WELCOME PARTICIPANTS
Sprinters, hurdlers, throwers, jumpers ranging from beginning to advanced in junior high school, high school and college-aged.

COST
RESIDENT - $325 [Includes camp instruction, overnight accommodations, access to facilities and all meals]
COMMUTER - $290 [Includes camp instruction, access to facilities and lunch & dinner]
A non-refundable deposit of $50 is included with the registration fee.

REGISTRATION
Visit www.sru.edu/camps under SRU Athletic Camps to register.

ABOUT THE CAMP
SPRINTERS/HURDLERS:
The camp will cover beginning, intermediate and advanced sprinting and hurdling. Sprinters will work on warm-up drills, sprint drills, sprint technique, starts and relays. Hurdlers will work on warm-up drills, hurdle drills, starts, high hurdle techniques and intermediate hurdle techniques. Additional sessions will include: weightlifting, plyometrics, aquatic workouts and other topics directly related to sprinting and hurdling.

THROWERS:
Instructors will provide in-depth coverage of the discus, shot put and javelin as well as a brief introduction to the hammer. Attendees will learn about warm-up drills, throwing drills for all three events, technique progressions in all three events and training for throws. Additional sessions will include: weight lifting, plyometrics, medicine ball workouts and other topics directly related to throwing.

JUMPERS:
Introduction will include: warm-up drills, high jump, long jump and triple jump drills, jumping technique in all three events and training for the jumps. Additional sessions will include: weightlifting, plyometrics and other topics directly related to jumping events.

Participants interested in a mix of sprint/hurdles, throw and jumps will be able to move freely through the camp and involve themselves with as many areas as they wish. Camp staff should be alerted to this choice upon arrival.

JUNE 13 - JUNE 15, 2019

INFORMATION
MEDICAL INFORMATION
SRU and the Slippery Rock University Foundation, Inc. do not provide medical insurance for campers. Athletes with special medical problems must notify the camp director. All participants who require medications must register those medications with the camp. SRU staff will not administer medications.

HOUSING
Guests will be housed in the double occupany residential suites. Each suite is air-conditioned and includes a mini refrigerator and a microwave oven. Each suite features a private bathroom including a shower for every two beds. Campers will have the chance to request (1) roommate during the registration process.

WHAT TO BRING
Campers should bring an adequate supply of shorts, T-shirts, socks, toiletries, sweat clothes, towels, pillow(s) and linens for a single bed (twin XL).

FOR MORE INFORMATION/ QUESTIONS
For questions regarding track & field camp content and equipment, please contact the SRU Track and Field and Cross-Country Office. Phone: 724.738.2798
Email: Coach John Papa at john.papa@sr.edu.

For questions regarding registration, payment or general camp logistics, please contact the Office of Conference Services
Phone: 724.738.2027
Email: conference.services@sr.edu

**CAMP INSTRUCTORS**

**JUMPERS CAMP STAFF**
BILL JORDAN, CAMP DIRECTOR
Jordan is in his 12th year as an assistant coach at SRU, having coached high jumpers, pole vaulters, javelin throwers and multi-event athletes. He has coached three NCAA Division II National Champions and several PSAC Champions. As an athlete, Jordan was an NCAA Division II national qualifier as a decathlete and a multiple time, all-conference performer in the high jump. Jordan will oversee and contribute to all jumping events.

AL DINES
Dines is the former high jump coach at Point Park University in Pittsburgh. Prior to his tenure at PPU, he had a highly successful teaching/coaching career at Montour High School. This year marks his 15th year working with high jumpers at our camp.

TABITHA BEMIS
Bemis joined the Slippery Rock track and field coaching staff as a graduate assistant prior to the 2015-16 academic year and will remain on the staff as a volunteer for 2017-18. Bemis embarked on her coaching career after one of the most decorated careers in Edinboro track and field history. A standout multi-event athlete for the Fighting Scots, Bemis graduated following the 2014 outdoor season. She earned All-America honors a total of six times in her career, with four top eight finishes at the indoor National Championships and two more at the outdoor national meet in her senior year. She was named the PSAC Field Athlete of the Year on two occasions for her dominance in the long jump, triple jump and multi-event competitions.

