

COACHES

Stephen Duncheskie: After a successful swim career as a high school All-American for LaSalle College High School and conference champion in the Atlantic 10 and East Coast Athletic Conference for LaSalle University, Coach Duncheskie returned to his alma mater as an educator and coach. Entering into his 25th year with the swimming program, Coach Duncheskie has mentored dozens of All-Americans and State Champions during his tenure. As head coach, he led the program to its first National Championship in 2016. The program has had great success in the PIAA by winning the 2012, 2013, 2014, 2015, 2016, 2020, and 2021 State Championships. In February 2024, the team secured its 36th consecutive PCL Championship. In addition to coaching, he is the former department chair of Science, currently teaches Advanced Placement level courses, and is the Chair of the La Salle Hall of Athletics.

Kyle Finlay: As a La Salle Alum, I have been honored to be a part of the Swim Program since my freshman year in 2005. Swimming under Coaches Duncheskie and Lichtner for La Salle, Club at Germantown Academy, and in college at La Salle University, I developed a love for swimming, training, and coaching up my teammates. I started my coaching career at CBST where I helped train numerous Olympic Trial Qualifiers. In 2015-2016, I started teaching and coaching at La Salle, helping continue the tradition of excellence, culminating in a State Title and National Championship. I love coaching and helping swimmers better themselves, either through technique, race training, or mental preparation. In addition to coaching, I am also a teacher in the Science Department.

La Salle H.S. Swimming Camp
Stephen Duncheskie
8605 Cheltenham Ave.
Wyndmoor, PA 19038
Email: duncheskies@lschs.org



La Salle College High School Swimming Camp

June 24-27, 2024
July 8-11, 2024



*2016 National High
School Champion*

*2012, 2013, 2014, 2015,
2016, 2020, 2021
PIAA State Champions*

**For Male novice or experienced swimmers
going into 5th through 9th grades**

*For more information email
duncheskies@lschs.org*

PROGRAM

The Swimming Camp will meet the needs of both novice and competitive swimmers. The goal is to create an invigorating learning experience for male grade school age swimmers of all abilities. The daily schedule will provide instruction on:

- *Race Strategy*
- *Training With Purpose*
- *Stroke Techniques with Video Review*
- *Stretching, Core Workouts, Flexibility*
- *Mental Preparation*

GENERAL INFORMATION

Dates: Session 1: June 24 - 27 1:00 - 4:00 pm
Session 2: July 8 - 11 1:00 - 4:00 pm

Site: La Salle College H.S. (Indoor Pool)

Tuition: \$230 Includes all training, lectures, hand-outs, video instruction, and swim cap.

Schedule: 1:00 - 4:00 pm (at La Salle)

What to bring: Swim suit, goggles, towel, sneakers, gym clothes, extra/dry t-shirt, bottled water, and snack

Contact Information: duncheskies@lschs.org

REGISTRATION

Register on-line through the LaSalle College High School Website

www.lschs.org

Look for the registration under Admissions/
Summer Programs



PAYMENT

Make check payable to:

Kyle Finlay Explorers L.L.C.

Mail check to:

Kyle Finlay - Swimming Camp
La Salle College H.S. 8605
Cheltenham Ave. Wyndmoor,
PA 19038



2024 La Salle College High School Swimming Camp

