



If your point of departure is ...

North of Shippensburg: Use I-81 or U.S. Route 11 south (Exit 29 from I-81). Upon entering Shippensburg, follow signs to Shippensburg University campus.

South of Shippensburg: Use I-81 north (or U.S. Route 11), take Exit 24, turn left and follow signs to Shippensburg University campus.

East of Shippensburg: Use Pennsylvania Turnpike Exit 226 (Carlisle), follow signs to I-81 south, take I-81 to exit 29. Turn right and follow signs to Shippensburg University campus.

West of Shippensburg: Use Pennsylvania Turnpike Exit 201 (Blue Mountain), take Route 696 south toward Shippensburg, follow signs to Shippensburg University campus.

From Baltimore/Washington, D.C., area: Take I-270 to I-70 west to I-81 north. Use exit 24. Turn left and follow signs to Shippensburg University campus.

Shippensburg University is an equal opportunity educational institution. Direct requests for disability accommodations and other inquiries to the Office of Disability Services, Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, ods@ship.edu.

REGISTER NOW! Shippensburg University 2009 Summer Camps

Boys' Football Camp	Ages 10-17	June 14-18
Girls' Basketball Camp	Ages 10-15	June 14-18
Girls' Softball Camp I	Ages 9-17	June 14-18
Swimming Camp	Boys/Girls, ages 9-18	June 14-18
Tennis Camp I	Boys/Girls, grades 8-12	June 14-18
Father/Son Basketball Camp	Ages 6-15	June 20-21
Girls' Soccer Camp	Ages 13-18	June 21-24
Throws Camp	Boys/Girls, grades 9-12	June 21-25
Baseball Day Camp	Boys, ages 6-12	June 22-25
Baseball Residential Camp	Boys, ages 13-16	June 28-July 1
CSI Camp	Boys/Girls, grades 7-11	June 28-July 3
Girls' Volleyball Camp I	Girls, grades 6-12	July 5-9
Girls' Softball Camp II	Ages 9-17	July 5-9
Chemistry Camp	Boys/Girls, grades 3-5	July 6-10
Soccer Day AM Session	Boys/Girls, ages 4-7	July 6-10
Soccer Day PM Session	Boys/Girls, ages 9-13	July 6-10
A Day at College Camp	Grades 6-12	July 8 and 28
Boys' Basketball Camp	Ages 9-17	July 12-16
Girls' Lacrosse Camp	Grades 5-12	July 12-16
Sprints & Hurdles Camp	Boys/Girls, grades 9-12	July 12-16
Learning by Gaming Day Camp	Boys/Girls, grades 4-6	July 13-17
Cross Country Camp	Boys/Girls, grades 9-12	July 19-23
Girls' Volleyball Camp II	Grades 6-12	July 19-23
Tennis Camp II	Boys/Girls, grades 8-12	July 19-23
Jumps Camp	Boys/Girls, grades 9-12	July 19-23
World's Languages Camp	Boys/Girls, grades 6-8	July 20-24
Girls' Field Hockey Team Camp	Grades 9-12	July 26-30
Tennis Camp III	Boys/Girls, grades 8-12	July 26-30
Baseball College Select Camp	Boys, ages 15-18	August 2-5
Boys' Soccer Camp	Grades 9-12	August 2-5

*Register NOW by calling (717) 477-1256
or visit our website at www.ship.edu/camps
or e-mail your request to sucamps@ship.edu.*

Football Camp



June 14 to 17, 2009

Ages 10 to 17

Director: Rocky Rees, SU Football Coach



**SHIPPENSBURG
UNIVERSITY**

WWW.SHIPEDU/CAMPS

Registration Application 2009 SU Football Camp

For your convenience, the Conference Office offers on-line 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 2009 _____

Parent's name _____

Daytime phone number (____) _____

School attending _____

Coach's name _____

Roommate preference _____

(Only 2 campers per room)

T-shirt size: (Youth) Large
(Men's) Small Medium Large Extra Large

Height _____ Weight _____

Level of experience: Midget Junior Varsity
 Junior High School Varsity

Position: Offense: QB RB WR TE OL
Defense: DL LB DB
Specialty: Kicker Punter Returner

Fees: Resident plan (all meals included) \$290
 Commuter plan (no meals) \$185
 Commuter plan (3 lunches) \$200
 Commuter plan (3 lunches, 3 dinners) \$220
 Commuter plan (3 breakfasts, 3 lunches, 3 dinners) \$235

Payment Plan:

Check or money order enclosed *(Please make check payable to "Shippensburg University")*

VISA *(If paying with credit card, full payment required.)*

MasterCard

Card Number

Exp. Date ____/____/____ Signature _____
MM YY

Application information

Applications will be accepted up to the Monday 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 \$50 deposit with the balance due by May 15. Applications submitted after May 15 must be accompanied with full payment. A \$50 administrative fee 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 cancelled.

