



BYU COUGARETTE CAMP 2017

July 31 - August 2

****IMPORTANT NOTE** Participants and parents, please check the information packet again one week before camp begins for updates on your camp, particularly for check-in location and time.**

CHECK-IN

All participants must check in.

Monday, July 31 **9:00 a.m. – 9:30 a.m.** **Cannon Center**

- Camp agendas, meal cards, and room assignments will be given out during check-in.
- **Orientation will begin at 10:15 at a yet to be determined location.** Participants should arrive dressed to dance.
- Participants staying in campus housing should check in to the residence hall before orientation.
- Late arrivals should go to the [Cannon Center \(CANC\)](#) front desk to check in.

CHECK-OUT

Camp ends at 4:00 p.m. on Wednesday. Campus housing participants should check out with a counselor Wednesday between 4:00 and 5:00 p.m.

Parents: After checkout time, participants will not be required to have special permission to leave campus. Please make arrangements to pick up your young athletes on time.

GENERAL SCHEDULE

A detailed agenda will be provided at check-in.

A general agenda for the week, **except Monday**, is as follows:

7:00 a.m.	Breakfast and preparation (campus housing participants)
9:00 a.m.	Morning workouts
12:00 p.m.	Lunch
2:00 p.m.	Afternoon workouts
4:00 p.m.	End of day for non-housing participants*
4:30 p.m.	Dinner (campus housing participants)
8:00 p.m.	Evening Activities (campus housing participants)**
10:00 p.m.	Head count and bed check (athletes—remember to be on time for head count!)
10:15 p.m.	Counselor Devotional
10:30 p.m.	Lights out

*Non-housing participants should be dropped off each day at 8:45 a.m. and picked up at 4:00 p.m. We cannot be responsible for dancers not picked up later than 15 minutes after each camp session has ended.

**Monday, 8:00 p.m. Field games and ice cream for housing participants

**Tuesday, 4:30 p.m. Seven Peaks Water Park- All campus participants will be going to Seven Peaks. Bring a towel and swimsuit for this activity. Modest one-piece suits and tankinis are appropriate if they completely cover the midriff.

Dress standards are strictly enforced. No shorts above the knee, midriff tops, sleeveless shirts, low-cut blouses, or tank tops are allowed at the activities and meals. Participants who are dressed inappropriately according to the BYU Honor Code will not be admitted to the dances.

STANDARDS

Dancers attending Cougarette Camp must maintain BYU standards. Included in these high standards are integrity; respectful language; morality; abstinence from tobacco, alcohol, coffee, tea, and harmful drugs; and modesty in dress. Females are not allowed excessive ear piercing (not more than one per ear). All hairstyles should be clean and neat. Extreme hairstyles are unacceptable. Athletic shorts and tank tops are acceptable only in class areas; shorts worn in other areas must be knee-length. No midriff tops, halter tops, or sleeveless shirts are permitted in or outside of the practice room. Dress and grooming standards are **strictly** enforced on campus. Failure to comply with these standards may result in a request to make appropriate changes and/or dismissal from the camp. Due to safety and liability concerns, any participant found in or entering campus construction areas will be subject to immediate dismissal (see the Honor Code link on the *Information Packet* page on our Web site).

FOOD AND HOUSING

Campus housing participants will eat most meals in the all-you-can-eat cafeterias, other meals will be catered. Non-housing participants will eat lunch in the same cafeterias. There is a \$2 replacement cost for lost meal cards. [BYU dress and grooming standards](#) are strictly enforced in the cafeteria; therefore, please remember to bring pants, sweats, or knee-length shorts/skirts to wear at mealtimes. Flip-flops, slippers, swimsuits, and tank tops are not permitted in the cafeteria.

Campus housing participants are lodged Monday through Wednesday nights in [Helaman Halls](#). Campus housing participants who must stay due to travel arrangements may stay in the residence halls Wednesday night and check out by 9:00 a.m. on Thursday. Meals on Wednesday night and Thursday morning are at the participant's expense. The residence hall room is furnished with linen, bedding, towels, and a pullout drawer for valuables that can be locked (padlock must be provided by the participant). Laundry facilities are not available. Messages for those staying in campus housing can be left by calling the Cannon Center front desk, 801-422-2034.

SECURITY RULES

Participants should be aware of the following rules and precautions:

- Do not bring a large sum of money or expensive items to camp.
- Do not leave equipment unattended, except in designated secure locations.
- Do not walk alone on campus or leave campus unattended (without a counselor, coach, or other camp staff member).
- Write your name clearly on all items you will be bringing to camp.

Brigham Young University is not responsible for lost or stolen items.

CHECKLIST OF ITEMS TO BRING

- Dance wear: dance pants, appropriate shorts, tank tops, and athletic bras (which are required during all times during class)
- Modest cover ups: sweats, T-shirts, etc.
- Dance shoes: gore boots, athletic shoes, socks
- Water bottle
- Clothing for casual dance (campus housing participants 14 and older)
- Toiletries—toothbrush, soap, shampoo, etc.
- Towel and swimsuit for Seven Peaks Water Park (modest one-piece suits or tankinis (if they completely cover the midriff) are required)
- Emergency phone numbers
- Information on past injuries for trainers
- Alarm clock (campus housing participants)
- Padlock (campus housing participants)
- Spending money (optional) for snacks, souvenirs, prescriptions, etc.
- Camera (optional)

Note: Write your name clearly on all items you bring to camp.

Items to leave at home include rollerblades, skateboards, water pistols, water balloons, fireworks, firearms, and knives.

These items are inappropriate to bring to camp and will be confiscated upon your arrival. We also discourage you from bringing media devices, laptops, expensive items, and excessive cash. Cell phones and iPods are acceptable but must remain in your residence hall.

CANCELLATIONS AND REFUNDS

Only a participant and his or her parents have authority to request a refund. Full refunds, minus the \$35 nonrefundable portion of camp tuition, will be given on all cancellations requested by 5 p.m. 10 days before the camp begins. No refunds will be given after this deadline. For example, if you are attending a Basketball Camp beginning Monday, June 20, refunds will not be given after 5 p.m. Friday, June 10.

The simplest way to cancel a camp registration is to email sportscamps@byu.edu with the participant name and camp ID number (confirmation number). If a program is canceled, a full refund will be given. Brigham Young University cannot be held responsible for any change or cancellation charges required by airlines, travel agencies or other institutions.

INSURANCE

Brigham Young University DOES NOT provide medical insurance for sports camps participants. Medical expenses incurred as a result of participating in a BYU sports camp ARE THE RESPONSIBILITY OF THE FAMILY OF EACH CAMP PARTICIPANT. Participants must carry primary insurance during camp or be self-insured. Expenses for treatment paid by BYU must be reimbursed to the university no later than **August 31, 2016**.

ILLNESSES AND INJURIES

For minor illnesses, participants may choose to remain at home. Counselors or coaches must be notified in such cases. If medical treatment for a participant is deemed necessary, Brigham Young University will attempt to contact the parent or guardian. In the event the parent/guardian cannot be timely reached, the participant may be transported off-site to receive medical treatment.

Experienced athletic trainers will be on hand to treat injuries that may occur during workouts. For serious injuries, participants may be taken to the Utah Valley Regional Medical Center. Athletes are encouraged to begin strength, flexibility, and nutritional training prior to camp to minimize the risk of injury during camp. It is the camp participant's responsibility to follow the trainers' instructions.

The information listed above is camp specific. For general information regarding camp policies and guidelines [click here](#).