

## Professional Staff and Clinicians

The SU Cross Country Camp offers a staff of outstanding coaches and collegiate athletes. All have been highly successful in their respective areas. 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 2016 camps will include:

**Steve Spence** – Entering his 19th year as Head Cross Country coach at Shippensburg. He is a Ship grad who earned the bronze medal at the 1991 World Championships in Tokyo as a marathoner. He also won the 1992 Olympic marathon Trials and went on to place 12th at the Barcelona Olympic Games. Steve was the 1980 PIAA State Champ and record holder in the 1600m at Lower Dauphin, a two-time NCAA Champion in the 5000m run, and a seven-time All-American at Shippensburg University. He has coached more than 100 All-Americans including 7 Individual National Champions and 4 National Champion Distance Medley Relay teams. Ship's women's cross country team has qualified 8 consecutive years for the NCAA Championships. In 2015 men's xc team placed 5th at the NCAA championships and were the NCAA Atlantic Region Champions. Steve has been voted NCAA Division II Atlantic Region Coach of the Year 13 times.

**Stephanie Bedison** – recently retired from teaching and coaching. Steph was the head cross country coach and track and field coach at Montoursville High School for many years. She was recognized with the Runner's World Golden Shoe award for her outstanding contributions to running. She is an avid runner who heads the camp discussion for the girls regarding issues which are gender specific.

**John Butler** - The Cedar Cliff grad was a 4 year camper at Ship. His high school career was highlighted by a team state xc championship in 2001. He recorded a high school PR of 9:11 at States where he placed 2nd. John took his talents to LaSalle where he recorded PRs of 4:05 for the Mile and 8:02 for 3k indoors. He is a teacher at Lower Dauphin where he is the Head XC and Assistant Track coach. John guided the LD boys to their first ever District III AAA title and to a 10th place finish at States in 2013.

**Lara Crofford** – Assistant cross country and track coach at the University of Cincinnati. Former Assistant Cross Country and Track & Field Coach at Shippensburg University. Representing the Bulldogs of Big Spring HS she won the 3200 at the 2007 PIAA state championships. She was also the XC AAA State runner up in 2005 and 2006. At the 2007 Nike Outdoor meet, she earned High School All-American honors at both 5000(3rd place – 16:43) and 2 mile(7th place – 10:26). She took her talents to Nebraska where she was a 3 time NCAA Cross Country qualifier and multi time All-Big 12 performer. In the Spring of 2012, Lara enrolled in Grad School at Ship and used her one season of remaining NCAA eligibility to earn All-American honors as the anchor on the Distance Medley team that placed 7th at the NCAA meet. She also placed 9th in the 5k at the NCAA indoor meet and in the 10k at the NCAA outdoor meet.

**Mary Dell** – The Lower Dauphin assistant coach was a 9 time All-American at Shippensburg University. As a high schooler representing the Bubblers of Boiling Springs, Mary won the AA 200 meter state title as a sophomore and the 100 meter AA state title as a senior. She converted to the distances at Ship where she was a 3 time XC All-American, ran the lead off 1200 meter leg on the NCAA Champion Distance Medley team in 2008 and was the NCAA runner up in the Steeple Chase in 2009. In 2010 she won the Olympic development Steeple at the Penn Relays and competed

in the Steeple at the USATF Championships in Eugene, OR. Mary has had much success racing the roads as a post collegiate, garnering many wins at the Harrisburg Mile and the Hershey Half Marathon.

**Rick Hageman** - Distance coach at Leonardtown high school in Maryland where the girls have been undefeated conference champs from 2005 to 2012 while the boys only lost one conference meet during that 8 year span. He is a physical therapist and clinic manager of the Rehab Center of Southern MD and was a member of the White House sports medicine team during the Clinton/Gore administration. He is Board Certified Specialist in Orthopedic physical therapy and certified USATF coach.

