RAIDER CAMPS

SPRINTS & HURDLES

BOYS’ & GIRLS’ CAMP

WWW.SHIP.EDU/CAMPS

JULY 15-18, 2018

RESIDENTIAL CAMP • GRADES 9-12

Director: David Osanitsch
SU Head Track & Field Coach
CAMP SCHEDULE

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

DISMISSAL
Wednesday, July 18, 2018, Residence hall lobby

TYPICAL DAILY SCHEDULE

6:45 AM  Wake-up
7:15 AM  Breakfast, dining hall
9:00 AM  Warm-up and stretching
9:15 AM  Skill session by event
11:30 AM Lunch, dining hall
12:30 PM Recreation time
1:30 PM  Classroom session
2:30 PM  Skill session by event
4:45 PM  Dinner, dining hall
6:00 PM  Recreation time
7:00 PM  Special camp events
8:00 PM  Video review
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. A standard form will be sent upon acceptance. This form does not require a physician’s examination or signature.
- All athletes should bring training gear and shoes. Bring spikes, (they cannot exceed 3/16) if you have them. 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. 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 SU Speed & Hurdles Camp was developed in 2005 and has quickly attained a reputation for one of the finest camps of its kind in the Northeast. Nearly 850 student-athletes have attended this camp over the years. Attention to detail along with a well established training schedule has been well received by our students. Over a 4-day period, the students attend no less than 10 skill session training periods. This camp is specifically designed for hurdlers and sprinters.

The primary goal of the SU Speed and Hurdles Camp is to assist each athlete in learning how to develop his/her athletic potential to their fullest extent. We will do this with a staff of outstanding coaches who will use the most recent teaching techniques in track and field. The camp will strive to improve each athlete’s skill level, mental toughness, flexibility and strength, and quickness/explosiveness.

All participants will receive specific instruction on the events of his/her choice. With the aid of video equipment and coaches, the athlete will be evaluated and then taught drills to improve his/her skill level. In addition to the “learn by doing” part of the clinic, there will be lectures, films, and demonstrations for each event. Much attention will be given to the mental aspect of track and field. Athletes will be taught relaxation and mental visualization techniques and how to develop mental toughness. As the numbers increase for the camp, so does the staff so we can continue our tradition of one-on-one attention with the student-athletes.

FACILITIES

The SU Speed & Hurdles 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, three horizontal jump runways, an all-weather javelin runway, two shot put circles, a discus cage, and a hammer/discus cage. There is a weight training facility and an indoor track in the field house that can be used in inclement weather. The track and field facility was renovated with a new synthetic surface in 2011.

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 SPEED & HURDLES CAMP OFFERS A STAFF OF OUTSTANDING COACHES. ALL HAVE BEEN HIGHLY SUCCESSFUL AT THE HIGH SCHOOL AND/OR COLLEGIATE LEVEL. NOT ONLY HAS THE STAFF COACHED ALL-AMERICANS AND STATE CHAMPIONS, BUT MORE IMPORTANTLY EACH IS AN OUTSTANDING TEACHER OF THE EVENTS OF THE SPORT. 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 CAMP WILL INCLUDE:

DAVID OSANITSCH, Head Coach Shippensburg University
Under Coach Osanitsch, the Red Raider program has won 34 PSAC Conference Championships in both the men’s & 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. A NCAA All-American in the high hurdles, he brings a wealth of knowledge to the hurdle events and has developed this Speed/Hurdles Camp into one of the premier summer camps in the Northeast United States.

RICHARD ALEXANDER, Assoc. Head Coach, Bucknell University
Richard Alexander, who is now in his seventh season, returned to Bucknell as an assistant coach in 2010 after completing his own successful student-athlete career as a Bison from 1999-2003. In his current position, Alexander works with Bucknell’s sprinters and hurdlers, Coach Alexander’s squad at Bucknell is one of the marquee programs in the Patriot League. During his coaching tenure, the Bison’s have flourished and produced multiple Patriot league championships and NCAA regional qualifiers. We are very excited to have Richard on our staff this summer.

JASON KILGORE, Head Coach, West Chester University
Kilgore, a 2005 graduate of West Chester University, returns to his alma mater for his fourth season after three seasons at Alvernia University where he was the track & field and cross country head coach. Kilgore headed up West Chester’s women’s track & field and cross country team from 2006-08, before leaving to become an assistant at Lafayette College. He has eight years coaching experience at all three levels of intercollegiate coaching while five of those seasons serving as head coach at Division II and III institutions. During his tenure at West Chester University, Kilgore coached seven All-Americans, 22 Pennsylvania State Athletic Conference champions, 24 NCAA Division II provisional qualifiers, 65 All-PSAC student-athletes, and three PSAC record holders. Kilgore helped with the development of Eric Broadbent, who later went on to a pro career in track & field as a multi-event performer. While at Alvernia, Kilgore oversaw the program’s first All-American, three NCAA Division III qualifiers, 10 Middle Atlantic Conference champions and helped both cross country squads earn their best
conference finishes since joining the MAC. Kilgore holds a USATF Level 2 certification in sprints, hurdles, jumps and relays while also earning a USTFCCCA Jumps Coach Event Specialist certification.

MIKE MURAWSKI, Head Coach, Georgian Court University (NJ)
Mike was an outstanding decathlete while he attended Duquesne University. He has then gone on to be a very successful coach in the college ranks. He is currently at Georgian Court University and in three short years, he has had phenomenal success. Murawski finished his first year at the helm with 10 NCAA provisional qualifiers, 2 NCAA automatic qualifiers, 7 All-Region performers, and 11 ECC champions. The Lions broke a total of 14 school records between the indoor and outdoor seasons of 2012-2013.

