2020 SUMMER CAMPS

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

RAIDER CAMPS

ADMISSION

Shippensburg University is a member of Pennsylvania’s State System of Higher Education and is committed to equal opportunity and equal treatment to its students, faculty, and staff. The Office of Accessibility Resources assures that all opportunities are accessible to individuals with disabilities and that reasonable accommodations are provided. Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1364, oar@ship.edu.

WHAT TO BRING:

- Bring recreational equipment, i.e., tennis racket, swimsuit, etc.
- Campers are strongly encouraged to bring their own throwing implements from their home 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. Washers and dryers are available on each floor in the residence hall and are free to use.

GENERAL CAMP INFORMATION

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 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 home school, but it is not a requirement. Bring recreational equipment, i.e., tennis racket, swimsuit, etc.

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.
PROFESSIONAL STAFF AND CLINICIANS

Shippensburg University’s Throws Camp staff is one of the finest in the US. Our coaches have had tremendous success at the college and high school levels including state champions, NCAA champions and All-Americans. Many of our coaches were accomplished throwers and have been staff members at our camp for many years.

GLENN THOMPSON, Throws Coach, Shippensburg University (Shot/Discus)
KURT DUNKEL, Throws Coach, Shippensburg University (Javelin)
ALISON FREAS, Throws Coach, Shippensburg University (Hammer)
NICK PRICE, Throws Coach, Edinboro University (Shot/Discus)
PATRICIA MOSLEY, Throws Coach, West Chester University (Shot/Discus)
JAKIA GUMBY, Throws Coach, Lyme College (Shot/Discus)
MATT THOLIS, Throws Coach, Southeastern Louisiana University (Javelin)
ROGER COLEMAN, Throws Coach, Chambersburg High School (Javelin/Shot/Discus)
GARRETT VANDEBRAKE, Assistant Throws Coach, Shippensburg University (Shot/Discus)

*More coaches are added as our camp numbers increase. It is imperative that we have a solid coach/athlete ratio for instruction.

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 scheduled 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 biomechanics, 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 are 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 remodeled in 2009.

In addition, there is indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts, and basketball 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 have to be approved by the Camp Director. 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 camp 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

E-MAIL: sucamps@ship.edu

FOR YOUR CONVENIENCE, THE CONFERENCE OFFICE OFFERS ONLINE REGISTRATION, PAYMENT, AND PRINTABLE BROCHURES. CHECK OUT OUR WEBSITE AT SHIPPENSBURG.EDU/CAMPS.

PAYMENT PLAN:

○ $325 Commuter Plan (three lunches, three dinners)
○ $400 Resident Plan (all meals included)
○ $325 Commuter Plan (three lunches, three dinners)

PAYMENT PROCEDURE:

○ 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 APPLICATION 2020 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 2020 ________
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 (Please circle)
○ Shot Put ○ Javelin ○ Discuss

PAYMENTS:

○ $460 Resident Plan (all meals included)
○ $325 Commuter Plan (three lunches, three dinners)

REGISTRATION FEE: $500

SHEPPSBURG UNIVERSITY 2020 SU THROWS CAMP

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

REGISTER NOW