

Spirit Summer Camp 2018

Parent and Athlete Information

(COACHES- Please copy and distribute to EVERYONE attending!)

Thank you for choosing Spirit Summer Camp! We are excited that you will be joining us!
Please read this information very carefully to ensure the best possible camp experience.

Location/Dates/Times:

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Traditional Camp at Grand Valley State University	July 20-22	Registration Living Center Lobby
XL Advanced Camp at Kalahari, Sandusky, OH	July 27-29	Registration in Conference Center
Power Stunt Camp at Frankenmuth, MI	July 31-Aug 1	Registration Kern Pavilion
Lakefront Camp at Echo Grove Camp, Lakeville, MI	August 4-6	Registration in Gym/Dining Hall

Day One Registration:

- Coaches should register their teams between 12:00-1:00pm (9:00-9:30am Frankenmuth)
- Teams should wait in the parking lot until their coach has registered.
- Athletes without medical release forms or who have not paid in full will not be allowed to participate
- For your safety, Coaches and Guests will be issued ID badges at most locations to access meal and practice areas prior to Final Day. Coaches and Guests must be listed on the team rooming list and submit a release form to receive an ID badge. With the exception of Final Day activities, persons without badges will be asked to leave the facilities.

Final Day:

- Parents and Guests may attend the optional Final Day Exhibitions at approx. 10:30am (approx. 3:00pm at Kalahari)
- Frankenmuth does NOT have a Final Day Exhibition
- Location is subject to change but is usually in the same location as Day 1 Staff Introductions
- Final Day activities last about 1-2 hours and conclude after teams are checked out by Spirit and Housing Staff.
- Resort Camp Teams may leave their luggage with the bell stand and enjoy the waterpark the rest of the day
- Spirit will have a luggage drop-off room for Resort Camp Teams on Final Day for your convenience

Housing:

- Exact room assignments will not be available until check-in
- All rooms (except Echo Grove) are air-conditioned and have a refrigerator
- Please, no paint, crepe paper, or colorfast decorations. Do not use tacks or tape.
- Reservations must be handled through Spirit to receive the discounted rate and remain part of the room block
- Lost keys at GVSU will be charged \$50 per key
- Parents- please direct all housing questions to your Team Coach, BEFORE contacting the Host Facility- thank you!

Waterpark at Resort camps:

- Waterpark admission is included with your camp fees!
- Athletes must have wristbands to enter waterpark. Lost wristbands will be charged \$50/day!

Meals:

GVSU	Day 1- dinner	Day 2- breakfast, lunch, dinner	Day 3- breakfast
Kalahari	Day 1- dinner	Day 2- breakfast, lunch, dinner	Day 3- breakfast, lunch
Frankenmuth	Day 1- lunch, dinner*	Day 2- breakfast, lunch*	*Travel pkg ONLY
Echo Grove	Day 1- dinner	Day 2- breakfast, lunch, dinner	Day 3- breakfast

- Teams are encouraged to bring water bottles to the classes, but water is also provided
- We suggest that athletes do not bring carbonated or caffeinated beverages. Athletes should also avoid foods high in refined sugar.
- **Individuals with special dietary needs must notify the Spirit Office in writing 28 days prior to camp!**
- GVSU- all participants must present a meal card to enter the meal area. Replacement for a lost or damaged meal card is \$50!
- Kalahari ONLY- coaches will be given meal vouchers (\$15/athlete) to be used for dinner on Day 2 to allow for longer waterpark time. Lost cards cannot be replaced. All other meals are served in the ballrooms indicated on your schedule.

Parking:

- Coaches may park at no charge overnight in the designated lot assigned at registration.
- Athletes are not allowed to drive during camp.
- Transportation to and from camp is NOT the responsibility of Spirit.

Valuables:

Please DO NOT bring any valuables to camp!
Spirit CAN NOT and WILL NOT be responsible for any lost, stolen, or damaged property!

Spirit Shoppe:

Spirit offers camp merchandise and souvenirs (location and hours TBD) Prices range from \$5-\$50
Cash or credit only please- personal checks cannot be accepted!

Phone:

Athletes who choose to bring phones must have them away and off during classes and activities. Spirit is NOT responsible for lost or damaged phones! Resort Camp Athletes may not use hotel room phones (except room-to-room) during their stay. Coaches are provided with staff contact and emergency phone numbers upon arrival.

