**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.: Registration at Building E
- 7:00 p.m.: Session at stadium track (workout attire)
- 8:45 p.m.: End of evening session
- 9-10 p.m.: Swimming/Movie night

**Saturday**
- 7:30 a.m.: Breakfast
- 9 a.m.: Morning session at stadium track
- 12:00 p.m.: Lunch
- 1:30 p.m.: Afternoon session at stadium track
- 5:00 p.m.: Dinner
- 6:30 p.m.: Evening session at stadium track
- 8:45 p.m.: End of evening session
- 9-10 p.m.: Swimming/Game night

**Sunday**
- 7:30 a.m.: Breakfast
- 9 a.m.: Morning session
- 11:30 a.m.: 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 Way.

**Track & Field Camp**
June 17-19, 2016
**About the Camps**

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

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**Jumpers Camp**
This camp will take place Jun 17 – 19, 2016. Jumpers 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, jumping technique in all three events and training for the jumps. Jumpers will also go through sessions in weightlifting, plyometrics and other topics directly related to jumping events.

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**Throwers Camp**
This camp will take place Jun 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. There will be discussions and sessions on weight lifting, plyometrics, medicine ball workouts and other topics directly related to throwing.

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**Other Staff**
Several other coaches and collegiate athletes will be on staff for the Sprinters and Hurdlers Weekend.

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**Staff Cont.**

**Sprinters/Hurdlers Weekend**

**Camp Director - John Papa**
Coach John Papa is the head men’s and women’s track and field 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.

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**Nate Shadeck**
Nate will head the coaching of the sprint and hurdle campers. Nate is just his 4th year as a high jump coach at Slippery Rock University. Nate has coached numerous PSAC hurdlers and PSAC Champions. Nate is considered to be among the elite high jump/hurdle coaches currently in the PSAC. Nate is a former Slippery Rock University All-League sprinter/hurdler that was coached by legendary coach Dave Labor.

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**Throwers Weekend**

**Megan Shadeck**
Megan Shadeck is in her 8th year as the thrower’s coach at Slippery Rock University. Shadeck had a great deal of success as the thrower’s 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.

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**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 his success. He has coached numerous state champions and state meet record holders. McFarland has directed the track and field teams to numerous league, district and sectional championships. McFarland is known throughout Pennsylvania for his success. McFarland will work primarily with the javelin throwers.

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**Other Staff**
Several other coaches and collegiate athletes will be on staff for Thrower’s Weekend.

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**Staff**

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**Jumpers 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 I 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.

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**Dr. Al Dines**
Al Dines is the former high jump coach at Point Park University in Pittsburgh, Pa. Prior to his coaching at Point Park, Dines has 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.

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**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 jump.

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**Meagan Shadeck**
Meagan Shadeck is in her 8th year as the thrower’s coach at Slippery Rock University. Shadeck had a great deal of success as the thrower’s 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.

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**J.R. McFarland**
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**Other Staff**
Several other coaches and collegiate athletes will be on staff for Thrower’s Weekend.

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**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.

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

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**Things to Know**
All campers staying in the residence suites must bring their own bed linens and pillow 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.

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**Questions?**
For more information contact the SRU Track and Field and Cross Country Office at 724.738.3798 or e-mail coach John Papa at john.papa@sru.edu or check the website at: www.rockathletics.com.