Dining
Campers dine in Dansbury Commons, the university student dining room. Nutritious all-you-can-eat meals are served, with salad and dessert bars.

Camp Care Services
Our ESU summer camp care staff are first-aid and CPR/AED certified. Summer camp care staff will provide routine first-aid services to the participants during the hours that camp is in session and will refer medical emergencies and illnesses to the Pocono Medical Center, located one block from campus.

Medical Insurance
ESU does not provide individuals with medical insurance. Each camper must provide his/her own medical insurance plan. ESU is not responsible for paying medical deductibles or hospital costs for any camper.

General Information
- For girls and boys, ages 10-18
- State of the art indoor and outdoor facilities
- Strength training instruction session
- College info Q & A session
- Organized evening activities
- Nutrition guidelines for athletes
- Complete packet of all drills and routines
- "Advanced" camp requires prior attendance at Warrior speed/track & field camp
- More time for specific events at advanced hurdles and jump camp (excluding pole vault)
- Higher level of drills for your specific events
- Video analysis and individual critique.
- Tailored program to work on your strengths and weaknesses.

Chris Merli
cmerli@esu.edu
570-422-3249

For more information, assistance or special accommodations, please call 570-422-3061.

Notice of Nondiscrimination: East Stroudsburg University of Pennsylvania does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, sexual orientation, gender identity or veteran’s status in its programs and activities in accordance with applicable federal and state laws and regulations. The following person has been designated to handle inquiries regarding this policy: Director of Diversity/Ombudsperson, 301 Prospect Street, 115 Newman Building, East Stroudsburg, PA 18301-2999.
Track and Field Camp
Develop your skills and technique in a fun and challenging environment. Morning sessions will concentrate on tools for proper running mechanics, which are crucial for success in specific events. Afternoon sessions will address individual event areas, where athletes will learn proven drills that will enable continuous improvement of skills to compete consistently at a higher level.

Speed Camp
All sports welcome where speed is important. Everyone can run faster. Our objective is to teach you how your body works and techniques to improve your form in order to increase speed and agility. Exercises and drills based on sound biomechanical principles will provide athletes with tools to improve their speed and overall athletic performance. Participants, from beginners to experienced, will leave their speed and overall athletic performance.

Advanced Jumpers & Hurdles Camp
Attendance at the advanced jumps/hurdle camp is contingent on prior attendance of the Warrior Speed Track & Field Camp either in 2013 or previous years, as well as the discretion of Coach Merli after consultation with parent or HS coach. Must be at least a rising junior in HS.

Camp Director
- Chris Merli, 38 years of enthusiastic coaching - 17 at ESU
- USA Track & Field level II Certified since 1995
- Many All-State HS and Collegiate All-Americans
- Has run speed clinics for HS Baseball, Youth Soccer, Collegiate Basketball, Football and Softball programs at ESU for many years

Staff
- Karen Gaita – 12th year at ESU; national champion high jumper for ESU in 1991; current jumps assistant at ESU; considered one of the best high jump coaches in the eastern U.S.
- Jim Morrison – 10th year coaching; Threw collegiately for Manhattan College; Has helped put ESU’s Threw program near the top of the PSAC in his 7th year of coaching; 11th year at ESU
- Michele Frayne – 3rd year at ESU; Works with jumpers, hurdlers and throwers. NCAA qualifier in Multi Events.
- Doug Josephs – Former Moravian Football and ESU track and field star; Coaches football and track at Parkland HS; excellent technician who can adapt sound biomechanical principles to a variety of sports; 7th year as a counselor.
- Trina Carito – NCAA qualifier and multiple PSAC Champ in the Pentathlon and Heptathlon as well as PSAC Champ in the triple jump. Served as jumps coach at East Stroudsburg South HS; 3rd year as Warrior track and field camp counselor
- ESU sport specific and track and field athletes.

Cost
ATTEND BOTH CAMPS (OVERNIGHT) IN 2013 FOR $650!
Must pay full price for the Warrior Speed Track & Field Camp in early July and the discount will apply to the 2nd camp.

Overnight: $400 (In new air conditioned residence halls)
Commuter: $300

Team Discount: $25 off for 4 (or more) players from the same school.*

*Coupon code must be included on registration form to receive discount. No discounts given without code. Only one discount can be received.

Deposit/Payment/Cancellations/Refunds
Please enclose a $100 non-refundable deposit with all applications. Balance is due one week prior to the start of camp. Campers who leave during the course of the camp will receive a refund based on the number of days services were rendered. No refunds will be issued to campers sent home for disciplinary reasons. All refund requests must be submitted to the Office of Conference Services within 10 days of the last day of camp. No refunds will be issued after that time. Please allow six to eight weeks for processing of any refunds.

ESU Warrior Sports Camps have contingency plans in the event of inclement weather, however, indoor practice facilities may be limited.

Warrior Speed - Track & Field Camp
Online Registration at: www.esu.edu/camps

Chris Merli
cmerli@esu.edu
570-422-3249

Medical Insurance Information
Company Name ____________________________
Policy Number ____________________________
Group Number ____________________________

Name of Parent/Guardian _______________________

I hereby authorize the camp staff and athletic trainers of East Stroudsburg University to act for my son/daughter in their best judgment in any emergency situation. I also authorize my son/daughter’s attendance in ESU’s Warrior Sport Camp. I certify that he/she is in good health and is able to participate in all camp activities. I understand that the camp staff, trainers, and university will not be held responsible for any injuries that occur on the way to, during or on the way home from ESU.

Parent/Guardian Signature ____________________________