Send your application and payment to:

Office of Conferences
Shippensburg University
1871 Old Main Drive
Shippensburg, PA 17257-2299
Phone: (717) 477-1256

General camp information

- Purpose: Our camp is designed to help student-athletes improve their individual football techniques and provide an understanding of team concepts. We will concentrate on basics of blocking, tackling, ball carrying, receiving and coverage as well as incorporate assignments into schemes. The knowledge learned will improve the individual and their teams.
- What equipment to bring: Since this is a non-contact football camp, the only equipment needed is cleats, shorts, socks and T-shirts. Also needed is an enthusiastic attitude about improving your football skills.
- Swimming, outdoor basketball courts (if available), sand volleyball courts, tennis, and much more available.
- The total resident plan which includes meals, lodging, T-shirt, instruction, limited medical insurance, and a football is \$290. The commuter plan includes T-shirt, instruction, limited medical insurance, and a football. Commuters may choose from four different plans. The commuter plan with no meals is \$185. The commuter plan offering three lunches is \$200. The commuter plan offering 3 lunches and 3 dinners is \$220. The commuter plan offering 3 breakfasts, 3 lunches and 3 dinners is \$235.
- There will be round-the-clock supervision for each camper.
- Housing: Only two participants will be assigned to a room. Two sheets, one pillowcase, and a pillow are provided. No towels, washcloths, or blankets are provided. Bring a light blanket, washcloths, and towels with you. Coin operated washers and dryers are available in the residence hall.

- Lost key policy: Campers who do not turn in their room key at camp dismissal will be subject to a lock change fee (ranging from \$40-\$60). For security reasons, lock changes must be made immediately before the next group arrives. Keys returned after check out is not permissible. There will be no exceptions.
- Get applications in early.
- Health and Disability Services — The Etter Health Center is staffed and equipped to take care of minor illnesses and injuries that may arise during your stay on campus. Our physician is in attendance Monday through Friday from 1:30 to 2:30 PM. A registered nurse is on duty or on call 24 hours daily and may at her discretion call the physician for consultation at any hour. 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.** For some emergencies, the staff may send you directly to a local hospital. Requests for accommodations, auxiliary aids or services should 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 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, ods@ship.edu.
- Absolutely **no** visitation by family members during the week unless permission is granted by the camp director. Experience has shown that the campers are more receptive to instruction and less stressful when outside adults are not present.
- Young campers (ages 8-11) should try to attend with a friend. This helps with homesickness and makes the camp experience more enjoyable for the camper.



Sunday, June 14 schedule

1:30 - 2:30 PM Check-in
2:30 - 4:30 PM Camp orientation and practice organization
5:00 - 6:00 PM Dinner, dining hall
6:30 - 8:00 PM First practice
8:00 PM Commuters free to go
10:00 PM Curfew
10:30 PM Lights out!

Daily camp schedule

7:30 - 8:30 AM Breakfast, dining hall
9:00 AM Commuters report to football field
9:00 - 10:15 AM Practice – individual techniques
10:30 - 11:30 AM Weight training/speed clinics
NOON - 1:00 PM Lunch, dining hall
2:00 - 3:15 PM Practice – group work
3:30 - 4:30 PM Practice – team concepts
5:00 - 6:00 PM Dinner, dining hall
6:45 - 8:15 PM Razzle Dazzle Games
8:15 PM Commuters free to go
10:00 PM Curfew
10:30 PM Lights out!

Wednesday, June 17 dismissal

4:30 PM Residence Hall Lobby

Staff

Our staff will be headed by:

Rocky Rees, SU Head Football Coach

Coaches from the Shippensburg University staff will include:

Mark Maciejewski, Secondary

Pete Lee, Offensive Line

Mike Burket, Linebackers

JC Morgan, Running Backs

Chance Powell, Receivers

Ben Gibboney, Defensive Line

Other guest lecturers will be included when available. Staff subject to change.