

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



SHIPPENSBURG UNIVERSITY
RAIDER CAMPS

SHIPPENSBURG UNIVERSITY
1871 OLD MAIN DRIVE • SHIPPENSBURG, PA 17257
P: (717) 477-1256 • E-mail: 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.

RAIDER CAMPS
JUMPS
BOYS' AND GIRLS' CAMP

JULY 21-24, 2019
RESIDENTIAL CAMP • GRADES 9-12
SHIP.EDU/CAMPS

Directed by:
David Osanitsch
Head Track and Field Coach
Shippensburg University



CAMP SCHEDULE

ARRIVAL

Sunday, July 21, 2019, 1:30 to 2:30 PM

DISMISSAL

Residence Hall Lobby, Wednesday, July 24, 2019

TYPICAL DAILY SCHEDULE

7:00 AM	Wake up
7:30 AM	Breakfast, Dining Hall
8:30 AM	Warm-up and stretching
9:00 AM	Skill session by event
11:30 AM	Lunch, Dining Hall
12:30 PM	Recreation time
1:30 PM	Skill session
3:30 PM	Recreation time
4:30 PM	Dinner, Dining Hall
7:00 PM	Special camp events to include competitions
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. **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.

SU 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 1,000-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 aprons, two long jump runways and pits, and two triple jump runways and pits. Shippensburg University has hosted the PIAA State Championships for over twenty-five years.

All participants will receive specific instruction on the events of his/her choice. With the aid of coaches, the athlete will be evaluated and then taught drills to improve his/her skill level. Ship track camps are known for their 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 useful drills to take home with them along with a better understanding of the weight room and what lifts are successful for jumpers in track and field.

FACILITIES

The SU 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 for recreational use. All participants 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 considered**. 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 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 well over 100 NCAA All-Americans. His athletes have broken nearly every record at Shippensburg University. As the jumps coach at SU, his athletes have broken nearly every SU jumping record, and he has mentored thirty-seven NCAA All-Americans and sixty-six individual PSAC titles.

JASON KILGORE, *Head Coach, West Chester University*

Coach Jason Kilgore holds USATF Level 2 certifications in Sprints/Hurdles/Relays and Jumps while also earning USTFCCA Specialist certifications in Sprints/Hurdles/Relays and Jumps, as well as 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 CURLL, *Head Women's Coach, Richard Stockton College*

While at SU, Todd Curll 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. Curll has coached an NCAA National Championship and a number of NCAA All-Americans in the vault. His vaulters have consistently won or placed in the CTC, ECAC, and NJAC conference meets. Also, Curll's squad won its first ever conference title in 2017! In addition, he coaches one of the best triple jumpers in Division III. He is well known for his high energy approach to coaching. Coach Curll has been with SU since the camp's inception and is irreplaceable.

BOB WALKER, *Head Boy's Track Coach, Chambersburg High School*

Coach Bob Walker is highly regarded as one of the most versatile and knowledgeable 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 a number of PIAA State qualifiers and medalists. In 2011 and 2012, Bob coached the PIAA AAA Champion in the long jump and triple jump.

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

pentathlon and holds Bucknell school records for the indoor and outdoor high jump. She has coaching tenures at Allegheny College, Misericordia College, and Bucknell University and is now with Kutztown University. She has had tremendous success with athletes at all three NCAA levels.

JUSTIN GERMANI, *Assistant Coach, East Stroudsburg University*

Justin Germani, an All-America and PSAC champion pole vaulter at Kutztown, has been named assistant track and field coach at East Stroudsburg University. Germani was previously an assistant coach at Williams College in Williamstown, Massachusetts, for three seasons (2013-16) and was an assistant coach at Alvernia University in Reading for two seasons (2011-13). Germani was a two-time NCAA Division II national qualifier and earned All-America honors at the 2010 NCAA DII Outdoor Championships with a seventh-place finish at Kutztown. As a coach, he has mentored multiple conference champions, national qualifiers, and All-Americans at both Alvernia, Williams, and now ESU.

BROOKE ASTOR, *Assistant Coach, Lehigh University*

Brooke Astor, a 2014 Lehigh graduate, was the unquestioned leader of the women's track and field program and completed one of the most decorated careers of any Lehigh student-athlete. The Milltown, NJ, native won seven Patriot League titles in indoor and outdoor track and field and was twice named the Patriot League Indoor Field Athlete of the Meet at the league championship meet. Coach Astor is in her fifth year of coaching at Lehigh.

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 Honoree, 15x PSAC Champion, 9x PSAC Runner Up, 26x All-Conference Honoree. At the completion 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 Susquehanna 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 in 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.*

REGISTRATION APPLICATION

2019 SU JUMPS CAMP

For your convenience, the Conference Office offers online registration, payment, and printable brochures. 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 _____

Roommate Preference _____
(Only two campers per room)

T-SHIRT SIZE: Youth Large
(Men's) Small Medium Large Extra Large

MY PRIMARY EVENT AT CAMP WILL BE:

High Jump Long Jump Triple Jump Pole Vault

FEES:

\$400 Resident Plan (all meals included)
 \$325 Commuter Plan (3 lunches, 3 dinners)

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.

The SU Jumps Camp is open to all students who will be entering grades 9 through 12 in the fall of 2019. Graduating seniors who are entering college in the fall may also attend.

REGISTER NOW

CALL (717) 477-1256

VISIT ship.edu/camps

E-MAIL sucamps@ship.edu

