



FREDERICK AREA SWIM TEAM

COACHING STAFF BIOS



REVISED MAY 2025

CLICK ON COACH'S NAME TO READ INDIVIDUAL BIO

<u>CHERYL LINSOTT</u>	Head Coach
<u>KELBY CONLEY</u>	Head Coach for 8 & Under Squad
<u>JAY CORRIGAN</u>	Junior Squad
<u>JAMES FRANCIS</u>	Strength & Conditioning Coach
<u>SARA LAPHAM</u>	8 & Under and Junior Squad
<u>DIANE IVINS</u>	Pre-Competitive and 8 & Under Squad
<u>EMILY PIEKLO</u>	8 & Under and Junior Squad
<u>BLAINE SCHATTENBERG</u>	Senior Squad
<u>TOM VAN PELT</u>	Junior and Senior Squad



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CHERYL LINSCOTT	Head Coach	<p>Coaching Experience:</p> <ul style="list-style-type: none">• Frederick Area Swim Team – 35 years• Frederick County YMCA – 8 years• Ft. Devens, MA Sharks – 2 years• Heidelberg, Germany Youth Swim team – 2 years• ASCA Level 3• United States swimming Bronze Coaching Award.• United States Swimming Life Member Award• Coached many swimmers to national age group top 16 rankings, hundreds of swimmers at the state and sectional level and numerous junior national qualifiers <p>Swimming Experience:</p> <ul style="list-style-type: none">• Swam AAU under Coach Roy Staley on Ithaca Aquatics Club (IAC) – 10 years• Ithaca High School (Men's Team) - 4 years• Creighton University Swimming – 4 years• US Army – Europe (USAEUR) Championships <p>Other</p> <ul style="list-style-type: none">• Parent of 5 former FAST swimmers• United States Swimming (USS) Coach• Member of American Swimming Coaches Association (ASCA) - Level 3 Certification• Adult Learn-to-Swim Instructor• Triathlete Stroke Mechanics Instructor• Maryland State Pool Operator – 27 years• US Army - Captain, Medical Service Corps/Paratrooper
KELBY CONLEY	Head Coach for 8 & Under Squad	<p>Coaching Experience:</p> <ul style="list-style-type: none">• Frederick Area Swim Team – 17+ years coaching FAST Age Group swimmers• Gov. Thomas Johnson HS – 9 years• Walkersville High School HS – 2 years <p>Swimming Experience:</p> <ul style="list-style-type: none">• FAST – 13 years (ages 5 through 18)• West Virginia University – 4 years <p>Other</p> <p>Parent of 2 current FAST swimmers</p>

<p>JAY CORRIGAN</p>	<p>Junior Squad</p>	<p>Coaching Experience:</p> <ul style="list-style-type: none"> • Frederick Area Swim Team – 18 years • Northwest Ohio – 6 years <p>Swimming Experience:</p> <ul style="list-style-type: none"> • Competitive Age Group swimmer - 10 years • High School – 4 years <p>Other</p> <ul style="list-style-type: none"> • Parent of 2 current FAST swimmers • Teacher Specialist FCPS
<p>JAMES FRANCIS</p>	<p>Strength & Conditioning Coach</p>	<p>Coaching/Training Experience:</p> <ul style="list-style-type: none"> • Frederick Area swim Team – 5 years • Internship at Pro Performance Gym working with college level athletes • Training all ages athletes- 8 years <p>Education/ Certificates:</p> <ul style="list-style-type: none"> • BS Exercise Physiology, WVU • Certified Strength/Conditioning Specialist • Functional Movement Specialist • NSCA/ACE Certified Personal Trainer • CPR/AED Certified
<p>SARA FRANCISCOVICH</p>	<p>8 & Under and Junior Squad</p>	<p>Coaching Experience:</p> <ul style="list-style-type: none"> • Frederick Area Swim Team – 6 years • Spring Ridge Sharks- 6 Years • Swim lesson Instructor – 5 years • Walkersville HS Varsity Coach – 4 years <p>Swimming experience:</p> <ul style="list-style-type: none"> • 4 years varsity swimming GTJHS, team captain • 4 years college swimming University of Scranton team captain <p>Other:</p> <ul style="list-style-type: none"> • Graduate University of Scranton • FC Frederick Soccer Club 10 years • Gov. Thomas Johnson varsity soccer and swimming 4 years Team Captain • FCPS second grade teacher 4 years

DIANE IVINS	Pre-Competitive and 8 & Under Squad	<p>Coaching Experience:</p> <ul style="list-style-type: none"> Frederick Area Swim Team – 22 years FAST Swim Lessons Instructor – 16 years <p>Other</p> <ul style="list-style-type: none"> Parent of 2 former FAST Swimmers Day Care Provider - 30 years (Retired)
EMILY PIEKLO	8 & Under and Junior Squad	<p>Coaching Experience:</p> <ul style="list-style-type: none"> Frederick Area Swim Team – 6 years (Since 2012) Walkersville High School <p>Swimming Experience:</p> <ul style="list-style-type: none"> Competitive Age Group swimmer – 13 years (4 years with FAST) Walkersville High School – 4 years West Virginia University – 4 years <p>Other</p> <ul style="list-style-type: none"> Parent of 3 current FAST Swimmers Bachelor’s Degree, Speech and Hearing Sciences, University of Maryland, College Park
BLAINE SCHATTENBERG	Senior Squad	<p>Coaching Experience:</p> <ul style="list-style-type: none"> Frederick Area Swim Team –18 years Lake Linganore Dolphins 2 years Mountaineer Aquatic Club 1 year <p>Swimming Experience:</p> <ul style="list-style-type: none"> 9 years FAST WHS Varsity Swimming --4 years West Virginia University Swimming 4 Years <p>Other</p> <ul style="list-style-type: none"> Parent of 2 current FAST Swimmers NCAA Coaching Certificate Majored in Exercise Physiology



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TOM VAN PELT	Junior and Senior Squad	<p>Coaching Experience:</p> <ul style="list-style-type: none">• Frederick Area Swim Team – 8 years• Thomas Johnson High School – 4 years• Cloverhill and Lake Linganore Summer League Teams <p>Swimming Experience:</p> <ul style="list-style-type: none">• FAST – 1 year• Frederick High School – 4 years• Towson University - <p>Other</p> <ul style="list-style-type: none">• Parent of 2 current FAST swimmers
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