

CENTRAL PENN AQUATIC LEAGUE

www.swimcpal.org

OFFICERS 2011-2012

COMMISSIONER:	Tim Reed 8705 Lemar Road Greencastle, PA 17225	PHONE: H: 597-8432 W: 328-5221 Cell: 658-4208 E MAIL: timreed8705@comcast.net
VICE COMMISSIONER:	Kathy Wingert 135 Tanglewood Ct. Lebanon, PA 17042	H: 279-0696 W: Cell: 507-9896 E MAIL: dkwingert@comcast.net
SECRETARY:	Donna Sprowls 504 Cocklin Street Mechanicsburg, PA 17055	H: 766-8075 W: Cell: 649-7919 E MAIL: SPROWLSD@aol.com
TREASURER:	Laura Strayer 362 Goldfinch Drive Palmyra, PA 17078	H: 838-7902 W: Cell: 813-7902 E MAIL: LLSCStrayer@comcast.net

CENTRAL PENN AQUATIC LEAGUE

COACHES AND REPRESENTATIVES 2010-2011

BIG SPRING AQUATIC CLUB (BSAC)

COACH: Nick Miller

ADDRESS: 114 Wildwood Road
Newville, PA 17241

PHONE: H: 776-6103

W:
Cell: 448-4362

E MAIL: nrmswimsfast@yahoo.com

TIME OF WARM UP: 8:30 a.m.

AQUA DOGS

REP: Roger Thrush

ADDRESS: 15 Beecher Drive
Carlisle, PA 17015

PHONE: H: 385-3714

W:

E MAIL: rthrush@kuhncom.net

TIME OF MEET: 9:00 a.m.

DIVISION 1A

COLLEGIATE AQUATICS (CA)

COACH: Kurt Sprowls

ADDRESS: 118 East Simpson Street
Mechanicsburg, PA 17055

PHONE: H:

W:
Cell: 372-3644 (Kurt)

E MAIL: collegiateaquatics@yahoo.com (Kurt)

TIME OF WARM UP:

REP: Donna Sprowls

ADDRESS: 504 Cocklin Street
Mechanicsburg, PA 17055

PHONE: H: 766-8075

W:
Cell: 649-7919

E MAIL: SPROWLSD@aol.com

WEB SITE: CollegiateAquatics.org

TIME OF MEET:

DIVISION 3A

Kurt Sprowls

CUMBERLAND VALLY AQUATIC CLUB (CVAC)

COACH: Caleb Courage

ADDRESS:

PHONE: H: 658-5506

W:

E MAIL: caleb.courage@gmail.com

TIME OF WARM UP: 8:30 a.m.

DIVISION 4A

REP: Brenda McVeagh

ADDRESS: 3809 Harness Lane
Camp Hill, PA 17011

PHONE: H: 730-9288

W:

Cell: 645-9533

E MAIL: bmcveagh1@verizon.net

WEB SITE: www.swimcvac.org

TIME OF MEET: 9:00 a.m.

EAST PENNSBORO AQUATIC CLUB (EPAC)

COACH: LuAnn Hetherington

ADDRESS: 303 Hickory Hill Ter. (LuAnn)
Harrisburg, PA 17019

PHONE: H: 541-4363

W: 302-4903

Cell: 215-4054

E MAIL: lpheather@msn.com

TECH COORDINATOR: Brian Kauffman

TIME OF WARM UP: 8:30 a.m.

DIVISION 2A

REP: Elizabeth Groff

ADDRESS: 23 Hazelwood Path
Mechanicsburg, PA 17050

PHONE: H: 728-0672

W: 732-0771, Ext. 3520

Cell: 919-1335

E MAIL: mommybub@comcast.net

WEB SITE: www.epac.org

TIME OF MEET: 9:00 a.m. or negotiable

ELIZABETHTOWN AQUATIC CLUB (EAC)

COACH: Ken Chandler

ADDRESS: 317 W. Donegal St.
Mt. Joy, PA 17552

PHONE: H: 653-9106

W: 371-0782

E MAIL: kenbeth@comcast.net

TIME OF WARM UP: 8:00 a.m.

GATORS

REP: Mike Nolt

ADDRESS: 508 Prospect Road
Elizabethtown, PA 17022

PHONE: H: 367-2579

W: 534-5032

Cell: 982-3325

E MAIL: nolt4@comcast.net

TIME OF MEET: 8:30 a.m.

DIVISION 3A

EPHRATA

COACH: Justin Brown

ADDRESS:

PHONE: H:

W: 738-1167, Ext. 112
Cell: 475-2393

E MAIL: jbrown@ephratarec.com

TIME OF WARM UP: 12:30 p.m.

DIVISION 2A

REP: Ellen Valent

ADDRESS: 130 S. Academy Drive
Ephrata, PA 17522

PHONE: H: 733-3402

W:
Cell: 484-955-6558

E MAIL: mevrnr@ptd.net

WEB SITE: ephratatidalwaves.com

TIME OF MEET: 1:00 p.m.

