2020 SUMMER CAMPS

CAMP | AGE/GRADE GROUP | DATES
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Sprint Camp | Boys and Girls Grades 9-12 | July 12-15, 2020
Boys Basketball Camp | Boys Ages 10-17 | June 7-10
Acting and Musical Theater | Boys and Girls Grades 3-6 | June 8-12
Building and Selling Your Product | Boys and Girls Grades 4-12 | June 10-11
Soccer Camp | Boys and Girls Ages 9-12 | June 15-19
Girls Basketball Camp | Girls Ages 10-14* | June 21-24
Girls Softball Camp I | Girls Ages 10-13* | June 21-24
Chemistry Camp | Boys and Girls Ages 8-10 | June 29-July 3
Tennis Camp I | Boys and Girls Ages 15-18 | July 9-12
Girls Volleyball Camp I | Girls Ages 12-18 | July 12-15
Sprints and Hurdles Camp | Boys and Girls Grades 9-12 | July 12-15
Field Hockey Day Camp | Boys and Girls Grades 3-8 | July 13-15
Girls Softball Camp II | Girls Ages 13-18 | July 13-14
Volleyball Team Camp | High School Teams | July 18-19
Class Country Camp | Boys and Girls Grades 9-12 | July 19-23
Jumps Camp | Boys and Girls Grades 9-12 | July 19-22
Throw Camp | Boys and Girls Grades 9-12 | July 19-22
Field Hockey | Girls Grades 8-12 | July 26-29
Girls Volleyball Camp II | Girls Ages 12-18 | July 26-29
Tennis Camp II | Boys and Girls Ages 15-18 | August 6-9

* 8 and 9 year olds will be accepted as commuters
† Grade entering in Fall 2020

RAIDER CAMPS

SPRINTS AND HURDLES

BOYS AND GIRLS CAMP

JULY 12-15, 2020
GRADES 9-12
Grade entering in Fall 2020

SHIPPED UNIVERSITY RAIDER CAMPS

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

SHIPPED.EDU/CAMPS

CAMP SCHEDULE

ARRIVAL
Sunday, July 12, 2020, 1:30 to 2:30 pm

DISMISSAL
Residence Hall Lobby, Wednesday, July 15, 2020

TYPICAL DAILY SCHEDULE
7:30 am | Wake up
8:00 am | Breakfast, dining hall
9:00 am | Warmup 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

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. Washers and dryers are available on each floor in the residence hall and are free to use.

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 eighteen, 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.

REGISTER EARLY
Space is limited to facilitate individual attention. Four-person suites will be assigned on a first-registered, first-accommodated basis.

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SHIP.EDU/CAMPS
PROFESSIONAL STAFF AND CLINICIANS

Shippensburg University’s Sprints staff is one of the finest in the US. Our coaches have all had tremendous success at the college and high school levels including state champions, NCAA champions, and All-Americans. Many of our coaches themselves were accomplished sprinters/hurdlers and have been staff members at our camp for many years. Staff-to-athlete ratio is extremely important to us. Our camp is a learn-by-doing camp, so personal attention is given to each athlete.

DAVID OSANTSCHE, Hurdles Coach, Shippensburg University
RICHARD ALEXANDER, Sprints Coach, Bucknell University
JAYSON RESCH, Sprints Coach, Richard Stockton University (NJ)
JASON KILGORE, Hurdles Coach, West Chester University
MIKE MURAWSKI, Hurdles Coach, Georgian Court University (NJ)
ERIC BOLOGA, Hurdles Coach, Dickinson College

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 mid 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 which was remodeled in 2019. The track and field facility is newly 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. 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 registration and payment to:
CONFERENCE SERVICES
SHIPPENSBURG UNIVERSITY
1571 OLD MAIN DRIVE
SHIPPENSBURG, PA 17257-2299
PHONE: (717) 477-1256

REGISTRATION APPLICATION

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 2020 _______
Parent’s Name ______________________
Daytime Phone Number (_____ ) ______
E-mail _______________________
School Attending ___________________
Roommate Preference ____________________
(Only two campers per room)
T-SHIRT SIZE: ☐ Youth Large ☐ Medium ☐ Large ☐ Extra Large
I WISH TO PARTICIPATE IN: ☐ Sprints ☐ Hurdles
FEES: ☐ $325 Commuter Plan (three lunches, three dinners)
☐ $400 Resident Plan (all meals included)
☐ $325 Commuter Plan (three lunches, three dinners)
PAYMENT PLAN: ☐ Check or money order enclosed
☐ 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.

REGISTRATION FORM

CALL (717) 477-1256
VISIT ship.edu/camps
E-MAIL sucamps@ship.edu

SUCAMPS@SHIP.EDU