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.

Facilities
The SU Sprints & 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 Heiges 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 19, 2015
1:30 to 2:30 PM

CAMP DISMISSAL
Wednesday, July 22, 2015

Sprints & Hurdles Camp
July 19 to 22, 2015

Director:
David Osanitsch, SU Head Track & Field Coach

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.

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

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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: Campers will be housed in new suite-style residence halls. Amenities include air conditioning and a bathroom for every two campers. Two sheets, one pillowcase, and a pillow will be provided. No towels, washcloths, or blankets are provided. Bring these items with you. Coin-operated washers and dryers are available on each floor in the residence hall.

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. 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), indoor 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 stressed when outside adults are not present.

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 Sprints & Hurdles Camp

The SU Sprints & Hurdles Camp was developed in 2005 and has quickly attained a reputation for one of the finest camps of its kind in the Northeast. Nearly 650 student-athletes have attended this camp over the years! 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 specifically designed for hurdlers and sprinters.

The primary goal of the SU Sprints & 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. As the numbers increase for the camp, so does the staff so we can continue our tradition of one-on-one attention with the student-athletes.

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 2015 camp will include:

David Osanitsch, Head Coach Shippensburg University — Under Coach Osanitsch, the Red Raider program has won 23 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 nearly 100 NCAA All-Americans. His athletes have broken nearly every record at SU. A NCAA All-American in the high hurdles, he brings a wealth of knowledge to the hurdle events and has developed this sprints/hurdles camp into one of the premier summer camps in the Northeast U.S.

Jason Kilgore, Head Coach, West Chester University — Kilgore, a 2005 graduate of West Chester University, returns to his alma mater for his second season after three seasons at Alvernia University where he was the track & field and cross country head coach. Kilgore headed up West Chester’s women’s track & field and cross country team from 2006-08, before leaving to become an assistant at Lafayette College. He has eight years coaching experience at all three levels of intercollegiate coaching with five of those seasons serving as head coach at Division II and III institutions. During his tenure at West Chester University, Kilgore coached seven All-Americans, 22 PSAC champions, 24 NCAA Division II provisional qualifiers, 65 All-PSAC student-athletes, and three PSAC record holders. Kilgore helped with the development of Eric Broadbent, who later went on to a pro career in track & field as a multi-event performer.

While at Alvernia, Kilgore oversaw the program’s first All-American, three NCAA Division III qualifiers, 10 Middle Atlantic Conference champions, and helped both cross country squads earn their best conference finishes since joining the MAC. Kilgore holds a USATF Level 2 certification in Sprints, Hurdles, Jumps, and Relays while also earning a USTFCCCA Jumps Coach Event Specialist certification.

Mike Murawski, Head Coach, Georgian Court University (NJ) — Murawski was an outstanding decathlete while he attended Duquesne University. He has then gone on to be a very successful coach in the college ranks. He is currently at Georgian Court University and in...