

Updated 1/26/24

# CAPITAL AREA SWIM LEAGUE MEMBERSHIP ROSTER – 2024 SEASON

Website: [www.swimcasl.org](http://www.swimcasl.org)

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## TEAM

### **SOUTH MIDDLETON SWIM CLUB**

25 yards  
6 lanes  
**SMSC**  
Start: Thurs eve @ 6pm  
Boiling Springs High School

### **CENTRAL YORK AQUATICS**

25 yards  
8 lanes  
**CYA**  
Start: 8:30 a.m.  
[www.swimcya.org](http://www.swimcya.org)  
Central York High School

### **CUMBERLAND VALLEY AQUATIC CLUB**

25 yards  
8 lanes  
**CVAC**  
Start: 8:30 a.m.  
[www.teamunify.com/macvac](http://www.teamunify.com/macvac)

### **DOVER AREA AQUATIC CLUB**

25 yards  
6 lanes  
**DAAC**  
  
[www.swimdoover.org](http://www.swimdoover.org)  
Dover Aquatic Center  
4500 intermediate Avenue  
Dover 17315

### **DALLASTOWN SWIM CLUB**

25 yards  
6 lanes  
**DSC**  
Start: 8:30 a.m.  
[www.teamunify.com/masdsc](http://www.teamunify.com/masdsc)  
Dallastown Area School District  
700 New School Lane  
Dallastown, PA 17313

### **BOBCAT SWIM CLUB**

25 yards  
6 lanes  
**BSC**  
Start: 8:30 a.m.  
[www.bsacswimming.com](http://www.bsacswimming.com)  
Northeastern High School  
Manchester, PA 17345

## HEAD COACH

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## TEAM

### **CARLISLE SWIM CLUB**

25 meters

6 lanes

**CSC**

Start: 8:00 a.m.

[www.carliseswimclub.com](http://www.carliseswimclub.com)

outdoor pool

### **KEYSTONE AQUATIC CLUB**

25 yards

8 lanes

**KA**

Start: 8:30 a.m.

<https://www.teamunify.com/usapaka>

Indoor pool

### **SEAHORSE SWIM TEAM**

25 yards

6 lanes

**SST**

Start: 8:30 a.m.

[www.seahorseswimteam.org](http://www.seahorseswimteam.org)

### **TROJAN AQUATIC CLUB**

25 yards

4 lanes

**TAC**

Start: Thurs eve @ 5:30pm.

[www.trojanaquaticclub.org](http://www.trojanaquaticclub.org)

York Suburban High School

### **AQUATIC CLUB OF THE WEST SHORE**

25 meters

6 lanes

**ACWS**

Start: 8:30 am

Red Land High school

### **HAMPDEN DUCKS**

25 meters

8 lanes

**DUCK**

Start: 8:30 a.m.

<http://ducks.wsyswim.org>

Hampden Township Park

outdoor pool

## HEAD COACH

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## TEAM

**MECHANICSBURG SWIM CLUB**  
25 meters  
6 lanes  
**MSC**

Start: 8:30 a.m.  
[www.mechanicsburgswimclub.com](http://www.mechanicsburgswimclub.com)  
Memorial Park

**RED LION AQUATIC CLUB**  
25 yards  
6 lanes  
**LAC**  
Start: 8:30 a.m.  
[www.lionaquaticclub.org](http://www.lionaquaticclub.org)  
Red Lion High School

**GETTYSBURG YWCA**  
25 meters indoors  
6 lanes  
**GETY**  
Start: 8:30am  
[www.swimburg.org](http://www.swimburg.org)

**BIG SPRING AQUATIC CLUB**  
25 yards  
8 lanes/score 6 lanes  
**BSAC**  
Start: 9:00 a.m.  
<https://www.swimbsac.org/>

## HEAD COACH

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## TEAM

## HEAD COACH

## REPRESENTATIVE

### **CAMP HILL AQUATIC CLUB**

25 meters  
8 lanes

#### **CHAC**

Warmups 7:30 a.m. - Start: 8:30 a.m.

[www.swimcamphill.org](http://www.swimcamphill.org)

Seibert Memorial Park – Camp Hill Pool  
outdoor pool

#### **Nicole Lee**

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#### **Christina Garber**

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### **INDIAN CREEK AQUATIC CLUB**

25 meters  
4 lanes

#### **ICAC**

Start: 8:30 a.m.

[www.swimindiancreek.org](http://www.swimindiancreek.org)

Indian Creek Recreation Club  
outdoor pool

#### **Nick Francis**

1830 Hunter Drive

Mechanicsburg 17050

#### **Lauren Stout**

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#### **Jeff Derr**

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### **SPRING GROVE SWIM CLUB**

25 yards  
6 lanes

#### **SGSC**

Start: 8:30 a.m.

<http://www.sgsc.teampages.com/>

Spring Grove High School

1490 Roth's Church Road

Spring Grove, PA 17362

indoor pool

#### **Brian Wingert**

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### **SHIPPENSBURG AQUATIC CLUB**

25 yards  
6 lanes

#### **SAC**

Start: 9:00 a.m.

[www.swimship.org](http://www.swimship.org)

**NO HOME MEETS**

#### **Jonathan Hoffman**

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#### **Alix Rouby**

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