

Logan Peak Running Camp

July 23-26, 2018

Logan, Utah

CHECK-IN

All participants must check in.

The location and times for check-in is as follows:

The Living Learning Community (LLC) dorms from 11am-12pm. Campers will store their luggage in the main office until 2pm.

- Camp agendas and t-shirts will be given out during check-in.
- Participants staying in campus housing will check into the residence halls after camp orientation.
- **Orientation begins at 1:30pm at the LLC Quad**

CHECK-OUT

Camp ends at 2:00 p.m. on Thursday. Campus housing participants will check out of dorms by 10am Thursday and store luggage in main office.

Parents: After 2:00 p.m. on Thursday, participants will not be required to have special permission to leave campus. Please be sure to pick up your athletes on time. Athletes can be picked up outside the LLC.

GENERAL SCHEDULE

A detailed agenda will be provided at check-in.

A general agenda for the week, **except Monday and Thursday**, is as follows:

7:00am	Instruction and training
9:00am	Breakfast
10:00am	Instruction and training
12:30pm	Lunch
2:00pm	Instruction and training
5:00pm	Dinner
7:00pm	Evening Activities
9:30pm	End of the day for non-housing participants*
10:00pm	Head count
10:30pm	Lights out

*Non-housing participants can be picked up at the Roundabout between the LLC and the Taggart Student Center

FOOD & HOUSING

Camp participants will eat some meals in the Marketplace (all-you-can-eat cafeteria) and the other meals will be catered. Housing participants will receive breakfast, lunch, and dinner. Non-housing participants will receive lunch and dinner. If your child has special dietary needs, please let the camp director know before camp starts.

Campus housing participants are lodged Monday through Wednesday nights at the Living Learning Community (LLC). The residence hall room is furnished with linen, bedding and towels. Laundry facilities are not available.

CHECK-OUT

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.

Utah State University or Logan Peak Running Camp is not responsible for lost or stolen items.

CHECKLIST OF ITEMS TO BRING TO CAMP

- Training shoes
- Clothing for workouts, including t-shirts, shorts, and athletic socks
- Clothing for free time and nightly activities - shorts, sweats, light jackets, sandals etc.
- Swim suit
- Beach towel
- Toiletries—toothbrush, soap, shampoo, etc .
- Sunscreen
- Alarm clock
- Water bottle
- Hat & sunglasses
- Watch (optional)
- Camera (optional)
- Spending money (optional) for snacks, souvenirs, prescriptions, 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 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.

CANCELLATIONS & REFUNDS

If you register your child for camp and they do not attend, you will not receive a refund. Utah State University and Logan Peak Running Camp cannot be held responsible for any change or cancellation charges required by airlines, travel agencies or other institutions.

INSURANCE

Logan Peak Running Camp DOES NOT provide medical insurance for camp participants. Medical expenses incurred as a result of participating in Logan Peak Running Camp ARE THE RESPONSIBILITY OF THE FAMILY OF EACH CAMP PARTICIPANT. Participants must carry primary insurance during camp or be self-insured.

ILLNESSES & INJURY

If medical treatment for a participant is deemed necessary, Logan Peak Running Camp 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 Logan 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.

CAMP STAFF

Coach/ Camp Director:

Sarah Griggs
719-210-6556
sarah.griggs@usu.edu

Coach:

Arthur Gulden
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*All camp counselors will be current or former members of the USU cross country teams