

# CPAL Board Contacts

Commissioner: Jess Lane [coachjesslane@gmail.com](mailto:coachjesslane@gmail.com) 717-304-5718

Vice Commissioner: Paul Brower [pjbrow2@verizon.net](mailto:pjbrow2@verizon.net) 717-514-6933

Secretary: Jason Herres [jason.herres@gmail.com](mailto:jason.herres@gmail.com) 717-371-6331

Treasurer: Brian Deiderick [bldeiderick@hotmail.com](mailto:bldeiderick@hotmail.com) 717-222-0117

# Division 1A Contacts

## Aquatic Club of the West Shore

Team Contact		acws17339@gmail.com	
Head Coach:	Karley Gensemmer	karley.thompson001@gmail.com	717-919-8988
Team Rep:	Erin Edwards	<a href="mailto:erine.bcba@gmail.com">erine.bcba@gmail.com</a>	717-571-5976

## Big Spring Aquatic Club

Team Contact			
Head Coach:	Evan Jarusewski	evan.jarusewski@gmail.com	720-413-2172
Team Rep:	Rylie Ward	ryliekward1@gmail.com	717-601-0349

## Gettysburg YWCA

Team Contact		<a href="mailto:sharkscoaches@gmail.com">sharkscoaches@gmail.com</a> ; <a href="mailto:ywcasharks@ywcagettsburg.org">ywcasharks@ywcagettsburg.org</a> ;	
Head Coach:	Megan Maslowski	<a href="mailto:mimaslowski@gmail.com">mimaslowski@gmail.com</a>	717-253-1706
Team Rep:	Sara Cooley	saradooley14@gmail.com	717-215-6051

## Mechanicsburg Swim Club

Head Coach:	Mike Glumac	<a href="mailto:mglumac@prismworks.net">mglumac@prismworks.net</a>	717-503-1831
Team Rep:	Jaime Kichline	jaime@onsongapp.com	717-253-4439

## Mercersburg Area Swim Club

Team Contact		mercersburgareasc@gmail.com	
Head Coach:	Kayla Snider	kaylasnider15@yahoo.com	717-331-4818
Team Rep:	Stacey Junkins	sjunkins10852@comcast.net	717-729-5209

## Shippensburg Aquatic Club

Team Contact		shipaquaclub@gmail.com	
Head Coach:	Jonathan Hoffman	jonathanrhoffman81@gmail.com	717-217-9005
Team Rep:	Alix Rouby	alixrouby@gmail.com	717-262-5232

## South Middleton Swim Club

Team Contact		Smscsharks@gmail.com	
Head Coach:	Natalie Lebo	Nal@smsd.us	717-440-2566
Team Rep:			

# Division 2A Contacts

## Cumberland Valley Aquatic Club

Head Coach:	Gus Schnell	cvaccoaches@gmail.com	717-439-0564
Team Rep:	Jason Sandhaus	lemonsandhaus@gmail.com	717-418-2827

## Elizabethtown Aquatic Club

Head Coach:	Isaac Greene	ike.greene@gmail.com	717-471-0107
Team Rep:	Ray Gilmore	rlgilmore01@comcast.net	717-679-2009

## Ephrata Tidal Waves

Head Coach:	Dave Kauffman	dk@ephratarec.com	717-314-9144
Team Rep:	Alix Sheakley	acsheakley@gmail.com	717-253-2740

## Lebanon Valley Otters

Head Coach:	Jim Gardner	maryjimgardner@verizon.net	717-270-7012
Team Rep:			
Additional Contacts	Joanna Demchak	jtiedeken@hotmail.com	

## Palmyra Aquatic Club

Team Contact		palmyrasharks@gmail.com	
Head Coach:	Cynthia Lyons	cynthia@slyonsfam.com	717-507-8589
Team Rep:	Paul Brower	pjbrow2@verizon.net	717-514-6933
Additional Contacts:	Joann Brower & Kim Grissinger	palmyrasharks@gmail.com	