



Cheer & Drill Camp 2007



June 20-June 23

BYU and USA cheer are excited that you have chosen to improve your cheer and drill skills at USA's cheerleading camp at BYU. Advisors, parents and participants, please carefully read the following information regarding the camp. Should you have any questions, feel free to call us at (801) 422-4851.

CHECK-IN

ALL PARTICIPANTS MUST CHECK-IN

When: 1:00–1:30 p.m. Wednesday, June 20, 2007
Where: Cannon Center Patio: *registration site No. 3*



**Map can be viewed on the Information Packets page or our website.*

- Camp agendas, meal cards, and room assignments will be given during check-in.
- Participants staying on campus should also check in to the residence hall before Opening ceremonies.
- Late arrivals should go to the Cannon Center front desk at Helaman Halls to check-in.

GENERAL SCHEDULE

A DETAILED AGENDA WILL BE HANDED OUT AT CHECK-IN

6:30–8:00 a.m.	Breakfast (<i>campus housing participants</i>)
8:30 a.m.	Morning Jam (Warm-ups)
9:00 a.m.–12:00 p.m.	Workshops
12:00–2:00 p.m.	Lunch
2:30–5:00 p.m.	Workshops
4:15–5:00 p.m.	Return to campus
5:00–6:30 p.m.	Dinner
7:00–9:00 p.m.	Workshops/Evaluations
10:30 p.m.	Lights out (<i>campus housing participants</i>)

***Thursday, 8:30 p.m.** “Sunday Dress” dance for campus housing participants ages 14 and older. Movie and other activities for participants ages 13 and younger.

Dress standards are enforced. No shorts, bare mid-drifts, sleeveless shirts, low-cut blouses, or tank tops are allowed at either dance. Young men ages 14 and older: Please bring a tie, dress shirt, and slacks for the Thursday night dance. Young women ages 14 and older: Please bring a nice dress or a blouse and skirt (hemline must be knee-length or longer) for the Thursday night dance. Participants who are dressed inappropriately according to the BYU Honor Code will not be permitted to attend the dances.

CHECKOUT

Cheerleading Camp ends Saturday between 12:30 p.m. and 1:00 p.m. after the Closing Ceremonies, which starts at 11:30 a.m. All campus housing participants must check out of the dorms with a counselor before 9:00 a.m. on Saturday morning.

Parents: After camp ends on Saturday, participants will not be required to have special permission to leave campus. Please make arrangements to pick up your participants.

FOOD

Campus housing participants will receive most meals in the all-you-can-eat cafeterias. All others will receive lunch and dinner in the same cafeterias. BYU campus dress standards are strictly enforced in the cafeterias; therefore, please remember to bring sweats or knee-length shorts to cover workout attire. Wearing flip-flops, slippers, swimming suits, or tank tops in the cafeteria is not allowed. (*see Standards section on the following page*)

HOUSING

Housing participants will stay in the Helaman Halls residence halls, two to a room. It is possible that the height of your bed may be three to four feet above the ground. Since we cannot change the setup of the room, alternate accommodations should be made if this poses a problem. Call (801) 422-5671 for details on additional housing. Linen, bedding, and towels are furnished, as well as a pullout drawer that can be locked. You need to bring your own padlock and key. You may want to include a light blanket due to the fact that the air-conditioning is on in the dorms and they cannot provide extra bedding. Roommates are assigned two to a room by roommate preference or by age. Visitors of the opposite sex are not allowed. Please be aware that counselors are fully authorized to enter a participant's residence hall room when necessary.

The rooms are provided with bedding and towels. Please bring your own hangers and a towel for swimming. Because of the cost of replacing locks, BYU housing will bill you \$30 if you misplace your key. Please keep track of your key.

Camp Chaperone

Each team staying in campus housing is required to bring one adult chaperone that is over 21 years of age. Any additional adults should register on the Enrollment Form and pay the Non-Participant fee. Teams not staying in campus housing do not need a camp chaperone.

Non- Participant

Team coaches, directors, advisors, or other adult support staff should register as Non-Participants. The Non-Participant fee includes lunches, dinners, advisor workshops, and camp novelties. When not attending advisor workshops, Non-Participants are welcome to observe the workshops with their team.

CHECKLIST OF ITEMS TO BRING

- Practice clothes, kneepads, tennis shoes, sweater or jacket.
- Clothing for free time and cafeteria meals: knee-length shorts, sweats, etc.
- Clothing for the dance (14 and older): blouse and skirt (no minis) or knee-length dress for the girls)
- Swimming suit and towel for use at pool (no bikinis or tankinis for girls)
- Toiletries, including sunscreen
- Notebook, pencils, tape for signs
- Emergency phone numbers
- Alarm clock (campus housing participants)

- Water bottle to keep with you during class times
- School uniforms or matching outfits for camp pictures, evaluations, etc. (optional)
- Activity equipment, e.g. poms, mascot costume, etc.
- Boom boxes or tape players. These are not provided at camp
- Padlock for valuables drawer (campus housing participants)

***Note: Please clearly label all items you bring to camp.**

Items to leave at home include fireworks, immodest attire, TVs, large stereos (handheld stereos are acceptable), roller blades, skateboards, water pistols, water balloons, expensive items, excessive cash, etc. These items are inappropriate to bring to camp and will be confiscated upon your arrival; therefore, please leave them at home.

