RAIDER CAMPS
CROSS COUNTRY
GIRLS’ CAMP

JULY 15-19, 2018
RESIDENTIAL CAMP ● GRADES 9-12

WWW.SHIP.EDU/CAMPS

Director: Steve Spence
SU Head Cross Country Coach & Assistant Track & Field Coach
CAMP SCHEDULE

ARRIVAL
Sunday, July 15, 2018, 1:30–2:30 PM

DISMISSAL
Thursday, July 19, 2018, Residence Hall Lobby

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 weight 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!

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
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.
- 2 pairs of running shoes are recommended; 1 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. 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. 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 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, 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 which 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 SU 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 42 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. 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.

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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 2018 CAMPS WILL INCLUDE:

STEVE SPENCE – Entering his 21st year as head cross country coach at SU, Spence is a Ship grad who earned the bronze medal at the 1991 World Championships in Tokyo as a marathoner. He also won the 1992 Olympic marathon trials and went on to place 12th at the Barcelona Olympic Games. Spence was the 1980 PIAA state champ and record holder in the 1600m at Lower Dauphin, a two-time NCAA Champion in the 5000m run, and a seven-time All-American at SU. He has coached more than 100 All-Americans including 7 Individual National Champions and 4 National Champion Distance Medley Relay teams. Ship’s women’s cross country team has qualified 10 consecutive years for the NCAA Championships. Both the women’s and men’s teams won PSAC and NCAA Atlantic Region titles in 2016. Spence was voted PSAC Coach of the Year for both genders.

STEPHANIE BEDISON – Recently retired from teaching and coaching, Bedison was the head cross country coach and track and field coach at Montoursville High School for many years. She was recognized with the Runner’s World Golden Shoe award for her outstanding contributions to running. Bedison is an avid runner who heads the camp discussion for the girls regarding issues which are gender specific.

LARA CROFFORD – Crofford is entering her third year as head cross country coach at the Universtiy of Cinnccinati and is a former assistant cross country and track & field coach at SU. Representing the Bulldogs of Big Spring HS, she won the 3200 at the 2007 PIAA state championships. She was also the XC AAA State runner-up in 2005 and 2006. At the 2007 Nike Outdoor meet, Crofford earned High School All-American honors at both 5000 (3rd place – 16:43) and 2 mile (7th place – 10:26). She took her talents to Nebraska where she was a 3 time NCAA Cross Country qualifier and multi-time All-Big 12 performmer. In the spring of 2012, Crofford enrolled in grad school at Ship and used her one season of remaining NCAA eligibility to earn All-American honors as the anchor on the distance medley team that placed 7th at the NCAA meet. She also placed 9th in the 5k at the NCAA indoor meet and in the 10k at the NCAA outdoor meet.

MARY DELL – First year head coach at Lower Dauphin after serving five years as assistant coach, Dell was a 9-time All-American at SU. As a high schooler representing the Bubblers of Boiling Springs, Dell won the AA 200 meter state title as a sophomore and the 100 meter AA state title as a senior. She converted to the distances at Ship where she was a 3-time XC 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, OR. Dell has had much success racing the roads as a post collegiate, garnering many wins at the Harrisburg Mile and the Hershey Half Marathon.
NEELY SPENCE GRACEY – Gracey runs professionally for Adidas and operates a coaching business with her husband, Dillon. They reside near Boulder, CO. Gracey won 6 NCAA individual titles and anchored the DMR team to 2 NCAA championships while at Ship. She also won 2 PIAA AAA titles in cross country as well as 2 PIAA AAA titles in the 1600. She was the runner-up in the 2 mile at the Nike Nationals in 2007 and was the 2 mile champion in 2008. Gracey won the Footlocker Northeast title in 2006 and 2007 and went on to place 8th and 4th at the FL Nationals in San Diego. During her freshman year of college, she won the USATF Junior XC Championships and then placed 19th at the World Junior XC Championships in Jordon. She has represented the US five times in international competition. In 2013 she placed 13th at the World XC Championships in Poland where she was the top non-African runner. Recently, Gracey placed 2nd at the Philly Rock N’ Roll half marathon with a time of 69:58 (a 5:19 average) and 2nd at the USATF 10 mile Championships with a time of 53:02.

AUDREY JOSEPHITE – In her 4th year as the head cross country coach at Delaware Valley High School, Josephite guided her team to the PIAA District II girls championship. They relied on a tight pack which boasted a 1-5 split of just 30 seconds. Josephite ran collegiately at the University of Scranton where she earned a degree in computer and information systems. Earning a teaching certificate from Bloomsburg and masters from Wilkes, she teaches business and computer courses at Del Val. Josephite is a cancer survivor who has a truly inspirational story of love and courage. She competes regularly at distances from 5k to the half marathon at races throughout the U.S.

MATT SAMUEL – Samuel attended our camp for 4 years in the late 80’s and early 90s, then ran at the University of Pittsburgh. He is currently the head cross country coach at Dallas where he has led both boys and girls to multiple state titles including 2015 and 2016 boys championships. Samuel guided Regan Rome to Footlocker National appearances in 2012 and 2013. In 2014 his charges Allie Rome and Lindsey Oremus placed 1st and 2nd respectively at the AA State Championships while Dominic Deluca claimed the AA boys Individual title.

JOSH ALCOMBREIGHT – In his 11th year as coach of Severna Park in Maryland, Alcombeight led his boys team to the 4A State XC title in 2012, 2013, 2014, and 2017. In 2013, the Falcons scored 38 points to easily outpace the 2nd place team who scored 114. The Falcons also placed 2nd at the Nike XC Southeast Regional. They have earned two trips to the NXN in Portland with a best finish of 13th. Alcombeight was selected as the Baltimore Sun XC Coach of the year from 2011 to 2014. In 2017 he assumed responsibilities for the Severna Park girls program who finished as the girls state runner up. He is from upstate New York and attended college at SUNY Brockport where he participated in XC and track.

PHIL WHARTON – A world renowned physiotherapist and fitness coach, Wharton has served as a volunteer assistant with the SU cross country teams. He competed in XC and track at the University of Florida. Through the years, Wharton has worked with some of the most established names in running including 2002 London Marathon champion Khalid Khannouchi, 2008 US Olympic flagbearer Lopez Lomong and former Oregon runner Matthew Centrowitz. Wharton has also worked with famed US Olympian Meb Keflezighi. Among Wharton’s many strengths is therapy, nutrition, stretching, and body mechanics. He and his father, Jim, were among the go-to consultants in the running world during the 1990s. They founded Wharton Fitness in 1989. One of his prevailing philosophies is the importance of embracing one’s body through strength and flexibility.

* Others may be added to our staff. Staff subject to change.
REGISTRATION APPLICATION
2018 SU GIRLS’ CROSS COUNTRY 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 ____________       GRADE IN FALL OF 2018 ________________
PARENT’S NAME  _____________________________________________
DAYTIME PHONE NUMBER (______) ______________________________
SCHOOL ATTENDING __________________________________________
ROOMMATE PREFERENCE  _____________________________________
(ONLY 2 CAMPERS PER ROOM)

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

FEES:
○ RESIDENT PLAN (ALL MEALS INCLUDED)  $400

PAYMENT PLAN:
○ CHECK OR MONEY ORDER ENCLOSED (PLEASE MAKE CHECK PAYABLE TO “SHIPPENSBURG UNIVERSITY”)
○ CREDIT CARD PAYMENTS AND E-CHECKS WILL BE ACCEPTED ON-LINE 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.

REGISTER NOW

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

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