**Lee District**

**Senior Group**- Head Coach Jeff King jking961@gmail.com 571-437-0947

**Senior Prep**- **AM** Head Age Group Coach Paul Makin paul.j.makin@gmail.com 703-973-4513

 **PM** Coach Trish Buswell trishbuswell@gmail.com 703-822-3479

**Age Group Performance- PM** Coach Ken DiCesare kdicesare0@gmail.com 703-475-1573

**AM** Coach Connor McLaren mclaren7@vt.edu 703-328-5887

 Coach Paul Martinez pmart15@yahoo.com202-306-424

**Age Group 3**- **M/W** Coach Katie McWilliams klm3y@ameritech.net 630-991-0761

 **T/Th** Coach Tim Taylor habu1809@gmail.com 843-801-5565

**Age Group 2-** Coach Ken DiCesare kdicesare0@gmail.com 703-475-1573

**Age Group 1- T/Th** Coach Marye Carter coachmarye@gmail.com 703-969-9732

 Coach Shannon Welch snswimming@gmail.com 703-362-8889

**M/W** Coach Hadley Rowland CoachHadley@gmail.com 703-217-0614

 Coach Trish Buswell trishbuswell@gmail.com 703-822-3479

**High School Fitness-** Coach Meredith Harris mbharris@gmail.com 571-215-9803

**Mount Vernon Rec Center**

**Mornings-** Coach David Askin david.askin1@gmail.com

**Age Group 1, 2,3 PM**- Coach Megan Faherty megfaherty@gmail.com 571-235-2053

 Coach Kaitlyn McNutt mcnuttkait@gmail.com 703-859-2420

**Providence Rec Center**

**All Programs**- Coach Jill King jillmking14@gmail.com 703-622-9280

 Coach Patrick Morris pdmorris92@hotmail.com 703-980-1461

**George Washington Rec Center**

**All programs**- Coach Marye Carter coachmarye@gmail.com 703-969-9732

 Coach Dylan Louison dlouison2@gmail.com 703-915-7927

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