



## COACHES

Team Manager - Dory Halbe (NCAP)  
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Head Coach & 13/14 Girls-  
Stephen Clendenin (NCAP)  
[sclendenin@nationscapitalswimming.com](mailto:sclendenin@nationscapitalswimming.com)

13-14 Boys: 32 - Jim Crampton (DCPR)  
[CoachJimCrampton@hotmail.com](mailto:CoachJimCrampton@hotmail.com)

11-12 Boys: 15 - Rich Romero (HAC)  
[richard.romero@herndon-va.gov](mailto:richard.romero@herndon-va.gov)

11-12 Girls: 10 - Jared Diallo (SDS)  
[coachjared18@gmail.com](mailto:coachjared18@gmail.com)

9-10 Boys - Kyle McDaniel (NCAP)  
[kmcdaniel@nationscapitalswimming.com](mailto:kmcdaniel@nationscapitalswimming.com)

9-10 Girls - Julia Koczot (FXFX)  
[juliaffx@gmail.com](mailto:juliaffx@gmail.com)

## SCHEDULE

### Monday - August 1st

- Team Practice @ Connecticut BelAir  
3901 Ferrara Dr, Silver Spring, MD  
20906
- Pick up apparel during practice.  
Parents Shirts are available for  
purchase.

### Tuesday - August 2nd

- 3-4 PM Team Warm up @ the pool
- 4:30 Team Photo wear Grey Tank  
Tops
- 5:30 Team Dinner @ Stewart Park  
1 James L Gibbs Dr, Ithaca, NY 14850

### Wednesday - August 3rd

- 11 & Over Warm ups @ 7:00 AM
- 11 & Over Starts @ 8:15 AM
- 10 & Under Warm ups 12:00 PM
- 10 & Under Starts @ 1:00 PM
- 11 & Over Finals Warm ups TBD
- 11 & Over Finals Starts @ 5:30 PM

### Thursday - August 4th

- 11 & Over Warm ups @ 7:00 AM
- 11 & Over Starts @ 8:15 AM
- 10 & Under Warm ups 12:00 PM
- 10 & Under Starts @ 1:00 PM
- 11 & Over Finals Warm ups TBD
- 11 & Over Finals Starts @ 5:30 PM

### Friday - August 5th

- 11 & Over Warm ups @ 7:00 AM
- 11 & Over Starts @ 8:15 AM
- 10 & Under Warm ups 12:00 PM
- 10 & Under Starts @ 1:00 PM
- 11 & Over Finals Warm ups TBD
- 11 & Over Finals Starts @ 5:30 PM

### Saturday - August 6th

- 11 & Over Warm ups @ 7:00 AM
- 11 & Over Starts @ 8:15 AM
- 10 & Under Warm ups 12:00 PM
- 10 & Under Starts @ 1:00 PM
- 11 & Over Finals Warm ups TBD
- 11 & Over Finals Starts @ 5:30 PM