RAIDER CAMPS

CROSS COUNTRY

BOYS’ CAMP

WWW.SHIP.EDU/CAMPS

JULY 16-20, 2017

RESIDENTIAL CAMP ● GRADES 9-12

Director: Steve Spence
SU Head Cross Country Coach & Assistant Track & Field Coach

SHIPPENSBURG UNIVERSITY
CAMP SCHEDULE

ARRIVAL
Sunday, July 16, 2017, 1:30–2:30 PM

DISMISSAL
Thursday, July 20, 2017, Residence Hall Lobby

TYPICAL DAILY SCHEDULE

6:45 AM  Wake-up
7:15 AM  Breakfast, dining hall
8:30 AM  Guest Speaker
9:15 AM  Training session on dirt roads at South Mountain
11:30 AM Lunch, dining hall
12:30 PM Quiet hour for rest between training sessions
1:30 PM  Recreation time
2:30 PM  Form analysis and weight training demo
4:00 PM  Pool therapy
4:45 PM  Dinner, dining hall
6:00 PM  Special camp activities
7:00 PM  Cross training session
9:00 PM  Distance running video highlights
10:00 PM In rooms
10:30 PM Lights out!

SPECIAL EVENTS

Monday
Special guest speaker

Tuesday
Two-mile prediction run and camp dance

Wednesday (afternoon)
Lunch, swim & run at Pine Grove State Park

Wednesday (evening)
Movie, pizza party, and prediction run awards

Thursday (morning)
Long run on the Cumberland Valley Rail Trail
GENERAL CAMP INFORMATION

REGISTER EARLY
Space is limited to facilitate individual attention. Four-person suites will be assigned on a first-registered, first-accommodated basis.

WHAT TO BRING:
- A certificate of health must be presented by each participant at the camp’s registration. A standard form will be sent upon acceptance. This form does not require a physician’s examination or signature.
- 2 pairs of running shoes are recommended, 1 pair of racing flats or spikes may be helpful, swimsuit, recreational equipment if desired.

RECREATIONAL FACILITIES INCLUDE:
Indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts, and handball courts.

HOUSING
Campers will be housed in suite-style residence halls. Amenities include: air conditioning and a bathroom for every two campers. A pillow, one pillowcase, and two sheets will be provided. You will need to bring towels, blankets, and washcloths with you. Coin-operated washers and dryers are available on each floor in the residence hall.

HEALTH SERVICES
The Etter Health Center at Shippensburg University is available for first aid treatment of minor illnesses and injuries. Hours of operation vary throughout the year and are listed on the health center website www.ship.edu/health_center. If an illness or injury requires additional medical care, with consent of parent or legal guardian of child under the age of 18, arrangements may be made for an appointment with the campus physician during physician hours. If there is a medical emergency the camper will be transported via ambulance to an emergency room.

DISABILITY SERVICES
Requests for accommodations, auxiliary aids, or services must be made in writing to the Office of Disability Services at least fifteen (15) days before the camp begins. The Office of Disability Services is located in Horton Hall Suite 324, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, ods@ship.edu.
OBJECTIVE

The objective of the SU Cross Country Camp is to educate each athlete in the various aspects of distance running which we feel are important in achieving improvement and success. This camp will also serve as a preseason conditioning camp for individual runners or teams. We endeavor to serve individual athletes as well as groups. This week would be an excellent opportunity to promote team unity and expose a group to distance training without other distractions. The camp is geared to help beginning or advanced runners.

During the week, each athlete will learn about running form and efficiency, mental toughness, various types of workouts, flexibility, strength training specifically for distance runners, cross training, and racing techniques. Most runs are on dirt mountain roads, the Cumberland Valley Rail Trail, or on the university’s grass cross country course. Very little running will be on hard road surfaces. Staff interaction at this camp is excellent and this camp offers a chance to receive a week of training under the guidance of a very supportive staff. Campers are encouraged and supported in their efforts to run the minutes or mileage and paces which have been prescribed by their high school coach. Almost all runs are out and back, which allows campers to choose their appropriate pace and turn around point.

If a high school coach is interested in bringing his/her team to Shippensburg University for a training camp, call or write the camp director to discuss special needs.

