### 2020 SUMMER CAMPS

#### RAIDER CAMPS

**CAMP** | **AGE/GRADE GROUP** | **DATES**
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Swim Camp | Boys and Girls Ages 10-18 | June 1-4
Boys Basketball Camp | Boys Ages 10-17 | June 7-10
Acting and Theater Arts | Boys and Girls Grades 6-10 | June 11-15
Building and Selling Your Product | Boys and Girls Grades 4-12 | June 10-11
Soccer Camp | Boys and Girls Ages 9-12 | June 15-19
Girls Basketball Camp | Girls Ages 10–14 | June 21-24
Girls Softball Camp | Girls Ages 10–13 | June 21-24
Chemistry Camp | Boys and Girls Ages 8-10 | June 29-July 3
Tennis Camp I | Boys and Girls Aged 10-18 | July 9-12
Girls Volleyball Camp I | Girls Ages 12-16 | July 12-15
Sprints and Hurdles Camp | Boys and Girls Grades 9-12 | July 12-15
Field Hockey Day Camp | Boys and Girls Grades 3-8 | July 13-15
Girls Softball Camp II | Girls Ages 13-18 | July 13-14
Volleyball Team Camp | High School Teams | July 18-21
Cross Country Camp | Boys and Girls Grades 9-12 | July 19-23
Jumps Camp | Boys and Girls Grades 9-12 | July 19-22
Throw Camp | Boys and Girls Grades 9-12 | July 19-22
Field Hockey | Girls Grades 8-12 | July 26-29
Girls Volleyball Camp II | Girls Ages 12-18 | July 26-29
Tennis Camp II | Boys and Girls Ages 15-18 | August 6-9

* 8 and 9 year olds will be accepted as commuters
† Grade entering in fall 2020

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**GENERAL CAMP INFORMATION**

**REGISTER EARLY**
Space is limited to facilitate individual attention.

**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.
- Two pairs of running shoes are recommended. A pair of racing flats or spikes may be helpful, swimsuit, and 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. Washers and dryers are available on each floor in the residence hall and are free to use.

**HEALTH SERVICES**
The Ewert 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 eighteen, 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.
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 2020 camps includes:

STEVE SPENCE
Steve Spence enters his twenty-third year as head cross country coach at Shippensburg University. He has coached the Bucco cross country team to two NCAA championships while at Shippensburg University. He has coached more than 100 All-Americans including seven Individual National Champions and four National Champion Distance Medley Relay teams.

JOSH ALCOMBRIGHT
In his fifth year as coach of Sevora Park in Maryland, Alcormbright led his boys team to the 4A State Cross Country title in 2012, 2013, 2014, and 2015. In 2013, the Falcons scored 36 points to easily outpace the second place team who scored 114. The Falcons also placed second at the Nike Country State Southeast Regional. They have earned two trips to the NNN in Portland with a best finish of thirtieth. He was selected as the Baltimore Sun Cross Country Coach of the year from 2011 to 2014. In 2017, he assumed responsibilities for the Sevora Park girls program which finished fifth at the state runner up. He is from upstate New York and attended college at SUNY Brockport where he participated in cross country and track.

MARY DELL
First-year head coach at Lower Dauphin after serving five years as an assistant coach, Mary Dell was a nine-time All-American at Shippensburg University. At Boiling Springs, she won the AA 200 meter hurdles title as a senior and the Northeast title in 2006 and 2008 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 Chase in Portland with a best finish of thirteenth. He was selected as the Baltimore Sun Cross Country Coach of the year from 2011 to 2014. He raised assumptions responsibilities for the Sevora Park girls program which finished fifth at the state runner up. He is from Maryland and attended college at SUNY Brockport where he participated in cross country and track.

NEELY SPENCE GRACEY
Neely Spence Gracey 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 one NCAA team title with the DMR team to two NCAA championships while at Shippensburg University. She won two PAA AAI titles in cross country as well as two PAA AAI titles in 2018. She has coached two PIAA AAA titles in the 1600, was the 2008 Philadelphia Inquirer’s 1600 mile at the Nike Nationals in 2007 and was the two mile champion in 2008. Spence won the Foot Locker 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 Poland where she was the top non-African Runner. Recently, she placed second at the Rock Ivy Roll Half marathon with a time of 69:58 (5:19 average) and second at the USATF ten mile Championships with a time of 33:02 (5:18 average).

RANDY LOWE
Randy Lowe is a 1992 National champion in the 10,000m event in track and field, and an eight-time All-American at Shippensburg University. He served as the head cross country and assistant track and field coach at Frostburg University of Maryland until his retirement from coaching in 2010. He led the 1990 Shippensburg XC team to second place at the NCAA Championships with his third place individual finish. Lowe is the resource and acquisitions librarian at Frostburg University.

BRITTA MANGES
Britta Manges is a 2000 Shippensburg University graduate and No. 3 runner on Shippensburg University’s 1998 Cross Country team which placed third at the NCAA Championships. She has coached cross country and track at Butler High School where she is an art teacher. Preparation of the much anticipated half hour end of camp video and slide show to music is Britta’s main responsibility at camp.

MATT SAMUEL
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 titles in 2003, 2005, 2007, and 2013. He attended the Ship camp as a camper in the mid-1990s.

STEPHEN SCHELANDER
A 2012 SU grad, Stephen earned a master’s degree from Eastern University. He was a mainstay on the Ship cross country and track teams and earned All-American honors as the anchor leg on the third place DMR squad. He boasts a PB of 346 for 1500m. He is currently doing missionary work in Jordan.

PHIL WARTON
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 accomplished 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. One of Wharton’s prevailing philosophies is his importance of embracing one’s body through strength and flexibility.

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