Suggested packing list:

- Comfortable camp attire for each day (must appropriate for cheerleading activities ie. t-shirt and shorts).
- Athletic shoes (required for participation in most classes)
- Toiletries
- Bedding and towels (SVSU and Echo Grove only)
- Socks and well-supporting undergarments
- Pajamas
- Water bottle
- Tape or braces that may be required for individual participation
- "Dress-up" for Day 2 charity theme (optional. ask your coach for more details!)
- Bathing suit (optional)- Note: Echo Grove Athletes must wear a one-piece or cover any two piece suit with a dark shirt
- Healthy snacks (optional)
- Money for Spirit Shoppe (optional)

Medications:

Spirit cannot dispense medications. Prescription drugs and over-the-counter medications should be discussed between the coaches and individual parents and arrangements made. Athletes with inhalers or Epi-pens should keep these items with them at all times.

Athlete Rules of Conduct:

- Participants must conduct themselves with honesty, integrity and responsibility at all times
- No long nails or jewelry (even soft)! Body piercings MUST be removed by the coach or individual to participate in stunting or tumbling classes!
- Long hair must be worn up and off the shoulders- no bobby pins or other hard hair devices
- No cheerleading activities in any areas other than those designated by Spirit or without direct supervision from coach or Spirit Staff
- Refrain from all illegal activity including but not limited to: illegal drugs, alcohol, tobacco, or dangerous weapons (including knives)
- Rowdy or inappropriate behavior, excessive noise, profanity, harassment, bullying, or hazing will not be tolerated. Teams with noise complaints may be charged a fine or dismissed from property without refund.
- Participants will respect the rights of other individuals on resort property including, but not limited to: Spirit staff, other teams, other athletes, coaches, other guests, camp coordinators, public safety officers, etc.
- No unsafe cheerleading activities. All stunts must comply with MHSAA, NFHS, or USASF Safety Rules
- Obey all curfews, lights out rules, and quiet hours from 10pm-9am
- Athletes will remain in designated rooms from bed check until breakfast
- When leaving your room, be sure the lights are off, water is off, and door is closed
- Athletes must attend all sessions and may not stay in rooms unattended during the day
- From Registration until Final Day Checkout, athletes may not leave the campus without permission of Spirit
- Rooms and practice areas must be maintained as orderly and clean and all furnishings must remain in assigned room area
- No members of the opposite gender in the rooms except for parents, guardians, members from the same team (per coach), and staff
- When dressing and undressing, it is expected that window blinds will be closed
- No use of candles or open flames in rooms
- Spirit shall not be liable for loss, theft, or damage to personal property
- No sharing or posting video of staff instruction through any social media (fines may be incurred)
- Vandalism, including defacing or destroying Resort, Spirit property, or the property of others will not be tolerated. An inspection will be made by housing personnel to assess damages to rooms. Any damage to property (malicious or accidental) will be charged directly to the team.
- Athletes who do not to follow camp rules or procedures may be immediately dismissed from camp without refund and the athlete's parents will be responsible to provide transportation. Until picked up from camp, the athlete becomes the responsibility of the coach.

Payment Policies

- Athletes/teams must be paid in full to participate in any camp activities.
- Refunds cannot be granted for any reason (other than medical) less than 28 days prior to camp.
- Individual refund requests (minus a \$100/athlete deposit) must be received in writing, prior to camp, by the Team Coach and Parent/Guardian, and be accompanied by a note from a physician expressly forbidding camp attendance. The refund will be submitted to the Payer (usually the school). Requests (with proper documentation must be received no later than the first day of camp. Refunds cannot be granted for any reason if the team/athlete has not paid in full.
- North American Spirit is not responsible for missed camp participation due to illness, injury or other circumstances.
- North American Spirit is not responsible for inclement weather or any lost or damaged personal items while at camp
- Refunds will not be granted to campers who are sent home for violating camp rules or leave camp early

To avoid miscommunication, please contact your Team Coach with questions prior to contacting the Spirit Office!

Although some of the rules and procedures may be inconvenient, there are reasons for them. We cannot make individual exceptions and appreciate your cooperation in this matter. Coaches and Parents are expected to reinforce camp rules and procedures with the Athletes prior to camp. Thanks again for choosing Spirit. We look forward to providing a positive camp experience!