FALCON SWIM CLUB OF LEBANON Y (FSC/LEBY)

COACH: Dustin Long **ASST. COACH :** Bethany Lyter

ADDRESS: 408 Julian Street 19 Aspen Way
Williamstown, PA 17098 Lebanon, PA 17046

PHONE: H: 350-2969 274-9649

W:

E MAIL: dlong@lebanonymca.org blyter@hmc.psu.edu

TIME OF WARM UP: 12:20 p.m.

DIVISION 3A

REP: Dustin Long

ADDRESS:

PHONE: H:

W:

E MAIL:

TIME OF MEET: 1 p.m.

GETTYSBURG YWCA (GETY)

COACH: Megan Maslowski/Matt Teeter

ADDRESS: YWCA. Gettysburg & Adams County
909 Fairfield Rd.
Gettysburg, PA 17325

PHONE: Cell: 253-1706 - Megan

Cell: 253-4933- Matt

E MAIL: sharkscoaches@gmail.com

TECH COORDINATOR: Megan Maslowski, 253-1706, mlmaslowski@gmail.com

TIME OF WARM UP: 8:30 a.m.

SHARKS

REP: Jay Ondrizek

ADDRESS: 1525 Biglerville Rd.
Gettysburg, PA 17325

PHONE: H: 334-1517

W:
Cell: 339-8107

E MAIL: jondrizek@adamscounty.us
Condrizek30@hotmail.com

WEB SITE: eteams.com/gettysburgsharks

TIME OF MEET: 9:00 a.m.

DIVISION 1A

10/04/11

HERSHEY AQUATIC CLUB (HAC)

COACH: Greg Fastrich

ADDRESS: 914 Cambridge Ct.
Palmyra, PA 17078

PHONE: H: 832-1024

W: 856-3089

E MAIL: Fasty4@aol.com

TIME OF WARM UP: 7:25 a.m..

DIVISION 4A

REP: Sylvia Buxton

Jeff Fastrich

ADDRESS: 254 Jacobs Creek Drive
Hershey, PA 17033

532 Shepherd St.
Jonestown, PA 17038

PHONE: H: 533-4114

865-9482

W:

821-0447

Cell: 329-6018

E MAIL: sbuxton@hersheys.com

Fasty3@aol.com

TIME OF MEET: 8:00 a.m.

LEBANON VALLEY SWIM TEAM (LVST)

COACH: Jim Gardner

ADDRESS: 149 N. Moyer Street
Annville, PA 17003

PHONE: H: 867-4918

W: 867-4656

Cell: 270-7012

E MAIL: maryjimgardner@verizon.net
maryjimgardner@verizon.net

TECH COORDINATOR: carl.gehenio@gestech.com

TIME OF WARM UP: 7:45 a.m.

OTTERS

REP: Kathy Wingert

ADDRESS: 135 Tanglewood Ct.
Lebanon, PA 17042

PHONE: H: 279-0696

W:

Cell: 5079896

E MAIL: dkwingert@comcast.net

TIME OF MEET: 8:30 a.m.

DIVISION 4A

LOWER PAXTON AQUATIC CLUB (LPAC)

COACH; Rusty Owens

Kim Wise

ADDRESS: 4437 Avon Drive
Harrisburg, PA 17112

124 Shirley Drive
Middletown, PA 17057

PHONE; H: 652-3552

W:

439-4999

E MAIL: RustyOSwim@comcast.net
Kswim624@cpmcast.net

TIME OF WARM UP:

REP: Michele Mata

ADDRESS: 104 Tupelo Street
Harrisburg, PA 17110

PHONE: H: 5456158

W:

Cell: 329-8338

E MAIL: michele.mata@yahoo.com

TIME OF MEET:

DIVISION 4A

MARAUDER AQUATIC CLUB (MARA)

COACH: Kyle Almoney & Jillian Almoney

ADDRESS: 19 Landis Ave.
Millersville, PA 17551

PHONE: H: 818-4392

W: 872-3872

E MAIL: JBswim02@yahoo.com

TIME OF WARM UP: 8:00 a.m.

DIVISION 3A

REP: Andrea Morgan

ADDRESS: 93 Leaman Road
Lancaster, PA 17603

PHONE: H: 468-4438

W:

E MAIL: smamorgan@gmail.com

IME OF MEET: 8:30 a.m.

MECHANICSBURG SWIM CLUB (MSC)

COACH: Dan Gray

ADDRESS: 132 Center Street
Carlisle, PA 17013

PHONE: H:

W:

Cell: 301-928-5268

E MAIL: danielgray1983@hotmail.com

TIME OF WARM UP: 8:30 a.m.

DIVISION 1A

REP: John Kopacko

ADDRESS: 218 E. Chestnut St.
Shiremanstown, PA 17011

PHONE: H: 761-1794

W: 610-2552

Cell: 645-3971

E MAIL: kopackoj@us.ibm.com

TIME OF MEET: 9:00 a.m.

