

CENTRAL PENN AQUATIC LEAGUE

www.swimcpal.org

OFFICERS 2012-2013

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 2A

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 2A

REP: Jami Hutton

ADDRESS: 28 Teaberry Drive
Carlisle, PA 17015

PHONE: H: 697-7073

W:

Cell: 609-7148

E MAIL: jlh98@comcast.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: lpgether@msn.com

TECH COORDINATOR: Brian Kauffman

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

DIVISION 1A

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 mnolt@hersheys.com

TIME OF MEET: 8:30 a.m.

DIVISION 2A

EPHRATA (ETW)

COACH: Cindy Drob

ADDRESS: 524 Hamilton St.
Lancaster, PA 17602

PHONE: H:
W: 738-1167
Cell: 475-7973

E MAIL: cdrob@ephratarec.com
cindycmch@gmail.com

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

TIDAL WAVES

REP: Rachel Young

ADDRESS: 1298 Hammon Ave.
Ephrata, PA 17522

PHONE: H: 615-4412
W:
Cell:

E MAIL: R-young@easdpa.org

WEB SITE: ephratatidalwaves.com

TIME OF MEET: 1:00 p.m.

DIVISION 3A

GETTYSBURG YWCA (GETY)

COACH: Megan Maslowski

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

PHONE: Cell: 253-1706

E MAIL: sharkscoaches@gmail.com

TECH COORDINATOR: Megan Maslowski, 253-1706, mmmaslowski@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

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..

REP: Jeff Snavelly

ADDRESS: .

PHONE: H: 350-5538

W:

E MAIL: jssnavely@hotmail.com

TIME OF MEET: 8:00 a.m.

DIVISION 3A

Steve Koons

919-2944

skoons@hershey.k12.pa.us

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

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 2A

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@comcast.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 3A

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.

REP: Jillian Almoney

ADDRESS: 19 Landis Ave.
Millersville, PA 17551

PHONE: H: 799-0126

W:

E MAIL: JBswim02@yahoo.com

IME OF MEET: 8:30 a.m.

DIVISION 3A

12/18/12

MECHANICSBURG SWIM CLUB (MSC)

COACH: Dan Gray

ADDRESS: 2 Burgners Mill Road
Carlisle, PA 17015

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

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 3A

REP: Sandy Jumper

ADDRESS: 20 Cobblestone Drive.
Carlisle, PA 17015

PHONE: H: 249-8053

W: 605-7753
Cell: 385-4895

E MAIL: deedlesbj@earthlink.net

WEB SITE: swimnyac.org

TIME OF MEET: 1 p.m.

12/18/12

SOUTH MIDDLETON SWIM CLUB (SMSC)

COACH: Drew Hagerich

ADDRESS:

PHONE: H:

W:
Cell: 448-1121

E MAIL: dh6607@gmail.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: scott.shively@unisourcelink.com

WEB SITE: www.smscsharks.com

TIME OF MEET: 9:00 a.m.

DIVISION 2A

AQUATIC CLUB OF WEST SHORE (ACWS)

COACH: Jesus' Lanzol

ADDRESS:

PHONE: H: 728-6162

W:

E MAIL: Junitorod@hotmail.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: tvnm4k@epix.net

WEB SITE: www.seaserpents.org

TIME OF MEET: 10:00 a.m.

DIVISION 1A