

COACHING STAFF

Pat Sheahan - Head Coach, Queen's Football



Sheahan is entering his 12th season at Queen's University and his 23rd as a Head Coach in Canadian Interuniversity Sport (CIS). During his career he has made three Vanier Cup appearances capturing the national title twice, including his most recent with Queen's in 2009.

In 2008, Sheahan was honoured as the Frank Tindall Coach of the Year by his peers throughout the CIS. He has also been recognized as Coach of the Year at the league level five times, being named three times by the OUA (2001, 2007, 2008) and twice by the OQIFC (1990, 1998).

Before arriving at Queen's in 2000, Sheahan was Head Coach of the Concordia University Stingers for eleven seasons, winning two OQIFC Championships and guiding the Stingers' to their only Vanier Cup appearance in 1998. Prior to his run with the Stingers, Sheahan served as Associate Head Coach with the McGill University Redmen from 1984-1988 winning the Vanier Cup in 1987.

Over the course of his head coaching career, he has compiled an overall record of 129-86-1 (.600%) qualifying for post season play in 17 of his 22 seasons.

At the junior level, Sheahan has assisted with the Canadian National U19 Team capturing gold in 2005 and 2006.

To date he has coached 30 players who went on to play professional football in the CFL or NFL.

Pat Tracey - Assistant Coach/Defensive Coordinator Queen's Football

Tracey has an impressive 65-43 (.602%) record over his eleven years with Queen's. In 2009, he guided the Gaels defence to a Vanier Cup championship, ranking as the top defence within the OUA. This year he enters his 12th season with Queen's and his 11th as Defensive Coordinator.

Prior to his arrival at Queen's in 2000 he had an impressive fourteen-year run as an assistant coach at the University of Guelph, winning the Yates Cup in 1992 and 1996. As a player, he was a defensive back for the Gryphon's for five years and named to the 1980's "Team of the Decade" winning the 1984 Vanier Cup.

Tracey also served under CFL legend Ron Lancaster as a Special Teams Coordinator with the Hamilton Tiger-Cats in 1998. That year, the Tiger-Cats were Eastern Conference Champions and Grey Cup finalists.

He also has significant experience coaching up and coming CIS athletes having coordinated the special teams units for the U-19 Gold medal winning Team Canada at the 2007 NFL Global Football Championships and has captured four consecutive medals at the Canadian U17 Canada Cups as Defensive Coordinator for Team Ontario - East.

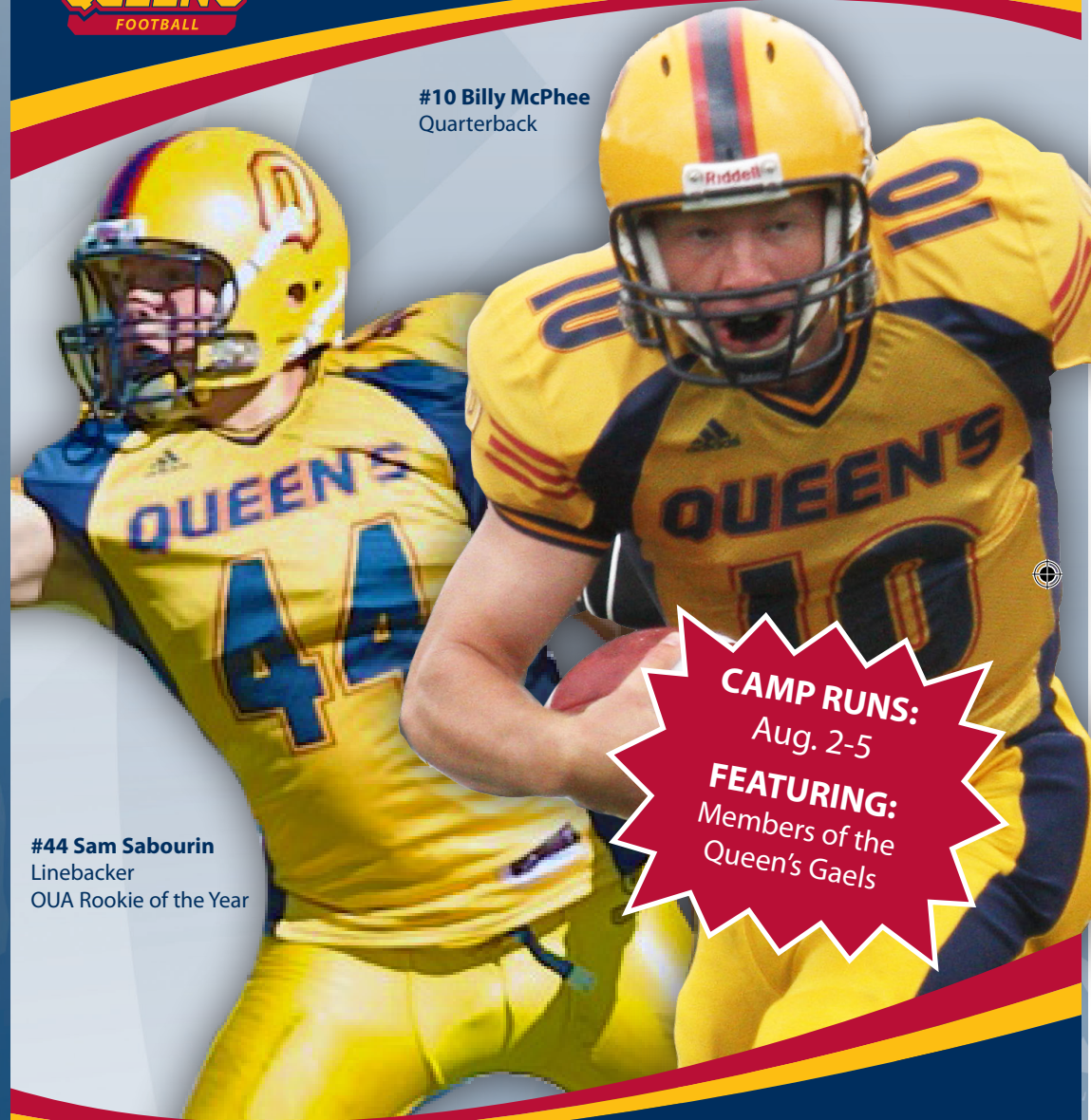
This summer, Tracey will lend his expertise to Team Canada for the 2011 IFAF World Sr. Football Championships in Vienna, Austria where he will serve as the team's Special Teams and Defensive Backs Coach.



