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. 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. 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. 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.
PAST JUMPS CAMP

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 its inception in 2003. SU Jumps Camp has attracted over 5,000 plus student-athletes! Shippensburg University has one of the finest track and field complexes in the Northeast United States. There are two pole vault landing areas, three high jump areas, two long jump runways and pits, and two triple jump runways and pits. Shippensburg University has hosted the PAIAA State Championships for over twenty-five years. All participants will receive specific instruction on the events of their/her choice. With the aid of coaches, the athlete will be evaluated and then taught drills to improve his/her skill level. Track camps are known for their on or off season training in the off season, video is used as a tool so jumpers can visually see what corrections need to be made. Participants will also be given valuable drills to take home with a better understanding of the weight room and what lifts are successful for jumpers in track and field.

FACILITIES

The Shippensburg 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, four 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 forty-two lifting stations.

In addition, there is indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts, and handball courts. All housing 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 be accepted at a rate of $10 per day, with a full refund given 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 selecting a partial payment plan. Applications submitted after 8:00 a.m. PST prior to start of camp. An administrative fee of $75 will be deducted from any refund. No refunds will be given after camp concludes and is closed. Shippensburg University reserves the right to cancel any camp that has insufficient enrollment up to two weeks before the opening of camp. All refunds will be given if the camp is canceled.

Send your application and payment to:

CONFERENCE SERVICES
Shippensburg University
1871 Old Main Drive
Shippensburg, PA 17257-2399
Phone: (717) 477-1436

PACER 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 2019 camp includes:

DAVID OSANITSCH, Head Coach, Shippensburg University
Under Coach David Osanitsch, the Raiders program have won thirty-eight PSAC Conference Championships in both the men’s and women’s programs. He has coached numerous NCAA National Qualifiers and his coaching staff has produced NCAA National Champions and over 70 All-Americans. His vaulters have broken nearly every record at Shippensburg University. As the jumps coach at SU, his athletes have broken nearly every SU jump record, and he has coached thirty-three NCAA All-Americans and sixty-six individual PSAC titles.

JASON KILGORE, Head Coach, West Chester University
Coach Jason Kilgore holds USAF Level 2 certifications in Sprints/ Hurdles/Relays and while also earning USSTFCA Specialist certifications in Sprints/Hurdles/Relays and Jumps, as well as having a strength and conditioning, West Chester track and field is on the rise in the PSAC and Kilgore is the catalyst. The program is thriving during his tenure, and he has coached multiple NCAA All-Americans along with PSAC Champions.

TODD CURL, Head Women’s Coach, Richard Stockton College
While at SU, Todd Curl was a successful decathlete and gained insightful knowledge into a variety of events. Since being a coach at Stockton, he has had incredible success with the pole vault and triple jump. Curl has coached an NCAA National Championship team in both the pole vault and triple jump. He has coached multiple NCAA All-Americans and has had consistent performers on their way to the NCAA Indoor and Outdoor Championships.

TOBY CURR, Head Women’s Coach, Richard Stockton College
Curl’s squad won its first ever women’s indoor and outdoor track and field title in the PSAC during his tenure, and he has coached multiple NCAA All-Americans along with PSAC Champions.

BOB WALKER, Head Boy’s Track Coach, Chambersburg High School
Bob Walker is a 1982 graduate of Shippensburg University. He has coached for many years at the collegiate and high school levels. His athletes have achieved All-American status and he has produced multiple NCAA State Champions and track coaches in Pennsylvania. Bob has coached for many years at the collegiate and high school levels. His athletes have achieved All-American status and he has produced multiple NCAA State Champions and track coaches in Pennsylvania.

AMY MANTUSH, Assistant Coach, Kutztown University
Amy Mantush was a twelve-time All-Patriot League performer (Bucknell University) in the high jump, triple jump, long jump, and long shot. Since her tenure as a coach at Bucknell, she has coached at Shippensburg University, Misericordia College, and Bucknell University and is now with Kutztown University. She has had tremendous success with athletes that have achieved All-American status and national qualifiers. She has coached multiple conference champions, national qualifiers, and All Americans. She is known for her 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 valuable drills to take home with a better understanding of the weight room and what lifts are successful for jumpers in track and field.

PROFESSIONAL STAFF AND CLINICIANS

AMY MARCHESE, Guest Clinician, University of California, Berkeley
Amy Marchese is an Olympic Trials qualifier in the long jump and triple jump. She is a three-time All-American and holds the school record in both events. She also holds the school record in the 100m, 200m, 400m, and 800m.

SARAH ASTOR, Guest Clinician, Penn State Altoona
Sarah Astor is a three-time All-American in the triple jump. She also holds the school record in the 100m, 200m, 400m, and 800m.

SARA DI FORIO, Guest Clinician, University of Northern Iowa
Sara Di Forio is a three-time All-American in the triple jump. She also holds the school record in the 100m, 200m, 400m, and 800m.

PROFESSIONAL STAFF AND CLINICIANS

SARAH BISCHOF, Guest Clinician, University of Northern Iowa
Sarah Bischoff is a three-time All-American in the triple jump. She also holds the school record in the 100m, 200m, 400m, and 800m.

TODD CURL, Head Women’s Coach, Richard Stockton College
While at SU, Toby Curl was successful decathlete and gained insightful knowledge into a variety of events. Since being a coach at Stockton, he has had incredible success with the pole vault and triple jump. Curl has coached an NCAA National Championship team in both the pole vault and triple jump. He has coached multiple NCAA All-Americans and has had consistent performers on their way to the NCAA Indoor and Outdoor Championships.

TABITHA BEMIS, Assistant Coach, Susquehanna University
Tabitha Bemis was one of the best jumpers in the history of the PSAC. She earned All-America honors a total of six times in her career, with a runner-up finish in the long jump at the indoor national championships in 2014. Bemis was a 14x National Qualifier, 18x All-Region Honors, 15x PSAC Champion, 9x PSAC Runner Up, 26x All-Conference selection. At the 100+ NCAA of her career, she coached at SRU and was instrumental in the development of multiple NCAA All-Americans and national qualifiers. She now assists with the jumps squad at Shippensburg University and works as a career counselor.

*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 (as well as 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.