

CPAL Contact Information

(Revised 09/12/2013)

Officers 2013-2014

Commissioner:

Tim Reed

Email: timreed8705@comcast.net

Phone: H 717-597-8432 C 717-658-4208 W 717-328-5221

Address: 8705 Lemar Rd, Greencastle, PA 17225

Vice Commissioner:

Kathy Wingert

Email: dkwingert@comcast.net

Phone: H 717-279-0696 C 717-507-9869

Address: 135 Tanglewood Ct., Lebanon, PA 17042

Secretary:

Liz Groff

Email: mommybub@comcast.net

Phone: H 717-728-0672 C 717-919-0335 W 717-732-0771

Address: 23 Hazelwood Path, Mechanicsburg, PA 17050

Treasurer:

Laura Strayer

Email: LLSCstrayer@comcast.net

Phone: H 717-838-73-902 C 717-813-7902 W

Address: 362 Goldfinch Drive, Palmyra, PA 17078

Coaches and Representatives

Aquatic Club of West Shore-ACWS

(www.seaserpents.org)

Coach: Dave Horton

Email: hortonpa.0001@msn.com

Phone: C

H 329-2420

W

Address:

Rep: Tim Kurland

Email: tvmn4k@epix.net

Phone: C 798-5531

H 932-0654

W 525-9461

Address: 202 Alanthia Lane, Etters, PA 17319

Rep: Roger Thrush

Big Spring Aquatic Club- BSAC

Coach: Suzanne Brazeau

Email: sbrazeau9@gmail.com

Phone: C 302-562-5653

H

W

Address: 120 East Lowther St, Apt C,
Carlisle, PA 17013

Rep: Roger Thrush

Email: rthrush@kuhncom.net

Phone: C

H 385-3714

W

Address: 15 Beecher Drive, Carlisle, PA 17015

Cumberland Valley Aquatic Club

(www.swimcvac.org) CVAC

Coach: Caleb Courage

Email: cvaccoaches@gmail.com,
caleb.courage@gmail.com

Phone: C (717) 658-5506

Address: 129 Wynnwood Drive
Carlisle, PA 17013

Rep: Jami Hutton

Email: jlh98@comcast.net

Phone: C 609-7148

H 697-7073

W

Address: 28 Teaberry Drive, Carlisle, PA 17015

East Pennsboro Aquatic Club-EPAC

(www.epac.org)

Coach: LuAnn Hetherington

Email: lpheather@gmail.com

Phone: C 215-4054

H 541-4363

W 302-4903

Address: 303 Hickory Hill Terrace,
Harrisburg, PA 17019

Rep: Rob Smith

Email: rsmith@pavone.net

Phone: C 695-1838

H

W

Address: 1056 Hemlock Lane
Enola, PA 17025

Elizabethtown Aquatic Club-EAC

Coach: Ken Chandler

Email: kenbeth@comcast.net

Phone: C

H 653-9106

W 371-0782

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

Rep: Mike Nolt

Email: nolt4@comcast.net
mnolt@hersheys.com

Phone: C 982-3325

H 367-2579

W 5345032

Address: 508 Prospect Road
Elizabethtown, PA 17022

Ephrata-ETW

(ephratarectidalwaves.com)

Coach: Cindy Drob

Email: cdrob@ephratarec.com
cindycrnch@gmail.com

Phone: C 475-7973

W 738-7973 x112

Address: 524 Hamilton Street
Lancaster, PA 17602

Rep: Rachel Young

Email: rjyteach@icloud.com
r_young@easdpa.org

Phone: C

H 615-4412

W

Address: 1298 Hammon Ave
Ephrata, PA 17522

Gettysburg YWCA-GETY

(www.swimburg.org)

Coach: Megan Maslowski

Email: sharkscoaches@gmail.com

Phone: C 253-1706

H

W

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

Lebanon Valley Swim Team- LVST

(www.swimotters.org)

Coach: Jim Gardner

Email: maryjimgardner@verizon.net

Phone: C 270-7012

H 867-4918

W 867-4656

Address: 149 N Moyer St
Annville, PA 17003

Lower Paxton Aquatic Club- LPAC

Coach: Rusty Owens Kim Wise

Email: RustyOswim@comcast.net
kswim624@comcast.net

Phone: C

H 652-3552

W 439-4999

Address: 4437 Avon Drive
Harrisburg, PA 17112

Rep: Jay Ondrizek

Email: jondrizek@adamscounty.us
condrizek30@hotmail.com

Phone: C 339-8107

H 334-1517

W

Address: 1525 Biglerville Rd
Gettysburg, PA 17325

Rep: Kathy Wingert

Email: dkwingert@comcast.net

Phone: C 507-9896

H 279-0696

W

Address: 135 Tanglewood Ct.
Lebanon, PA 17042

Rep: Michele Mata

Email: Michele.mata@yahoo.com

Phone: C 329-8338

H 545-6158

W

Address: 104 Tupelo St.
Harrisburg, PA 17110

Mechanicsburg Swim Club- MSC

Coach: Greg Bryant

Email: coachgregbryant@yahoo.com

Phone: C 717-885-6135

H

Address: 416 Brandy Lane

Mechanicsburg PA 17055

Mercersburg Swim Club –MASC

Coach: Domenic Gocella

Email: domenic_gocella2002@hotmail.com

Phone: C 491-0550

H 328-0092

W

Address: 4331 Lemar Rd

Mercersburg, PA 17236

Palmyra Aquatics Club-PACS

(palmyrasharks.com)

Coach: Cynthia Lyons Walt Smith

Email: clyons@lmf.net wsmith@norlebk12.pa.us

Phone: C 507-8589 813-7975

H 838-9165

W

Address: 1361 Mill Pond Rd 109 Sherfield Ct

Palmyra, PA 17078 Elizabethtown, PA 17022

Rep: John Kopacko

Email: kopackoj@us.ibm.com

Phone C 645-3971

H 761-1794

W 610-2552

Address: 218 E Chestnut St

Shiremanstown, PA 17011

Rep: Tim Reed

Email: timreed8705@comcast.net

Phone C 658-4208

H 597-8432

W 328-5221

Address: 8705 Lemar Rd

Greencastle, PA 17225

Rep:

Email:

Phone C

H

W

Address:

Sea Lions Swim Team –SLST

(swimsealions.org)

Coach: Jack Yeager

Email: swimsealions@gmail.com

Phone: C

H 944-8052

W 648-8901

Address: P O Box 42
Hummelstown, PA 17036

Shippensburg Aquatic Club-SAC

(www.swimship.org)

Coach: Jeff Kaminski

Email: jk2979@yahoo.com

Phone: C 713-0453

H

W

Address: 7 Walnut Bottom Road
Shippensburg, PA 17257

South Middletown Swim Club- SMSC

Coach:

Email:

Phone: C

H

W

Address:

Rep: Kira Yeager

Angie Durantine

Email: jyeager007@comcast.net
adurantine@verizon.net

Phone C 648-8903

350-0428

H 944-8052

566-7340

W

Address: 1512 Hillsdale Rd 133 S Walnut St
Middletown, PA 17057 Hummelstown, PA

Rep: Scott Wright

Email: s.r.wright87@gmail.com

Phone C 729-7062

H 530-6716

W

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

Rep: Scott Shively

Email: scott.shively@unisourcelink.com

Phone C 773-2058

H 486-3030

W 610-9146

Address: 114 Woodview Drive
Mt Holly Springs, PA 17017