RAIDER CAMPS

THROWS

BOYS’ & GIRLS’ CAMP

JULY 22-25, 2018

RESIDENTIAL CAMP • GRADES 9-12

WWW.SHIP.EDU/CAMPS

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

ARRIVAL
Sunday, July 22, 2018, 1:30–2:30 PM

DISMISSAL
Wednesday, July 25, 2018, Residence Hall Lobby

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. A standard form will be sent upon acceptance. *This form does not require a physician’s examination or signature.*
- Campers are strongly encouraged to bring their own throwing implements from their high school but it is not a requirement.

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](http://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

SU Throws Camp was started in 2003 and has quickly gained a reputation as one of the finest throws camps east of the Mississippi River. Student-athletes enjoy no less than 10 skill sessions which are situated over a four-day period. This camp is a hands-on throwing camp. Since its inception, nearly 1,000 student-athletes have attended our camp!!

This camp is designed to be a throws-specific camp, which meets or exceeds the quality of all throws camps in the region. The quality of the camp stems from the background, experience, knowledge, expertise, and care from our clinicians. This camp has developed a tremendous amount of highly successful high school and college throwers.

All aspects of the throwing events will be covered by using proper throwing techniques. Plyometrics, weight training, mental training, proper diet, and various other aspects of training will be covered. These all will be throws-specific.

The SU Throws Camp provides throwers with high level instruction, but on a more personal scale and a more reasonable cost. We have an excellent staff to student-athlete ratio which allows for an abundance of one-on-one interaction with the clinicians and staff. As the camp numbers grow, staff is added. To keep the camp interaction at its maximum level, the camp cutoff number is 80 athletes.

FACILITIES

The SU Throws 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, three shot put circles, a discus cage and a hammer/javelin cage. Additional circles are added for camp as well. There is an indoor track in the field house that can be used in inclement weather and a weight training facility.

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 THROWS CAMP OFFERS A STAFF OF OUTSTANDING COACHES, ALL OF WHOSE HIGH SCHOOL AND/OR COLLEGIATE SUCCESS HAS CONTRIBUTED TO THEIR QUALITY 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

KURT DUNKEL
   Throws Coach, Shippensburg University

GLENN THOMPSON
   Throws Coach, Shippensburg University

ROGER COLEMAN
   Throws Coach, Chambersburg High School

ALISON FREAS
   Throws Coach, Shippensburg University
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ROGER COLEMAN
Throws Coach, Chambersburg High School

ALISON FREAS
Throws Coach, Shippensburg University

BRIAN MONDSCHEIN
Assistant Coach, Wake Forest University

PATRICIA MOSLEY
Throws Coach, West Chester University

JAKIA GUMBY
Throws Coach, Kutztown University

NICK PRICE
Throws Coach, Widener University

* Others may be added to our staff. Staff subject to change.
REGISTRATION APPLICATION
2018 SU THROWS 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
MY PRIMARY EVENT FOR CAMP WILL BE:  (Remember, you can participate in all the throwing events at camp as well.)
○ SHOT PUT   ○ JAVELIN   ○ DISCUS
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

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<td>June 10 - 13</td>
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<tr>
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<tr>
<td>Girls Volleyball Camp II</td>
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