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
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.
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.

BRIAN MONGSCHEIN, 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 woman'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 league Bycugh championships titles.

Mondschein came to Princeton from Southeastern Louisiana where he was an assistant coach from 2007-2012. He previously 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 (USFCCA) 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, her//3, coaches employed 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. In 2013, he was named the USATF/USCAA 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, where he was an assistant coach from 2007-2012. He primarily worked with the throwers and multi-event athletes. Prior to joining the Duquesne Lion's staff, Mondschein spent four years at Shippensburg 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 (USFCCA) Regional Coach of the Year nine times and the PSAC Coach of the Year ten times.

SUGGESTED PARTICIPATION LEVELS

The SU Throws Camp is designed to be a trackspecific camp, which meets or exceeds the quality of all tracks 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 event will be covered by using proper throwing techniques including full shot, hammer, discus, and javelin. Additional emphasis will be placed on the mental aspect of throwing.

For your convenience, the Conference Office offers online registration, payment, and printable brochures. Check out our website at ship.edu/camps.