



# FATHERS AND SONS CAMP

## BYU FATHERS AND SONS CAMP 2023

May 26 - 29

**\*\*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.*

Friday, May 26 3:00 p.m. – 5:30 p.m.

Cannon Center Room 127

- Camp agendas, meal cards, t-shirts, jerseys, and room assignments will be given out during check-in.
- If you are arriving late, please check in at the Cannon Center (Helaman Halls) front desk.
- Parking will be available in the parking lot west of Helaman Halls and/or north of the Indoor Practice Facility.
- **Important: If you know that you will be arriving late, please call 801-422-5724 and let us know!**

**\*\*Please remember that traffic into Utah Valley on Friday evening will be very congested due to Memorial Day weekend travel. In order to arrive at check-in on time, please allow yourself extra time to arrive at BYU.\*\***

### CHECK-OUT

Fathers and Sons' Camp ends at **12:00 p.m. on Monday, May 29**. All campus housing participants can check out by dropping off their keys in the box across from the resident assistant office at their designated residence hall between 12:00 p.m. and 1:00 p.m. on Monday.

## **GENERAL SCHEDULE**

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

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A general agenda for the week is as follows:

### **Friday**

3:00 p.m. - 5:30 p.m. Check-in

4:30 p.m. - 6:15 p.m. Dinner

**6:30 p.m. Orientation at Smith Field House (Please be on time)**

7:00 p.m. Evening Rotations

10:00 p.m. End of instruction

### **Saturday**

6:30 a.m. - 8:30 a.m. Breakfast and preparation

8:30 a.m. Camp Meeting

9:00 a.m. Morning Rotations

11:30 a.m. Lunch

1:30 p.m. Camp Meeting

2:00 p.m. Afternoon Rotations

5:00 p.m. Shower and rest

6:15 p.m. Dinner and evening entertainment

### **Sunday**

7:00 a.m. - 9:30 a.m. Breakfast at Cannon Center

10:45 a.m. - 12:00 p.m. Sacrament Meeting at Marriot Center

12:00 p.m. Lunch at Cannon Center

2:00 p.m. Free Time

4:30 p.m. Dinner at Cannon Center

7:00 p.m. Fireside at de Jong Concert Hall

8:15 p.m. Ice Cream at Harris Fine Arts Center Patio

9:00 p.m. Return to Dorms

### **Monday**

6:30 a.m. Breakfast and preparation

8:45 a.m. Morning Rotations

12:00 p.m. Closing ceremony, lunch, and check out of residence halls

**\*\*\* Fathers and sons, remember to be on time for camp meetings! \*\*\***

## 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. 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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Camp participants will eat most meals in the all-you-can-eat 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 Friday through Sunday nights 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 services 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 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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- Non-marking gym shoes
- Clothing for workouts—shorts, t-shirts (no tank tops), athletic socks
- Clothing for free time and in the cafeteria—knee-length shorts, sweats, etc.
- Clothing for Sunday activities – slacks, a nice shirt, tie, etc.
- Toiletries—toothbrush, soap, shampoo, etc.
- Swimsuit—swimming rotation
- Towel
- Sunscreen
- Spending money (optional) for snacks, souvenirs, prescriptions, etc.
- Camera (optional)
- Shoes appropriate for athletic activities

**\*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 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.

## CANCELLATIONS AND REFUNDS

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If you are attending Fathers and Sons Camp beginning Friday, May 26, refunds will not be given after 5 p.m. Friday, May 12.

To cancel a registration, you must email [sportscamps@byu.edu](mailto: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 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.

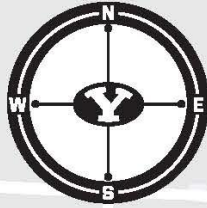
**The information listed above is camp specific. For general information regarding camp policies and guidelines [click here](#).**



**BRIGHAM YOUNG UNIVERSITY  
SPORTS CAMPS**



**OctoHealth**



# BRIGHAM YOUNG UNIVERSITY SPORTS CAMPS CAMPUS MAP

- 1 North University Fields (NUF)
- 2 Intramural Fields
- 3 Lovell 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
- 19 Provo High Fields & Courts
- 20 Helaman Halls

