



# CUBS GYMNASTICS CAMP

## INFORMATION PACKET 2024

- Camp 1 – July 1-3
- Camp 2 – July 22-23
- Camp 3 – July 25-26
- Camp 4 – July 30-31
- Camp 5 – August 1-2

**\*\*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.*

**ALL Camps**

**8:30- 9:00 a.m.**

[Smith Fieldhouse Room 149](#)

- Camp agendas will be given out during check-in.
- **Orientation begins at 9 a.m. in room 149 of the Smith Fieldhouse.**

### PICK-UP

All Cubs Gymnastics camps end at noon on the last day of camp.

**Parents: Please pick up your young athletes on time in 149 Smith Fieldhouse each day. *\*\*Parents must come into the gym and pick up their child, as we do not want to send children out to the parking lot alone and put them in danger.\*\** We cannot be responsible for children not picked up later than 15 minutes after each camp session has ended. Please be sure to pick them up on time.**

### GENERAL SCHEDULE

9:00am **Camp Begins**

9:00 – 9:15am Roll Call, Warm-up/Stretch, Group Assignments

9:15-10:30am Instruction & Training

10:30-10:45am Popsicle Break

10:45-11:45am Instruction & Training

11:45-12:00pm Gymnastics Games and Challenges  
12:00pm **Camp Dismissed**

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## CAMP STORE

*Times will be the same for both camps.*

**LAST DAY OF CAMP 12:00 p.m. – 1:00 p.m.**

Located in hallway outside gym (SFH 149)

- Cash and card will be accepted
- The Camp Store will be open after camp ends on the last day of camp

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## 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.***

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## FOOD

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

## 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 coach, or other camp staff member).

## CHECKLIST OF ITEMS TO BRING TO CAMP

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- Clothing for workouts—shorts, T-shirts, athletic socks
  - Water bottle
  - Flipflops/slide or tennis shoes, etc.
  - Personal Gymnastics equipment as needed: grips, tiger paws, etc.

**\*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 \$15 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 July 5<sup>th</sup>, refunds will not be given after 5 p.m. on June 21.

To cancel a registration you must send an 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 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](#).**

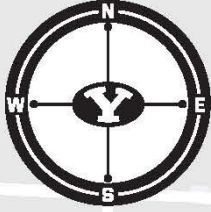


**BRIGHAM YOUNG UNIVERSITY  
SPORTS CAMPS**



**Health Decide**

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 Fieldhouses
- 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

