

# 2019 SUMMER CAMPS

CAMP	AGE GROUP	DATES
Swim Camp	Boys and Girls Ages 10-18	June 3-6
Boys Basketball Camp	Boys Ages 10-17	June 9-12
Soccer Camp	Boys and Girls Ages 9-13	June 17-21
Girls Basketball Camp	Girls Ages 10-15	June 23-26
Girls Softball Camp I	Girls Ages 10-13	June 23-26
Acting and Theatre Arts Camp	Boys and Girls Grades 3-6	June 24-28
Boys Basketball Day Camp	Boys Ages 9-17	July 7-10
Girls Lacrosse	Girls Grades 9-12	July 8-10
Tennis Day Camp I	Boys and Girls Ages 8-10	July 8-12
Chemistry Camp	Boys and Girls Ages 8-10	July 8-12
Girls Volleyball Camp I	Girls Ages 12-18	July 14-17
Sprints and Hurdles Camp	Boys and Girls Grades 9-12	July 14-17
Field Hockey Day Camp	Boys and Girls Grades 3-8	July 15-17
Tennis Day Camp II	Boys and Girls Ages 11-14	July 15-19
Girls Softball Camp II	Girls Grades 9-12	July 15-16
Girls Cross Country Camp	Girls Grades 9-12	July 21-25
Boys Cross Country Camp	Boys Grades 9-12	July 21-25
Jumps Camp	Boys and Girls Grades 9-12	July 21-24
Throws Camp	Boys and Girls Grades 9-12	July 21-24
Tennis Residential	Boys and Girls Ages 15-18	July 22-26
Volleyball Team Camp	High School Teams	July 26-28
Field Hockey	Girls Grades 7-12	July 28-31
Girls Volleyball Camp II	Girls Ages 12-18	July 28-31

**RAIDER CAMPS**

# CROSS COUNTRY

**BOYS' AND GIRLS' CAMP**

**JULY 21-25, 2019**

**RESIDENTIAL CAMP**

**BOYS AND GIRLS GRADES 9-12**

**SHIP.EDU/CAMPS**

**Directed by:**  
**Steve Spence**, Head Cross Country Coach  
 Assistant Track and Field Coach  
 Shippensburg University



# 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	Cross-training session
9:00 PM	Distance running video highlights
10:00 PM	In rooms
10:30 PM	Lights out



# 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. If you register by mail, a standard form will be sent. Health forms are available for download on our website at [ship.edu/camps](http://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.

## 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](http://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, [oar@ship.edu](mailto:oar@ship.edu).



**SHIPPENSBURG UNIVERSITY**  
**RAIDER CAMPS**

SHIPPENSBURG UNIVERSITY  
 1871 OLD MAIN DRIVE • SHIPPENSBURG, PA 17257  
 P: (717) 477-1256 • E-mail: [sucamps@ship.edu](mailto:sucamps@ship.edu)

**SHIP.EDU/CAMPS**

Shippensburg University is a member of Pennsylvania's State System of Higher Education and an equal opportunity educational institution. Direct requests for disability accommodations and other inquiries to the Office of Accessibility Resources, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, [oar@ship.edu](mailto:oar@ship.edu).

## SU CROSS COUNTRY CAMP

The objective of the SU Cross Country Camp is to educate each athlete in the various aspects of distance running that 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 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 and advanced runners.

During the week, each athlete will learn about running form and efficiency, mental toughness, various types of workouts, flexibility, and strength training specifically for distance runners, cross training and racing techniques. Most runs are on dirt mountain roads, the Cumberland Valley Rail Trail, or on the university's grass cross country course. Very little running will be on hard road surfaces. Staff interaction at this camp is excellent and this camp offers a chance to receive a week of training under the guidance of a very supportive staff. **Campers are encouraged and supported in their efforts to run the minutes or mileage and paces that have been prescribed by their high school coach.** Almost all runs are out and back, which allows campers to choose their appropriate pace and turn around point.

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

## FACILITIES

The SU Cross Country Camp is conducted on the beautiful campus of Shippensburg University. Training will take place on the Shippensburg University cross country course, on the Cumberland Valley Rail Trail, on dirt roads in Michaux state forest, on parts of the Appalachian Trail and at Pine Grove State Park. The strength training facility, which has forty-two lifting stations, will be used during the week as well as the indoor pool.

## 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. Conference Services reserves the right to cancel any camp that has insufficient enrollment up to two weeks before the opening of camp. 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 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. 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 National Champion Distance Medley Relay teams. Ship's 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 NXN in Portland 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 won the 3200 at the 2007 PIAA state championships. At the 2007 Nike Outdoor meet, she earned 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 qualifier and multi-time 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, Shikellamy High School*

Vicki Davis is a assistant track coach and teacher at Shikellamy High School. She was a three time all-American at Bloomsburg 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 10:34 and has run 20:45 for 6K cross country. Davis was NCAA Atlantic Regional Cross Country Champ 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 won six NCAA individual titles and anchored the DMR team to two NCAA championships while at Shippensburg University. She won two PIAA AAA titles in cross country as well as two PIAA AAA titles in the 1600. She was the runner-up in the two mile at the Nike Nationals in 2007 and was the two mile champion in 2008. Spence won the Footlocker Northeast title in 2006 and 2007 and placed eighth and fourth at the Florida 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 Jordon. 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 Championships with a time of 53:02 (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 his alma mater, 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 PIAA AA state team titles in 2003, 2005, and 2013. He attended the Ship camp as a camper in the mid-90s.

**PHIL WARTON**, *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, payment, and printable brochures. Check out our website at [ship.edu/camps](http://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 \_\_\_\_\_

Roommate Preference \_\_\_\_\_  
(Only 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  
(Please make 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 credit card or e-check, full payment is required at the time of registration.

**REGISTER NOW**  
**CALL (717) 477-1256**  
**VISIT [ship.edu/camps](http://ship.edu/camps)**  
**E-MAIL [sucamps@ship.edu](mailto:sucamps@ship.edu)**