2017 SUMMER CAMPS

RAIDER CAMPS

CROSS COUNTRY GIRLS’ CAMP

JULY 16-20, 2017
RESIDENTIAL CAMP • GRADES 9-12

WWW.SHIP.EDU/CAMPS

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

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

CAMP AGE GROUP DATES

Shippensburg, PA 17257-2299, (717) 477-1364, ods@ship.edu. 2/17U-500

Horton Hall Suite 324, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257, (717) 477-1364, ods@ship.edu. 2/17U-500

INFORMATION

GENERAL CAMP

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

Camps 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 halls.

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.

SHIPPENSBURG UNIVERSITY
1871 OLD MAIN DRIVE • SHIPPENSBURG, PA 17257
P: (717) 477-1256 • E-mail: sucamps@ship.edu
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SHIPPENSBURG UNIVERSITY is a member of Pennsylvania’s System of Higher Education and an equal opportunity educational institution. Direct requests for disability accommodations and other inquiries to the Office of Disability Services, Horton Hall Suite 324, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, ods@ship.edu. 2/17U-500

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

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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.
OPENING

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 will be on mountain roads, the Cumberland Valley Rail Trail, or on the university’s grass cross country course. Little running will be on hard roads. Staff at all locations will be on hand to answer any questions and give an opportunity 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 miles necessary for them to reach their goals. Many 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.

The SU Cross Country Camp is conducted on the beautiful campus of Shippensburg University. Training will take place during the week as well as the indoor pool.

Grove State Park. The strength training facility, which has 42 lifting stations, will be used during the week as well as the indoor pool.

APPLICATIONS

Applications can be accepted up to one week prior to the start of camp. Applications submitted after that day will not be accepted. An administrative fee of $75 will be deducted from all refunds. No refunds will be given after camp 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.

Mail your application and payment to:

Shippensburg University
1781 Old Main Drive
Shippensburg, PA 17257-2299
Phone: (717) 477-1256

OFFICIAL STAFF AND CLINICIANS

THE SU CROSS COUNTRY CAMP OFFERS A STAFF OF OUTSTANDING COACHES AND COLLEGIATE ATHLETES. ALL HAVE BEEN 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.

STeve sPence – Entering his 20th year as head cross country coach at SU, Steve Spence guided the women’s cross country team to a 2002 NCAA Atlantic Region title, a 1991 World Championships in Tokyo as a marathoner. He also won the 1992 Olympic marathon on the streets of Barcelona. The Spence was the 1980 PIAA state champ and record holder in the 1600m at Lower Dauphin, a two-time NCAA champion in the 5000m in 1991 and 1992. He has coached more than 100 All-Americans including 7 Individual National Champions. He is the current head Coach of the Drexel Men’s and Women’s Relay teams. Ship’s women’s cross country team has qualified nine consecutive years for the NCAA Championships. Both the women’s and men’s teams won PIAA and NCAA Atlantic Region titles in 2016. Spence was voted PSAC Coach of the Year for both genders.

shane Bedino – Recently retired from teaching and coaching, Bedino was the head cross country coach and track and field coach at Montoursville High School for many years. She was recognized as the Runner’s World Golden Shoe award for her outstanding contributions to running. Bedino is an avid runner who heads the camp discussion for the girls regarding issues which are gender specific.

larA crofford – Crofford is entering her second season as head cross country coach at SU. She has been a assistant cross country and track & field coach at Shippensburg University for a training camp as a camper in the mid-90s.

Katie sprATford – Sprott, a 2013 Ship grad, was voted the 2013 Region 3 Coach of the Year. She has won 12 District II XC titles and her girls team won the PIAA AAA team state title in 2003, 2005, and 2013. Samuel guided the Dallas Boys team to their 5th consecutive State AA title in 2014 and in 2015 his boys squad won the AA State title. He attended the Ship camp as a camper in the mid-90s.

plH 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 elite runners in the country including 2002 London Marathon champion Khalid Khannouchi, 2008 US Olympic Flagbearer Lopez Lomong and former Oregon State Champion Matthew Centrowitz. Wharton has also worked with favored US Olympic Meb Keflezighi. Among Wharton’s many strengths is therapy, nutrition, stretching, and body mechanics. He and his father, Jim, were among the go-to coaches in the running world during the 1990s. They founded Wharton SHIPPEENSBURG UNIVERSITY

CAMP CONFERENCE services SHIPPENSBURG UNIVERSITY 1871 OLD MAIN DRIVE SHIPPENSBURG, PA 17257-2299 PHONE: (717) 477-1256

registration application 2017 su girls’ 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 _______ PARENT’S NAME ___________ DAYTIME PHONE NUMBER _______________ SCHOOL ATTENDING _______________________________ ROOMMATE PREFERENCE ____________________ (ONLY 2 CAMPERs PER ROOM)

T-SHIRT SIZE: __________________ (MEN’S) __________________ (WOMEN’S) __________________ (LARGE) __________________ (EXTRA LARGE) __________________

FEES: ____________ RESIDENT PLAN (ALL MEALS INCLUDED) $380 ____________ IS REQUIRED AT THE TIME OF REGISTRATION.

PAYMENT PLANS:

○ CHECK OR MONEY ORDER ENCLOSED (PLEASE MAKE 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.

CALL (717) 477-1256 EMAIL sucamps@ship.edu

REGISTRATION NOW