

CENTRAL PENN AQUATIC LEAGUE

www.swimcpal.org

OFFICERS 2009-2010

| | | |
|---------------------------|--|---|
| COMMISSIONER: | Bill Rhoads 2450 Raleigh Rd. Hummelstown, PA 17036 | PHONE: H: 566-5147 W: 564-6300 Cell: 329-5500 |
| | | E MAIL: wkrhoads@comcast.net |
| VICE COMMISSIONER: | Tim Reed 8705 Lemar Road Greencastle, PA 17225 | H: 597-8432 W: 328-5221 Cell: 658-4208 |
| | | E MAIL: timreed8705@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 2009-2010

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: Keith McCabe

ADDRESS: 35 Pennway Drive
Carlisle, PA 17015

PHONE: H: 258-3882

W: 760-3690 Ext. 120

E MAIL: sscr0612@yahoo.com
kmccabe@krec.com

TIME OF MEET: 9:00 a.m.

DIVISION 2A

CARLISLE YMCA (CYAA)

COACH: Tara Young

ADDRESS: Aquatic Director (Judy Schreiber)
311 S. West St.
Carlisle, PA 17013

PHONE: H:

W: 243-2525, Ext. 210
448-6291 (Tara)

E MAIL: jschreiber@carlislefamilyymca.org
tyoung@carlislefamilyymca.org

TECH COORDINATOR: Al Karper

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

SHARKS

REP: Rick Strahosky

ADDRESS: 904 Gobin Drive
Carlisle, PA 17013

PHONE: H: 245-0807

W:

E-MAIL: PatriciaStrahosky@comcast.net

WEB SITE: www.Carlislefamilyymca.org

TIME OF MEET: 1:00 p.m.

DIVISION 2A

COLLEGIATE AQUATICS (CA)

COACH: Erich Sprowls, Kurt Sprowls

ADDRESS: 118 East Simpson Street
Mechanicsburg, PA 17055

PHONE: H:

W: 870-1150 (Erich)
372-3644 (Kurt)

E-MAIL: elsprowls@yahoo.com
collegiateaquatics@yahoo.com (Kurt)

TIME OF WARM UP:

DIVISION 4A

REP: Donna Sprowls Kurt 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:

CUMBERLAND VALLY AQUATIC CLUB (CVAC)

COACH: Jack Weaver

ADDRESS:

PHONE: H:

W:

E MAIL: jweaver@cvschools.org

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

DIVISION 5A

REP: Steve Wickenheiser

ADDRESS: 1020 Turnbridge Lane
Mechanicsburg, PA 17050

PHONE: H: 728-1970

W:
Cell: 571-5999

E MAIL: smwickenheiser@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 (LuAnn)

E MAIL: luann.hetherington@highmark.com

TECH COORDINATOR: Susan Belles

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

DIVISION 2A

REP: Elizabeth Ruopp

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: Lisa Hitz

ADDRESS: 244 Cherry St.
Elizabethtown, PA 17022

PHONE: H: 367-9159

W: 358-1327
Cell: 799-9981

E MAIL: lhitz@rdibilling.com

TIME OF MEET: 8:30 a.m.

DIVISION 3A

FALCON SWIM CLUB (FSC)

INTERIM HEAD

COACH: Joe Donato

ASST. COACH : Bethany Lyter

REP: Lisa Frazier

ADDRESS: 536 Park Drive
Lebanon, PA 17042

19 Aspen Way
Lebanon, PA 17046

ADDRESS: 1128 Garden Avenue
Lebanon, PA 17046

PHONE: H: 273-7319

274-9649

PHONE: H: 273-3672

W:

W: 269-2067

E MAIL: jwdonato@hacc.edu

blyter@hmc.psu.edu

MAIL: msfrazier@comcast.net

TECH COORDINATOR; Paul Marakowski, 273-1450, paulmarakowski@comcast.net

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

TIME OF MEET: 1 p.m.

DIVISION 3A

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
Condriizek30@hotmail.com

WEB SITE: www.swimburg.org

TIME OF MEET: 9:00 a.m.

