

CPAL Board Contacts

Commissioner: Jess Lane coachjesslane@gmail.com 717-304-5718

Vice Commissioner: Paul Brower pjbrow2@verizon.net

Secretary: Jason Herres jason.herres@gmail.com

Treasurer: Brian Deiderick bldeiderick@hotmail.com

Division 1A Contacts

Aquatic Club of the West Shore

Team Contact		acws17339@gmail.com
Head Coach:	Chad Shelby	chad.shelby@mdlz.com
Team Rep:	Erin Edwards	erine.bcba@gmail.com

Big Spring Aquatic Club

Team Contact		
Head Coach:	Evan Jarusewski	ejarusewski@bigspringsd.org
Team Rep:	Rylie Ward	rylieward1@gmail.com

Gettysburg YWCA

Team Contact		sharkscoaches@gmail.com
Head Coach:	Megan Maslowski	mimaslowski@gmail.com
Team Rep:	Kristen/Dave Nelson	kjnelson@mac.com

Mechanicsburg Swim Club

Head Coach:	Mike Glumac	mglumac@prismworks.net
Team Rep:	Jaime Kichline	jaime@onsongapp.com

Mercersburg Area Swim Club

Team Contact		mercersburgareasc@gmail.com
Head Coach:	Kayla Snider	kaylasnider15@yahoo.com
Team Rep:	Sarah Seylar/ Jennifer Webster	mercersburgareasc@gmail.com

Shippensburg Aquatic Club

Team Contact		shipaquclub@gmail.com
Head Coach:	Jonathan Hoffman	jonathanrhoffman81@gmail.com
Team Rep:	Alix Rouby	alixrouby@gmail.com

South Middleton Swim Club

Team Contact		Smscsharks@gmail.com
Head Coach:	Natalie Lebo	Nal@smsd.us
Team Rep:	Erin Brenner	ebrenner04@gmail.com

Division 2A Contacts

Central York Aquatic Club

Team Contact		Swimcyapresident@gmail.com
Head Coach:	Aaron Tate	Cyacoachtate@gmail.com
Team Rep:	Aimee Friedrich	Aimee.reade@gmail.com

Cumberland Valley Aquatic Club

Head Coach:	Gus Schnell	cvaccoaches@gmail.com
Team Rep:	Jason Sandhaus	lemonsandhaus@gmail.com

Elizabethtown Aquatic Club

Head Coach:	Isaac Greene	ike.greene@gmail.com
Team Rep:	Ray Gilmore	rlgilmore01@comcast.net
Additional Contacts:		eac.swim.president@gmail.com; rcronin@n-hlaw.com

Ephrata Tidal Waves

Head Coach:	Dave Kauffman	dk@ephratarec.com
Team Rep:	Alix Sheakley	acsheakley@gmail.com

Lebanon Valley Otters

Head Coach:	Jim Gardner	maryjimgardner@verizon.net
Team Rep:	Maureen Rudy	MARUDY14@gmail.com

Palmyra Aquatic Club

Team Contact		palmyrasharks@gmail.com
Head Coach:	Cynthia Lyons	cynthia@slyonsfam.com
Team Rep:	Kim Grissinger	kpc115@gmail.com
Additional Contacts:	Joann Brower	JoannB917@verizon.net