



GIRLS RUGBY CAMP

INFORMATION PACKET 2024

July 1 – July 3

****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 1st **9:00 a.m. - 9:30 a.m.** [Southeast Corner of Lavell Edwards Stadium](#)

- Camp agendas, meal cards, and room assignments will be given out during check-in.
- **Orientation begins at 10:00 a.m. at BYU West Campus Practice Field**
- Participants staying in campus housing should check in to the residence hall before orientation.
- After 10:00 a.m. participants should go to the [Helaman Halls Cannon Center](#) front desk to check in.

CHECK-OUT

Camp ends at 3:00 p.m. on Wednesday. Campus housing participants should check out with a counselor Wednesday between 3:00 and 4:00 p.m. Non-housing participants can be picked up at BYU West Campus Practice Field at 3:00 p.m.

Parents: After check-out time, participants will not be required to have special permission to leave campus. Please make arrangements to pick up your young athletes on time.

GENERAL SCHEDULE

A general agenda for the week is as follows:

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|------------------|--|
| 6:30 a.m. | Breakfast and preparation (<i>campus housing participants</i>) |
| 9:00 a.m. | Morning workouts |
| 11:30 | Lunch |
| 1:00 p.m. | Afternoon workouts/scrimmage |
| 4:00 p.m. | Dinner |
| 6:00 p.m. | Evening workouts/classroom instruction |
| 8:00 p.m. | End of day for non-housing participants* |
| 8:00 p.m. | Evening recreation (<i>campus housing participants</i>)** |
| 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 out! |

* Non-housing participants should be picked up Monday and Tuesday at 8:00 p.m.

**Monday, 8:00 p.m. Field Games and ice cream for housing participants.

**Tuesday, 8:00 p.m. Talent Show (ages 10-13) / Dance (ages 14+)

Dress standards are strictly enforced. No shorts above the knee, midriff tops, sleeveless shirts, or tank tops are allowed at the activities. Participants who are dressed inappropriately according to the BYU Honor Code will not be admitted to the dance.

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

Campus housing participants will eat **most** meals in the all-you-can-eat cafeteria. Non-housing participants will receive lunch. 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. Shorts above the knee, swimsuits, and tank tops are not permitted in the cafeteria.

Campus housing participants are lodged Tuesday through Thursday 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 facilities are not available. Messages for those staying in campus housing can be left by calling the Cannon Center front desk, 801-422-2034.

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 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

- ☐ Rugby ball
- ☐ Clothing for workouts, including t-shirts, shorts, cleats, and athletic socks
- ☐ Clothing for free time and in the cafeteria - knee-length shorts, sweats, etc.... Clothing for Casual Dance
- ☐ 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

***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. Cell phones and iPods are acceptable but must remain in your residence hall.

CANCELATIONS AND REFUNDS

To cancel a registration, you may self-cancel by logging into your Active account. You may also email our office at sportscamps@byu.edu. Your registration is not cancelled until you receive an email confirmation. If a program is cancelled, 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.

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 Basketball Camp beginning Monday, June 15th, refunds will not be given after 5 p.m. Monday, June 1st.

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, 2024**.

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 emergency room. 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.

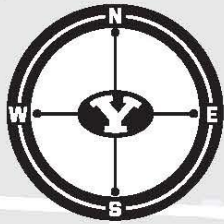
The information listed above is camp specific. For general information regarding camp policies and guidelines [click here](#).



**BRIGHAM YOUNG UNIVERSITY
SPORTS CAMPS**



Health Decide



BRIGHAM YOUNG UNIVERSITY SPORTS CAMPS CAMPUS MAP

- | | |
|---------------------------------|-----------------------------------|
| 1 North University Fields (NUF) | 11 Richards Building (RB) |
| 2 Intramural Fields | 12 RB Fields |
| 3 Lavell Edwards Stadium | 13 Smith Fieldhouses |
| 4 Helaman Fields | 14 Indoor Tennis Courts |
| 5 Track | 15 South Field |
| 6 Miller Park | 16 Tennis Courts |
| 7 Marriott Center | 17 Indoor Practice Facility (IPF) |
| 8 Marriott Center Annex | 18 Hawk Fields |
| 9 Cougar Fields | 19 Provo High Fields & Courts |
| 10 Tanner Building (TNRB) | 20 Helaman Halls |

