

## Arlington Knights of Columbus Holy Mackerels (AKC)

Team Reps: Charlie & Nicole Moore [teamrep@holymackerels.com](mailto:teamrep@holymackerels.com)

Computer: Mike Morgan [computers@holymackerels.com](mailto:computers@holymackerels.com)

Pool: 5115 Little Falls Road Arlington VA 22207  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
No lights  
250 swimmers

<https://holymackerels.swimtopia.com/>



## Armfield Farm Stingrays (AF)

Team Reps: Aida Rivera-Gines [aida139@gmail.com](mailto:aida139@gmail.com)  
Amy Dalton [aldalton12@gmail.com](mailto:aldalton12@gmail.com)

Computer: Beth Earle [blizute@gmail.com](mailto:blizute@gmail.com)

Pool: 3567 Armfield Farm Drive  
Chantilly VA 20151  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
136 swimmers

<http://www.teamunify.com/Home.jsp? tabid =0&team=reccslafs>



## Ashburn Farm Barracudas (ABF)

Team Rep: Erin Klotz [esklotz@hotmail.com](mailto:esklotz@hotmail.com)

Josh Shepherd [jshephe4@gmail.com](mailto:jshephe4@gmail.com)

Computer: Kim Coon, Nadia Swann, Becky Kurowski  
[barracudas.meet.managers@gmail.com](mailto:barracudas.meet.managers@gmail.com)

Pool: Summerwood Pool  
43641 Golden Meadow Circle  
Ashburn VA 20147  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
204 swimmers

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



## Ashburn Village AquaJets (AV)

Team Reps: Kristina Hart [khart@ashburnvillage.org](mailto:khart@ashburnvillage.org)

Computer: Tom Char [tomschar@hotmail.com](mailto:tomschar@hotmail.com)

Pool: Lakes Recreation Center  
44078 Cheltenham Circle  
Ashburn VA 20147  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
215 swimmers

<http://www.avaquajets.com/Home.jsp?team=reccslajst>



## Barrington Blue Fins (BAR)

Team Reps: Dana Carnaggio [dcarnaggio@gmail.com](mailto:dcarnaggio@gmail.com)

Computer: Erin Hernandez [bluefinscomputer@gmail.com](mailto:bluefinscomputer@gmail.com)

Pool: 9376 Braymore Circle Fairfax Station VA 22039

25 yards / 6 lanes  
Backstroke flags: 5 yards  
115 swimmers

<https://www.gomotionapp.com/team/reccslbb/page/home>



## Burke Centre Penguins (BCP)

Team Rep: Nina Askvig [bcp.teamrep@gmail.com](mailto:bcp.teamrep@gmail.com)

Computer: Jerritt Askvig [bcpcomputers@gmail.com](mailto:bcpcomputers@gmail.com)  
[Jerrit.askvig@gmail.com](mailto:Jerrit.askvig@gmail.com)

Pool: Burke Centre Commons Pool  
5701 Roberts Parkway  
Burke VA 22015  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
220 swimmers

<http://www.teamunify.com/Home.jsp?team=reccobcpva>



## Burke Centre Stingers (BCS)

Team Rep: Jaime Lester [Lester.jaime@gmail.com](mailto:Lester.jaime@gmail.com)  
[stingerteamrep@gmail.com](mailto:stingerteamrep@gmail.com)

Computer: Lou Detrisac & Anna Steinhelper  
[Bcstingers.computers@gmail.com](mailto:Bcstingers.computers@gmail.com)

Pool: Burke Centre Commons Pool  
5701 Roberts Parkway  
Burke VA 22015  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
220 swimmers

<http://www.teamunify.com/Home.jsp?team=reccobcs>



## Cascades Rapids (CAS)

Team Reps: Jacob Sultan [sultan.jacob@gmail.com](mailto:sultan.jacob@gmail.com)  
Susan Chong [susanichongchen@gmail.com](mailto:susanichongchen@gmail.com)

Computer: Andra Sparrenberger [a.sparrenberger@gmail.com](mailto:a.sparrenberger@gmail.com)  
Sean Lyons [alyons18@hotmail.com](mailto:alyons18@hotmail.com)

Pool: Potomac Lakes Pool aka Stone House Pool aka Stephen Frazier Pool  
20670 Fernbank Court  
Sterling  
VA 20165  
25 meters / 8 lanes  
Backstroke flags: 5 meters  
No lights  
250 swimmers

<http://cascadesrapids.org/>



## Chantilly Highlands Dolphins (CHD)

Team Rep: Sean Timm & Julie Matyas [chdteamrep@gmail.com](mailto:chdteamrep@gmail.com)

