

Nate Reider – 2007 NCAA National Champion in the javelin

Reider is a 3 time All-American in the Javelin and Indoor Weight Throw. Possibly the most versatile thrower in the history of the PSAC.

John Pacovsky – Throws Coach, Carlisle High School

Pacovsky is a Shippensburg University 3 time NCAA All-American Javelin Thrower. While at SU, John had an amazing career which netted three All-American honors. Known for his tenacity in workouts, John's drive to get the most out of his body was legendary.

Nick Price – PSAC All-Conference Thrower, Edinboro University

Nick was a standout thrower for Edinboro University and was named all PSAC in the shot put several times. His post-career performances in the shot are outstanding.

Carrie Timmons – Throws Coach, Shippensburg High School

While at SU, Carrie was a PSAC All-Conference discus thrower. Coach Timmons now guides the throws team at Shippensburg High School.

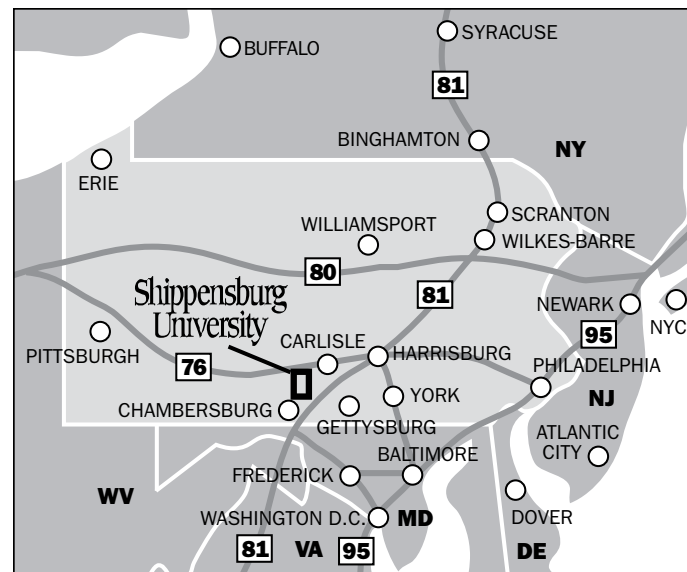
Megan Schweighofer – Shippensburg University School Record Holder, PSAC Champion

Currently a school teacher in Waynesboro, PA, Megan was a multiple PSAC Champion and a NCAA National Provisional Qualifier in both the weight throw and hammer. Megan also holds both schools records in those respective events.

Others may be added at a later date. Staff subject to change.

Facilities

The SU Throws Camp is conducted on the beautiful campus of Shippensburg University. The campus, which is the site of the Pennsylvania Interscholastic Athletic Association state high school track and field championships, consists of a red all-weather eight-lane track, three horizontal jump runways, an all-weather javelin runway, two shot put circles, a discus cage and a hammer/discus cage. There is an indoor track in the field house that can be used in inclement weather and a weight training facility which has 42 lifting stations.



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.

Throws
Camp



June 21 to 25, 2009

Boys and girls, grades 9 to 12

Director: David Osanitsch, SU Head Track & Field Coach



SHIPPENSBURG
UNIVERSITY

WWW.SHIPEDU/CAMPS

Registration Application 2009 SU Throws 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

I wish to participate in:

Shot Put Javelin Discus

Fees:	<input type="checkbox"/> Resident plan (all meals included)	\$350
	<input type="checkbox"/> Commuter plan (no meals)	\$235
	<input type="checkbox"/> Commuter plan (4 lunches)	\$258
	<input type="checkbox"/> Commuter plan (4 lunches, 4 dinners)	\$286
	<input type="checkbox"/> Commuter plan (4 breakfasts, 4 lunches, 4 dinners)	\$303

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

SU Throws Camp

The SU Throws Camp is designed to be a throws-specific camp, which meets or exceeds the quality of all throws camps in the region. The quality of the camp stems from the background, experience, knowledge, expertise, and care from our clinicians.

All aspects of the throwing events will be covered by using proper throwing techniques. Plyometrics, weight training, mental training, proper diet, and various other aspects of training will be covered. These all will be throws-specific.

The SU Throws Camp provides throwers with high level instruction, but on a more personal scale and a more reasonable cost.

