

had returned to her high school, Northern York, where she served for the last three years as the throws coach for the Polar Bears. While there, she was able to help five athletes make it to the state meet & watched three earn medals.

**Nick Price**, *throws coach, Widener University* — A standout thrower for Edinboro University, Price was named all PSAC in the shot put several times. His post-career performances in the shot are outstanding & he has qualified for the U.S. Track & Field Championships. He is currently training for the U.S. Track & Field Championships in 2011. He also serves as the throws coach at Widener University.

**Roger Coleman**, *throws coach, Chambersburg High School* — At CASHS, Coleman has coached several PIAA state champions & numerous District III champions. Coleman is considered by many to be one of the best high school throws coaches in Pennsylvania.

**Carrie Timmons**, *head coach/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.

**Brian Haupt**, *throws coach, Hatboro-Horsbarn High School* — Haupt was a PSAC conference champion in the shot put & a multiple all conference thrower for SHIP. He has been a clinician at the SU Throws camp for a number of years & is currently coaching at the high school level with great results.

**Megan Schweighofer**, *SU former school record holder, PSAC champion* — Currently a school teacher in Waynesboro, Schweighofer was a multiple PSAC Champion & a NCAA National Provisional Qualifier in both the weight throw & hammer. She held both school records in these events. Schweighofer has been involved with our throws camp nearly since its inception as a counselor & clinician.

**Glenn Thompson**, *SU throws coach* — Thompson helped SHIP win three PSAC outdoor track & field championships in 1982, 1984 & 1985. He was a three-time NCAA Division II qualifier & participant, two-time PSAC champion in the shot put & one-time champion & one-time runner-up in the discus. A team captain in 1984 & 1985, Thompson still holds the outdoor school record in the shot put with a throw of 55-feet, 7-inches. He also held the school record in the indoor shot put until it was broken in 2005 & the discus until it was broken in 2003. In 1985, Thompson qualified for the first NCAA Division II Indoor Track & Field Championships while he also qualified for the NCAA Division II Outdoor Track & Field Championships in both 1984 & 1985. As a senior, he placed ninth at the outdoor meet, missing All-America honors by one place. At the age of 43, Thompson continued to compete as one of the best Masters (age 30-plus) throwers in the nation, winning numerous national titles. At 36 years old, he achieved a career best throw of 61-feet, 3-inches in the shot put, qualifying him for the 1999 USA Track & Field Championships where he finished 15th. This past summer he tossed the discus 180-feet 4-inches, more than 17-feet better than his old school record. Thompson has also helped develop some of the best high school throwers in the state of Pennsylvania, serving as the personal coach for Jeremy Silverman of Annville-Cleona who was a three-time PIAA state champion & NCAA National Champion Ryan Whiting of Central Dauphin A staunch promoter of track & field on the national & international level, Thompson is the founder & publisher of the bi-monthly magazine *The Long and Strong Throwers Journal* that is the only publication of its kind in the world.

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

<http://www.ship.edu/Visit/Directions/>

*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 2011 Summer Camps

Swimming Camp	Boys & Girls Ages 8 - 17	June 12 - 16
Baseball Day Camp I	Boys Ages 6 - 12	June 13 - 16
Father/Son Basketball Camp	Boys Ages 6 - 15	June 18 - 19
Boys Football Camp	Boys Grades 6 - 12	June 19 - 22
Girls Lacrosse Camp	Girls Grades 5 - 12	June 19 - 22
Girls Basketball Camp	Girls Ages 9 - 15	June 19 - 23
Tennis Camp I	Boys & Girls Grades 8 - 12	June 19 - 23
Girls Softball Camp I	Girls Ages 10 - 18	June 19 - 23
Middle School Field Hockey Camp	Girls Grades 6 - 8	June 26 - 29
CSI Camp	Boys & Girls Ages 13 - 17	June 26 - July 1
Chemistry Camp I & II	Boys & Girls Ages 8 - 10	June 27 - July 1
Girls Softball Camp II	Girls Ages 10 - 18	July 10 - 14
Girls Volleyball Camp I	Girls Grades 6 - 12	July 10 - 13
Baseball Day Camp II	Boys Ages 6 - 12	July 11 - 14
Speed & Hurdles Camp	Boys & Girls Grades 9 - 12	July 17 - 20
Boys Basketball Camp	Boys Ages 9 - 17	July 17 - 21
Cross Country Camp	Boys & Girls Grades 9 - 12	July 17 - 21
Tennis Camp II	Boys & Girls Grades 8 - 12	July 17 - 21
Jumps Camp	Boys & Girls Grades 9 - 12	July 24 - 27
Girls Volleyball Camp II	Girls Grades 6 - 12	July 24 - 27
Girls Field Hockey Camp	Girls Grades 9 - 12	July 24 - 28
Tennis Camp III	Boys & Girls Grades 8 - 12	July 24 - 28
Throws Camp	Boys & Girls Grades 9 - 12	July 31 - Aug. 3

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

# Throws Camp



July 31 to August 3, 2011

Boys and Girls  
Grades 9 to 12

Director: Dave Osanitsch, SU Head Track & Field Coach



[WWW.SHIP.EDU/CAMPS](http://WWW.SHIP.EDU/CAMPS)

SHIPPENSBURG  
UNIVERSITY

## Registration Application 2011 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](http://www.ship.edu/camps).

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone number (\_\_\_\_\_) \_\_\_\_\_

Age \_\_\_\_\_  Male  Female

Grade in fall of 2011 \_\_\_\_\_

Parent's name \_\_\_\_\_

Daytime phone number (\_\_\_\_\_) \_\_\_\_\_

School attending \_\_\_\_\_

Coach's name \_\_\_\_\_

Roommate preference \_\_\_\_\_

(Only 2 campers per room)

My primary event for camp will be:

Shot Put  Javelin  Discus

(Remember you can participate in all the throwing events at camp as well.)