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JAYSON RESCH, Head Coach, Richard Stockton University (NJ)
Jayson Resch is in his 6th year as the head men’s track & field coach at Stockton. Resch, a Stockton alumnus, took his position at Stockton after three years as an assistant coach at California University (PA). He also possesses college coaching experience from three years as the head cross country and track & field coach at Clarion University from 2006-09. Resch coached student-athletes in the jumps and multi-events at California, mentoring two all-region performers and four Pennsylvania State Athletic Conference runners-up. He also helped his charges set seven school records. At Clarion, Resch’s squads earned NCAA Division II All-American honors in nine events, and his troops won PSAC championships in eight events. As an athlete at Richard Stockton, Resch was a three-time NCAA qualifier in the 400m and was a NCAA All-American.

ERIC BOLOGA, Asst. Coach, Frostburg State University (MD)
Bologa has served as a counselor and clinician for our sprints/hurdles camps for a number of years. While an athlete at SU, Eric was a multi-time NCAA All-American in the 400 IH and the 4x400 meter relay. He currently is pursuing his master’s degree at Frostburg State University and is a member of their track and field coaching staff. He brings a wealth of knowledge to our camp as one of our most decorated hurdlers in school history.

KRISTEN STRUMSKY, Clinician, Ran for Temple University
After completing a very successful high school career at Cumberland Valley HS, which included a PIAA state medal in the 300IH, Strumsky went on to compete in college for Temple University. She has been involved in every level with our Sprints/Hurdles Camp. She has been a student, counselor, and now is a hurdle clinician.

* Others may be added to our staff.
Staff subject to change.
REGISTRATION APPLICATION
2018 SU SPRINTS & HURDLES 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 ____ ☐ MALE ☐ FEMALE  GRADE IN FALL OF 2018 _______

PARENT’S NAME ______________________________________________

DAYTIME PHONE NUMBER (______) ______________________________

SCHOOL ATTENDING __________________________________________

COACH’S NAME ______________________________________________

ROOMMATE PREFERENCE _____________________________________
(ONLY 2 CAMPERS PER ROOM)

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

I WISH TO PARTICIPATE IN:  ☐ SPRINTS ☐ HURDLES

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

☐ COMMUTER PLAN (INCLUDES: 3 LUNCHES & 3 DINNERS) $325

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 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

<table>
<thead>
<tr>
<th>Camp</th>
<th>Age Group</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys Basketball Camp</td>
<td>Boys Ages 10 - 17</td>
<td>June 10 - 13</td>
</tr>
<tr>
<td>Girls Basketball Camp</td>
<td>Girls Ages 10 - 14</td>
<td>June 24 - 27</td>
</tr>
<tr>
<td>Girls Volleyball Camp I</td>
<td>Girls Ages 12 - 18</td>
<td>July 8 - 11</td>
</tr>
<tr>
<td>Girls Softball Camp I</td>
<td>Girls Ages 10 - 13</td>
<td>July 8 - 11</td>
</tr>
<tr>
<td>Chemistry Camp I &amp; II</td>
<td>Boys &amp; Girls Ages 8 - 10</td>
<td>July 9 - 13</td>
</tr>
<tr>
<td>Tennis Day Camp I</td>
<td>Boys &amp; Girls Ages 8 - 11</td>
<td>July 9 - 13</td>
</tr>
<tr>
<td>Volleyball Team Camp</td>
<td>Grades 8 - 12</td>
<td>July 13 - 15</td>
</tr>
<tr>
<td>Sprints &amp; Hurdles Camp</td>
<td>Boys &amp; Girls Grades 9 - 12</td>
<td>July 15 - 18</td>
</tr>
<tr>
<td>Girls Cross Country Camp</td>
<td>Girls Grades 9 - 12</td>
<td>July 15 - 19</td>
</tr>
<tr>
<td>Boys Cross Country Camp</td>
<td>Boys Grades 9 - 12</td>
<td>July 15 - 19</td>
</tr>
<tr>
<td>Girls Softball Camp II</td>
<td>Girls Grades 9 - 12</td>
<td>July 16 &amp; 17</td>
</tr>
<tr>
<td>Field Hockey Day Camp</td>
<td>Boys &amp; Girls Grades 3 - 8</td>
<td>July 16 - 18</td>
</tr>
<tr>
<td>Tennis Day Camp II</td>
<td>Boys &amp; Girls Ages 12 - 17</td>
<td>July 16 - 20</td>
</tr>
<tr>
<td>Forensic Science Camp</td>
<td>Boys &amp; Girls Grades 7 - 9</td>
<td>July 17 &amp; 18</td>
</tr>
<tr>
<td>Jumps Camp</td>
<td>Boys &amp; Girls Grades 9 - 12</td>
<td>July 22 - 25</td>
</tr>
<tr>
<td>Throws Camp</td>
<td>Boys &amp; Girls Grades 9 - 12</td>
<td>July 22 - 25</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Girls Grades 7 - 12</td>
<td>July 29 - Aug. 1</td>
</tr>
<tr>
<td>Girls Volleyball Camp II</td>
<td>Girls Ages 12 - 18</td>
<td>July 29 - Aug. 1</td>
</tr>
</tbody>
</table>