**Neely Spence Gracey** – Runs professionally for Adidas and operates a coaching business with her husband, Dillon. They reside near Boulder, CO. Neely won 6 NCAA individual titles and anchored the DMR team to 2 NCAA championships while at Shippensburg University. She also won 2 PIAA AAA titles in cross country as well as 2 PIAA AAA titles in the 1600. She was the runner-up in the 2 mile at the Nike Nationals in 2007 and was the 2 mile champion in 2008. Neely won the Footlocker Northeast title in 2006 and 2007 and went on to place 8th and 4th at the FL Nationals in San Diego. During Neely's freshman year of college, she won the USATF Junior XC Championships and then placed 19th at the World Junior XC Championships in Jordan. She has represented the US five times in International competition. In 2013 she placed 13th at the World XC Championships in Poland where she was the top non-African runner. Recently, Neely placed 2nd at the Philly Rock N' Roll Half marathon with a time of 69:58 (a 5:19 average) and 2nd at the USATF 10 mile Championships with a time of 53:02 (a 5:18 average).

**Matt Samuel** – Ran collegiately at the University of Pittsburgh. Matt is now the head track and xc coach of his high school alma mater: Dallas. Under his guidance Dallas has won 10 District II XC titles and his girls team won the PIAA AA state team titles in 2003, 2005 and 2013. Matt guided Dominic Deluca to the individual AA State title in 2013 and Regan Rome to Footlocker Nationals in 2012 and 2013. He attended the Ship camp as a camper in the mid 90s.

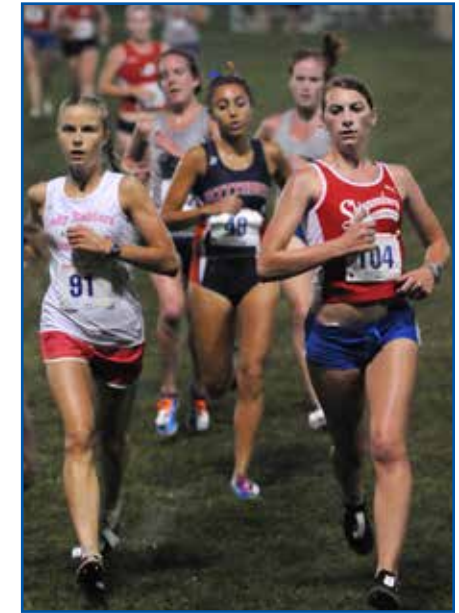
**Tara Murphy** - Tara was a 4 sport letter winner at Shippensburg University where she participated in Track & Field, Cross Country, Soccer and Tennis. She was a provisional ncaa qualifier in the 400 hurdles and a multiple time all-conference performer. Coach Murph currently teaches math at Severna Park, MD. She served 9 years as Head Coach at Chesapeake, MD where her 2009 boys and girls teams won both the indoor and outdoor regional championships and she was named coach of the year.

**Phil Wharton** – A world renowned physiotherapist and fitness coach, is serving as a volunteer assistant with the Shippensburg University cross country teams. He competed in xc and track at the University of Florida. Through the years, Wharton has worked with some of the most established names in running -- including 2002 London Marathon champion Khalid Khannouchi, 2008 U.S. Olympic flagbearer Lopez Lomong and former Oregon runner Matthew Centrowitz. Wharton has also worked with famed U.S. Olympian Meb Keflezighi. Among Wharton's many strengths is therapy, nutrition, stretching and body mechanics. He and his father, Jim, were among the go-to consultants in the running world during the 1990s. They founded Wharton Fitness in 1989. One of Wharton's prevailing philosophies is his importance of embracing one's body through strength and flexibility.

Others may be added to our staff. Staff subject to change.



# Girls' Cross Country Camp



**July 17-21, 2016**

### Director:

**Steve Spence**, SU Head Cross Country Coach and Assistant Track & Field Coach

### Residential Camp

**Grades 9 - 12**

Campers will be housed in air-conditioned residence halls!

[WWW.SHIP.EDU/CAMPS](http://WWW.SHIP.EDU/CAMPS)

## Registration Application 2016 SU Girls' Cross Country Camp

For your convenience, the Conference Office offers on-line registration, payment, and printable brochures. Check out our website at [www.ship.edu/camps](http://www.ship.edu/camps).

