

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

RAIDER CAMPS

SPRINTS AND HURDLES

BOYS' AND GIRLS' CAMP



JULY 14-17, 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 14, 2019, 1:30 to 2:30 PM

DISMISSAL

Residence Hall Lobby, Wednesday, July 17, 2019

TYPICAL DAILY SCHEDULE

- 7:30 AM Wake up
- 8:00 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. 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.**
- 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. 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.



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.

SU SPRINTS AND HURDLES CAMP

The SU Sprints and Hurdles Camp was developed in 2005 and has quickly attained a reputation for one of the finest camps of its kind in the Northeast. Over 900-plus 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 four-day period, the students attend no less than ten skill session training periods. This camp is specifically designed for hurdlers and sprinters and focuses on each camper getting individual attention.

The primary goal of the SU Sprints 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 Sprints and 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 an indoor track in the field house that can be used in inclement weather and a weight training facility that was remodeled in 2018.

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 Sprints and 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 2019 camp includes:

DAVID OSANITSCH, *Head Coach, Shippensburg University*

Under Coach David Osanitsch, the Raider program has 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. A NCAA All-American in the high hurdles, he brings a wealth of knowledge to the hurdle events and has developed this sprints/hurdles camp into one of the premier summer camps in the Northeast United States.

RICHARD ALEXANDER, *Associate Head Coach, Bucknell University*

Richard Alexander, who is now in his eighth 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 as associate head coach, Alexander works with Bucknell's sprinters and hurdlers. His 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.

JASON KILGORE, *Head Coach, West Chester University*

Jason 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 and field and cross country head coach. Kilgore headed up West Chester's women's track and field and cross country team from 2006-08, before leaving to become an assistant at Lafayette College. During his tenure at West Chester University, Kilgore has taken the programs to new heights as a PSAC contender and has developed multiple NCAA All-Americans. While at Alvernia, Kilgore oversaw the program's first All-American, three NCAA Division III qualifiers, ten 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 Murawski was an outstanding decathlete while he attended Duquesne University. He became a very successful coach in the college ranks. He is currently at Georgian Court University and has had phenomenal success. They have become the marquee program in their conference and Murawski has produced numerous NCAA All-Americans.

JAYSON RESCH, *Head Coach, Richard Stockton University (NJ)*

Jayson Resch is in his sixth year as the head men's track and 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 and 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 PSAC runners-up. He 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, *Assistant Coach, Dickinson College*

Eric Bologna has served as a counselor and clinician for our sprints/hurdles camps for a number of years. While an athlete at Ship, he was a multi-time NCAA All-American in the 400 IH and the 4x400 meter relay. He received his master's degree and is now a member of the coaching staff at Dickinson College. He brings a wealth of knowledge to the camp as one of our most decorated hurdlers in school history.

**Additional staff and special guests will be added at a later date. Staff subject to change.*

REGISTRATION APPLICATION

2019 SU SPRINTS AND HURDLES 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

I WISH TO PARTICIPATE IN:

Sprints Hurdles

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.

REGISTER NOW

CALL (717) 477-1256

VISIT ship.edu/camps

E-MAIL sucamps@ship.edu