FACILITIES

The SU Cross Country Camp is conducted on the beautiful campus of Shippensburg University. Training will take place on the SU cross country course, on the Cumberland Valley Rail Trail, on dirt roads in Michaux state forest, on parts of the Appalachian Trail, and at Pine Grove State Park. The strength training facility, which has 42 lifting stations, will be used during the week as well as the indoor pool.

APPLICATION INFORMATION

Applications will be accepted up to one week prior to the start of camp. Applications submitted after that day will not be accepted. If paying with a credit card, full payment is required. If paying by check or money order, you have the option of paying the entire amount or submitting at least a $75 deposit with the balance due one week prior to start of camp. An administrative fee of $75 will be deducted from all refunds. No refunds will be given after on-campus check-in. The Conference Office reserves the right to cancel any camp which has insufficient enrollment up to two weeks before the opening of camp. A full refund will be given if the camp is canceled.

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Send your application and payment to:

CONFERENCE SERVICES
SHIPPENSBURG UNIVERSITY
1871 OLD MAIN DRIVE
SHIPPENSBURG, PA  17257-2299
PHONE: (717) 477-1256
PROFESSIONAL STAFF AND CLINICIANS

THE SU CROSS COUNTRY CAMP OFFERS A STAFF OF OUTSTANDING COACHES AND COLLEGIATE ATHLETES. ALL HAVE BEEN HIGHLY SUCCESSFUL IN THEIR RESPECTIVE AREAS. THE STAFF IS COMMITTED TO HELPING EACH ATHLETE IMPROVE HIS OR HER SKILL LEVEL AND TO ASSIST EACH PERSON IN REACHING THEIR PERSONAL GOALS.

STAFF FOR THE 2017 CAMPS WILL INCLUDE:

STEVE SPENCE – Entering his 20th year as head cross country coach at Shippensburg. He is a Ship grad who earned the bronze medal at the 1991 World Championships in Tokyo as a marathoner. He also won the 1992 Olympic marathon trials and went on to place 12th at the Barcelona Olympic Games. Spence was the 1980 PIAA state champ and record holder in the 1600m at Lower Dauphin, a two-time NCAA Champion in the 5000m run, and a seven-time All-American at SU. He has coached more than 100 All-Americans including 7 Individual National Champions and 4 National Champion Distance Medley Relay teams. Ship’s women’s cross country team has qualified 9 consecutive years for the NCAA Championships. Both the women’s and men’s teams won PSAC and NCAA Atlantic Region titles in 2016. Steve was voted PSAC Coach of the Year for both genders.

JOSH ALCOMBRIGHT – In his 10th year as coach of Severna Park in Maryland, Josh led his boys team to the 4A State XC title in 2012, 2013, and 2014. In 2013, the Falcons scored 38 points to easily outpace the 2nd place team who scored 114. The Falcons also placed 2nd at the Nike XC Southeast Regional. They have earned two trips to the NXN in Portland with a best finish of 13th. Josh was selected as the Baltimore Sun XC Coach of the Year from 2011 to 2014. He is from upstate New York and attended college at SUNY Brockport where he participated in XC and track.

JOHN BUTLER – The Cedar Cliff grad was a 4 year camper at Ship. His high school career was highlighted by a team state XC championship in 2001. He recorded a high school PR of 9:11 at States where he placed 2nd. Butler took his talents to LaSalle where he recorded PRs of 4:05 for the Mile and 8:02 for 3k indoors. He is a teacher at Lower Dauphin where he is the Head XC and Assistant Track coach. John guided the LD boys to their first ever District III AAA title and to a 10th place finish at States in 2013.

NEELY SPENCE GRACEY – Gracey runs professionally for Adidas and operates a coaching business with her husband, Dillon. They reside near Boulder, CO. She won 6 NCAA individual titles and anchored the DMR team to 2 NCAA championships while at Ship. She also won 2 PIAA AAA titles in cross country as well as 2 PIAA AAA titles in the 1600. She was the runner-up in the 2 mile at the Nike Nationals in 2007 and was the 2 mile champion in 2008. Gracey won the Footlocker Northeast title in 2006 and 2007 and went on to place 8th and 4th at the FL Nationals in San Diego. During her freshman year of college, she won the USATF Junior XC Championships and then placed 19th at the World Junior XC


Championships in Jordon. She has represented the US five times in international competition. In 2013 she placed 13th at the World XC Championships in Poland where she was the top non-African runner. Recently, Gracey placed 2nd at the Philly Rock N’ Roll half marathon with a time of 69:58 (a 5:19 average) and 2nd at the USATF 10 mile championships with a time of 53:02 (a 5:18 average).