MERCERSBURG SWIM CLUB (MASC)

COACH: Domenic Gocella

ADDRESS: 4331 Lemar Road
Mercersburg, PA 17236

PHONE: H: 328-0092

W:

Cell: 491-0550

E MAIL: domenic_gocella2002@hotmail.com

TIME OF WARM UP: 8:30 a.m.

GATORS

REP: Tim Reed

ADDRESS: 8705 Lemar Road
Greencastle, PA 17225

PHONE: H: 597-8432

W: 328-5221

Cell: 658-4208

E MAIL: timreed8705@comcast.net

TIME OF MEET: 9:00 a.m.

DIVISION 1A

10/04/11

NORTHERN YORK AQUATIC CLUB (NYAC)

COACH: Scott Zacharda

ADDRESS: 410 Fallowfield Rd.
Camp Hill, PA 17011

PHONE: H: 487-9500

W: 487-9500

E MAIL: scott@wsyswim.org

TIME OF WARM UP: 12:30 p.m.

DIVISION 4A

REP: Sandy Jumper

ADDRESS: 20 Cobblestone Drive.
Carlisle, PA 17015

PHONE: H: 249-8053

W: 605-7753
Cell: 385-4895

E MAIL: deedlesdbj@earthlink.net

WEB SITE: swimnyac.org

TIME OF MEET: 1 p.m.

PALMYRA AQUATIC CLUB (PACS)

COACH: Cynthia Lyons

ADDRESS: 1361 Mill Pond Way
Palmyra, PA 17078

PHONE: H: 838-9165

W:
Cell: 507-8589

E MAIL: CSLYONS@LMF.NET

Walt Smith

109 Sherfield Court
Elizabethtown, PA 17022

813-7975

wsmith@norlebk12.pa.us

TECH COORDINATOR: Laura Strayer, llscstrayer@comcast.net

TIME OF WARM UP: 7:45 a.m..

SHARKS

REP: Laura Strayer

ADDRESS: 362-Goldfinch Drive
Palmyra, PA 17078

PHONE: H: 838-7902

W:
Cell: 813-7902

E MAIL: llscstrayer@comcast.net

WEB SITE: palmyrasharks.com

TIME OF MEET: 8:30 a.m.

DIVISION 2A

SEA LIONS SWIM TEAM (SLST)

COACH: Jack Yeager

ADDRESS: P. O. Box 42
Hummelstown, PA 17036

PHONE: H: 944-8052

W: 648-8901

E MAIL: swimsealions@gmail.com

TIME OF WARM UP: 12:30 p.m.

DIVISION 2A

REP: Kira Yeager

ADDRESS: 1512 Hillsdale Rd.
Middletown, PA 17057

PHONE: H: 944-8052

W:
Cell: 648-8903

EMAIL: jyeager007@comcast.net

TIME OF MEET: 1:00 p.m.

Angie Durantine

133 S. Walnut Street
Hummelstown, PA
17036

566-7340

350-0428

adurantine@verizon.net

SHIPPENSBURG AQUATIC CLUB (SAC)

COACH: Jeff Kaminski

ADDRESS: 205 Parker St., Apt 4
Carlisle, PA 17013

PHONE H;

W:
Cell: 713-0453

E MAIL: jk2979@yahoo.com

TIME OF WARM UP: 8:30 a.m.

SHARKS

REP: Scott Wright

ADDRESS: 17 S.M.E.
Shippensburg, PA 17257

PHONE: H: 530-6716

W:
Cell: 729-7062

E MAIL: S.R.Wright87@gmail.com

WEB SITE: www.swimship.org

TIME OF MEET: 9:00 a.m.

DIVISION 1A

SOUTH MIDDLETON SWIM CLUB (SMSC)

COACH: Victor Elliott
Asst. Coach: Ron Patterson

ADDRESS: 11 Hedge Row Lane
Carlisle, PA 17015

PHONE: H: 960-9229

W: 245-3116
Cell: 443-0410

E MAIL: texas_elliott@yahoo.com

TIME OF WARM UP: 8:30 a.m.

SHARKS

REP: Scott Shively

ADDRESS: 114 Woodview Drive
Mt. Holly Springs, PA
1705

PHONE: H: 486-3030

W: 610-9146
Cell: 773-2058

E MAIL: sskshnives@embarqmail.com trostle56@yahoo.com
Thetrostles@comcast.net

WEB SITE: www.smscsharks.com

TIME OF MEET: 9:00 a.m.

DIVISION 3A

Jason Trostle

516 Hillcrest Drive
Carlisle, PA 17015

713-5856

AQUATIC CLUB OF WEST SHORE (ACWS)

COACH: Dave Horton

ADDRESS:

PHONE: H:

W:

E MAIL: hortonpa_0001@msn.com

TIME OF WARM UP: 9:00 a.m.

SEA SERPENTS

REP: Tim Kurland

ADDRESS: 202 Alanthia Lane
Etters, PA 17319

PHONE: H: 932-0654

W: 525-9461
Cell: 798-5531

E MAIL: tvmn4k@epix.net

WEB SITE: www.seaserpents.org

TIME OF MEET: 10:00 a.m.

DIVISION 2A

