

Updated 3/24/25

# CAPITAL AREA SWIM LEAGUE MEMBERSHIP ROSTER – 2025 SEASON

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

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Mike Gobrecht at [mike@wsyswim.org](mailto:mike@wsyswim.org)

## TEAM

### **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.swimdover.org](http://www.swimdover.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.bsctswimming.com](http://www.bsctswimming.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

### **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

### **MECHANICSBURG SWIM CLUB**

25 meters

6 lanes

**MSC**

Start: 8:30 a.m.

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

Memorial Park

## HEAD COACH

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## TEAM

## HEAD COACH

## REPRESENTATIVE

### **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

**Hannah Coligan**

710 Southern Road

York, PA 17403

717-332-4416

[LionAquaticHeadCoach@gmail.com](mailto:LionAquaticHeadCoach@gmail.com) [dobemom.bu@gmail.com](mailto:dobemom.bu@gmail.com)

**Amy Shoffner**

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**Bridgette Urey**

717-758-7561

### **GETTYSBURG YWCA**

25 meters indoors

6 lanes

**GETY**

Start: 8:30am

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

**Megan Maslowski**

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Gettysburg 17325

[saradooley14@gmail.com](mailto:saradooley14@gmail.com)

717-215-6051

### **BIG SPRING AQUATIC CLUB**

25 yards

8 lanes/score 6 lanes

**BSAC**

Start: 9:00 a.m.

<https://www.swimbsac.org/>

**Rylie Ward**

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**Evan Jarusewski**

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720-413-2172

[ejarusewski@bigsspringsd.org](mailto:ejarusewski@bigsspringsd.org)

### **WEST YORK AQUATIC TEAM**

25 meters @ Graham Aquatic Center

8 lanes

**WYAT**

Start: 8:30am

<https://www.westyorkaquaticclub.org/>

Graham Aquatic Center (Indoor)

543 N Newberry St, York, PA 17404

**Reed French**

(717)-487-8809

[rfrench@rosesymca.org](mailto:rfrench@rosesymca.org)

### **CENTRAL AQUATICS OF PA**

25 yards @ East Pennsboro Middle School

6 lanes

**CAP**

Start: 6pm Wednesday evenings

<https://www.capswim.com/>

**Leah Gingrich**

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717-608-0389

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## TEAM

### **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

### **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

### **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

### **SHIPPENSBURG AQUATIC CLUB**

25 yards

6 lanes

#### **SAC**

Shippensburg Area Sr High School  
201 Eberly Drive  
Shippensburg, PA 17257

Start: 9:00 a.m.

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

### **HANOVER AREA YMCA**

25 meters

6 lanes

#### **HAY**

Start: 9:00 a.m.

<https://www.hanoverymca.org/stingrays-2/>

**NO HOME MEETS**

## HEAD COACH

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