**RANDY LOWE** – 1992 National Champion in the 10,000m event in track & field and eight-time All-American at Ship. Randy served as the head cross country coach and assistant track & field coach at Frostburg University of Maryland until his retirement from coaching in 2010. Lowe led the 1990 Shippensburg XC team to 2nd place at the NCAA Championships with his 3rd place individual finish. He is the resource and acquisitions librarian at Frostburg University.

**BRITTA MANGES** – Manges is a 2000 Shippensburg University graduate and #3 runner on SU’s 1998 cross country team which placed 3rd at the NCAA Championships. She has coached cross country and track at Butler High School where she is an art teacher. Preparation of the half hour end-of-camp video and slide show to music is her main responsibility at camp.

**MATT SAMUEL** – Samuel guided the Dallas boys team to their 2nd consecutive State AA cross country title in 2016. He ran collegiately at the University of Pittsburgh and is now the head track and XC coach of his high school alma mater. Under his guidance Dallas has won 12 District II XC titles and his girls team won the PIAA AA state team titles in 2003, 2005, and 2013. Samuel guided Dominic Deluca to the individual AA State title in 2013 and Regan Rome to Footlocker Nationals in 2012 and 2013. His charges went 1-2 at AA Girls XC States in 2014 and in 2015 his boys squad won the AA State team title as well as the individual girls title. He attended the Ship camp as a camper in the mid-90s.

**STEPHEN SCHELANDER** – A 2012 Ship grad, Schelander also earned a master’s degree from Eastern University. He was a mainstay on the Ship XC and track teams and earned All-American honors as the anchor leg on the third place DMR squad. He boasts a PB of 346 for 1500m. Schelander is currently doing missionary work in Jordan.

**PHIL WHARTON** – A world renowned physiotherapist and fitness coach, Wharton is serving as a volunteer assistant with the SU cross country teams. He competed in XC and track at the University of Florida. Through the years, Wharton has worked with some of the most established names in running including 2002 London Marathon champion Khalid Khannouchi, 2008 US Olympic flagbearer Lopez Lomong and former Oregon runner Matthew Centrowitz. Wharton has also worked with famed US Olympian Meb Keflezighi. Among Wharton’s many strengths is therapy, nutrition, stretching, and body mechanics. He and his father, Jim, were among the go-to consultants in the running world during the 1990s. They founded Wharton Fitness in 1989. One of his prevailing philosophies is the importance of embracing one’s body through strength and flexibility.

* Others may be added to our staff. Staff subject to change.
REGISTRATION APPLICATION
2017 SU BOYS' CROSS COUNTRY CAMP

For your convenience, the Conference Office offers online registration, payment, and printable brochures. Check out our website at www.ship.edu/camps.

NAME ______________________________________________________
ADDRESS ___________________________________________________
CITY ________________________________________________________
STATE ________________________   ZIP CODE _____________________
PHONE NUMBER (______)  _____________________________________
AGE ____________       GRADE IN FALL OF 2017 ____________________
PARENT'S NAME  _____________________________________________
DAYTIME PHONE NUMBER (______) ______________________________
SCHOOL ATTENDING __________________________________________
ROOMMATE PREFERENCE  _____________________________________
(ONLY 2 CAMPERS PER ROOM)

T-SHIRT SIZE: (MEN’S)
○ SMALL      ○ MEDIUM      ○ LARGE      ○ EXTRA LARGE

FEES:
○ RESIDENT PLAN (ALL MEALS INCLUDED)  $380

PAYMENT PLAN:
○ CHECK OR MONEY ORDER ENCLOSED (PLEASE MAKE CHECK PAYABLE TO “SHIPPENSBURG UNIVERSITY”)
○ CREDIT CARD PAYMENTS AND E-CHECKS WILL BE ACCEPTED ONLINE AT WWW.SHIP.EDU/CAMPS AS PART OF THE REGISTRATION PROCESS. IF PAYING BY CREDIT CARD OR E-CHECK, FULL PAYMENT IS REQUIRED AT THE TIME OF REGISTRATION.

REGISTER NOW

CALL     (717) 477-1256
VISIT    www.ship.edu/camps
EMAIL    sucamps@ship.edu
## 2017 Summer Camps

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