Computer: Larry Talley and Heather Murray  
[chd.hytek.lead@gmail.com](mailto:chd.hytek.lead@gmail.com)

Pool: 3225 Kinross Circle  
Oak Hill VA 20171  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
156 swimmers

<http://www.chdolphins.net>



## Chantilly National Country Club Bluefins (CNC)

Team Rep: Terry Seibel [bg35hrt@gmail.com](mailto:bg35hrt@gmail.com)

Computer: Mark Bartlett [chantillynational.hytech@gmail.com](mailto:chantillynational.hytech@gmail.com)

Pool: 14901 Braddock Road  
Centreville VA 20120  
25 meters / 6 lanes A-meets / 7 lanes B-meets  
Backstroke flags: 5 yards 100 swimmers

<http://www.teamunify.com/Home.jsp?team=reccscnbva>



## Chase Club Sharks (CC)

Team Rep: Heather McLeish [hkrash@yahoo.com](mailto:hkrash@yahoo.com)

Computer: Dave & Christine Kelly [daveandtaye@gmail.com](mailto:daveandtaye@gmail.com)

Pool: 5492 Ashleigh Road  
Fairfax VA 22030  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
103 swimmers

<http://www.chaseclubsharks.com>



## Chinquapin Wahoos (C)

Team Rep: Kelly Davis [kellydavio@hotmail.com](mailto:kellydavio@hotmail.com)  
Marissa Puckett Blais [marissa.puckett@gmail.com](mailto:marissa.puckett@gmail.com)  
Brian Blais [brian.blais@gmail.com](mailto:brian.blais@gmail.com)

Computer: John Sherry [jbsherry4@gmail.com](mailto:jbsherry4@gmail.com)  
Wendy Montes de Oca [wendy.l.montesdeoca@gmail.com](mailto:wendy.l.montesdeoca@gmail.com)

Pool: Old Town Pool  
1609 Cameron Street  
Alexandria VA 22314  
25 yards / 8 lanes  
Backstroke flags: 5 yards  
180 swimmers

<http://teamwahoos.org>



## Countryside Waves (CY)

Team Reps: Lauren Donaldson [ldonaldson2006@gmail.com](mailto:ldonaldson2006@gmail.com)

Computer: Sam Koffman [Skusa108@gmail.com](mailto:Skusa108@gmail.com)

Pool: 46020 Algonkian Parkway  
Potomac Falls VA 20165  
25 meters / 8 lanes  
Backstroke flags: 5 yards  
178 swimmers

<http://www.countrysidewaves.org/>



## Fort Myer Squids (FM)

Team Rep: Deb Ramos [kauffman96@yahoo.com](mailto:kauffman96@yahoo.com)

Computer: Lim and Nga [uvl.yln@gmail.com](mailto:uvl.yln@gmail.com)

Pool: 214 Jackson Avenue  
Fort Myer VA 22211  
25 meters / 6 lanes

Backstroke flags: 5 yards  
No lights  
173 swimmers

<http://www.fortmyersquids.com/>



## Franklin Farm Froggers (FF)

Team Reps: Jason Flickinger [frogger.aleaguerep@gmail.com](mailto:frogger.aleaguerep@gmail.com)(A-meets)  
Brent Newell [frogger.bleaguerep@gmail.com](mailto:frogger.bleaguerep@gmail.com)(B-meets)

Computer: Randy Jones [froggerITcrew@gmail.com](mailto:froggerITcrew@gmail.com)

Pool: Still Pond Pool  
12700 Franklin Farm Road  
Oak Hill VA 20171  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
230 swimmers

<http://gofroggers.net>



## Franklin Glen Gators (FG)

Team Rep: Courtney Turner [turners107@gmail.com](mailto:turners107@gmail.com)  
Computer: Sharon Wilhelm [wilhelm.sharon@gmail.com](mailto:wilhelm.sharon@gmail.com)



Pool: 13398 Springhaven Drive  
Fairfax VA 22033  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
200 swimmers

<http://www.fggators.com>

## Glen Cove Pirates (GC)

Team Rep: Caroline Taylor [carolinetayloratc@gmail.com](mailto:carolinetayloratc@gmail.com)  
Computer: Nate Danielsen [javyd44@gmail.com](mailto:javyd44@gmail.com)



Pool: 5471 Brigantine Way  
Fairfax VA 22032  
25 yards / 6 lanes  
Backstroke flags: 5 yards  
100 swimmers

<http://www.teamunify.com/recgcp>

## Hayden Village Villains (HV)

Team Rep: Meghan Hockenbury [meghan.hockenbury@gmail.com](mailto:meghan.hockenbury@gmail.com)  
Computer: Rich McCoy [rsm\\_24@msn.com](mailto:rsm_24@msn.com)



