



# CROSS COUNTRY & DISTANCE RUNNING CAMP

## INFORMATION PACKET CAMP 2023

Camp 1 – June 19-22

Camp 2 – June 26-29

Camp 3 – July 3-6

**\*\*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.*

Camp 1: Monday, June 19 - 9:00 a.m. – 10:00 a.m.	Southeast Corner of Lavell Edwards Stadium
Camp 2: Monday, June 26 - 9:00 a.m. – 10:00 a.m.	Southeast Corner of Lavell Edwards Stadium
Camp 3: Monday, July 3 - 9:00 a.m. – 10:00 a.m.	Southeast Corner of Lavell Edwards Stadium

- Lunch will be provided on Monday.
- Camp agendas, meal cards, and room assignments will be given out during check-in.
- **Orientation begins at 10:15 a.m. in the [Richards Building room 267](#).**
- Participants staying in campus housing should check in to the residence hall before orientation.
- After 10:30 a.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. Campus housing participants should check out with a counselor Thursday between 5:00 p.m. and 6:00 p.m.

**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. You can pick up your child at the Richards Building at 5:00 p.m. if they do not need to check out of their dorm room.

## GENERAL SCHEDULE

*A detailed agenda will be provided at check-in.*

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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
<b>8:00 p.m.</b>	<b>End of day for non-housing participants*</b>
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

\*Non-housing participants should be dropped off each day at 9:00 a.m. at the [Richards Building](#) and picked up at Helaman Halls. (unless otherwise specified by the camp agenda given out at check-in).

- \*\*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.**                      **Splash Summit Water Park**- All participants will be going to Seven Peaks. Bring a towel and a swimsuit for this activity.

## STANDARDS

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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; tanks/shirts must be worn at all times, including over sports bras. 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 into the appropriate attire 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 prohibited. Failure to comply with these policies and to be respectful of the privacy of others will result in dismissal.

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

## **FOOD AND HOUSING**

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Campus housing participants will eat all meals in the all-you-can-eat cafeteria. 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 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 Thursday night and 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 Sports Camps Office, 801-422-5724.

## **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 TO CAMP**

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- ☐ 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)
- ☐ Modest swimsuit for Seven Peaks

- ☐ 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 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

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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. 14 days before the camp begins. No refunds will be given after this deadline. For example, if you are attending a camp beginning June 15, refunds will not be given after 5 p.m. on June 1.

To cancel a registration you must email [sportscamps@byu.edu](mailto:sportscamps@byu.edu) with the participant name and camp ID number (confirmation number). Your registration is not canceled until you receive an 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

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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, 2023**.

## 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. 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

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Parking for check-in is at the Marriott Center. If you would like to watch your son or daughter during camp, you can park in any of the yellow designated areas below.

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



BRIGHAM YOUNG UNIVERSITY  
**SPORTS CAMPS**



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