BYU COUGARETTE CAMP 2022

Camp 1- July 18-20
Camp 2- July 25-27

****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.**

You will be required to verify that you have reviewed the BYU COVID-19 Management Policy before checking into camp. CLICK HERE TO VIEW THE POLICY

CHECK-IN

All participants must check-in.

Camp 1- Monday, July 18 from 9:00 a.m. - 9:30 a.m. at the Southeast Corner of Lavell Edwards Stadium.
Camp 1- Monday, July 25 from 9:00 a.m. - 9:30 a.m. at the Southeast Corner of Lavell Edwards Stadium.

- Camp agendas, meal cards, and room assignments will be given out during check-in.
- **Orientation begins at 10:15 a.m at TBD.** 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 4:30 p.m. at their residence halls. Non-housing participants can be picked up at TBD.

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 instruction
12:00 p.m.	Lunch
1:00 p.m.	Afternoon instruction
4:00 p.m.	**End of day for non-housing participants***
5:00 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. at TBD and picked up at 4:00 p.m. (unless otherwise specified by the camp agenda given out at check-in).

*Wednesday: Splash Summit is not included in the price of this camp as the camp ends Wednesday afternoon. If your child wants to go to Splash Summit they must purchase their own ticket.

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.

All evening activities are subject to change due to COVID-19 policies

STANDARDS

Youth attending Cougarette camp must maintain BYU standards. Included in these high standards of honor are integrity; respectful language; morality; abstinence from tobacco, alcohol, coffee, tea, and harmful drugs; and modesty in dress. All hairstyles should be clean and neat. Extreme hairstyles are unacceptable. Athletic shorts are acceptable only in the PE areas; shorts worn in other areas must be knee-length. No sleeveless shirts or tank tops are permitted, except during training or competition (must have sleeved shirt walking on campus, for meals, evening activities, etc.). 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 camp (see Honor Code link on the *Information Packets* page on our Web site).

Due to safety and liability concerns, any participant found in or entering campus construction areas will be subject to immediate dismissal.

FOOD AND HOUSING

Campus housing participants will eat breakfast and dinner in the all-you-can-eat cafeteria. Non-housing and housing participants will eat a catered lunch at Timpview High School. 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 to wear at mealtimes. Flip-flops, slippers, swimsuits, and tank tops are not permitted in the cafeteria.

Campus housing participants are lodged Wednesday and Thursday night in Helaman Halls. 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.

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 you 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

- ❑ Dance wear: dance pants, appropriate shorts, tank tops, and athletic bras (which are required at all times during class)
- ❑ Modest cover ups: sweats, T-shirts, etc.
- ❑ Modest swimsuit, beach towel, and sunscreen
- ❑ Dance shoes: gore boots, athletic shoes, socks
- ❑ Water bottle
- ❑ Clothing for casual dance (campus housing participants 14 and older)
- ❑ Toiletries—toothbrush, soap, shampoo, etc.
- ❑ 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 will be bringing 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 or 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.

CANCELATIONS 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. 14 days before the camp begins. No refunds will be given after this deadline. For example, if you are attending a camp beginning July 18, refunds will not be given after 5 p.m. on July 4. If you are attending a camp beginning July 25, refunds will not be given after 5 p.m. on July 11.

To cancel a registration you must send an email sportscamps@byu.edu with the participant name and camp ID number (confirmation number). Your registration is not canceled until you receive and emailed confirmation of such from our office. 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, 2022.**

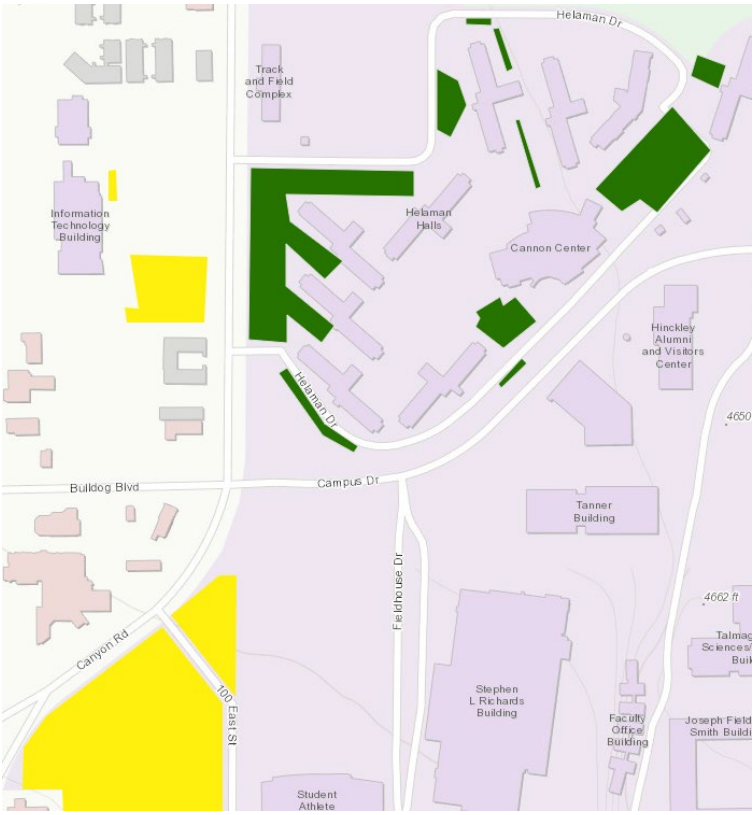
ILLNESSES AND INJURIES

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.

PARKING

Parents and participants are free to park in the yellow/green highlighted lots for pickup and drop off.



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