RAIDER CAMPS
CROSS COUNTRY BOYS’ AND GIRLS’ CAMP
JULY 21–25, 2019
RESIDENTIAL CAMP
BOYS AND GIRLS GRADES 9-12
SHIP.EDU/CAMPS

CAMP SCHEDULE

ARRIVAL
Sunday, July 21, 2019, 1:30 to 2:30 pm

DISMISSAL
Residence Hall Lobby, Thursday, July 25, 2019

SPECIAL EVENTS
Monday: special guest speaker
Tuesday: two-mile prediction run and camp dance
Wednesday afternoon: lunch, swim, and 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

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 strength training demo
4:00 pm Pool therapy
4:45 pm Dinner, Dining Hall
6:00 pm Special camp activities
7:00 pm Volleyball Team Camp High School Teams July 26–28
9:00 pm Indoor swimming, indoor and outdoor basketball courts (if available), indoor volleyball courts, tennis courts, and handball courts.

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 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.

ACCESSIBILITY RESOURCES
Requests for accommodations, auxiliary aids, or services must be made in writing to the Office of Accessibility Resources at least fifteen (15) days before the camp begins. The Office of Accessibility Resources is located at Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, orar@ship.edu.

WHAT TO BRING
○ A certificate of health must be presented by each participant at the camp’s registration. If you register by mail, a standard form will be sent. Health forms are available for download on our website at ship.edu/camps. This form does not require a physician’s examination or signature.
○ Two pairs of running shoes are recommended. A 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
Campers will be housed in suite style residence halls. Amenities include air conditioning and a bathroom for every two campers. You will need to bring sheets, pillow, pillow case, towels, blankets, and washcloths with you. Coin operated washers and dryers are available on each floor in the residence hall.

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PROFESSIONAL STAFF AND 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 2019 camps includes:

STEVE SPENCE, Head Cross Country Coach, Assistant Track and Field Coach, Shippensburg University

Steve Spence enters his twenty-second year as head cross country coach at Shippensburg University. He is a SU graduate who earned the bronze medal at the 1991 World Championships in Tokyo as a marathoner. He also won the 1992 Olympic marathon Trials and placed twelfth at the Barcelona Olympic Games. He has coached more than 100 All-Americans including seven Individual National Champions and four NCAA Cross Country Championships. The women’s cross country team has qualified eleven consecutive years and men for nine of the last ten years for the NCAA Championships.

JOSH ALCOMBRIGHT, Coach, Severna Park High School

In his twelfth year as coach of Severna Park in Maryland, Josh Alcombright led his boys team to the 4A State Cross Country title in 2012, 2013, 2014, 2017, and 2018. The Falcons also placed 2nd at the Nike Cross Country Southeast Regional. They have earned two trips to the NPF in Portland, OR with a best finish of 13th. He was Baltimore Sun Cross Country Coach of the year from 2011 to 2014. In 2017, he assumed responsibilities for the Severna Park girls program who finished as the state runner up and to the state title in 2018.

LARA CROFFORD, Head Cross Country Coach, University of Cincinnati

Lara Crofford enters her fourth year as head cross country coach at the University of Cincinnati and is a former assistant cross country and track and field coach at Shippensburg University. At Big Spring High School, she was the 3200 at the 2007 PIAA state championships. At the 2007 Nike Outdoor meet, she earned her High School All-American honors at both 5000 (3rd place–16:43) and two mile (7th place–10:26). At Nebraska, she was a three time NCAA Cross Country All-American for four consecutive continental all-Big 12 performer. In 2012, she enrolled in graduate school at Shippensburg and used her remaining NCAA eligibility to earn All-American honors.

VICKI DAVIS, Assistant Track Coach, Shielkamy High School

Vicki Davis is a assistant track coach and teacher at Shielkamy High School, she was a three-time All American at Shippensburg University. She finished fifth at the NCAA D II Championship in the Steeple in 2013 and 8th in the 5K. She boasts a 3K Steeple PR of 11:18 and has run 20:45 for 5K. Davis was NCAA Atlantic Regional Cross Country Champion in 2013.

MARY DELL, Assistant Cross Country Coach, Lower Dauphin

Mary Dell enters her seventh year as assistant cross country coach at Lower Dauphin High School and was a nine time All American at Shippensburg University. At Boiling Springs, she won the AA 200 meter state title as a sophomore and the 100 meter AA state title as a senior. At Ship, she was a three time Cross Country All American, ran the lead off 1200 meter leg on the NCAA Champion Distance Medley team in 2008, and was the NCAA runner up in the Steeple Chase in 2009. In 2010 she won the Olympic development Steeple at the Penn Relays and competed in the Steeple at the USATF Championships in Eugene, Oregon. She has garnered many wins at the Harrisburg Mile and the Hershey Half Marathon.

