



DAVE SHEETS - HEAD COACH
2015 ATLANTIC 10 WOMEN'S SWIMMING
"COACH OF THE YEAR"

Coach Sheets has been a collegiate coach for 17 seasons. In his tenure, Sheets has taken a program that traditionally finished near the bottom of the conference to a team that now competes for championships. Over the past eight seasons he has led the program to its highest finishes in school history at the A-10 Championships, including second place finishes in 2017 and 2016, and third place showings in 2008, 2009 and 2015. Coach Sheets is a graduate of Clarion University where he was a 21-time NCAA DII All-American. He has 18 years of experience conducting swimming camps. His coaching philosophy is based on a balance of stroke development and hard work.



MEGAN ZARRIELLO - ASSISTANT COACH

A former assistant coach and recruiting coordinator at Wagner College, Zariello joins the Dukes with two years of coaching experience at the Division I level. In her time at Wagner, Zariello coached swimmers that have competed at the Olympic, National and NCAA Championship level. Zariello began her collegiate swimming career at the University of Maryland, where she concluded her freshman year as a top five performer in the 500 freestyle, 1650 freestyle and 400 individual medley. A 2015 graduate of A-10 Conference member Fordham University, Zariello was a top finisher for the Rams. In addition to her undergraduate degree in psychology, Zariello earned a master's in business administration at Wagner.

FALL STROKE AND TURN TUNE-UP FIVE WEEK SWIMMING SESSIONS

SESSION DATES:

9/10, 9/17, 9/24
10/1, 10/8

COST:

\$60 per session
\$280 for all five sessions

ELIGIBILITY: Each session is open to the first 30 competitive swimmers that register.

WHAT TO BRING: Swim Suit, Towel, Cap, Goggles, Snack, Water Bottle

LOCATION:

Duquesne University
Towers Pool
600 Forbes Avenue,
Pittsburgh, PA 15282

SESSION TIMES:

9 AM-12 PM (8th-12th grade)
1 PM-4 PM (3rd-7th grade)

Typical Day at Camp:

30 min. - Pool Deck Talk
1hr. 30 min - In water technique work/drills
15 min. - Snack Break
45 min. - Start/Turn Session

Primary focus each session:

#1: Freestyle
#2: Backstroke
#3: Butterfly
#4: Breaststroke
#5: Review

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

**CONTACT MEGAN ZARRIELLO AT
ZARRIELLOM@DUQ.EDU TO REGISTER.**

In accordance with all 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.