

Jim Sheehan is a 1978 graduate of the University of South Carolina. Immediately upon graduation, Jim was hired as a teacher and coach at Swansboro High School. That is where he spent the next 32 ½ years in the gym, on the field and on the court. Jim coached football for twenty years, baseball for sixteen years, and even basketball. One of his most memorable feats in football was winning the conference championship with only nineteen players. Jim also served as athletic director for nineteen years. During this time, he was recognized by the North Carolina High School Athletic Association with a Proclamation of Achievement.

Jim spearheaded the effort to start a high school tennis program at SHS. Under Sheehan's guidance, the boys won seven of eight league titles while the girls won three consecutive conference championships. The United States Tennis Association named Sheehan as the 2004 High School Tennis Coach of the Year. He has been named Conference Coach of the Year many, many years. Jim has been a member of the United State Professional Tennis Registry over 25 years as a tennis teaching professional. This certification has allowed him to teach students from beginners to advanced players. Jim also serves as a tennis coach mentor for the North Carolina High School Athletic Association which allows new coaches a mentor to turn to when questions arise.

The success of Sheehan's tennis teams continued, and the program he built has always been recognized throughout the state. In 2010, the girl's team posted a 21-0 regular season mark and were ranked second in the state. Year after year, his teams, boys and girls, were recognized in the state as top ten contenders, and each year he returned to the individual state competition with players who advanced to the state tournament. While he has always found pride in each of his players, his greatest pride has been coaching his niece, Kathleen Olson Grulke, who was a regional singles champ and made it to the state tournament three straight years, and coaching his daughter, Morgan Emily Sheehan, who was a regional singles champ and made it to the state tournament all four years in singles.

Jim continues to play competitive and recreational tennis. In 2001, Jim was a member of the USTA 4.5 state champion team. Upon retirement from high school teaching, Jim managed the Ole Porte Racquet Club where the club was recognized as the facility of the year by the North Carolina USTA.

Jim likes to focus on the young players and their development. He tells them to compete each time they walk on the court and to embrace the USTA motto for tennis: *Tennis is a Sport for a Lifetime.*