CAMP SCHEDULE

ARRIVAL
Sunday, July 22, 2018, 1:30–2:30 PM

DISMISSAL
Wednesday, July 25, 2018, Residence hall lobby

TYPICAL DAILY SCHEDULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM</td>
<td>Wake-up</td>
</tr>
<tr>
<td>7:30 AM</td>
<td>Breakfast, dining hall</td>
</tr>
<tr>
<td>8:30 AM</td>
<td>Warm-up and stretching</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Skill session by event</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>Lunch, dining hall</td>
</tr>
<tr>
<td>12:30 PM</td>
<td>Recreation time</td>
</tr>
<tr>
<td>1:30 PM</td>
<td>Skill session</td>
</tr>
<tr>
<td>3:30 PM</td>
<td>Recreation time</td>
</tr>
<tr>
<td>4:30 PM</td>
<td>Dinner, dining hall</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Special camp events to include competitions</td>
</tr>
<tr>
<td>10:00 PM</td>
<td>In rooms</td>
</tr>
<tr>
<td>10:30 PM</td>
<td>Lights out!</td>
</tr>
</tbody>
</table>
GENERAL CAMP INFORMATION

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.*
- Bring your own equipment unless notified otherwise. All athletes should bring training gear and shoes. If you bring spikes (not required), they cannot exceed 3/16”. Bring recreational equipment, i.e., tennis racket, swimsuit, etc.

RECREATIONAL FACILITIES INCLUDE:
Indoor swimming, indoor and outdoor basketball courts *if available*, outdoor volleyball courts, tennis courts, and handball courts.

HOUSING
Campers 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 hall.

HEALTH SERVICES
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](http://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.

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 Suite 324, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, ods@ship.edu.
OBJECTIVE
The primary goal of the SU Jumps Camp is to assist each athlete in learning how to develop his/her athletic potential as it pertains to high jump, long jump, triple jump, and pole vault. We will accomplish this with a staff of outstanding coaches teaching the most up-to-date techniques involving each jump. Since it’s inception in 2003, SU Jumps Camp has attracted over 950 student-athletes!

Shippensburg University has one of the finest track & field complexes in the Northeast United States. We have 2 pole vault landing areas, 3 high jump aprons, 2 long jump runways and pits, and 2 triple jump runways and pits. Shippensburg University has hosted the PIAA State Championships for well over 25 years.

All participants will receive specific instruction on the events of his/her choice. With the aid of coaches, the athlete will be evaluated and then taught drills to improve his/her skill level. Ship track camps are known for their one-on-one attention for the student-athletes. Video is used as a tool so jumpers can visually see what corrections need to be made. Participants will also be given useful drills to take home with them along with a better understanding of the weight room and what lifts are successful for jumpers in track & field.

FACILITIES
The SU Jumps 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, 4 horizontal jump runways, an all-weather javelin runway, two shot put circles, and two discus circles. There is an indoor track in the field house that can be used in inclement weather and a weight training facility that has 42 lifting stations.

In addition, there is indoor swimming, indoor and outdoor basketball courts (if available), outdoor 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.

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 canceled.

A full refund will be given if the camp is canceled.

Send your application and payment to:

CONFERENCE SERVICES
SHIPPENSBURG UNIVERSITY
1871 OLD MAIN DRIVE
SHIPPENSBURG, PA 17257-2299
PHONE: (717) 477-1256
PROFESSIONAL STAFF AND CLINICIANS

THE SU JUMPS CAMP OFFERS A STAFF OF OUTSTANDING COACHES AT THE HIGH SCHOOL AND COLLEGIATE LEVEL. NOT ONLY HAS THE STAFF COACHED ALL-AMERICANS AND A NATIONAL CHAMPION, MORE IMPORTANTLY EACH IS AN OUTSTANDING TEACHER OF THE JUMPING EVENTS. 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 2018 CAMP WILL INCLUDE:

DAVID OSANITSCH
  Head Coach, Shippensburg University

JASON KILGORE
  Head Coach, West Chester University

TODD CURLL
  Head Women’s Coach, Richard Stockton College

BOB WALKER
  Head Boy’s Track Coach, Chambersburg High School

AMY MANTUSH
  Assistant Coach, Bucknell University

JUSTIN GERMANI
  Assistant Coach, East Stroudsburg University
Professional Staff and Clinicians

The SU Jumps Camp offers a staff of outstanding coaches. All have been highly successful at the high school and collegiate level. Not only has the staff coached All-Americans and a national champion, more importantly each is an outstanding teacher of the jumping events. 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 2018 camp will include:

David Osanitsch  
Head Coach, Shippensburg University

Jason Kilgore  
Head Coach, West Chester University

Todd Curl  
Head Women's Coach, Richard Stockton College

Bob Walker  
Head Boy's Track Coach, Chambersburg High School

Amy Mantush  
Assistant Coach, Bucknell University

Justin Germani  
Assistant Coach, East Stroudsburg University

Brooke Astor  
Assistant Coach, Lehigh University

Vicki Younger  
Lynchburg College
  (2-time NCAA All-American High Jump)

For staff and clinician bios, go to www.ship.edu/camps.