Pool: 5587 Rockpointe Drive  
Clifton VA 20124  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
100 swimmers

<http://www.teamunify.com/Home.jsp?team=reccslhv>

## ManorGate Marlins (MG)

Team Rep: Kim Theberge [kim.j.theberge@gmail.com](mailto:kim.j.theberge@gmail.com)

Computer: Kellie Arevalo [kellie.arevalo@gmail.com](mailto:kellie.arevalo@gmail.com)

Pool: 14300 Green Trails Blvd Centreville VA 20121  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
No lights  
125 swimmers

<http://manorgatemarlins.com>



## Penderbrook (PEN)

Team Rep: Pinky Williams [purviwilliams@yahoo.com](mailto:purviwilliams@yahoo.com)  
Mariel Gabet [mariel.gabet@hotmail.com](mailto:mariel.gabet@hotmail.com)

Computer: Shreyasi Rudra [penderbrookswim@gmail.com](mailto:penderbrookswim@gmail.com)

Pool: 3706 Golf Trail Ln  
Fairfax, VA 22033  
25 Meters/ 6 lanes  
Backstroke flags 5 yards  
30 Swimmers

<https://sites.google.com/view/penderphish/home>



## Saratoga Stingrays (SAR)

Team Rep: Joy Reyes [joyr823@gmail.com](mailto:joyr823@gmail.com)

Theresa Poquis [tbpoquis@gmail.com](mailto:tbpoquis@gmail.com)

Computer: Mike Poquis [mipoquis@gmail.com](mailto:mipoquis@gmail.com)  
Mike Asbery [masbery@verizon.net](mailto:masbery@verizon.net)

Pool: 8070 Edinburgh Drive  
Springfield VA 22153  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
72 swimmers

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



## Sequoia Farms Stingrays (SF)



Team Rep: Tim Neun [tneun9@gmail.com](mailto:tneun9@gmail.com)

Computer: Tara Carey [sfstcomputer@gmail.com](mailto:sfstcomputer@gmail.com)

Pool: 5562 Sequoia Farms Drive  
Centreville VA 20120  
25 meters / 6 lanes  
Backstroke flags: 5 yards  
107 swimmers

Website: <http://www.sfstingrays.com/>

## South Riding Stingrays (SRD)



Team Rep: Jennifer Thompson [jenniferthompson03@gmail.com](mailto:jenniferthompson03@gmail.com)  
Melanie Dobish [meismeld@gmail.com](mailto:meismeld@gmail.com)  
[CSLteamrep@gostingrays.com](mailto:CSLteamrep@gostingrays.com)

Computer: John Haley & Stephanie Holt  
[CSLComputerOps@gostingrays.com](mailto:CSLComputerOps@gostingrays.com)

Pool: 42420 Unicorn Drive  
South Riding VA 20152  
25 meters / 8 lanes  
Backstroke flags: 5 yards  
156 swimmers

Website: <http://www.teamunify.com/recsrsva>

## Sugarland Run Dolphins (SR)



Team Rep: Becky Peak-Marquez [srst.teamrep@gmail.com](mailto:srst.teamrep@gmail.com)  
[becky.peakmarquez@gmail.com](mailto:becky.peakmarquez@gmail.com)

Computer: Kathleen Hammerle [srst.comp@gmail.com](mailto:srst.comp@gmail.com)

Pool: 200 Greenfield Court  
Sterling VA 20164  
25 yards / 8 lanes  
Backstroke flags: 5 yards  
140 swimmers

Website: <http://www.teamunify.com/Home.jsp?team=reccslsrd>



## CSL Executive Committee

President	FF Jason Flickinger	<a href="mailto:cslprez1962@gmail.com">cslprez1962@gmail.com</a>
Vice President	BAR Gopal Sharma	<a href="mailto:gopal.d.sharma@gmail.com">gopal.d.sharma@gmail.com</a>
Treasurer	FF Ken Killer	<a href="mailto:buckeye1998@gmail.com">buckeye1998@gmail.com</a>
Secretary	ABF Erin Klotz	<a href="mailto:esklotz@hotmail.com">esklotz@hotmail.com</a>
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Hy-Tek Committee Chair	Mike Asbery	<a href="mailto:masbery@verizon.net">masbery@verizon.net</a>
Insurance	Gopal Sharma	<a href="mailto:gopal.d.sharma@gmail.com">gopal.d.sharma@gmail.com</a>
League Record Certifications	Bob Broft	<a href="mailto:repwbrofft@gmail.com">repwbrofft@gmail.com</a>