



BYU CUBS GIRLS LACROSSE CAMP 2022

July 5th – July 8th

****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

Cubs Girls Lacrosse	Tuesday, July 5	8:30 a.m.	West Intramural Fields
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(Parents are welcome to stay for orientation after all participants have checked in.)

- Please arrive early so we can start on time.
- Orientation begins at 9:00 a.m.

PICK-UP

Camp ends at 12 p.m. on Friday (the last day of camp).

Parents: Please make arrangements to pick up your young athletes on time. You can pick up your child at the [West Intramural Fields](#).

GENERAL SCHEDULE

A general agenda for the week is as follows:

Cubs 9:00 am – 12:00 pm

- Each day's activities will consist of warm-ups, drills, a video presentation/popsicle break, and games.
- There will also be an awards ceremony during the last half hour of the last day of camp.
- In case of inclement weather, participants will be moved inside

STANDARDS

Youth attending Lacrosse Camps 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). 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

There will be a daily popsicle break. It is recommended that all participants eat before arriving at camp each day. Water will be provided; however, all campers are encouraged to bring a water bottle.

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 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

- ☐ **All participants must bring their own stick!!**
- ☐ All lacrosse equipment and protective gear: Helmet, stick, gloves, shoulder pads, and any other equipment needed to play lacrosse (**If you are renting equipment, this must be arranged ahead of time**).
- ☐ Clothing for workouts—shorts, T-shirts, athletic socks
- ☐ Sunscreen
- ☐ Water bottle

***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.

CANCELLATIONS AND REFUNDS

Only a participant and his or her parents have the authority to request a refund. Full refunds, minus the \$15 non-refundable 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 5th, refunds will not be given after 5 p.m. on June 21st.

To cancel a registration, you must send an email to sportscamps@byu.edu with the participant's name and camp ID number (confirmation number). Your registration is not canceled until you receive an emailed confirmation 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 camp participants. Medical expenses incurred because 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**.

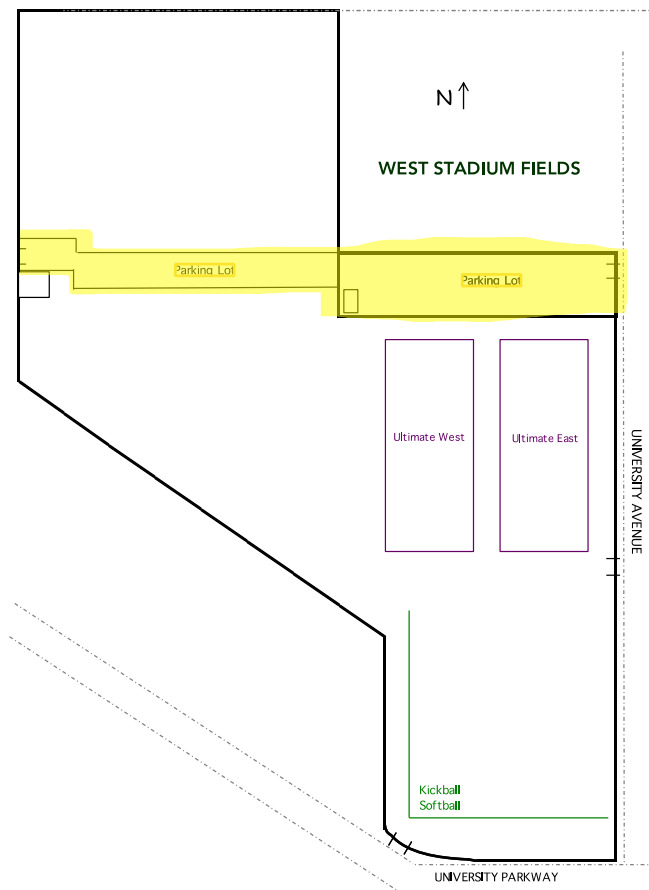
ILLNESSES AND INJURIES

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

Parking for check-in is at [West Intramural Fields](#) and if you would like to watch your son or daughter during camp, you can park in any of the yellow designated areas below at [West Intramural Fields](#).



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

