

Matt Samuel – A former collegiate runner at the University of Pittsburgh, Matt is now the head track and XC coach of his high school alma mater— Dallas. Under his guidance, Dallas has won 6 District II XC titles and his girls team won the PIAA AA state team titles in 2003 and 2005. Matt was also a former high school camper at Shippensburg.

Tara Witmer was a 4 sport letter winner at SU where she participated in track & field, cross country, soccer and tennis. She was a provisional NCAA qualifier in the 400 hurdles and a multiple time all-conference performer. Coach Wit currently teaches math at Chesapeake in Pasadena, MD, where she has also served as the head track coach for 4 years. Her 2009 boys and girls teams won both the indoor and outdoor regional championships and she was named coach of the year.

John Butler, a Cedar Cliff grad, was a 4 year camper at Ship. His high school career was highlighted by a team state XC championship in 2001. He recorded a high school PR of 9:11 at States where he placed 2nd. John took his talents to LaSalle where he recorded PRs of 4:05 for the mile and 8:02 for 3K indoors. John then served as a grad assistant at Syracuse. He runs for the Keystone Track Club and is a teacher at Lower Dauphin where he is the head XC and assistant track coach. John guided the girls to an 18th place finish at states in 2010.

Maureen McCandless – A state runner-up at Nazareth Academy, she took her talents to Pitt where she was a 3 time All-American. Maureen then served as a grad assistant at Syracuse University where she continued her training. She qualified for the Olympic Trials in 2008 where she placed 12th in the 5K. In 2010 she won the Penn Relays Olympic Development 10K in a PR of 32:58 with her last mile at 5:06. She boasts a PR of 15:34 for 5K. Maureen currently runs for the Keystone Track Club and is the assistant XC coach at Lower Dauphin HS. She works at the inside track and is attending classes toward a degree in respiratory therapy.

Dan Helfrick, assistant XC and track coach at his alma mater, SU, Dan served as an assistant at Carlisle High School for 4 years prior to coming to Ship. At the 2005 PSAC track championships he won the 5K and 10K against one of the deepest distance fields in conference history. He boasts PRs of 14:41 and 30:37.

Others may be added to our staff. Staff subject to change.

REGISTER NOW!

Shippensburg University 2011 Summer Camps

Swimming Camp	Boys & Girls Ages 8 - 17	June 12 - 16
Baseball Day Camp I	Boys Ages 6 - 12	June 13 - 16
Father/Son Basketball Camp	Boys Ages 6 - 15	June 18 - 19
Boys Football Camp	Boys Grades 6 - 12	June 19 - 22
Girls Lacrosse Camp	Girls Grades 5 - 12	June 19 - 22
Girls Basketball Camp	Girls Ages 9 - 15	June 19 - 23
Tennis Camp I	Boys & Girls Grades 8 - 12	June 19 - 23
Girls Softball Camp I	Girls Ages 10 - 18	June 19 - 23
Middle School Field Hockey Camp	Girls Grades 6 - 8	June 26 - 29
CSI Camp	Boys & Girls Ages 13 - 17	June 26 - July 1
Chemistry Camp I & II	Boys & Girls Ages 8 - 10	June 27 - July 1
Girls Softball Camp II	Girls Ages 10 - 18	July 10 - 14
Girls Volleyball Camp I	Girls Grades 6 - 12	July 10 - 13
Baseball Day Camp II	Boys Ages 6 - 12	July 11 - 14
Speed & Hurdles Camp	Boys & Girls Grades 9 - 12	July 17 - 20
Boys Basketball Camp	Boys Ages 9 - 17	July 17 - 21
Cross Country Camp	Boys & Girls Grades 9 - 12	July 17 - 21
Tennis Camp II	Boys & Girls Grades 8 - 12	July 17 - 21
Jumps Camp	Boys & Girls Grades 9 - 12	July 24 - 27
Girls Volleyball Camp II	Girls Grades 6 - 12	July 24 - 27
Girls Field Hockey Camp	Girls Grades 9 - 12	July 24 - 28
Tennis Camp III	Boys & Girls Grades 8 - 12	July 24 - 28
Throws Camp	Boys & Girls Grades 9 - 12	July 31 - Aug. 3

Camp schedule

Arrival: Sunday, July 17, 1:30 - 2:30 PM
Dismissal: Thursday, July 21, 4:30 PM

DAILY

6:45 AM Wake-up
7:15 AM Breakfast, dining hall
8:30 AM Guest speaker
9:15 AM Training session in the mountains
11:30 AM Lunch, dining hall
12:30 PM Quiet hour for rest between training sessions
1:30 PM Recreation time
2:30 PM Form analysis or weight training
4:00 PM Pool therapy
4:45 PM Dinner, dining hall
6:00 PM Special camp activities
7:00 PM Training session on campus
9:00 PM Distance running video highlights
10:00 PM In rooms
10:30 PM Lights out!

Special events

Monday – special guest speaker

Tuesday – two mile prediction run;

Wednesday afternoon – lunch, swim and run at Pine Grove State Park;

Wednesday evening – movie, pizza party, and camp dance;

Thursday morning – long run at Michaux State Forest

Cross Country Camp



July 17 to 21, 2011

**Boys and Girls
Grades 9 to 12**

Director: Steve Spence, SU Head Cross Country Coach & Assistant Track & Field Coach



WWW.SHIP.EDU/CAMPS

**SHIPPENSBURG
UNIVERSITY**

Register NOW by calling (717) 477-1256
or visit our website at www.ship.edu/camps
or e-mail your request to sucamps@ship.edu.

Registration Application 2011 SU Cross Country Camp



For your convenience, the Conference Office offers on-line 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 2011 _____

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

How many miles per week do you expect to be running for the 3 weeks prior to camp? I plan to average _____ miles per week.