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone number (\_\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Age \_\_\_\_\_ Grade in fall of 2016 \_\_\_\_\_

Parent's name \_\_\_\_\_

Daytime phone number (\_\_\_\_\_) \_\_\_\_\_

School attending \_\_\_\_\_

Roommate preference \_\_\_\_\_

(Only 2 campers per room)

**T-shirt size:** (Men's)  Small  Medium  Large  Extra Large

**Fees:**  Resident plan (all meals included) \$380

### 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](http://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.

**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)**

A member of Pennsylvania's State System of Higher Education. 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](mailto:ods@ship.edu).



## 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 canceled.

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.

Four-person suites will be assigned on a first registered, first accommodated basis.

**Housing:** Campers will be housed in new suite style residence halls. Amenities include: Air conditioning and a bathroom for every two campers. A pillow, one pillowcase and two sheets will be provided. You will need to bring towels, blankets and washcloths 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](mailto:ods@ship.edu).

**Recreational facilities include:** indoor swimming, indoor and outdoor basketball courts (*if available*), outdoor volleyball courts, tennis courts, and handball courts.

**What to bring:** 2 pairs of running shoes are recommended, 1 pair of racing flats or spikes may be helpful, swimsuit, recreational equipment if desired.

**OBJECTIVE:** The objective of the SU Cross Country Camp is to educate each athlete in the various aspects of distance running which we feel are important in achieving improvement and success. This camp will also serve as a preseason conditioning camp for individual runners or teams. We endeavor to serve individual athletes as well as groups. This week would be an excellent opportunity to promote team unity and expose a group to distance training without other distractions. The camp is geared to help beginning or advanced runners.

During the week, each athlete will learn about running form and efficiency, mental toughness, various types of workouts, flexibility, weight training specifically for distance runners, cross training and racing techniques. Most runs are on dirt mountain roads, the Cumberland Valley Rail Trail or on the University's grass cross country course. Very little running will be on hard road surfaces. Staff interaction at this camp is excellent and this camp offers a chance to receive a week of training under the guidance of a very supportive staff. Campers are encouraged and supported in their efforts to run the minutes or mileage and paces which have been prescribed by their high school coach. Almost all runs are out and back, which allows campers to choose their appropriate pace and turn around point.

If a high school coach is interested in bringing his/her team to Shippensburg University for a training camp, call or write the camp director to discuss special needs.

## Camp Schedule

**Arrival:** Sunday, July 17, 2016, 1:30–2:30 PM

**Dismissal:** Thursday, July 21, 2016, Residence Hall Lobby

## Typical Daily Schedule

|          |  |
|----------|--|
| 6:45 AM  | Wake-up  |
| 7:15 AM  | Breakfast, Dining Hall                           |
| 8:30 AM  | Guest Speaker                                    |
| 9:15 AM  | Training session on dirt roads at South Mountain |
| 11:30 AM | Lunch, Dining Hall                               |
| 12:30 PM | Quiet hour for rest between training sessions    |
| 1:30 PM  | Recreation time                                  |
| 2:30 PM  | Form analysis and weight training demo           |
| 4:00 PM  | Pool therapy                                     |
| 4:45 PM  | Dinner, Dining Hall                              |
| 6:00 PM  | Special camp activities                          |
| 7:00 PM  | Cross training session                           |
| 9:00 PM  | Distance running video highlights                |
| 10:00 PM | In rooms   |
| 10:30 PM | Lights out!                                      |

## Special Events

Monday – Special guest speaker

Tuesday – Two-mile prediction run and camp dance

Wednesday afternoon: Lunch, swim & run at Pine Grove State Park

Wednesday evening – Movie, pizza party, and prediction run awards

Thursday morning – Long run on the Cumberland Valley Rail Trail

## Facilities

The SU Cross Country Camp is conducted on the beautiful campus of Shippensburg University. Training will take place on the Shippensburg University cross country course, on the Cumberland Valley Rail Trail, on dirt roads in Michaux state forest, on parts of the Appalachian Trail and at Pine Grove State Park. The weight training facility, which has 42 lifting stations, will be used during the week as well as the indoor pool.