General camp information

1. The total resident plan which includes meals, lodging, T-shirt, instruction, limited medical insurance, and a camp gift is \$350. The commuter plan includes T-shirt, instruction, limited medical insurance, and a camp gift. Commuters may choose from four different plans: The commuter plan with no meals is \$235; with four lunches is \$258; with four lunches and four dinners is \$286; with four breakfasts, four lunches, and four dinners is \$303.
2. Round-the-clock supervision for each camper.
3. 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.
4. 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.

5. 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.
6. Swimming, tennis, sand volleyball courts, and much more available.
7. 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.

Camp arrival

Sunday, June 21, 2009

1:30 to 2:30 PM

Camp dismissal

Residence Hall Lobby

Thursday, June 25, 2009

1:00 PM

Professional staff & clinicians

The SU Throws Camp offers a staff of outstanding coaches. All have been highly successful at the high school and/or collegiate level and each is an outstanding teacher of the events of the sport. 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 2009 camp will include:

Kurt Dunkel – Throws Coach, Shippensburg University

Dunkel is a 2-time All-American javelin thrower at SU, and the throws coach at SU for 10 years. As a student-athlete, Dunkel was a team captain and a two-time All-American in the javelin, finishing second at the NCAA Championships in both 1997 and 1998. He has had eight articles published in the world's only throws-based publication, *The Long and Strong Throwers Journal*. Since 1998, the throwers have consistently contributed to the success of both the women's and men's teams under Dunkel's guidance. Over the past nine seasons, he coached 100 conference placewinners, 18 conference champions, 37 NCAA qualifiers, 11 All-Americans, 10 school record holders, three conference championship record

holders and one Academic All-American. More importantly, the throwers have helped to return Shippensburg's track and field programs to a dominant position in the PSAC while showing they can compete with the very best in NCAA Division II.

Heather Leverington – Head Coach/Throws Coach, Lock Haven University

Arguably the greatest female shot putter in Division II history, Leverington was an Olympic Trials participant in 2000, finishing ninth overall. She has tallied five national championships and a runner-up finish to her credit. Her mark of 54-feet-2.75 broke Kathy Devine's 1978 ESU record and is the second best shot put in Division II history. Leverington was a nine-time MIAA champion, seven-time All-American and twice named ESU Student-Athlete of the Year. As a coach, Heather has coached a multitude of All-Americans and a National Champion.

Scott Weiser – Head Coach/Throws Coach, Millersville University

Coach Weiser recently finished his first year as the field events coach at Millersville University and has had an immediate impact on this mid-Penn program. Over his 12 years in collegiate coaching Coach Weiser has demonstrated consistent success in producing improvements in a wide variety of track & field events on a wide spectrum of levels, most notably in the field events and more consistently in his primary specialty, the throws. As a collegiate thrower Scott worked his way from unrecruited walk-on to a two-time NCAA Division 2 qualifier in the hammer throw – an event not offered at the high school level in Pennsylvania. He received his highest ranking of 13th in 1995 and graduated from East Stroudsburg University in 1996 as their first hammer thrower in school history and school record holder. That record lasted for 12 years at 176-5 until it was broken this year at the PSAC championships.

Steve Sarigiannis – Throws Coach, Navy

During his coaching career, Sarigiannis has guided one U.S. Olympic Trials qualifier in the hammer throw, two Senior Olympic qualifiers in the shot put and discus, three NCAA Division I All-Americans, four NCAA Championship automatic qualifiers and 28 NCAA East Region Championship qualifiers. As an athlete at UNC-Wilmington, Steve was a three-time All-East and Colonial Athletic Association champion in the discus throw, earning MVP honors during his senior year.

Roger Coleman – Throws Coach, Chambersburg High School

At Chambersburg High School, has coached several PIAA state champions and numerous District III champions; *javelin*

Kim Sellers – Throws Coach, Shippensburg University

While at SU, Kim was a standout athlete. She was the 1998 PSAC Champion in the discus and currently holds the indoor school record in the shot at 42'4". Sellers had an exceptional high school career. She was a four time PIAA state champion in the shot and discus. Her senior year, she was a high school All-American with a 3rd place finish at the national championships. Kim has taken her throws knowledge and is now at the helm of the Ship throws crew where she continues to find success.

