**Camp Schedule**

<table>
<thead>
<tr>
<th>Check-in</th>
<th>Dismissal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, June 7, 2015</td>
<td>Residence Hall Lobby</td>
</tr>
<tr>
<td>1:30 – 2:30 PM</td>
<td>Wednesday, June 10, 2015</td>
</tr>
</tbody>
</table>

**Daily schedule (subject to change)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 – 8:00 AM</td>
<td>Breakfast, Dining Hall</td>
</tr>
<tr>
<td>8:15 AM</td>
<td>Commuters report to Heiges Field House</td>
</tr>
<tr>
<td>8:15 – 9:15 AM</td>
<td>Lecture</td>
</tr>
<tr>
<td>9:30 – 11:00 AM</td>
<td>Water Session</td>
</tr>
<tr>
<td>11:15 AM – 12:30 PM</td>
<td>Lunch, Dining Hall/Relax</td>
</tr>
<tr>
<td>12:45 – 1:30 PM</td>
<td>Lecture – Dry land Session</td>
</tr>
<tr>
<td>1:45 – 4:00 PM</td>
<td>Water Session</td>
</tr>
<tr>
<td>4:30 – 6:15 PM</td>
<td>Dinner, Dining Hall/Relax</td>
</tr>
<tr>
<td>6:30 – 7:30 PM</td>
<td>Evening Session</td>
</tr>
<tr>
<td>7:30 PM</td>
<td>Commuters free to go</td>
</tr>
<tr>
<td>7:30 – 9:30 PM</td>
<td>Activity</td>
</tr>
<tr>
<td>10:00 PM</td>
<td>In rooms</td>
</tr>
<tr>
<td>10:30 PM</td>
<td>Lights out</td>
</tr>
</tbody>
</table>

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**REGISTER NOW!**

**Shippensburg University**

**2015 Summer Camps**

**Swimming Camp**

- **Boys Basketball Camp**
  - Boys Ages 10 - 17
  - June 7 - 10
- **Girls Softball Camp I**
  - Girls Ages 10 - 17
  - June 21 - 24
- **STEM: An Environmental Mystery**
  - Boys & Girls
  - Ages 12 - 15
  - June 22 - 26
- **Girls Basketball Camp**
  - Girls Ages 10 - 15
  - June 28 - July 1
- **Chemistry Camp I & II**
  - Boys & Girls
  - Ages 8 - 10
  - July 6 - 10
- **Girls Volleyball Camp I**
  - Girls Ages 10 - 17
  - July 12 - 15
- **Girls Softball Camp II**
  - Girls Ages 10 - 17
  - July 12 - 16
- **Sprints & Hurdles Camp**
  - Boys & Girls Grades 9 - 12
  - July 19 - 22
- **Cross Country Camp**
  - Boys & Girls Grades 9 - 12
  - July 19 - 23
- **Lacrosse Camp**
  - Girls Grades 6 - 12
  - July 20 - 23
- **Jumps Camp**
  - Boys & Girls Grades 9 - 12
  - July 26 - 29
- **Throws Camp**
  - Boys & Girls Grades 9 - 12
  - July 26 - 29
- **Tennis Day Camp**
  - Boys & Girls Grades 3 - 8
  - July 27 - 30
- **Tennis Camp**
  - Boys & Girls Grades 9 - 12
  - July 27 - 30
- **Girls Volleyball Camp II**
  - Girls Ages 12 - 18
  - July 26 - 29
- **Field Hockey Camp**
  - Girls Grades 9 - 12
  - July 26 - 30

**Register NOW by calling (717) 477-1256**

or visit our website at [www.ship.edu/camps](http://www.ship.edu/camps)

or e-mail your request to [sucamps@ship.edu](mailto:sucamps@ship.edu).

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**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.**
Registration Application
2015 SU Swim 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 (______)__________
E-mail ____________________________
Age ____________ Gender ____________
Male ____________ Female ____________
Grade in fall of 2015 ____________________________
Parent's name ____________
Daytime phone number (______)__________
School attending ____________________________
Coach's name ____________________________
Roommate preference ____________________________
(Only 2 campers per room)

T-shirt size: (Youth) ____________ (Men's) ____________
Large ____ Medium ____ Large ____ Extra Large ____

T-shirt size: (Youth) ____________ (Men's) ____________
Large ____ Medium ____ Large ____ Extra Large ____

Fees: ____________ Resident plan (all meals included) $350
__________ Commuter plan (3 lunches, 3 dinners) $285

Check or money order enclosed
Credit card or e-check, full payment is required at the time of registration.

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: 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 Erie 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), 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 stressed when outside adults are not present. Young campers (ages 9-11) should try to attend with a friend. This helps with homesickness and makes the camp experience more enjoyable for the camper.

What to bring:
- 3 swimming suits
- warm-ups/sweat clothing
- sneakers
- 3 towels
- 2 pair of goggles
- shorts & T-shirts
- swim caps
- fan
- notebook & pen
- swim team shirt from home club/team

Camp Program
The SU Swimming Camp will focus on stroke skills and will provide swimmers with sessions designed to improve technique. It will include technique sessions for each of the four competitive strokes that will be oriented towards swimming efficiency. Technique sessions will revolve around drills and explanations of the physical forces governing swimming. These technique sessions will cover competitive techniques for starts and turns for each of the four strokes. Camp will also include workout sessions geared for cardiovascular conditioning and emphasizing ideas learned in that day’s technique session. The daily program of the camp will include dry land exercises, flexibility work, nutrition information and goal setting exercises. All participants need to know how to swim the four competitive strokes. While we will try to meet everyone’s needs, from the novice swimmer to the advanced, we must emphasize that these camps are for swimmers who train and compete on a competitive level. THIS IS NOT A LEARN TO SWIM CAMP!

Swim Camp Staff
The SU Sports Camps are proud of the excellent staff employed from the college and high school coaching ranks to offer superior instruction to our campers. The staff of this year’s camps will include (if available):

Tim Verge – Head men’s and women’s swimming coach at Shippensburg University

Shippensburg University Swimmers – Members of the illustrious SU swimming team will also be on deck sharing their breadth of expertise. The men and women both are among the top ten teams in the nation in Division II swimming, and they hope to share their real life experiences and ideas with the campers.

Guest Coaches – Throughout the week, a variety of successful college, high school, and club coaches will offer their expertise to make this camp a truly diverse experience.