Cost & Registration

Cost
Resident: $295  Commuter: $265

Includes instruction, meals (commuter lunch and dinner provided), lodging, and a reversible jersey.

Non-Refundable Deposit
A non-refundable deposit of $50.00 is included in the registration fee.

Camp Check In
Camp check in will be from 5 p.m.-6 p.m. at Building E.
(There will be directional signs posted on campus)

Click to Register Now!

Schedule

Friday
5-6 p.m.
7:00 p.m.
8:45 p.m.
9-10 p.m.

Registration at Building E
Session at stadium track (workout attire)
End of evening session
Swimming/Movie night

Saturday
7:30 a.m.
9 a.m.
12:00 p.m.
1:30 p.m.
5:00 p.m.
6:30 p.m.
8:45 p.m.
9-10 p.m.

Breakfast
Morning session at stadium track
Lunch
Afternoon session at stadium track
Dinner
Evening session at stadium track
End of evening session
Swimming/Game night

Sunday
7:30 a.m.
9 a.m.
11:30 a.m.

Breakfast
Morning session
Clean up and leave for home

Directions

From Pittsburgh Area:
Take I-79 North to Exit 105 (Slippery Rock Exit). At the exit, turn left onto Route 108 East (4 miles). Once in the village of Slippery Rock, turn right onto Route 173 South (Main St., first set of lights) and at the university turn left onto Morrow Way.

From Points North:
Take I-79 South to exit 113 (Grove City). Turn left onto Leesburg-Grove City Road and then take first right (at stop light) onto 258 South (Mercer Butler Pike). At the university turn left onto Morrow Way.

From Ohio & Points West:
Take I-80 West to exit 29 (Barkeyville Exit). At the exit, turn left onto Route 8 South (8 miles), turn right onto Route 108 West (2 miles). Once in the village of Slippery Rock, turn left onto Route 173 South (Main St., first set of lights) and at the university turn left onto Morrow Way.

From Points East (Turnpike):
Take the Turnpike West to exit 28 (Cranberry Township). Upon exiting the turnpike, follow Route 19 North towards Zelienople. Stay right on Route 19 and look for signs directing you to I-79 North to Erie. From I-79 North (35 miles), take Exit 105 (Slippery Rock Exit). At the exit, turn left onto Route 108 East (4 miles). Once in the village of Slippery Rock, turn right onto Route 173 South (Main St., first set of lights) and at the university turn left onto Morrow Way.

From Butler Area:
Take Route 8 North to Route 173 North (Old Stone House located at the intersection of Routes 8 & 173). Veer left onto Route 173 North. Follow Route 173 (3 miles); continue on Route 173, at the university turn right (After the Kiester Rd. intersection) onto Morrow 1Way.

Track & Field/Pole Vault Camp
June 17-19, 2016
About the Camps

Sprinters/Hurdlers Camp
This camp will take place June 17 – 19, 2016. This camp will cover beginner, intermediate and advanced sprinting and hurdles. 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. Sprinters and hurdlers will also go through sessions in weightlifting, plyometrics, aquatic workouts and other topics directly related to sprinting and hurdling.

Throwers Camp
This camp will take place June 17 – 19, 2016. This camp will provide in-depth coverage of the discus, shot put and javelin as well as a brief introduction to the hammer. Throwers camp will cover warm-up drills, throwing drills for all three events, technique progressions in all three events as well as training for the throws. These will be discussions and sessions on weight lifting, plyometrics, medicine ball workouts and other topics directly related to throwing.

Jumpers Camp
This camp will take place June 17 – 19, 2016. Jumps Camp is three intensive days of information for jumpers of all levels. There will be extensive instruction on warm-up drills, high jump, long jump, and triple jump drills, technique progression in all three events and training for the jumps. Jumps will also go through sessions in weightlifting, plyometrics and other topics directly related to jumping events.

Pole Vault Camp
This camp will take place June 17 – 19, 2016. The SRU weekend pole vault camp was specifically designed to teach all beginning vaulters to improve the critical skills necessary to be successful at the pole vault. Each athlete will receive one-on-one training with the highly experienced SRU staff. Our staff is devoted to the development of every athlete through education and positive encouragement. All practice sessions will be broken up into three distinct parts: short lecture, intense drill sessions and vault session. Each practice will take athletes through a progressive step-by-step process that will focus on developing a new phase of the vault while reinforcing previous lessons. At the end of each practice the athlete will be given a chance to apply what they have learned through a short vault session. Throughout the weekend educating each young athlete on the fundamentals of Safe Pole Vaulting will be continually reinforced. The camp will conclude on Sunday with a long vault session/competition, where athletes can apply what they have learned and try for a new personal record. It is our goal to send each athlete home with a positive and enjoyable experience, but most importantly the knowledge to continue to develop as an athlete.

