



# GIRLS CUBS LACROSSE CAMP

## INFORMATION PACKET 2023

July 3rd – July 6th

**\*\*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 3**

**8:30 a.m.**

**West Intramural Fields**

*(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 Thursday (the last day of camp).

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 [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

---

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

---

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

## 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](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 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, 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**



OctoHealth

