



BYU CROSS COUNTRY/DISTANCE RUNNING CAMP 2017

Camp 1: June 26-29

Camp 2: July 10-13

****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 locations and times.**

CHECK-IN

All participants must check in.

The location and times for check-in is as follows:

Camp 1	Monday, June 26	9:00 a.m. - 10:00 a.m.	<u>Levell Edwards Stadium SE Entrance</u>
Camp 2	Monday, July 10	9:00 a.m. - 10:00 a.m.	<u>Levell Edwards Stadium SE Entrance</u>

- Camp agendas, meal cards, and room assignments will be given out during check-in.
- Participants staying in campus housing should check in to the residence hall before orientation.
- **Orientation begins at 10:15 a.m. in the [Richards Building room 267](#)**
- After 1:00 p.m. participants should go to the [Cannon Center \(CANC\)](#) front desk to check in.

CHECK-OUT

Camp ends at 5:00 p.m. on Thursday (there is an optional run from 5:15 – 6 PM that camp participants may choose to take part in). Campus housing participants should check out with a counselor Thursday between 5:00 and 7:00 p.m.

Parents: After 5:00 p.m. on Thursday, participants will not be required to have special permission to leave campus. Please be sure to pick up your athletes on time.

GENERAL SCHEDULE

A detailed agenda will be provided at check-in.

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

6:30 a.m.	Breakfast and preparation (<i>campus housing participants</i>)
9:00 a.m.	Morning instruction and training
11:15 a.m.	Lunch
2:00 p.m.	Afternoon instruction and training
4:30 p.m.	Dinner
6:00 p.m.	Evening instruction and training
8:00 p.m.	End of day for non-housing participants*
8:00 p.m.	Evening recreation**
10:00 p.m.	Head count (athletes– remember to be on time for head count)
10:15 p.m.	Counselor devotional
10:30 p.m.	Lights out!

*Non-housing participants can be picked up at the Helaman Halls parking lot at the time specified on the agenda

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

**Tuesday, 8:00 p.m. Casual dance for campus housing participants ages 14 and older; Talent Show for participants ages 13 and younger.

- **Wednesday, 4:00 p.m. Seven Peaks Water Park – Bring a towel and swimsuit for this activity. Non-housing participants are not required but are welcome to attend at no extra cost.
- **Thursday, 8:00 p.m. Participants needing to stay overnight on Thursday due to travel or housing arrangements may attend the Thursday night dance (ages 14 years and older) or the Thursday night movie (ages 13 years and younger).

Dress standards are strictly enforced at activities. Modest one-piece bathing suits, or modest tankinis (if they completely cover the midriff), are required for female participants; no speedos or bikini briefs are allowed for male participants. No shorts above the knee, midriff tops, sleeveless shirts, low-cut blouses, or tank tops are allowed at the activities. Participants who are dressed inappropriately according to the BYU Honor Code will not be admitted to the dance.

STANDARDS

Participants attending the Cross Country 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 cafeteria, the other meals will be catered. Non-housing participants will eat lunch and dinner in the same cafeteria. 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 Thursday night and check out by 9:00 a.m. on Friday. Meals on Friday 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 (Helaman Halls) 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 TO CAMP

- Training shoes

- Clothing for workouts, including t-shirts, shorts, and athletic socks
- Clothing for free time and in the cafeteria - knee-length shorts, sweats, etc
- Clothing for casual dance (campus housing participants 14 and older)
- Towel and swimsuit for Seven Peaks Water Park (boys – no speedos or bikini briefs; girls – modest one-piece suits, tankinis are appropriate if they cover the entire midriff)
- Toiletries—toothbrush, soap, shampoo, etc .
- Sunscreen
- Emergency phone numbers
- Information on past injuries for trainers
- Alarm clock (campus housing participants)
- Padlock for valuables drawer (campus housing participants)
- Spending money (optional) for snacks, souvenirs, prescriptions, etc.
- Water bottle
- Camera (optional)

***Note: Write your name clearly on all items you will be bringing 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. 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, 2017**.

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 emergency room. 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](#)