**Those that are interested in a mix of sprint/hurdles, throw, jumps and pole vault will be able to move freely through the camp and get involved with as many different events as you wish. When you arrive, alert a member of staff that you would like to participate in multiple activities.**

**We encourage all interested athletes to sign up early, as this camp will only accept the first 30 individuals.**

Information

Location/Facilities
Slippery Rock University camps are conducted on the SRU campus. Located on 620 acres in the countryside of western Pennsylvania, SRU is just 50 miles north of Pittsburgh. SRU has an excellent 400-meter long, all-weather track.

Medical Information
Camps with specific medical problems must notify the camp director and all doctor-prescribed medications must be registered with the camp coordinator.

Things to Know
All campers staying in the residence suites must bring their own bed linens and pillows for a single bed. All campers should bring a bathing suit. Parents, coaches, and friends are welcome to watch throughout the weekend. You can room with a camper attending another track and field camp this weekend. Commuting campers will be given lunch and dinner on Saturday.

Questions?
For more information contact the SRU Track and Field and Cross Country Office at 724.738.2798 or e-mail coach John Papa at john.papa@sru.edu or check the website at www.rockstadium.com.

Staff

Jumpers/Pole Vault Weekend
Bill Jordan - Camp Director
Bill Jordan is in his 10th year as assistant coach at Slippery Rock University. Jordan coaches the high jumpers, pole vaulters, javelin throwers and multi event athletes. As a coach Jordan has coached 3 NCAA Division II National Champions and several PSAC Champions. As an athlete, Jordan was an NCAA Division II national qualifier as a decathlete as well as a multiple time, all-conference performer in the high jump. Jordan will oversee and contribute in all the jumping events.

Al Dines
Al Dines is the former head coach at Point Park University in Pittsburgh, Pa. Prior to his coaching at Point Park, Dines had a highly successful teaching/coaching career at Montour High School in Pittsburgh, Pa. This will be the 14th year that Dines has coached the high jumpers at SRU’s Jumpers Weekend. Dines coached numerous high school All-State high jump performers in his years at Montour. Dines is a passionate teacher who is extremely effective with beginning as well as advanced high jumpers. He will coach the high jumpers.

Terrace Draper
Terrace Draper is in his 4th year as long jump/triple jump coach at Slippery Rock University. Draper as a coach has led the Slippery Rock jumpers to numerous PSAC All-Conference performances. Draper was an All-Conference performer and triple jump school record holder during his competitive days at Slippery Rock University. Draper is a technician and a teacher that breaks down each phase of the jump, starting from the approach all the way through the landing. Draper will coach the long/triple jumps.

Sprinters/Hurdlers Weekend
Camp Director - John Papa
Coach John Papa is the head men and women’s track and held and cross country coach at Slippery Rock University. He is a 15-time Pennsylvania State Athletic Conference Coach of the Year and 15-time Atlantic Region Coach of the Year. Under Papa, teams have won 21 PSAC Championships and produced more than 229 PSAC individual champions. Papa has guided six of his cross country teams to qualifying berths at the NCAA Championships over the past 20 years with a highest place finish of sixth for the men’s team in 1991. He has coached 14 individual NCAA All-Americans and 95 academic All-Americans.

Nate Shadeck
Nate Shadeck is in his 8th year as the throws coach at Slippery Rock University. Shadeck had a great deal of success as the throws coach at the ROCK. He has coached several All-PSAC Performers and a PSAC discus Champion. Shadeck served as assistant strength and conditioning coach at her alma mater University of Wisconsin-Whitewater. She is a certified strength and conditioning coach. As an athlete, she was an NCAA Division III national qualifier in the hammer throw. Megan will coach shot, discus, and hammer.

Throwers Weekend
Meagan Shadeck
Meagan Shadeck is in her 5th year as the throws coach at Slippery Rock University. Shadeck had a great deal of success as the throws coach at the ROCK. She has coached several All-PSAC Performers and a PSAC discus Champion. Shadeck served as assistant strength and conditioning coach at her alma mater University of Wisconsin-Whitewater. She is a certified strength and conditioning coach. As an athlete, she was an NCAA Division III national qualifier in the hammer throw. Megan will coach shot, discus, and hammer.

J.R. McFarland
Jim McFarland is the head track and field coach at Wilmington Area High School, the 2008 PIAA high school AA state track and field champions. McFarland is known throughout the state for the success his throwers have had at the state level. Two of his former standouts include former national javelin record holder Serene Ross and 2004 U.S. Olympic Trials qualifier Inga Jorgensen. McFarland is a tremendous technician and has established an outstanding reputation in Pennsylvania. McFarland will work primarily with the javelin throwers.

Other Staff
Several other coaches and collegiate athletes will be on staff for the Sprinters and Hurdler Weekends.

**All Slippery Rock University of Pennsylvania camp staff and volunteers have passed child abuse and criminal history background checks.**