NEELY SPENCE, Professional Runner and Coach

Neely Spence runs professionally for Adidas and operates a coaching business with her husband, Dillon. They live near Boulder, Colorado. Spence was an NCAA Individual title and anchored the DMR team to two NCAA championships while at Shippensburg University. She won two NCAA AAA titles in cross country as well as two NCAA AAA titles in the 1600. She was the runner up in the mile at the Nationals in 2007 and was the two mile championship in 2008. Spence won the women's Northeast title in 2006 and 2007 and placed eighth and fourth at the Nationals in San Diego. As a freshman, she won the USATF Junior Cross Country Championships and then placed nineteenth at the World Junior Cross Country Championships in Jordan. She has represented the US five times in international competition. In 2013, she placed thirteenth at the World Cross Country Championships in Poland where she was the top non-African runner. Recently, Spence placed second at the Philly Rock N Roll Half marathon with a time of 69:58 (a 5:19 average) and second at the USATF ten Mile Championship in a time of 3:03:02 (a 5:18 average).

STEVE KOONS, Head Girls and Boys Coach, Lower Dauphin

Steve Koons serves as head girls and boys coach at Lower Dauphin High School in Hummelstown. Koons teaches at nearby Hershey High School where he previously served as assistant cross country coach and he also has served as head cross country coach at York Suburban, Cumberland Valley. Koons earned all-American Cross Country honors at Millersville University and was an integral member of their team that won the NCAA D II National Title in 1981.

MATT SAMUEL, Head Track and Cross Country Coach, Dallas

Matt Samuel guided the Dallas boys team to their second consecutive State AA cross country title in 2016. He ran collegiately at the University of Pittsburgh. Samuel is now the head track and cross country coach of his high school alma mater, Dallas. Under his guidance Dallas has won twelve District II XC titles and his girls team won the NCAA AA state team titles in 2003, 2005, and 2013. He founded the Ship camp as a camper in the mid-90’s.

PHIL WHARTON, Assistant Cross Country Coach, Shippensburg University

Phil Wharton, a world renowned physiotherapist and fitness coach, is an assistant coach for Shippensburg University cross country teams. He competed in cross country and track at the University of Florida. Wharton has worked with some of the most established names in running. Among Wharton’s many strengths is therapy, nutrition, stretching and body mechanics. He and his father, Jim, founded Wharton Fitness in 1989.

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

REGISTRATION APPLICATION

2019 SU BOYS AND GIRLS CROSS COUNTRY CAMP

For your convenience, the Conference Office offers online registration at our website. Check out our website at ship.edu/camps.

Name

Address

City_______ State_______ Zip Code_______

Phone Number (______)_________

Age

Male Female

Grade in Fall of 2019

Parent’s Name

Daytime Phone Number (______)_________

E-mail

School Attending

Roomate Preference

(Single or two campers per room)

T-SHIRT SIZE:

Youth Large

Men’s)

Small Medium Large Extra Large

SPECIAL ACCOMMODATIONS OR MEDICAL CONDITIONS:

Allergies:

(e.g. latex, food, etc.)

FEES:

$400 Resident Plan (all meals included)

PAYMENT PLAN:

Check or money order enclosed

(Place cash check payable to “Shippensburg University.”)

Credit card payments and e-checks will be accepted online at ship.edu/camps as part of the registration process. If paying by check or e-check, full payment is required at the time of registration.

REGISTER NOW

CALL (717) 477-1256

VISIT ship.edu/camps

E-MAIL sucamps@ship.edu

CONFERENCE SERVICES

SHIPPUUNSG University

1874 OLD MAIN DRIVE

SHIPPENSBURG, PA 17257-2299

PHONE: (717) 477-1256

REGISTRATION GUIDELINES

1. Mail or Fax the completed REGISTRATION APPLICATION, along with your $400 payment, to: Conference Office, Shippensburg University, 1874 Old Main Drive, Shippensburg, PA 17257-2299.

2. Check our website at ship.edu/camps for details on how to make payments online.

3. All applications will be processed once full payment is received.

4. Applications will be accepted until available spots are filled; please register as soon as possible.

5. For more information, please contact the Conference Office by phone: (717) 477-1256, or by email: sucamps@ship.edu.