



# FREDERICK AREA SWIM TEAM

## COACHING STAFF BIOS



CLICK ON COACH'S NAME TO READ INDIVIDUAL BIO

<a href="#"><u>CHERYL LINSOTT</u></a>	Head Coach
<a href="#"><u>KELBY CONLEY</u></a>	Head Coach for 8 & Under Squad
<a href="#"><u>KIM COLVARD</u></a>	Junior Squad
<a href="#"><u>JAY CORRIGAN</u></a>	Junior Squad
<a href="#"><u>JODI FISHER</u></a>	Junior Squad
<a href="#"><u>JAMES FRANCIS</u></a>	Strength & Conditioning Coach
<a href="#"><u>MARA FRANCISCOVICH</u></a>	8 & Under and Junior Squad
<a href="#"><u>SARA FRANCISCOVICH</u></a>	8 & Under and Junior Squad
<a href="#"><u>RYAN FRANKLIN</u></a>	Senior Squad
<a href="#"><u>JEFF HUBBLE</u></a>	Senior Squad
<a href="#"><u>DIANE IVINS</u></a>	Pre-Competitive and 8 & Under Squad
<a href="#"><u>BRIGID KAVANAUGH</u></a>	8 & Under and Junior Squad
<a href="#"><u>KELLY KOCH</u></a>	Junior Squad
<a href="#"><u>EMILY PIEKLO</u></a>	8 & Under and Junior Squad
<a href="#"><u>JOSH ROMANCHUK</u></a>	Senior Squad
<a href="#"><u>BLAINE SCHATTENBERG</u></a>	Senior Squad
<a href="#"><u>TOM VAN PELT</u></a>	Junior and Senior Squad



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<p><b>CHERYL LINSCOTT</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Head Coach</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"><li>• Frederick Area Swim Team – 35 years</li><li>• Frederick County YMCA – 8 years</li><li>• Ft. Devens, MA Sharks – 2 years</li><li>• Heidelberg, Germany Youth Swim team – 2 years</li><li>• ASCA Level 3</li><li>• United States swimming Bronze Coaching Award.</li><li>• United States Swimming Life Member Award</li><li>• Coached many swimmers to national age group top 16 rankings, hundreds of swimmers at the state and sectional level and numerous junior national qualifiers</li></ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"><li>• Swam AAU under Coach Roy Staley on Ithaca Aquatics Club (IAC) – 10 years</li><li>• Ithaca High School (Men’s Team) - 4 years</li><li>• Creighton University Swimming – 4 years</li><li>• US Army – Europe (USAEUR) Championships</li></ul> <p><b>Other</b></p> <ul style="list-style-type: none"><li>• Parent of 5 former FAST swimmers</li><li>• United States Swimming (USS) Coach</li><li>• Member of American Swimming Coaches Association (ASCA) - Level 3 Certification</li><li>• Adult Learn-to-Swim Instructor</li><li>• Triathlete Stroke Mechanics Instructor</li><li>• Maryland State Pool Operator – 27 years</li><li>• US Army - Captain, Medical Service Corps/Paratrooper</li></ul>
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<p><b>KELBY CONLEY</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Head Coach for 8 &amp; Under Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"> <li>Frederick Area Swim Team – 17+ years coaching FAST Age Group swimmers</li> <li>Gov. Thomas Johnson HS – 9 years</li> <li>Walkersville High School HS – 2 years</li> </ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"> <li>FAST – 13 years (ages 5 through 18)</li> <li>West Virginia University – 4 years</li> </ul> <p><b>Other</b></p> <p>Parent of 2 current FAST swimmers</p>
<p><b>KIM COLVARD</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Junior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"> <li>Frederick Area Swim Team – 8 years</li> <li>Lake Linganore Dolphins Summer League – 5 years</li> </ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"> <li>FAST – 5 years</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>Parent of 2 current FAST Swimmers</li> <li>Former FCPS High School Science teacher</li> <li>Currently a personal trainer at Anytime Fitness and YMCA</li> <li>Homeschooling mom</li> <li>B.A. Biology - Gettysburg College</li> </ul>
<p><b>JAY CORRIGAN</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Junior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"> <li>Frederick Area Swim Team – 18 years</li> <li>Northwest Ohio – 6 years</li> </ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"> <li>Competitive Age Group swimmer - 10 years</li> <li>High School – 4 years</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>Parent of 2 current FAST swimmers</li> <li>Teacher Specialist FCPS</li> </ul>