DIVISION 1A

HANOVER YMCA (HAY)

COACH: Laurie Flynn

ADDRESS: Hanover Area Family YMCA
North George Street
Hanover, PA 17331

PHONE: H:

W: 632-8211
Cell: 465-2508

E MAIL:

TECH COORDINATOR: Tim Flynn

H:
Cell:

TIME OF WARM UP: 12:30 p.m. (Until Jan. 1)
8:30 a.m. (starting 1/1/10)

STINGRAYS

REP: Sue Clauser/Laurie Flynn

ADDRESS: 130 Fawn Hill Road
Hanover, PA 17331

PHONE: H:

W:

E MAIL: emailcoachflynn@aol.com
suec@aol.com

TIME OF MEET: 1:00 p.m. (Until Jan. 1)
9:00 a.m. (After Jan. 1)

DIVISION 1A

HERSHEY AQUATIC CLUB (HAC)

COACH: Greg Fastrich

ADDRESS: 914 Cambridge Ct.
Palmyra, PA 17078

PHONE: H: 832-1024

W: 534-9113

E MAIL: Fastv4@aol.com

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

REP: Bill Rhoads

ADDRESS: 2450 Raleigh Rd..
Hummelstown, PA 17036

PHONE: H: 566-5147

W: 564-6300
Cell: 329-5500

E MAIL: wkrhoads@comcast.net
Fasty3@aol.com

TIME OF MEET: 8:00 a.m.

DIVISION 5A

Jeff Fastrich

532 Shepherd St.
Jonestown, PA 17038

865-9482

534-9113

LAMPETER Y (LAT)

COACH: Christine Butler

ADDRESS: 800 Village Rd.
Lancaster, PA 17603

PHONE: H;

W: 464-4000
Cell:

E MAIL: cbutler@lancasterymca.org

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

THUNDER

REP: Cindy Drob

ADDRESS; Lancaster YMCA
235 Harrisburg Ave,
Lancaster, PA 17603

PHONE: H:

W: 397-7474 Ext: 113
Cell: 475-7973

E-MAIL: cdrob@lancasterymca.org

TIME OF MEET: 1:00 p.m.

DIVISION 4A

LANCASTER FAMILY YMCA (LFYW)

COACH: Cindy Drob

ADDRESS: 265 Harrisburg Ave.
Lancaster, PA 17603

PHONE: H: 475-7973

W: 397-7474, Ext 113

E-MAIL: cdrob@lancasterymca.org

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

WHITE LIGHTNING

REP: Anne Wolosyn

ADDRESS: 42 Apricot Avenue.
Leola, PA 17540

PHONE: H: 661-7122

W:
Cell: 201-8885

E-MAIL: alwolosyn@comcast.net

TIME OF MEET: 1:00 p.m.

DIVISION 3A

LANCASTER FAMILY YMCA (LFYB)

COACH: Dan Graybill

ADDRESS: Lancaster YMCA
265 Harrisburg Ave.
Lancaster, PA 17603

PHONE: H: 393-7540

W:
Cell: 314-4895

E-MAIL: mtswim1@aol.com

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

BLUE BOLTS

REP: Karen Meck

ADDRESS: 1617 Glenn Rd.
Lancaster, PA 17601

PHONE: H: 393-4124

W:
Cell: 405-0940

E-MAIL: kmeck-obx@comcast.net

TIME OF MEET: 1:00 p.m.

DIVISION 5A

Beth Wolfe

2846 Countryside Dr.
Lancaster, PA 17601

368-3041

bethwolfe98@comcast.net

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: jgardner@acschools.org
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 5A

LEBANON YMCA (LEBY)

DIVISION 3A

COACH: Jaci Arnold

ADDRESS: Lebanon YMCA
201 North 7th Street
Lebanon, PA 17046

PHONE: H:

W: 273-2691
Cell: 507-2307

E MAIL: jarnold@lebanonymca.org

TECH COORDINATOR: Sue Gast – 228-0592 SuePatucky@aol.com

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

REP: Jaci Arnold

ADDRESS: Lebanon YMCA
201 North 7th Street
Lebanon. PA 17046

PHONE: H:

W: 273-2691
Cell: 507-2307

E MAIL: jarnold@lebanonymca.org

TIME OF MEET: 1:00 p.m.

LOWER PAXTON AQUATIC CLUB (LPAC)

COACH; Rusty Owens

ADDRESS: 4437 Avon Drive
Harrisburg, PA 17112

PHONE; H: 652-3552

W:

E-MAIL: RustyOSwim@comcast.net

TIME OF WARM UP:

DIVISION 5A

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:

MARAUDER AQUATIC CLUB (MARA)

COACH: Kyle Almoney

ADDRESS: 19 Landis Ave.
Millersville, PA 17551

PHONE: H: 818-4392

W: 872-3872

E MAIL: kalmoney@millersville.edu

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

DIVISION 1A

REP: Jillian Almoney

ADDRESS: 19 Landis Ave.
Millersville, PA 17551

PHONE: H: 799-0126

W:

E MAIL: JBswim02@yahoo.com

TIME OF MEET: 9:00 a.m.

