

# LONGHORNS SWIM CAMP



2019  
INFORMATION PACKET

## WELCOME

On behalf of the entire staff at the Longhorns Swim Camp, welcome to the University of Texas at Austin. We are excited to have you join our program! Since 1978, the Longhorns Swim Camp has provided elite-level instruction to competitive swimmers of all ages and abilities and an exceptional camp experience! We know you will come away from your week at camp more excited than ever about your swimming! This packet contains important camp information. It will answer many questions that may come up prior to your arrival. Please read it thoroughly -- even if you are a previous camper -- there are changes every year.

If you have any questions prior to your session, please contact Jon Alter, camp director. We hope you are excited about being in the BEST swimming environment in the nation! Enjoy the top-notch coaches, world-class UT facilities, and the experience you will have! We look forward to meeting you for the first time, or having you return for another great summer. See you soon. Hook 'Em Horns!

## CAMP STAFF

The Longhorns Swim Camp is led by world renown Texas coaches Eddie Reese, Carol Capitani, Roric Fink, and Wyatt Collins. Jon Alter serves as Camp Director. The Camp will have 23-26 counselors/assistant coaches each session to provide coaching and supervision in all areas, and maintain a low 1:7 camper/staff ratio. Our counselors come from diverse coaching backgrounds (college, high school, age group), and live in the dorm with campers. The camp staff provides the first line of help and support to campers when needed. Most importantly, they are excited to be at camp, share their knowledge and passion for the sport, and help provide a great life experience!

A licensed Athletic Trainer is kept on staff, lives in the dorm, is on-site at all pool sessions, and handles all illness/injury, treatment, doctor's visits, medications, and correspondence with parents. All coaches and counselors hold current certifications in CPR, First Aid, and/or Lifeguarding/Safety Training for Swim Coaches. Also coaching at camp during our stroke sessions are current and former UT athletes. This allows us to lower our ratio further in order to provide as much feedback to campers as possible.

ALL camp employees undergo an extensive screening, interview, and orientation process that includes passing an annual, comprehensive, criminal background check performed by the University of Texas Human Resources Department. Per Texas state law, all camp staff must also complete a course on child abuse awareness and reporting every two years.

All summer programs involving minors at The University of Texas at Austin follow guidelines set forth by the Youth Protection Program (YPP). The purpose of the YPP is to promote the safety of minors participating in camps or programs on university premises or participating in those programs sponsored or supported by the University. All camps and programs work closely with the YPP Manager to ensure that every program operates in accordance with all of the university's policies, rules and regulations, as well as the laws of The State of Texas regarding the safety of minors. More information about the YPP is available online at [www.youthprotectionprogram.utexas.edu](http://www.youthprotectionprogram.utexas.edu), and questions can be directed to the YPP Manager at [ypp@utexas.edu](mailto:ypp@utexas.edu).

Camp staff and designated individuals will set their social media accounts to private for the duration of the camp. Personal emails, text messages, phone calls, and private social media communications with campers are not allowed.

Campers may stay in contact with the camp director, faculty or staff via the camp/program social media accounts on Facebook, Instagram, and Twitter. Personal emails, text messages, phone calls, and private social media communications with camp staff and faculty are not allowed.

## CONTACT INFORMATION

Jon Alter, Camp Director

Cell: (512) 970-1378

Office: (512) 475-8652

Fax: (512) 232-1273

E-mail: [Longhornswimcamp@athletics.utexas.edu](mailto:Longhornswimcamp@athletics.utexas.edu)

## MAILING ADDRESS

Please check the addresses below to make sure your paperwork and/or payments get to the right place:

### Standard USPS mail:

Longhorns Swim Camp | The University of Texas at Austin | Intercollegiate Athletics | P.O. Box 7399 | Austin, TX 78713-7399

### Overnight Mail / Deliveries using FedEx, UPS, DHL:

Longhorns Swim Camp | The University of Texas at Austin | Texas Athletics | 2139 San Jacinto Blvd. | RMRZ Room 206B | Austin, TX 78712

## Important Dates to Note

- **April 1, 2019:** Last day to order deluxe camp towel.
- **May 1, 2019:** Final camp balances due to avoid \$25 late fee.
- **May 1, 2019:** Last day to pre-order camp merchandise.
- **May 1, 2019:** Required medical forms due.
- **May 5, 2019:** Last day to make final payment before forfeiting space.
- **May 15, 2019:** Last day to make online updates to your camper's information. After May 5, you will need to contact the camp office directly with changes/updates.

## ONLINE CAMP ACCOUNT

ALL campers have an online camp account created with Active.com when they register. Your online account allows you to check your balance and camp order, make payments, print statements for flexible spending accounts/tax purposes, buy camp merchandise/services, check your medical forms status, and update your camper information. This is particularly useful in updating 100-free times, contact information, and roommate requests. **Any changes in merchandise, camper status, or services must go thru the camp director. Deadline for making online updates to your camper's information is May 15, 2019. Changes after May 15 must go thru the camp office and communicated by e-mail.**

### To access your account:

1. Go to [www.longhornswimcamp.com](http://www.longhornswimcamp.com)
2. Click "Account Log In" located at the top right of the page.
3. Enter your username (e-mail address used during registration) and password (case sensitive). If you do not remember your password, click "Forgot your password" and follow the steps to reset it.

