SPRINTS AND HURDLES

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, 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, (717) 477-1364, oar@ship.edu.

RAIDER CAMPS
JULY 14–17, 2019
RESIDENTIAL CAMP • GRADES 9–12
SHIP.EDU/CAMPS

Directed by:
David Osanitsch
Head Track and Field Coach
Shippensburg University
The SU Sprints and Hurdles Camp is a high school and/or collegiate level camp that has been highly successful. The staff includes outstanding coaches who have been successful at the collegiate level. The camp offers instruction on the events of his or her level, mental toughness, flexibility and strength, and quickness/explosiveness.

Applications will be accepted up to one week prior to the start of the camp. All participants will receive specific instruction on the events of his or her choice. With the aid of video equipment and coaches, the athlete will be evaluated and then taught drills to improve his or 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, and features both 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 on-campus 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 this time will be considered on a space-available basis. 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 $15 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

**FEES:**

- $300 Commuter Plan (2 lunches, 2 dinners)
- $400 Resident Plan (all meals included)
- $250 Residential Plan (2 weeks, 2 dinners)
- $325 Commuter Plan (3 lunches, 3 dinners)

**I WISH TO PARTICIPATE IN:**

- Sprints
- Hurdles
- Relays
- Jumps
- Multi-events
- Field

**PAYMENT PLAN:**

- $200 deposit now
- $50 each payment
- Full payment due by June 1, 2019

**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

**Graduate School**

**Parent’s Name**

**Daytime Phone Number**

**E-mail**

**School Attending**

**Roommate Preference**

(only two campers per room)

**T-SHIRT SIZE:**

- Youth Large
- Youth Medium
- Youth Small
- Youth Extra Large

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**Conference Services**

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Shippensburg, PA 17257-2299
PHONE: (717) 477-1256

E-MAIL: sucamps@ship.edu

**VISIT ship.edu/camps**

**CALL: (717) 477-1256**

**REGISTER NOW**