

Curll has coached athletes to two NCAA National Championships in the pole vault and Eric Reissek to an All-American pole vaulter.

Bob Walker, Chambersburg High School Head Boy's track coach — Bob has coached for many years at the collegiate and high school levels. His athletes have achieved All-American status and he has produced a number of PIAA State qualifiers and medalists.

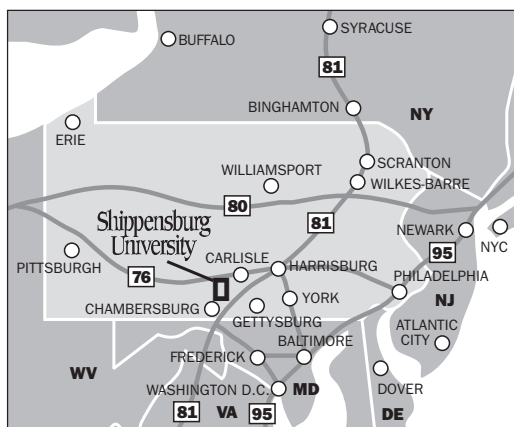
Don Serbo, Shippensburg University pole vault coach — During Don's six years at SU he has revitalized the program and produced a PSAC vaulter each season and his vaulters have broken several school records.

Vicki Younger, 2-time All-American in the High Jump — Vicki is regarded as one of the premier high school track coaches in Maryland. Vicki has been a mainstay with this camp since its inception and one of the finest high jump minds in the area.

Jason Kilgore, Sprints/Hurdles/Jumps Coach Lafayette College — Kilgore was coach for women's track from 2006-08 at West Chester University. In his three seasons at WCU, he coached athletes to more than 100 PSAC qualifying marks, 24 NCAA Division II qualifying marks, 65 All-PSAC selections, 49 school records, 22 PSAC Champions, three PSAC Championship records, two OSAC All Time Records and seven All-America honors.

Typical daily schedule

7:30 a.m.	Wake-up
8:00 a.m.	Breakfast, Dining Hall
9:00 a.m.	Warm-up and stretching
9:15 a.m.	Skill session by event
11:30 a.m.	Lunch, Dining Hall
12:30 p.m.	Recreation time
1:30 p.m.	Classroom session
2:30 p.m.	Skill session by event
4:45 p.m.	Dinner, Dining Hall
6:00 p.m.	Recreation time
7:00 p.m.	Special camp events
8:00 p.m.	Video Review
10:00 p.m.	In rooms
10:30 p.m.	Lights out!



<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.

REGISTER NOW! Shippensburg University 2010 Summer Camps

Girls Basketball Camp	Girls Ages 10 - 15	June 13 - 17
CSI Camp	Boys & Girls Grades 7 - 11	June 13 - 18
Father Son Basketball Camp	Boys Ages 6 - 15	June 19 - 20
Boys Football Camp	Boys Grades 6 - 12	June 20 - 23
Girls Softball Camp I	Girls Ages 10- 17	June 20 - 24
Baseball Day Camp	Boys Ages 6 - 12	June 21 - 24
Soccer Day Camp AM Session	Boys & Girls Ages 5 - 8	June 21 - 25
Soccer Day Camp PM Session	Boys & Girls Ages 9 - 13	June 21 - 25
Swimming Camp	Boys & Girls Ages 9 - 17	June 27 - July 1
Tennis Camp I	Boys & Girls Grades 9 - 12	June 27 - July 1
Chemistry Camp	Boys & Girls Ages 8 - 10	June 28 - July 2
Girls Lacrosse Camp	Girls Grades 5 - 12	July 11 - 15
Girls Softball Camp II	Girls Ages 10 - 17	July 11 - 15
Girls Volleyball Camp I	Girls Grades 6 - 12	July 11 - 15
Girls Soccer Camp	Girls Ages 13 - 18	July 18 - 21
Boys Basketball Camp	Boys Ages 9 - 17	July 18 - 21
Cross Country Camp	Boys & Girls Grades 9 - 12	July 18 - 22
Tennis Camp II	Boys & Girls Grades 9 - 12	July 18 - 22
Baseball Day Camp	Boys Ages 6 - 12	July 19 - 22
Throws Camp	Boys & Girls Grades 9 - 12	July 25 - 28
Girls Volleyball Camp II	Girls Grades 6 - 12	July 25 - 29
Tennis Camp III	Boys & Girls Grades 9 - 12	July 25 - 29
Baseball Residential Camp	Boys Ages 13 - 18	August 1 - 4
Jumps Camp	Boys & Girls Grades 9 - 12	August 1 - 4
Boys Soccer Camp	Boys Grades 9 - 12	August 1 - 4
Speed & Hurdles Camp	Boys & Girls Grades 9 - 12	August 1 - 4
Girls Field Hockey Camp	Girls Grades 9 - 12	August 4 - 8

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.