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<p><b>JODI FISHER</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Junior Squad</p>	<p><b>Coaching/Training Experience:</b></p> <ul style="list-style-type: none"> <li>• Orange Park FL Summer League Swim Team - 2yrs</li> <li>• Guam Swim Team - 2yrs</li> <li>• Olympia Area YMCA Orcas WA - 3 yrs</li> <li>• Bellingham Bay Swim Team WA - 1 yr</li> <li>• Shepherd Univ Wellness Center Sea Snakes - 2yrs</li> <li>• Triton Swimming WV - 2yrs</li> <li>• FAST MD - 1 month</li> </ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"> <li>• Navy Jax Swim Team, Jacksonville, FL- 3 yrs</li> <li>• Bolles School Sharks, Jacksonville, FL- 8 yrs</li> <li>• ARC Water Safety Instructor Trainer - 9 yrs</li> <li>• ARC Water Safety Instructor - 25 yrs</li> <li>• ARC Lifeguard Instructor - 20 yrs</li> <li>• ARC Lifeguard - 25 yrs</li> <li>• ASCA Level 2 Certified</li> </ul> <p><b>Education/ Certificates:</b></p> <ul style="list-style-type: none"> <li>• BA in Exercise and Sport Science - Western Washington University, Bellingham, WA</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• United States Coast Guard Veteran, 1987-1992.</li> <li>• Mom to 1 daughter, 18, currently attending WVU on ROTC scholarship.</li> </ul>
<p><b>JAMES FRANCIS</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Strength &amp; Conditioning Coach</p>	<p><b>Coaching/Training Experience:</b></p> <ul style="list-style-type: none"> <li>• Frederick Area swim Team – 5 years</li> <li>• Internship at Pro Performance Gym working with college level athletes</li> <li>• Training all ages athletes- 8 years</li> </ul> <p><b>Education/ Certificates:</b></p> <ul style="list-style-type: none"> <li>• BS Exercise Physiology, WVU</li> <li>• Certified Strength/Conditioning Specialist</li> <li>• Functional Movement Specialist</li> <li>• NSCA/ACE Certified Personal Trainer</li> <li>• CPR/AED Certified</li> </ul>



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<p><b>MARA FRANCISCOVICH</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>8 &amp; Under and Junior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"> <li>Frederick Area Swim Team – 7 years</li> <li>Frederick Area Swim Team Swim Lesson Instructor – 2 years</li> </ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"> <li>FAST – 13 years</li> <li>Gov. Thomas Johnson HS – 4 years, Team Captain</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>Sophomore, Mt. St. Mary’s University studying Elementary and Special Education</li> <li>FC Frederick Club Soccer – 10 years, Team Captain</li> <li>Gov. Thomas Johnson HS Varsity Soccer – 4 years, Team Captain</li> <li>Gov. Thomas Johnson HS Varsity Swimming – 4 years, Team Captain</li> <li>Maryland State Pool Operator License</li> <li>Aquatics Director at OneLife Fitness Frederick and Hagerstown</li> </ul>
<p><b>SARA FRANCISCOVICH</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>8 &amp; Under and Junior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"> <li>Frederick Area Swim Team – 6 years</li> <li>Spring Ridge Sharks- 6 Years</li> <li>Swim lesson Instructor – 5 years</li> <li>Walkersville HS Varsity Coach – 4 years</li> </ul> <p><b>Swimming experience:</b></p> <ul style="list-style-type: none"> <li>4 years varsity swimming GTJHS, team captain</li> <li>4 years college swimming University of Scranton team captain</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>Graduate University of Scranton</li> <li>FC Frederick Soccer Club 10 years</li> <li>Gov. Thomas Johnson varsity soccer and swimming 4 years Team Captain</li> <li>FCPS second grade teacher 4 years</li> </ul>



