennifer Copening (540) 819-6784 jencopening@gmail.com
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) 897-6127 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 [Daniel Smith](mailto:Daniel.Smith@ymcavbr.org)
Head Coach: Daniel Smith (804) 402-2233 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: Bill Nicholson (540) 471-7152 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: Jonathan Kaplan (864) 508-2961 jonathan.kaplan@swimrichmond.org



STAT

Stafford Aquatics Team

PO Box 836 Stafford, VA 22555-0836 www.swimstat.org

Contact: Delwyn Jones (540) 207-2527 djones.stat@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) 303-6566 allison@swimkids.us
Head Coach: Kristen Bartlett (703) 396-7946 krissy@swimkids.us

STRM

Rockbridge Storm Swim Team

PO Box 1552 Lexington, VA 24450-1552 www.rockbridgeswimms.org

Contact: Leslie Ayers (540) 464-3663 forswimming@gmail.com
Head Coach: Leslie Ayers (540) 463-5441 forswimming@gmail.com



TAC

Tidewater Aquatic Club

PO Box 6141 Norfolk, VA 23508-0141

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

Contact: Jessica Livsey

(757) 373-0199

jhm329@gmail.com

Head Coach: Jessica Livsey

(757) 683-6135

jhm329@gmail.com



TIDE

Tide Swimming

726 10th St Virginia Beach, VA 23451-4525

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

Contact: Richard Hunter

(757) 306-0591

coachrichard@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: Virginia Moffitt

(703) 327-9099

coachginger@swim4theclub.com

Head Coach: Virginia Moffitt

(703) 401-0686

coachginger@swim4theclub.com

TRIB

Tribe Aquatics

84 Teal Way Williamsburg, VA 23188-1695

Contact: Matthew Crispino

(757) 903-7111

mecrispino@wm.edu

Head Coach: Matthew Crispino

(757) 221-3393

mecrispino@wm.edu



TSU

Tsunami Swimming

365 Belle Plains Rd Falmouth, VA 22405-3435

<http://tsunamiswimming.org/>

Contact: Peter Maloney

(540) 371-4369

swimcoachpeter@yahoo.com

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: Beth Arnold

(540) 568-6532

arnoldeaa@gmail.com

Head Coach: Justin Racer

(434) 305-7449

swimmer0950@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: Jeffery Reed

(434) 877-0135

slwjbr@comcast.net

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

(732) 586-2525

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

coachwst@gmail.com

YMST

YMCA Marlin Swim Team

3 Starling Ave Martinsville, VA 24112-2921

Contact: Caitlin Lacy

(276) 632-6427

martinsvillemarlins1@gmail.com

Head Coach: Caitlin Lacy

(276) 224-4883

caitlinlacy01@gmail.com

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