Jumps Camp



August 1 to 4, 2010

**Boys and Girls
Grades 9 to 12**

Director: Dave Osanitsch, SU Head Track & Field Coach



WWW.SHIP.EDU/CAMPS

**SHIPPENSBURG
UNIVERSITY**

Registration Application 2010 SU Jumps 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 2010 _____

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

I wish to participate in:

- ☐ High jump
- ☐ Long jump
- ☐ Triple jump
- ☐ Pole vault

Fees: ☐ Resident plan (all meals included) \$335
☐ Commuter plan (3 lunches, 3 dinners) \$285

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.

The SU Jumps Camp is open to all students who will be entering grades 9 through 12 in the fall of 2010. Graduating seniors who are entering college in the fall may also attend.

Camp arrival

Sunday, Aug. 1, 2010
1:30 to 2:30 PM

Camp dismissal

Residence Hall Lobby
Wednesday, Aug. 4, 2010 ~ 4:00 PM

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: *Bring your own equipment unless notified otherwise.* All athletes should bring training gear and shoes. If you bring spikes (not required), they cannot exceed 3/16". Bring recreational equipment, i.e., tennis racket, swimsuit, etc.

SU Jumps Camp

Since its inception in 2003, the jumps camp reputation for hands on coaching has made it one of the most popular jumps camps in the Northeast. Over a four day period, our students are involved in no less than 10 skill sessions conducted by our staff.

The primary goal of the SU Jumps Camp is to assist each athlete in learning how to develop his/her athletic potential as it pertains to high jump, long jump, triple jump, and pole vault. We will accomplish this with a staff of outstanding coaches teaching the most up-to-date techniques involving each jump. Video review analysis is used in all the events.

All participants will receive specific instruction on the events of his/her choice. With the aid of coaches, the athlete will be evaluated and then taught drills to improve his/her skill level. Much attention will be given to the mental aspect of track & field. Athletes will be taught mental visualization techniques and how to develop mental toughness.

Facilities

The SU Jumps 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, two long jump pits, two triple jump pits, three high jump landing areas and two pole vault pit systems. There is an indoor track in the field house that can be used in inclement weather and a weight training facility was recently remodeled in 2009.

Professional staff & clinicians

The SU Jumps Camp offers a staff of outstanding coaches. All have been highly successful at the high school and collegiate level. 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 2010 camp will include:

David Osanitsch, Head Track & Field Coach, SU — Under Coach Osanitsch, the Red Raider program has won PSAC Conference Championships in both the men's & women's programs. He has coached numerous NCAA National Qualifiers and six All-Americans in the jumps. His athletes have broken nearly every jumping record at Shippensburg University. A NCAA All-American in the High Hurdles, he brings a wealth of knowledge to the hurdle events and has developed this Jumps camp into one of the premier summer camps in the Northeast United States.

Dan Rockage, Jumps Coach, Slippery Rock University — At the Rock, Dan over nearly a decade developed SRU's jumps squad into one of the finest in the PSAC and the nation. To his credit, he has delivered three athletes to the NCAA National Championships and coached numerous PSAC champions.

Seth Little, Jumps Coach, Slippery Rock University — As a jumps coach at SRU since 2007, Seth is quickly developing into a top notch vertical jumps coach. His athletes are some of the best in the PSAC. As a athlete, Seth was a multiple PSAC All-Conference jumper.

Brian Spickler, Former IUP Head Coach & Former Professional Bobsledder — Coach Spickler was the head coach at Indiana University for 7 years. Spickler was a decathlete on the IUP track & field team from 1995 – 1998. He was the PSAC champion in the event as a sophomore and junior and merited All-America honors his junior and senior campaigns. Spickler has coached one national champion, 20 All-Americans and numerous conference champions

Todd Curll, Richard Stockton University head women's track & field coach — While a student at SU, Todd was a successful decathlete. Coach