* Our coaching staff for SU Jumps Camp has been together since its inception in 2003. In addition to the above listed clinicians, we will bring in former NCAA All-American and National Qualifiers in all the jumping disciplines for additional staff support. Staff to student-athlete ratio is very important to us and we will add clinicians as camp numbers grow.
REGISTRATION APPLICATION
2018 SU JUMPS 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 ____ ○ MALE ○ FEMALE     GRADE IN FALL OF 2018 _______

PARENT’S NAME _____________________________________________

DAYTIME PHONE NUMBER (______) ______________________________

SCHOOL ATTENDING __________________________________________

COACH’S NAME ______________________________________________

ROOMMATE PREFERENCE _____________________________________
(ONLY 2 CAMPERS PER ROOM)

I WISH TO PARTICIPATE IN: ○ HIGH JUMP ○ LONG JUMP
○ TRIPLE JUMP ○ POLE VAULT

T-SHIRT SIZE: ○ YOUTH LARGE (MEN’S) ○ SMALL ○ MEDIUM ○ LARGE ○ EXTRA LARGE

FEES:
○ RESIDENT PLAN (ALL MEALS INCLUDED) $400
○ COMMUTER PLAN (INCLUDES: 3 LUNCHES & 3 DINNERS) $325

PAYMENT PLAN:
○ CHECK OR MONEY ORDER ENCLOSED (PLEASE MAKE CHECK 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.

THE SU JUMPS CAMP IS OPEN TO ALL STUDENTS WHO WILL BE ENTERING GRADES 9 THROUGH 12 IN THE FALL OF 2018. GRADUATING SENIORS WHO ARE ENTERING COLLEGE IN THE FALL MAY ALSO ATTEND.

REGISTER NOW

CALL   (717) 477-1256
VISIT   www.ship.edu/camps
EMAIL   sucamps@ship.edu
# 2018 Summer Camps

<table>
<thead>
<tr>
<th>Camp</th>
<th>Age Group</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Boys Basketball Camp</td>
<td>Boys Ages 10 - 17</td>
<td>June 10 - 13</td>
</tr>
<tr>
<td>Girls Basketball Camp</td>
<td>Girls Ages 10 - 14</td>
<td>June 24 - 27</td>
</tr>
<tr>
<td>Girls Volleyball Camp I</td>
<td>Girls Ages 12 - 18</td>
<td>July 8 - 11</td>
</tr>
<tr>
<td>Girls Softball Camp I</td>
<td>Girls Ages 10 - 13</td>
<td>July 8 - 11</td>
</tr>
<tr>
<td>Chemistry Camp I &amp; II</td>
<td>Boys &amp; Girls Ages 8 - 10</td>
<td>July 9 - 13</td>
</tr>
<tr>
<td>Tennis Day Camp I</td>
<td>Boys &amp; Girls Ages 8 - 11</td>
<td>July 9 - 13</td>
</tr>
<tr>
<td>Volleyball Team Camp</td>
<td>Grades 8 - 12</td>
<td>July 13 - 15</td>
</tr>
<tr>
<td>Sprints &amp; Hurdles Camp</td>
<td>Boys &amp; Girls Grades 9 - 12</td>
<td>July 15 - 18</td>
</tr>
<tr>
<td>Girls Cross Country Camp I</td>
<td>Girls Grades 9 - 12</td>
<td>July 15 - 19</td>
</tr>
<tr>
<td>Boys Cross Country Camp I</td>
<td>Boys Grades 9 - 12</td>
<td>July 15 - 19</td>
</tr>
<tr>
<td>Girls Softball Camp II</td>
<td>Girls Grades 9 - 12</td>
<td>July 16 &amp; 17</td>
</tr>
<tr>
<td>Field Hockey Day Camp I</td>
<td>Boys &amp; Girls Grades 3 - 8</td>
<td>July 16 - 18</td>
</tr>
<tr>
<td>Tennis Day Camp II</td>
<td>Boys &amp; Girls Ages 12 - 17</td>
<td>July 16 - 20</td>
</tr>
<tr>
<td>Forensic Science Camp</td>
<td>Boys &amp; Girls Grades 7 - 9</td>
<td>July 17 &amp; 18</td>
</tr>
<tr>
<td>Jumps Camp</td>
<td>Boys &amp; Girls Grades 9 - 12</td>
<td>July 22 - 25</td>
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<tr>
<td>Throws Camp</td>
<td>Boys &amp; Girls Grades 9 - 12</td>
<td>July 22 - 25</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Girls Grades 7 - 12</td>
<td>July 29 - Aug. 1</td>
</tr>
<tr>
<td>Girls Volleyball Camp II</td>
<td>Girls Ages 12 - 18</td>
<td>July 29 - Aug. 1</td>
</tr>
</tbody>
</table>