

Facilities

The SU Speed & Hurdles 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, three horizontal jump runways, an all-weather javelin runway, two shot put circles, a discus cage and a hammer/discus cage. 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. The track and field facility was newly renovated with a new synthetic surface in 2011!

Typical daily schedule

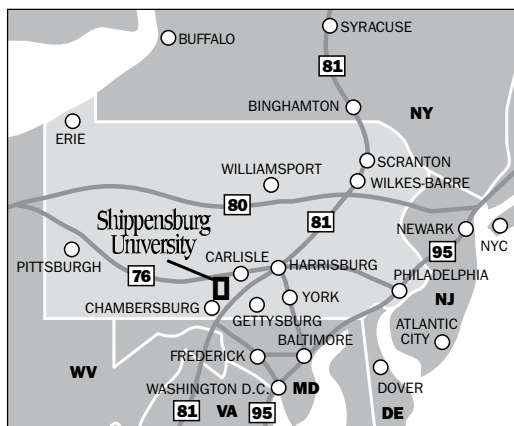
7:30 AM	Wake-up
8:00 AM	Breakfast, Dining Hall
9:00 AM	Warm-up and stretching
9:15 AM	Skill session by event
11:30 AM	Lunch, Dining Hall
12:30 PM	Recreation time
1:30 PM	Classroom session
2:30 PM	Skill session by event
4:45 PM	Dinner, Dining Hall
6:00 PM	Recreation time
7:00 PM	Special camp events
8:00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

CAMP ARRIVAL

Sunday, July 17, 2011
1:30 to 2:30 PM

CAMP DISMISSAL

Residence Hall Lobby
Wednesday, July 20, 2011 ~ 4:00 PM



<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 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

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.

Speed & Hurdles Camp



July 17 to 20, 2011

Boys and Girls
Grades 9 to 12

Director: Dave Osanitsch, SU Head Track & Field Coach



WWW.SHIP.EDU/CAMPS

SHIPPENSBURG
UNIVERSITY

Registration Application 2011 SU Speed & Hurdles 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)

I wish to participate in:

- ☐ Sprints
☐ Hurdles

Fees: ☐ Resident plan (all meals included)

\$335

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.



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

- Register early:** Space is limited to facilitate individual attention.
- 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.
- 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.
- 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.**
- 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.
- 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.
- Recreational facilities include:** indoor swimming, indoor and outdoor basketball courts (if available), outdoor volleyball courts, tennis courts and handball courts.
- 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: All athletes should bring training gear and shoes. Bring spikes, they cannot exceed 3/16, if you have them. Bring recreational equipment, i.e., tennis racket, swimsuit, etc.

SU Speed & Hurdles Camp

This camp was developed in 2005 and has quickly attained a reputation for one of the finest camps of its kind in the Northeast. Attention to detail along with a well established training schedule has been well received by

our students. Over a 4 day period, the students attend no less than 10 skill session training periods. This camp is designed for hurdles & anyone who wants to get faster!

The primary goal of the SU Speed and Hurdles Camp is to assist each athlete in learning how to develop his/her athletic potential to their fullest extent. We will do this with a staff of outstanding coaches who will use the most recent teaching techniques in track and field. The camp will strive to improve each athlete's skill level, mental toughness, flexibility and strength, and quickness/explosiveness.

All participants will receive specific instruction on the events of his/her choice. With the aid of video equipment and coaches, the athlete will be evaluated and then taught drills to improve his/her skill level. In addition to the "learn by doing" part of the clinic, there will be lectures, films and demonstrations for each event. Much attention will be given to the mental aspect of track & field. Athletes will be taught relaxation and mental visualization techniques and how to develop mental toughness.

Professional staff & clinicians

The SU Speed & Hurdles Camp offers a staff of outstanding coaches. All have been highly successful at the high school and/or collegiate level. Not only has the staff coached All-Americans and state champions, but more importantly 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 2011 camp will include:

David Osanitsch, Head Coach, Shippensburg University

Under Coach Osanitsch, the Red Raider program has won 8 PSAC Conference Championships in both the men's & women's programs. He has coached numerous NCAA National Qualifiers and his coaching staff has produced NCAA National Champions and NCAA All-Americans. His athletes have broken nearly every 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 Speed/Hurdles camp into one of the premier summer camps in the Northeast United States.

Jason Kilgore, Head Coach, Alvernia College

Jason Kilgore joined the Alvernia staff in August of 2010 after serving two years as the Assistant Track and Field Coach at Division I Lafayette College. Kilgore was part of a program that produced nine Patriot League Championships, five All-East honorees, eight school records and 18 All-Patriot honorees. Prior to his time at Lafayette Kilgore served as the head women's cross country and track and field coach at his alma mater West Chester University for three seasons. At West Chester he guided a team that produced the university's highest finishes and point totals at the PSAC Championships in 15 years. He earned a Bachelor of Science in Kinesiology with minors in athletic coaching and special education and is currently pursuing his Masters in Exercise Science and Health Promotion at California University of PA. Kilgore holds USATF Level 2 certification in sprints, hurdles, relays, and jumps and was working toward Level 3 in sprints.

Dan Rockage, 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. His knowledge of sprint mechanics is second to none. He has been a clinician for SU sports camps for many years.

Seth Little, Coach, Slippery Rock University

Seth is a long time member of the very successful SRU staff. He has been a clinician at the SU Sprints camp for many years and has extensive knowledge of the weight room and sprint mechanics.

Additional staff and special guests will be added at a later date. Staff subject to change.