



Team web site: www.BMcDSwimming.org

Coach Sprowls email: Swimming@BishopMcDevitt.org

Staff: Kurt Sprowls (Head Coach), Virginia Hancock, Jonah Hancock, John Ricci (Diving Coach)

Program affiliation (girls and boys): Mid Penn Conference (Keystone Div), District 3, AA classification

First team practice is mid-November. Season concludes with PIAA Championship Meet in mid-March.

Practices are conducted Monday-Friday, 3:45- 6:00 at the Central Penn Fitness Center, Harrisburg

Additional select competitions the team attends beyond conference dual/tri meets: Diplomat Open at Franklin & Marshall College, National Catholic Championship Meet at Loyola University, Baltimore MD (qualifying meet), Mid Penn Plunge at Northern High School.

Diving was added to the program for the 2017-18 season. Please contact Head Diving Coach, John Ricci if you have specific questions about the diving program. Coach Ricci - mobile: 717-678-9809 or email: john.ricci79@outlook.com.

The *swimming* program supports approximately 20 female and 20 male swimmers (this roster size is based on current lane restrictions at the Central Penn Fitness Center).

Pre-season optional swim training typically begins in mid/late September and is structured based on the number of swimmers interested /able to attend on a consistent basis and lane availability at Central Penn.

Team Accolades (since Coach Sprowls began as head coach): Seven Mid Penn Conference division titles, Seven consecutive District 3 Team Championship titles (boys), One State Team Championship (boys), Two runner-up Team Championship titles (boys – 1 title: psych points due to Covid cancellation), Eight All-American performances, One PIAA Swimmer of the Year/meet award, Four athletes named as *PennLive* Swimmer or Diver of the Year. Coach Sprowls Named PA Boys Swim Coach of the Year and *PennLive* Swim Coach of the Year

