

Coaching Staff



Dave Sheets

Head Coach, Duquesne University

Coach Sheets has been at Duquesne University for 13 seasons. In his tenure at Duquesne, Sheets has taken the program from a squad that traditionally finished near the bottom of the conference standings to a team that now expects to compete for championships. In fact, over the past seven seasons he has led the Dukes to their highest finishes in school history at the A-10 Championships, including third place showings in 2008 and 2009. Coach Sheets is a graduate of Clarion University where he was a 21-time NCAA DII All-American. He has 15 years of experience working at swimming camps. His coaching philosophy is based on a balance of stroke development and hard work.



Christina "Tilly" Sheets

Head Coach, Chatham University

Coach Tilly has recently finished her second season as the Chatham University Head Swimming Coach. From 2000—2009 she was the Assistant Swimming Coach at Clarion University where she was the co-director of the Clarion University Swimming Camps. As a student-athlete, Coach Tilly was a 28-time NCAA DII All-American and 5-time National Champion. Coach Tilly believes in building a strong technical foundation in young swimmers that will allow them to have a long, healthy swimming career.

In accordance with NCAA guidelines, all Duquesne University sports camps are open to any and all entrants limited only by age, number, grade level and/or gender of its participants

Duquesne University Swimming Camp

Hosted by Pine Richland Aquatics

Session Dates: Monday—Friday, July 7-11, 2014

Time: 12– 3 PM (ages 9-14)

Cost: \$110 per person (includes t-shirt and cap)

Eligibility: The camp is open to the first 40 competitive swimmers that register. An additional camp session may be opened based on interest.

What to Bring: Suit, Towel, Cap, Goggles, Snack, Water Bottle

Location: Pine Richland High School Swimming Pool

To Register: Registration through PRA at:

<http://www.praswim.org>

*Liability and Medical Forms for non PRA participants will be emailed when we receive your registration.

Typical Day at Camp (2.5 hour schedule):

1:00—Lecture and Technique Session (Video and in water instruction on technique and drills)

:30—Technique Infused Workout (Reinforce proper technique)

:30—Turn Session

:30—Start Session

Primary focus each day:

Monday: Freestyle Tuesday: Backstroke Wednesday: Butterfly Thursday: Breaststroke Friday: Review

Please include the following with registration:

Name: _____ Age: _____ T-shirt size: _____

Address: _____

Phone: _____ Email: _____