***Cell phones and iPods are acceptable but must remain in your dorm room.**

SUPERVISION

Participants will be supervised by the cheer staff while attending the training sessions. Those staying overnight in the residence halls will have a trained counselor responsible for their supervision during the evening hours. However, there may be some situations in which the participants may be unsupervised; for example, when participants are walking to the eating areas and during limited free time, although the participants are usually in groups during these times.

PERSONAL TRANSPORTATION

For those staying on campus that are planning to come by car or motorcycle, be prepared to lock it and leave it parked. Personal vehicles may not be used during camp, and participants must never transport others. Violation of this rule may result in dismissal from camp. Parking is available for all campus participants in the Deseret Towers, Helaman Halls, or Heritage Halls parking lots, or at lot 37Y directly north of the Indoor Practice Field (see map in the Information Packets page on our Web Site).

As a guest of BYU, and to help you enjoy your stay, please remember that disability stalls, dean and official stalls, service stalls, red curbs, etc., require special permits. Parking in any of these stalls without the proper permit will result in a parking citation. Please remember that timed stalls are enforced for the time posted.

DRESS STANDARDS

Youth attending Cheer and Drill Camp must maintain BYU standards. Because of the active nature of this camp certain attires will be allowed during camp that is not appropriate on other parts of campus. The following are some guidelines for appropriate camp attire: 1) Strapless attire, halter tops and low-cut necklines are **NOT** appropriate. Straps over the shoulders must be **at least 1"** in width. 2) Bras, or built-in support, must be worn underneath for modesty and to give appropriate support when needed. 3) Backs must be covered from the bottom of the shoulder blades down. Bare midriffs, or attire that allows the midriff to be exposed while dancing or cheering, are not appropriate. 4) Sheer or "see-through" fabric is not appropriate unless it is over approved attire. 5) Leotards or dance trunks must have a modest cut. Shorts, halter tops, backless dresses and tops, sleeveless blouses and shirts, spaghetti straps, tank tops, "grubbies," earrings on men, and immodest attire, for both men and

women, are not acceptable for campus wear, including residence halls and off-campus locations. Also included in these high standards are integrity; respectful language; morality; abstinence from tobacco, alcohol, coffee, tea, and harmful drugs; and modesty in dress. Hairstyles should be clean and neat. Extreme hairstyles are unacceptable. Athletic shorts are acceptable only in the PE and housing areas; shorts worn in other areas must be knee length. **Females are not allowed excessive ear piercing (more than one per ear).** Dress and grooming standards are strictly enforced on campus. Failure to comply with these standards may result in a request to make appropriate changes and/or dismissal from the camp. Due to safety and liability concerns, any participant found in or entering campus construction areas will be subject to immediate dismissal. **(See Honor Code link on the *Information Packets* page of our website.)**

SECURITY RULES

Even though crime on and around campus is minimal, please 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 or luggage unattended.
- Do not walk alone on campus or leave campus unattended.
- If you are an off-campus participant, please make sure to coordinate time and place to be picked up by your ride each evening.
- Lock your room and your valuables drawer (bring your own padlock and key).
- Bed check and lights out are at 10:30 p.m.
- Please clearly label all items you bring to camp.
- Neither Brigham Young University nor USA is not responsible for lost or stolen items.

SHUTTLE TO AND FROM SALT LAKE INTERNATIONAL AIRPORT

Commercial shuttle services are available between the Salt Lake International Airport and BYU. For reservations and pricing, contact Express Shuttle at 1-800-397-0773 or Anytime Airport Shuttle at 1-866-909-7678 or visit www.anytimeairportshuttle.com for additional information. To receive the special BYU discount you must mention what camp you are with and the reservation must be made 24 hours in advance of your arrival/departure.

ILLNESSES AND INJURIES

For mild illnesses, participants may choose to remain in their residence hall rooms or at home. Counselors must be notified in such cases. For serious illnesses, parents will be notified for discussion on the course of action. If parents or guardians cannot be reached, the sick participant may be taken to the hospital for treatment.

Experienced athletic trainers will be on hand to treat injuries that may occur during workouts. For serious injuries, participants will 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 trainer's instructions. Our office must have a signed medical release on file before camp begins. **The medical release should be completed at the time of registration.** See the following paragraph for details.

PARENTAL RELEASE AND PARTICIPANT STANDARD AGREEMENT FORMS

The Parental Release Form—including medical information—should have been completed online at the time of registration. If there are any questions or if you need to change your information, please contact our office at (801) 422-7589.

INSURANCE

Parents: BYU Summer Camps provides a limited secondary accident insurance policy that may pay excess claims not covered by your primary insurance. Medical expenses incurred due to illness are not covered. Participants must have primary insurance during camp. Expenses for treatment paid by BYU must be reimbursed to the university no later than **August 31, 2007**.

REFUNDS

Only a participant and his or her parents have authority to request a refund. Full refunds, minus the \$25 nonrefundable portion of camp tuition, will be given on all cancellations requested by 5:00 p.m. on Wednesday, June 13. No refunds will be given after this deadline.

The simplest way to cancel a camp registration is to log into the participant's account online and process the withdrawal yourself. You can also call (801) 422-8925 to cancel a camp registration.

Should you have any questions regarding the materials outlined above, please call us at (801) 422-4851. We'll see you soon!