



# BYU CUBS GYMNASTICS 2017

**Camp 1: July 6-7**  
**Camp 2: July 20-21**  
**Camp 3: July 25-28**  
**Camp 4: August 1-August 4**  
**Camp 5: August 7-10**

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**\*\*IMPORTANT NOTICE\*\* 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

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

<b>Camps 1, 2, 4, 5</b>	<b>July 6, 20, August 1,7</b>	<b>8:30-9:00 a.m Smith Fieldhouse Room 149</b>
<b>Camp 3</b>	<b>July 25</b>	<b>1:30 – 2:00 p.m. Smith Fieldhouse Room 149</b>

- All participants enrolled in the camp must check-in. **Orientation will begin at 9:00 a.m. (Camps 1, 2, 4, 5) and 2:00 p.m. (Camp 3)** in the Smith Fieldhouse room 149. Parents are welcome to attend orientation. Participants should arrive dressed for practice.
- All participants will receive a nametag and camp T-shirt at check-in

## PICK-UP

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Cubs Gymnastics Camp 3 ends at 5 PM on the last day of camp. All other Cubs Gymnastics camps end at noon on the last day of camp.

**Parents: Please pick up your young athletes on time in 149 Smith Fieldhouse each day. We cannot be responsible for children not picked up later than 15 minutes after each camp session has ended. Please be sure to pick them up on time.**

## GENERAL SCHEDULE

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Cubs Gymnastics runs for 3 hours each day. Those beginning at 9 AM will finish at noon. The Cubs Gymnastics Camp running July 25-28 will finish at 5 PM.

## STANDARDS

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Participants attending the Cubs Gymnastics 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).

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## FOOD

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There will be a daily popsicle break, but no meals will be provided. It is recommended that all participants eat before arriving at camp each day. Campers are encouraged to bring a water bottle.

## SECURITY RULES

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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

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- Comfortable workout clothing: T-shirts, sweats, leotard, etc.
- Modest shorts
- Athletic socks for workouts
- Water bottle (optional)

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

**Items to leave at home** include in-line skates, skateboards, hover boards, water guns, water balloons, fireworks, other explosive/flammable materials, incense, candles, any type of open flame, firearms, pellet guns, BB and paint guns, wrist rockets, slingshots, bows and arrows, knives, swords (including decorative weapons), and pets and animals of any kind. 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

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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](mailto: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

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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

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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](#).**

**\*Please note the schedule is subject to change per the coach's request.**