**SPRINTER AND HURDLERS CAMP STAFF**
JOHN PAPA, CAMP DIRECTOR
Papa is the head coach of SRU's men's and women's cross-country and track and field teams. He is a 15-time Pennsylvania State Athletic Conference Coach of the Year and a 15-time Atlantic Region Coach of the Year. Papa-coached teams have won 21 PSAC championships and produced more than 229 individual champions. Papa has guided six of his cross-country teams to qualifying berths at the NCAA Championships during the past 20 years. He has coached 15 individual NCAA All-Americans and 95 Academic All-Americans.

NATE SHADECK
Shadeck will oversee coaching of the sprint and hurdle campers. Over the last six seasons, Shadeck has coached Rock sprinters/hurdlers to 11 Pennsylvania State Athletic Conference championships, 14 United States Track & Field and Cross Country Coaches Association All-Region honors and one All-America award. He has also played a pivotal role in helping the The Rock's women's indoor track & field team earn conference championships in 2014 and 2016. As a collegiate competitor, Shadeck was a two-time All-PSAC selection in the 400-meter hurdles, placing third at the 2006 championship meet and placing second at the 2007 meet. He owns a career-best 54.25 seconds in the event.

**THROWERS CAMP STAFF**
MEAGAN SHADECK
The 2017-18 season will mark Meagan Shadeck's 12th year as an assistant coach for the track and field program at SRU, playing a pivotal role in helping coach Slippery Rock to nine Pennsylvania State Athletic Conference Championships. Since joining The Rock staff in January of 2007, Shadeck has guided Rock throwers to nine PSAC individual titles and 39 All-PSAC awards at the league championship meet. Shadeck came to SRU in 2007 after two seasons as an assistant coach and strength and conditioning coordinator at Wisconsin-Whitewater. She owns a bachelor's degree in physical education and a master's degree in curriculum and instruction with emphasis in exercise physiology and coaching from Wisconsin-Whitewater, as well as a CSCS Certification from the National Strength and Conditioning Association.
### OTHER STAFF

**J.R. MCFARLAND**  
McFarland is the head track and field coach at Wilmington Area High School, the 2008 PIAA High School AA state track and field champions. A tremendous technician that has established an outstanding reputation across the state, McFarland will work primarily with javelin throwers.

**OTHER STAFF**  
Several other coaches and collegiate athletes will be on staff.

*All Slippery Rock University of Pennsylvania camp staff and volunteers are in compliance with FBI & Pennsylvania State Criminal History Background Checks and Child Abuse Protection of Minors requirements.*

### SAMPLE SCHEDULE

<table>
<thead>
<tr>
<th>First Day Schedule:</th>
<th>Registration</th>
<th>5:00pm - 6:30pm</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Camp Rules &amp; Training Session #1</td>
<td>6:45pm - 9:00pm</td>
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<tr>
<td></td>
<td>Activity/Pool Session</td>
<td></td>
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<tr>
<td>Full Day Schedule</td>
<td>Breakfast</td>
<td>8:00am - 9:00am</td>
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<tr>
<td></td>
<td>Training Session #2</td>
<td>9:00am - 11:30am</td>
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<tr>
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<td>Lunch</td>
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<td>Training Session #3</td>
<td>1:00pm - 4:00pm</td>
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<td></td>
<td>Dinner</td>
<td>5:00pm - 6:00pm</td>
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<td></td>
<td>Training Sessions #4</td>
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<tr>
<td></td>
<td>Activity/Pool Session</td>
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</tr>
<tr>
<td>Last Day Schedule</td>
<td>Breakfast</td>
<td>8:00am - 9:00am</td>
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<tr>
<td></td>
<td>Training Session #5</td>
<td>9:00am - 11:30am</td>
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<tr>
<td></td>
<td>Camp End/Check Out</td>
<td>11:30am - 12:30pm</td>
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</tbody>
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