Fees: ☐ Resident plan (all meals included) \$360

Payment Plan:

- ☐ Check or money order enclosed (Please make check payable to "Shippensburg University")
- ☐ Credit card payments and e-checks will be accepted on-line 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.

<http://www.ship.edu/Visit/Directions/>

Shippensburg University is an equal opportunity educational institution. Direct requests for disability accommodations and other inquiries to the Office of Disability Services, Horton Hall 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, ods@ship.edu.

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 cancelled.

Send your application and payment to:

Conference Services
Shippensburg University
1871 Old Main Drive, Shippensburg, PA 17257-2299
Phone: (717) 477-1256

General camp information

1. **Register early:** Space is limited to facilitate individual attention.
2. **Housing:** All participants will be housed in modern residence halls and will be supervised by counselors. Only two participants will be assigned to a room. Two sheets, one pillowcase and a pillow are provided. No towels, washcloths or blankets are provided. Bring these items with you. Coin operated washers and dryers are available in the residence hall.
3. **Key policy:** Campers who do not turn in their room key at camp dismissal will be subject to a lock change fee (ranging from \$40-\$60). For security reasons, lock changes must be made immediately before the next group arrives. Lock changes for lost keys will be billed to the camper. There will be no exceptions.
4. 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.***
5. **Health Services:** The Etter Health Center is staffed and equipped to take care of minor illnesses and injuries that may arise during your stay on campus. Our physician is in attendance Monday through Friday from 1:30 to 2:30 PM. A registered nurse is on duty or on call 24 hours daily and may at her discretion call the physician for consultation at any hour. For some emergencies, the staff may send you directly to a local hospital.
6. **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 120, Shippensburg University, 1871 Old Main Drive, Shippensburg, PA 17257-2299, (717) 477-1329, ods@ship.edu.
7. **Recreational facilities include:** indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts and handball courts.
8. **Absolutely no visitation** by family members during the week unless permission is granted by the camp director. Experience has shown that the campers are more receptive to instruction and less stressful when outside adults are not present. Young campers (ages 10-11) should try to attend with a friend. This helps with homesickness and makes the camp experience more enjoyable for the camper.

What to bring: 2 pairs of running shoes are recommended. A pair of racing flats or spikes may be helpful. The maximum spike length is 3/16". Bring recreational equipment if desired and a water bottle.

Objective: The objective of the SU Cross Country Camp is to educate each athlete in the various aspects of distance running which we feel are important in achieving improvement and success. This camp will also serve as a preseason conditioning camp for individual runners or teams. We endeavor to serve individual athletes as well as groups. This week would be an excellent opportunity to promote team unity and expose a group to distance training without other distractions. The camp is geared to help beginning or advanced runners.

During the week, each athlete will learn about running form and efficiency, mental toughness, various types of workouts, flexibility, weight training specifically for distance runners, cross training and racing techniques. A question and answer session will be offered to attempt to address the concerns and needs of each runner. Mountain runs will be offered each day to get away from the macadam roads and run in a refreshing environment. Staff interaction at this camp is excellent. A college athlete is employed for each ten runners who attend this camp. Much can be learned throughout the week from these aspiring athletes. Finally, this week offers an excellent chance to receive a week of training under the guidance of a very supportive staff.

Athletes will learn about the sport of distance running from experienced coaches and elite distance runners. Pointers for obtaining better running mechanics and efficiency will be discussed.

If a coach of a high school program is interested in bringing his/her team to Shippensburg University for a training camp, call or write the camp director to discuss special needs.

Facilities

The SU Cross Country Camp is conducted on the beautiful campus of Shippensburg University. Training will take place on a red all-weather track located in the stadium, on the Shippensburg University 5-mile cross country course, on the Shippensburg to Newville rail trail, and on the rolling back roads of rural Shippensburg. Some running will be done on dirt roads in South Mountain and parts of the Appalachian Trail. The weight training facility, which has 42 lifting stations, will be used during the week.

Professional staff & clinicians

The SU Cross Country Camp offers a staff of outstanding coaches and collegiate athletes. All have been highly successful in their respective areas. 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 2011 camps will include:

Steve Spence – Head cross country coach and assistant track & field coach at SU. Steve is an SU graduate who earned the bronze medal at the 1991 World Championships in Tokyo as a marathoner. He also placed 12th at the Barcelona Olympic Games in 1992 in the marathon. Steve was also the 1980 Pennsylvania High School State Champion and record holder in the 1600M run, a two-time NCAA Champion in the 5000M run, and a seven-time All-American at SU. He has coached 45 All-Americans including 5 Individual National Champions including Randy Lowe and Neely Spence and 1 National Champion relay team (Distance Medley 2009).

In 2010 Ship Women's and Men's XC placed 4th and 7th respectively at the NCAA championships.

Steve was voted Pennsylvania State Athletic Conference and NCAA Atlantic Region coach of the year for 2008, 2009 and 2010.

Vicki Smith – A college All-American while at Lock Haven University in the early 80's, Vicki will add cross-training expertise to this camp. She has competed in many prestigious triathlons including the Ironman in Hawaii.

Randy Lowe – 1992 National Champion in the 10,000M event in track & field; eight-time All-American at SU; head cross country coach and assistant track & field coach at Frostburg University in Maryland. Randy led the 1990 Shippensburg XC team to 2nd place at the NCAA Championships with his 3rd place finish.

Stephanie Bedison – Head cross country coach and track and field coach at Montoursville High School; Runner's World Golden Shoe award winner for her outstanding contributions to running.

Britta Manges – 2000 SU graduate and #3 runner on SU's 1998 cross country team which placed 3rd at the NCAA Championships. Britta has coached cross country and track at Butler High School where she is an art teacher.