FOOTBALL CAMP 2011

Elite Passing and Elite Lineman Camp

#10 Billy McPhee
Quarterback



#44 Sam Sabourin
Linebacker
OUA Rookie of the Year

CAMP RUNS:
Aug. 2-5
FEATURING:
Members of the
Queen's Gaels

REGISTER BY CALLING 613.533.2500 OR ONLINE AT
www.gogaelsgo.com/camps

QUEEN'S FOOTBALL ELITE CAMPS

Queen's Football Elite Camps are designed to provide the best coaching and teaching opportunities to young players looking to take the next step in their football development. Camp participants will also learn from players and coaches of the **2009 National Champion Queen's Football Team.**

Our Elite Camps will encourage competition and teamwork with the goal to improve the skills of each and every player who attends camp. This is a great opportunity to enhance your abilities and fine tune your skills in the offensive or defensive game.

Facilities

The Queen's Football Elite Camps utilize Tindall Field which is a new artificial surface in the heart of Queen's campus. Weight Training facilities include the new state-of-the-art Athletics & Recreation Centre on campus which features over 24,500 square feet of workout area including cardio and weight training equipment as well as a 38m x 25m pool.

Ages & Position

The Elite Camps are open to players aged 14+ and returning to highschool football equivalent in the fall who have at least one year of football experience. The camp will be divided into two sections, passing and lineman, and focus on enhancing skills specific to those aspects of the game.

Staff

All Elite Camps are coached by the Queen's Football Team coaching staff and players. For complete profiles on Head Coach Pat Sheahan and Assistant Coach Pat Tracey - see reverse side of brochure.

Cost

Four day camp costs only \$340 including buffet lunch (Tuesday-Friday) and sales tax.

Out of Town Campers

For campers outside the Greater Kingston Area, Athletics & Recreation offers an over-night component. Cost is an additional \$340 (\$680 total) which covers accommodations Monday to Thursday, and breakfast & dinner Tuesday to Friday (Breakfast only).

If 10 or more athletes are staying overnight please contact qfb@queensu.ca to make arrangements.

How Do I Register?

Register online at www.gogaelsgo.com/camps or by calling 613.533.2500

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Elite Passing Camp 2011

Positions: QB, WR, RB and LB/DB
Ages: 14+
Dates: Aug 2-5 (Tues - Fri; 9am - 4pm)
Cost: \$340

This camp is designed for players who have at least one year of football experience and are serious about the sport. This camp is perfect for the player who has aspirations to play at the CIS level or beyond.

Emphasis on:

- High performance skill development
- Developing the skills necessary to become a top contributor in your team's passing game.
- Pass concepts and schemes on both sides of the ball

- Sessions will focus on the following by position:

- **QB:** Footwork, throwing mechanics, route recognition, reading coverage
- **WR:** Stance, alignment, technique, route running, reading the coverage, footwork
- **RB:** Route running, reading coverage, footwork, attacking defender
- **LB:** Pass coverage techniques, reads, footwork, zone and man-to-man concepts
- **DB:** Footwork, coverage techniques, zone and man-to-man concepts
- Sessions with Queen's Strength and Conditioning Coach focusing on speed and agility training – **position specific**

Elite Lineman Camp 2011

Positions: OL and DL
Ages: 14+
Dates: Aug 2-5 (Tues - Fri; 9am - 4pm)
Cost: \$340

This camp is designed for players who have at least one year of football experience and are serious about the sport. This camp is perfect for the player who has aspirations to play at the CIS level or beyond.

Emphasis on:

- High performance skill development
- Developing the skills necessary to be an elite lineman on both sides of the ball
- Individual teaching and one-on-one competitive drills
- Sessions will focus on run techniques as well as passing techniques
- Sessions with Queen's Strength and Conditioning Coach focusing on power and agility training - **position specific**

Sample Daily Schedule

Registration	8:30 am	Individual Period 3	1:45 pm
Dynamic Warm-Up & Stretch	9:00 am	Skelly	2:00 pm
Individual Period 1	9:20 am	Air Ball	2:45 pm
One-On-Ones	10:00 am	Cool Down	3:30 pm
Individual Period 2	10:30 am	Off-Field (Optional Swim)	4:00 pm
Time Up Period (Routes/Coverage's) ...	11:15 am		
Lunch & Film	12:00 pm		
Warm-Up & Agility Circuits	1:00 pm		