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<p><b>RYAN FRANKLIN</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Senior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"><li>• Frederick Area Swim Team – 1 year</li></ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"><li>• FAST – 14 years</li><li>• College - 1 year</li><li>• Masters - current</li></ul> <p><b>Other</b></p> <ul style="list-style-type: none"><li>• Scientist in Analytical Biotechnology</li><li>• Mechanical Engineer</li><li>• B.A. Chemistry - Hood College</li></ul>
<p><b>JEFF HUBBLE</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Senior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"><li>• Frederick Area Swim Team – 4 years</li><li>• Brunswick High School Boys Swim Team</li><li>• Brunswick River Rapids (Summer League)</li></ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"><li>• Gov. Thomas Johnson High School – 4 years</li></ul> <p><b>Other</b></p> <ul style="list-style-type: none"><li>• Parent of 1 former FAST swimmer</li><li>• Jeff has been involved in community youth activities for many years.</li><li>• Assistant Scout Master - 7 years, Boy Scouts Troop 277, Brunswick, MD</li></ul>
<p><b>DIANE IVINS</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Pre-Competitive and 8 &amp; Under Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"><li>• Frederick Area Swim Team – 22 years</li><li>• FAST Swim Lessons Instructor – 16 years</li></ul> <p><b>Other</b></p> <ul style="list-style-type: none"><li>• Parent of 2 former FAST Swimmers</li><li>• Day Care Provider - 30 years (Retired)</li></ul>



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<p><b>BRIGID KAVANAUGH</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>8 &amp; Under and Junior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"><li>• Spring Ridge Sharks - 10 years</li><li>• Oakdale High School - 1 year</li></ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"><li>• YMCA - 5 years</li><li>• RMSC - 4 years</li><li>• Urbana High School swim team</li><li>• Millersville University Women's swim team 4 years</li></ul> <p><b>Other:</b></p> <ul style="list-style-type: none"><li>• 3rd grade teacher with FCPS</li><li>• B.S. Early Childhood and Special Education from Millersville University</li></ul>
<p><b>KELLY KOCH</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Junior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"><li>• Frederick Area Swim Team – 9 years</li></ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"><li>• FAST – 7 years</li><li>• Frederick High School – 4 years</li></ul> <p><b>Other</b></p> <ul style="list-style-type: none"><li>• Parent of 1 current FAST Swimmer</li><li>• Attended Frederick Community College (FCC) and University of MD University College (UMUC)</li></ul>
<p><b>EMILY PIEKLO</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>8 &amp; Under and Junior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"><li>• Frederick Area Swim Team – 6 years (Since 2012)</li><li>• Walkersville High School</li></ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"><li>• Competitive Age Group swimmer – 13 years (4 years with FAST)</li><li>• Walkersville High School – 4 years</li><li>• West Virginia University – 4 years</li></ul> <p><b>Other</b></p> <ul style="list-style-type: none"><li>• Parent of 3 current FAST Swimmers</li><li>• Bachelor’s Degree, Speech and Hearing Sciences, University of Maryland, College Park</li></ul>



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<p><b>JOSH ROMANCHUK</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Senior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"> <li>• Frederick Area Swim Team – 7 years</li> </ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"> <li>• FAST swimmer – 9 years</li> <li>• Health Unlimited Swim Team – 1 year</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• Personal Trainer Health Unlimited</li> <li>• Swim Instructor Health Unlimited – 5 years</li> </ul>
<p><b>BLAINE SCHATTENBERG</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Senior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"> <li>• Frederick Area Swim Team –18 years</li> <li>• Lake Linganore Dolphins 2 years</li> <li>• Mountaineer Aquatic Club 1 year</li> </ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"> <li>• 9 years FAST</li> <li>• WHS Varsity Swimming --4 years</li> <li>• West Virginia University Swimming 4 Years</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>• Parent of 2 current FAST Swimmers</li> <li>• NCAA Coaching Certificate</li> <li>• Majored in Exercise Physiology</li> </ul>
<p><b>TOM VAN PELT</b></p> <p><a href="#">BACK TO TOP</a></p>	<p>Junior and Senior Squad</p>	<p><b>Coaching Experience:</b></p> <ul style="list-style-type: none"> <li>• Frederick Area Swim Team – 8 years</li> <li>• Thomas Johnson High School – 4 years</li> <li>• Cloverhill and Lake Linganore Summer League Teams</li> </ul> <p><b>Swimming Experience:</b></p> <ul style="list-style-type: none"> <li>• FAST – 1 year</li> <li>• Frederick High School – 4 years</li> <li>• Towson University -</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>• Parent of 2 current FAST swimmers</li> </ul>