MECHANICSBURG SWIM CLUB (MSC)

DIVISION 4A

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.

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 2A

NORTHERN DAUPHIN COUNTY YMCA (NDCY)

COACH: Dustin Long

ADDRESS: 408 Julian Street
Williamstown, PA 17098

PHONE: H: 350-2969

W:

E MAIL: coachd147@yahoo.com

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

GATORS

REP: Alan B. Davis

ADDRESS: 130 Ridgewood Dr.
Millersburg, PA 17061

PHONE: H: 692-2878

W:
Cell: 315-9200

E MAIL: alan.davis77@yahoo.com

TIME OF MEET: 1:00 p.m.

DIVISION 3A

NORTHERN YORK AQUATIC CLUB (NYAC)

DIVISION 4A

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.

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

TECH COORDINATOR: Laura Strayer, llscstrayer@comcast.net

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

Walt Smith

109 Sherfield Court
Elizabethtown, PA 17022

813-7975

wsmith@norleb.k12.pa.us

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 3A

SEA LIONS SWIM TEAM (SLST)

COACH: Cari Zelko

Asst. Coach: Julie Lutzhanin

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

PHONE: H: 583-2562

W:

E-MAIL:

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

REP: Kira Yeager

ADDRESS: 1512 Hillsdale Rd.
Middletown, PA 17057

PHONE: H: 944-8052

W:
Cell: 648-8903

E-MAIL: jyeager007@comcast.net

TIME OF MEET: 8:30 a.m..

Anna Heck

37 West Governor Rd
Hershey, PA 17033

534-2596

319-9436

awheck@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: Suzanne Ream
ADDRESS: 1086 Celeste Drive
Shippensburg, PA 17257

PHONE: H: 477-8083

W:
Cell: 377-0111

E MAIL: dsream4@yahoo.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: Dana Gossert
ADDRESS: 393 Limestone Road
Carlisle, PA 17015

PHONE: H: 245-0416

W:
Cell: 385-0050

E MAIL: danagossert@comcast.net

WEB SITE: www.smscsharks.com

TIME OF MEET: 9:00 a.m.

DIVISION 2A

WAYNESBORO YMCA (WAY)

COACH: Bruce Matthews
ADDRESS: Waynesboro YMCA
810 E. Main St.
Waynesboro, PA 17268

PHONE: H:

W: 762-6012

E MAIL: bruce@wboy.org

TIME OF WARM UP: 12:30 p.m. or 1:00 p.m.

REP: Stan Lesniak
ADDRESS: 13754 MarWay Lane
Waynesboro, PA 17268

PHONE: H: 762-7961

W:
Cell: 387-1057

E MAIL: wdkrtr@comcast.net

WEB SITE: www.WAYswimming.org

TIME OF MEET: 1:00 p.m. or 1:30 p.m.

DIVISION 2A

AQUATIC CLUB OF WEST SHORE (ACWS)

COACH: Dave Horton

ADDRESS:

PHONE: H:

W:

E MAIL:

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 4A

WEST SHORE YMCA (WSY)

COACH: Mike Gobrecht

ADDRESS: YMCA, 410 Fallowfield Road
Camp Hill, PA 17011-4900

PHONE: H: 514-2287

W: 737-0511

E MAIL: Mike@wsyswim.org

TECH COORDINATOR: Mike Gobrecht

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

BARRACUDAS

REP: Mike Gobrecht

ADDRESS: 4172 Nantucket Drive
Mechanicsburg, PA 17050

PHONE: H: 728-3555
(FAX: 728-3561)

W: 737-0511

Cell: 514-2287

E MAIL: Mike@wsyswim.org

WEB SITE: www.wsyswim.org

TIME OF MEET: 1 p.m.

DIVISION 5A

YORK YMCA (YY)

COACH: Michael Brooks

ADDRESS: York YMCA
90 N. Newberry Street
York, PA 17401

PHONE: H:

W: 843-7884

E MAIL: mbrooks@vorkcovmca.org

TECH COORDINATOR: Nate Gentzler

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

REP: Nate Gentzler

ADDRESS: 1162 Ruth Street
York, PA 17408

PHONE: H: 586-4573

W:

E MAIL: nater284@gmail.com

WEB SITE: www.swimyorky.org

TIME OF MEET: 1:00 p.m.

DIVISION 1A

