

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

THROWS

BOYS' AND GIRLS' CAMP

JULY 21-24, 2019
RESIDENTIAL CAMP • GRADES 9-12
SHIP.EDU/CAMPS

Directed by:
David Osanitsch
 Head Track and Field Coach
 Shippensburg University



CAMP SCHEDULE

ARRIVAL

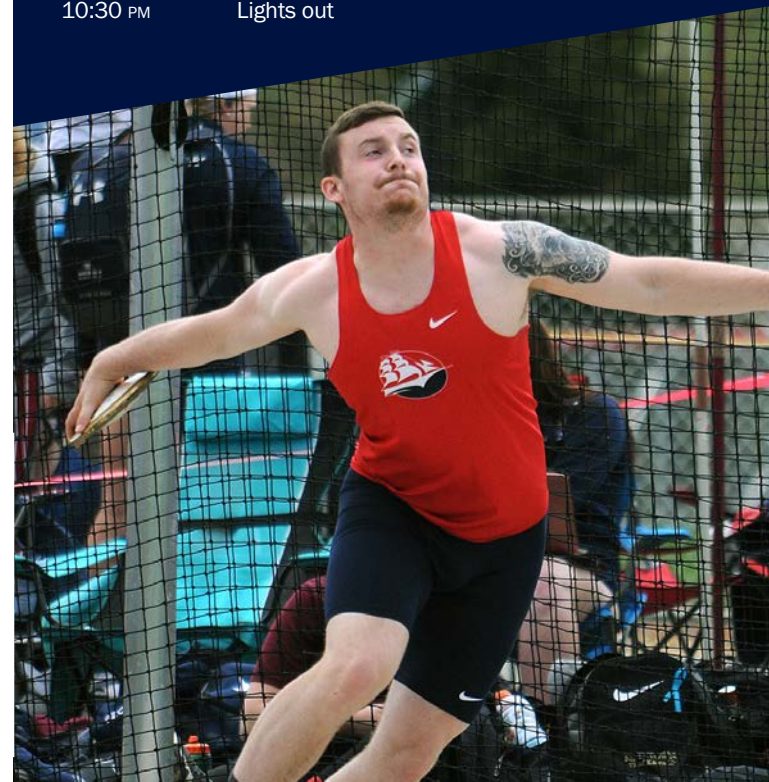
Sunday, July 21, 2019, 1:30 to 2:30 PM

DISMISSAL

Residence Hall Lobby, Wednesday, July 24, 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.**
- Campers are strongly encouraged to bring their own throwing implements from their high school but it is not a requirement. 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
RAIDER CAMPS

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 THROWS CAMP

Started in 2003, SU Throws Camp has gained a reputation as one of the finest throws camps east of the Mississippi river. Student-athletes enjoy no less than ten skill sessions that are situated over a four-day period. This camp is a hands-on throwing camp. Over 1,000+ student-athletes have attended.

The SU Throws 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, including plyometrics, weight training, mental training, proper diet, and other aspects of throws-specific training.

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 that 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 ninety athletes.

FACILITIES

The SU Throws Camp is held at 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/discus 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, which was re-modeled in 2009.

In addition, there is indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts, and handball courts for recreational use. All participants will be housed in a modern residence hall and will be supervised by counselors. Meals will be served at the University dining hall.

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 Throws Camp offers a staff of outstanding coaches. Each has been highly successful at the high school and/or collegiate level and 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:

KURT DUNKEL '98-'04M, *Throws Coach, Shippensburg University*

Kurt Dunkel '98-'04M is a member of the Shippensburg University Athletics Hall of Fame and a two-time PSAC place-winner and a two-time All-American javelin thrower—finishing second at the 1997 and 1998 NCAA Championships. A team captain as a student-athlete, Dunkel joined the coaching staff immediately after his graduation.

Since 1998, SU throwers have consistently contributed to the success of both the women's and men's teams. During Dunkel's tenure, SU javelin throwers earned twelfth First Team All-American honors (including a 2007 national championship by Nate Reider) and 1 Second Team honor.

