

Professional staff & 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 2008 camp will include:

Steve Spence — Head cross country coach and assistant track & field coach at Shippensburg University. Steve is a Shippensburg University graduate who earned the bronze medal at the 1991 World Championships in Tokyo as a marathoner. He also placed 12th at the Barcelona Olympic Games in 1992 in the marathon. Steve was also the 1980 Pennsylvania High School State Champion and record holder in the 1600m run, a two-time NCAA Champion in the 5000m run, and a seven-time All-American at Shippensburg University. Has coached 31 All-Americans in Cross Country and Track & Field and led the 1998 Women's Cross Country team to a 3rd place finish at the NCAA Division II Championships.

Vicki Smith — College All-American while at Lock Haven University in the early 80's. Vicki will add cross-training expertise to this camp. She has competed in several prestigious triathlons including the Ironman in Hawaii.

Randy Lowe — 1992 National Champion in the 10,000m event in Track & Field. Eight-time All-American at SU, head cross country coach and assistant track & field coach at Frostburg University of Maryland.

Stephanie Bedison — Head cross country coach at Montoursville High School, Runner's World Golden Shoe award winner for her outstanding contributions to running.

Ken Roseberry — 1987 All-American in steeplechase for Shippensburg University, head cross country coach at Cedar Cliff High School. Cedar Cliff boys were the state AAA champs in 2001 and 2004.

Britta Smith — 2000 Shippensburg University graduate and #3 runner on Shippensburg University's 1998 Cross Country team which placed 3rd at the NCAA Championships. Britta has coached Cross Country and Track at Butler High School where she is an Art teacher.

Aaron Rich — 2003 Shippensburg University graduate, Aaron is the Head Cross Country and Assistant Track coach at Boiling Springs High School. He works with his father on the Penntack Cross Country website. He teaches in a special classroom setting while pursuing his doctorate from Penn State's Capitol Campus.

Others may be added to our staff. Staff subject to change.



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.

Other camps

Shippensburg University will conduct these camps in 2008: baseball, boys basketball, chemistry, Da Vinci, football, forensics, field hockey, girls basketball, girls lacrosse, math, soccer, softball, swimming, tennis, track & field, and volleyball. For more information about these camps, call (717) 477-1256, visit our website at www.ship.edu/camps or e-mail your request to sucamps@ship.edu.

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.



Shippensburg
University

Office of Conferences
Shippensburg University
1871 Old Main Drive
Shippensburg, PA 17257-2299
RETURN SERVICE REQUESTED

Sports
Camps

Shippensburg
UNIVERSITY



Cross Country Camp



Boys and Girls, grades 9 to 12

July 20 to 24, 2008

Directed by:

Steve Spence, Head Cross Country Coach and
Assistant Track & Field Coach
Shippensburg University

Registration Application 2008 SU Cross Country 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 _____ Male Female

Grade in fall of 2008 _____

Parent's name _____

Daytime phone number (____) _____

School attending _____

Coach's name _____

Coach's address _____

City _____

State _____ Zip Code _____

Roommate preference _____

(Only 2 campers per room)

T-shirt size (Men's): Small Med. Large X-Large

How many miles per week do you expect to be running for the 3 weeks prior to camp? I plan to average _____ miles per week.

Fees: Resident plan (all meals included) \$325
 Commuter plan (no meals) \$205
 Commuter plan (4 lunches) \$228
 Commuter plan (4 lunches, 4 dinners) \$256
 Commuter plan (4 breakfasts, 4 lunches, 4 dinners) \$273

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 Wednesday 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

- Housing:** Only two participants will be assigned to a room. Two sheets, one pillowcase and a pillow will be 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.
- Key policy:** Campers not returning their room key at camp dismissal will be subject to a lock change fee (ranging from \$25 - \$40). 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.
- Equipment:** two pairs of running shoes are recommended. A pair of racing flats or spikes may be helpful. Spike length is a maximum of 3/16". Bring recreational equipment if desired and a water bottle.
- The camp is run by a staff of highly qualified coaches. This staff will be supplemented by several guest lecturers and demonstrators.

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, weight training specifically for distance runners, cross training, and racing techniques. A question and answer session will be offered to address the concerns and needs of each runner. Mountain runs will be offered each day to get away from the macadam roads and run in a refreshing environment. Staff interaction at this camp is excellent. A college athlete is employed for each 10 runners who attend this camp. Much can be learned throughout the week from these aspiring athletes. Finally, this week offers an excellent chance to receive a week of training under the guidance of a very supportive staff.

Athletes will learn about the sport of distance running from experienced coaches and elite distance runners. Pointers for obtaining better running mechanics and efficiency will be discussed.

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

Camp arrival

Sunday, July 20, 2008
 1:30 to 2:30 p.m.

Camp dismissal

Residence hall lobby
 Thursday, July 24, 2008
 4:30 p.m.

Special events

Monday: special guest speaker

Tuesday: two mile prediction run

Wednesday afternoon: lunch, swim and run at Pine Grove State Park

Wednesday evening: movie, pizza party & camp dance

Thursday morning: long run at Mischeaux State Forest

Typical daily schedule

6:45 a.m.	Wake-up
7:15 a.m.	Breakfast, Reisner Dining Hall
8:30 a.m.	Commuters report to camp
8:30 a.m.	Guest speaker
9:15 a.m.	Training session in the mountains
11:30 a.m.	Lunch, Reisner Dining Hall
12:30 p.m.	Quiet hour for rest between sessions
1:30 p.m.	Recreation time
2:30 p.m.	Form analysis or weight training
4:00 p.m.	Pool therapy
4:45 p.m.	Dinner, Reisner Dining Hall
6:00 p.m.	Special camp activities
7:00 p.m.	Training session on campus
9:00 p.m.	Distance running video highlights
10:00 p.m.	In rooms
10:30 p.m.	Lights out!

Facilities

The SU Cross Country Camp is conducted on the beautiful Shippensburg University campus. Training will take place on a red all-weather track located in the stadium, on the Shippensburg University five-mile cross country course, on the Shippensburg to Newville rail trail, and on the rolling back roads of rural Shippensburg. Some running will be done on dirt roads in South Mountain and parts of the Appalachian Trail. The weight training facility, which has 42 lifting stations, will be used during the week.

In addition, there is indoor swimming, indoor and outdoor basketball courts (if available), sand volleyball courts, tennis courts, and handball courts for recreational use.

All participants will be housed in a modern residence hall and will be supervised by counselors. Meals will be served at the university dining hall.

The university's Etter Health Center, with a nurse on duty 24 hours a day, is available to any camper needing medical attention. 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.

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.