Fee:  Resident plan (all meals included) \$335  
 Commuter plan (3 lunches, 3 dinners) \$285

### Payment Plan:

- Check or money order enclosed (Please make check payable to "Shippensburg University")
- Credit card payments and e-checks will be accepted on-line at [www.ship.edu/camps](http://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.

**CAMP ARRIVAL**  
Sunday, July 31, 2011  
1:30 to 2:30 PM

**CAMP DISMISSAL**  
Residence Hall Lobby  
Wednesday, August 3, 2011 ~ 4:00 PM

## 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 cancelled.

Send your application & payment to:

Conference Services  
Shippensburg University  
1871 Old Main Drive,  
Shippensburg, PA 17257-2299  
**Phone: (717) 477-1256**

## General camp information

1. **Register early:** Space is limited to facilitate individual attention.
2. **Housing:** All participants will be housed in modern residence halls & will be supervised by counselors. Only two participants will be assigned to a room. Two sheets, one pillowcase & a pillow are provided. No towels, washcloths or blankets are provided. Bring these items with you. Coin operated washers & dryers are available in the residence hall.
3. **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. Lock changes for lost keys will be billed to the camper. There will be no exceptions.
4. 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.**
5. **Health Services:** The Etter Health Center is staffed & equipped to take care of minor illnesses & 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 & may at her discretion call the physician for consultation at any hour. For some emergencies, the staff may send you directly to a local hospital.
6. **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 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, ods@ship.edu.
7. **Recreational facilities include:** indoor swimming, indoor & outdoor basketball courts (if available), outdoor volleyball courts, tennis courts & handball courts.
8. **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 & less stressful when outside adults are not present. Young campers (ages 10-11) should try to attend with a friend. This helps with homesickness & makes the camp experience more enjoyable for the camper.

**What to bring:** Campers are encouraged to bring their own throwing implements from their high school but it is not a requirement.

## SU throws camp

This camp was started in 2003 & has quickly gained a reputation as one of the finest camps east of the Mississippi. Student-athletes enjoy no less than 10 skill sessions which are situated over a four day period.

This camp is designed to be a hands-on, 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, & care from our clinicians. This camp has developed a tremendous amount of highly successful high school & college throwers.

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

This camp provides throwers with high level instruction, but on a more personal scale & a more reasonable cost. We have an excellent staff to student-athlete ratio which allows for a abundance of one-on-one interaction with the clinicians & staff. As the camp numbers grow, staff is added.

## Facilities

This 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 & 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 & a hammer/discus cage. There is an indoor track in the field house that can be used in inclement weather & a weight training facility which was remodeled in 2009. The track & field facility was newly renovated with a new synthetic surface in 2011!

## 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 & 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 & to assist each person in reaching their personal goals. Staff for the 2011 camp will include:

**Kurt Dunkel, SU throws coach** — 2-time All-American javelin thrower at SU; throws coach at SU for 12 years. As a student-athlete, Dunkel was a team captain & a two-time All-American in the javelin, finishing second at the NCAA Championships in both 1997 & 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 & men's teams under Dunkel's guidance. Over the past 10 seasons, he coached 148 conference placemen, 21 conference champions, 49 NCAA provisional qualifiers, 14 All-Americans, 10 school record holders, six conference championship record holders & a NCAA national Champion in the javelin. More importantly, the throwers have helped to return SHIP's track & field programs to a dominant position in the PSAC while showing they can compete with the very best in NCAA Division II.

**Scott Weiser, head coach/throws coach, Millersville University** since 2008 — Over his 15+ years in collegiate coaching, 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 & more consistently in his primary specialty, the throws. As a collegiate thrower Weiser 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 PA. He received his highest ranking of 13<sup>th</sup> in 1995 & graduated from East Stroudsburg University in 1996 as their first hammer thrower in school history & school record holder. That record lasted for 12 years at 176-5 until it was broken this year at the PSAC championships. Weiser has coached at Division I programs such as Lafayette College, Bucknell University & New Mexico State.

**Alison Freas, SU throws coach** — A six-time NCAA Division II qualifier in the hammer & weight throws, Freas earned NCAA Division II All-American status twice in the hammer (2005, 2006). She earned her highest place during her senior NCAA's with a personal best throw of 180' 1" in the hammer. Freas was also a three-time PSAC weight throw champion (2004-06), a PSAC discus Champion (2004) & was the very first PSAC hammer throw champion in 2006 after the PSAC began to sponsor the event at the league championships. Now a member of the SHIP track & field coaching staff, Freas previously