He is a PA Licensed Professional Counselor, and is USATF Level I Certified.

GLENN THOMPSON, *Throws Coach, Shippensburg University*

Shippensburg University Hall of Famer Glenn Thompson '85 offers his expertise in shot and discus.

Thompson was a three-time NCAA Division II qualifier and participant and two-time PSAC Champion in the shot put. He was a one-time PSAC Champion and one-time PSAC runner-up in the discus. As a senior, Thompson placed ninth at the NCAA Outdoor Championships. A team captain in 1984 and 1985, he held the school record in the indoor shot put until it was broken in 2005, the outdoor shot (55-7/ glide) until 2013 and the discus (163-0) until 2003.

Thompson has overseen SU athletes who have rewritten the men's and women's records in the shot and discus by a total of six athletes. He is the founder and former publisher of the quarterly throws magazine *Long and Strong*.

ROGER COLEMAN, *Throws coach, Chambersburg High School*

At Chambersburg High School, he has coached several PIAA state champions and numerous District III champions. Roger Coleman is considered by many to be one of the best high school throws coaches in Pennsylvania. He has been an integral part of our thows camp since its inception.

ALISON FREAS, *Throws Coach, Shippensburg University*

Alison (Maurer) Freas's specialty instruction is with the hammer and the weight.

In her senior year at Kutztown University, she was honored with several awards: Kutztown Senior Athlete of the Year, PSAC Field Athlete of the Year, PSAC Championships Field MVP and the NCAA Division II East Regional Field Athlete of the Year. She also earned several NCAA and PSAC honors.

Freas has overseen athletes who have rewritten the men's and women's records in the weight and hammer several times.

BRIAN MONDSCHHEIN, *Assistant Coach, Wake Forest University*

Brian Mondschein joined the Demon Deacons after spending four years coaching the women's track and field program at Princeton. While with the Tigers, Mondschein coached Princeton's first women's track and field national champion to the hammer throw title.

In his first year at Princeton, Mondschein coached two athletes to the NCAA Championships. He has coached six Tigers to a combined twelve Ivy League Championships titles.

Mondschein came to Princeton from Southeastern Louisiana where he was an assistant coach from 2007-2012. He primarily worked with the throwers and multi-event athletes. Prior to joining the Lions' staff, Mondschein spent fourteen years at Kutztown University, where he turned the program into a dominant force in the Pennsylvania State Athletic Conference (PSAC). Mondschein was named the US Track and Field and Cross Country Coaches Association (USTFCCCA) Regional Coach of the Year nine times and the PSAC Coach of the Year ten times.

JAKIA GUMBY, *Throws Coach*

JaKia Gumby joined the KU track and field coaching staff in 2011 and works primarily with the throwers. She has coached and competed in the conference.

While at Kutztown, she coached five PSAC Outdoor Championships. In 2012-13, her athletes combined for seven top-three finishes at the PSAC Indoor and Outdoor Championships, including three PSAC champions.

As an undergraduate, she competed at Lock Haven from 2005-09, and won the shot put at the 2008 PSAC Indoor Championships.

NICK PRICE, *Throws Coach*

Nick Price coached at Widener for twelve seasons and turned the program into a premier program in the NCAA Division II ranks. In 2014, he was named the USTFCCCA Men's Indoor and Outdoor Assistant Coach of the Year.

Price was a three-time All-PSAC honoree in the shot put for Edinboro University. He also was a national provisional qualifier and ranked twenty-fourth in the country in Division II.

He has twice qualified for the USA Indoor National Championships. He closed eleventh in 2009 and thirteenth in 2010, competing for Shore Athletic Club.

**Others may be added at a later date. Staff subject to change.*

REGISTRATION APPLICATION

2019 SU THROWS 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

MY PRIMARY EVENT AT CAMP WILL BE *(Remember, you can participate in all the throwing events at camp as well):*

Shot Put Javelin Discus

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