



COSMO'S ALL SPORT CAMP

INFORMATION PACKET 2023

July 31-August 4

****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.

Monday, July 31

9:15 a.m. - 10:00 a.m.

Indoor Practice Facility (IPF)

- Camp agendas, t-shirts, and water bottles will be given out during check-in.
- Please come prepared for workouts.

PICK-UP

Camp ends at 4:00 p.m. each day.

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. Participants will be at a **different facility every day**, so please take an agenda at registration check-in.

GENERAL SCHEDULE

A general agenda for the week is as follows:

10:00 a.m.	Morning workouts
12:00 p.m.	Lunch
1:00 p.m.	Video
2:00 p.m.	Afternoon workouts
4:00 p.m.	Camp ends

You are strongly encouraged to bring your own soccer ball for soccer on Tuesday and a glove for baseball/softball on Friday. Write your name clearly on all equipment and other items you will be bringing to camp.

STANDARDS

Participants attending BYU Sports Camps must maintain the standards of Brigham Young University (i.e., high standards of honor, integrity, language, and morality; abstinence from tobacco, alcohol, coffee, tea, and harmful drugs; and modesty in dress). A clean and well-groomed appearance should be maintained. Sport-appropriate performance attire is acceptable during training and practice sessions. Dress standards such as knee-length shorts and shirts with sleeves are enforced in other areas of campus and camp participants should be prepared to change as required.

The following are the responsibilities of each participant: Maintain respectful attitudes toward coaches, counselors, and all other individuals; demonstrate proper use of university equipment and facilities; attend camp sessions and activities; follow instructions; respect curfews; dress modestly; refrain from vulgar and profane language; and come prepared to observe the BYU Honor Code.

While cell phones are permitted at camp, participants are required to be respectful in their use of cell phones. Phones should not be used during practice or other inappropriate times. Participants must respect the privacy of others, including being courteous while taking photos and recording videos. Capturing photos and videos in restrooms, locker rooms, or other changing areas is strictly prohibited. Failure to comply with these policies and to be respectful of the privacy of others will result in 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.

FOOD

All camp participants will be served lunch each day (lunches will be either catered by a BYU approved food vendor or served in the Cannon Center cafeteria). BYU campus dress standards are strictly enforced in the Cannon Center cafeteria; therefore, please remember to bring sweats to cover workout shorts if they are not knee-length. Flip-flops, slippers, and tank tops are not permitted in the cafeteria.

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

- ❑ Clothing for workouts for the different sports and related equipment (e.g., baseball glove for baseball day, soccer ball for soccer day)
- ❑ Clothing for the cafeteria—knee-length shorts, sweats, etc.
- ❑ Sunscreen
- ❑ Emergency phone numbers
- ❑ Information on past injuries for trainers
- ❑ Water bottle (optional – one will be provided at check-in)

***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 cancelations requested by 5 p.m. 14 days before the camp begins. No refunds will be given after this deadline.

To cancel a registration you must email sportscamps@byu.edu with the participant 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 cancelation 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, 2023**.

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.

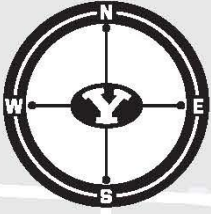
The information listed above is camp specific. For general information regarding camp policies and guidelines [click here](#).



BRIGHAM YOUNG UNIVERSITY
SPORTS CAMPS



Octo.Health



BRIGHAM YOUNG UNIVERSITY
SPORTS CAMPS
CAMPUS MAP

- 1 North University Fields (NUF)
- 2 Intramural Fields
- 3 Lavell Edwards Stadium
- 4 Helaman Fields
- 5 Track
- 6 Miller Park
- 7 Marriott Center
- 8 Marriott Center Annex
- 9 Cougar Fields
- 10 Tanner Building (TNRB)
- 11 Richards Building (RB)
- 12 RB Fields
- 13 Smith Fieldhouse
- 14 Indoor Tennis Courts
- 15 South Field
- 16 Tennis Courts
- 17 Indoor Practice Facility (IPF)
- 18 Haws Fields
- 18 Provo High Fields & Courts
- 20 Helaman Halls