### Purchase camp merchandise, locker rental, pizzas, airport transportation, etc. :

1. Go to [www.longhornswimcamp.com](http://www.longhornswimcamp.com); click "Account Log In" located at the top right of the page and log in to your account.
2. Add camp merchandise to your cart and follow all prompts to the payment screen.
3. Make your payment at the Payment screen.
4. You can go back as much as you like to add merchandise/services as needed.

### **Make an Online Payment:**

1. Log in to your online account and follow the prompts.

### **Update camper information (roommate requests, 100 free time, travel information, etc.):**

1. Log in to your account.
2. Edit your camper's registration form.

### **Cancel a space, inquire about changing sessions, or change a merchandise, locker, pizza, or service order:**

1. E-mail the camp with your request/changes, etc.

## **CAMP FEES**

**THE \$175 DEPOSIT IS NON-REFUNDABLE FOR ANY REASON AT ANY TIME.**

ALL camp fees and completed forms must be submitted prior to arrival at camp to guarantee space. Camp fees do not include the cost of optional activities, camp merchandise, or incidental expenses/spending money.

Camp fees not paid by **May 5, 2019** forfeit camp space!

**Resident campers:** \$1055 per session. Includes room, meals, facility use, all coaching and supervision, and camp t-shirt. Meals included are Sunday dinner, Breakfast, lunch, dinner Monday-Thursday, and Friday breakfast. *Please note that Friday lunch is NOT included in the camp fee unless campers are staying an extra night, weekend, or multiple sessions.*

**Day campers:** \$955 per session. Includes all coaching, supervision, facility use, camp T-shirt, and lunch (Monday-Thursday) and dinner (Sunday – Thursday) through the week.

## **CAMP PAYMENTS**

**BALANCE OF CAMP FEES DUE ON MAY 1, 2019.** Camp fees may be paid using the following means:

**CREDIT CARD:** Make online payments thru your account as often as you like. If you chose the "Auto-Bill" payment option during registration, your card will be charged on the first of each month starting January, 2019, and ending on May 1, 2019. Your balance will be split into even payments. If you pay your balance prior to or on May 1, your card will not be charged again. You can cancel the auto bill feature at any time by contacting the camp office.

**PERSONAL/CASHIER'S CHECK/MONEY ORDERS:** made out to "UT Swim Camp," and include the camper's name, session, and account holder's driver's license number and state. Including a statement printed from your online account is also helpful.

Payments received after a May 1 postmark/timestamp are charged a \$25 late fee, and must be paid by credit card, cashier's check, or money order. **Camp fees not paid by May 5, 2019 forfeit camp space.** This includes ALL camp fees and services (airport transportation, extra dorm nights/weekends, merchandise, locker rentals, etc.).

**DO NOT SEND CASH. CASH IS NOT ACCEPTED AT ANY TIME.**

## **CANCELLATIONS and REFUNDS**

**ALL CANCELLATIONS MUST BE IN WRITING (E-MAIL PREFERRED).**

**Camp merchandise is non-refundable after May 1, 2019. Campers who cancel their session after May 1 will have their merchandise shipped to them by July 31, 2019.**

Cancellations prior to May 1 will receive a full refund of camp fees less the \$175 deposit. There will be no refunds for any portion of the camp fee after May 1 for reasons other than documented medical conditions. There are no refunds for a “no show.” There are no refunds if a camper withdraws due to homesickness or disciplinary reasons. If a camper changes from overnight to day camp while at camp, there is no refund or credit for the difference.

**After May 1, campers who cancel their space due to medical reasons have 10 days from the date of cancellation to submit a physician's note to the camp. These must be faxed to 512-232-1273, Attn: Jon Alter or e-mailed to [longhornswimcamp@athletics.utexas.edu](mailto:longhornswimcamp@athletics.utexas.edu). There are NO REFUNDS after 10 days.**

**As a courtesy, please notify the camp if you are unable to attend your session.** Due to the high demand of our camp, wait lists are kept, and this can allow another camper to attend. **Campers cannot trade or sell their session space to another person. The space remains the property of the camp.**

Refunds are issued based on the original method of payment:

1. Fees paid via credit card will have a credit issued back to the same card.
2. Camp fees paid via check, money order, or cashier's check will have a refund check mailed to them from the University of Texas Accounting Office. This process can take four-six weeks.

## **REQUIRED MEDICAL FORMS**

*Due by MAY 1, 2019*

*You will receive an e-mail confirming receipt of your forms, and if anything is needed to complete them.*

- These forms are intended to ensure the camper has the best experience possible, and allow the camp staff to provide immediate and appropriate care.
- **Medical forms can now be electronically completed, signed, and submitted thru DocuSign, a secure document handler extensively used by The University of Texas.**
- **Campers will not be allowed to check in & participate unless ALL forms are complete and on file with the Camp PRIOR TO ARRIVAL.**
- Please review the Medical & Transportation Form Checklist for instructions on all required forms. Please contact the camp director with any question or concerns. ***Make a copy of your medical forms and bring them to check-in*** to avoid any surprises of forms that were not received. If your camper is traveling on their own, send copies with them.
- **A copy of the insurance card (both sides) is helpful for the physician's office/hospital and will expedite health care. Please upload a copy into your online camp account.**
- **Completed forms and final payment of fees must be received to guarantee Camp space. Final payment of fees and completed forms hold your initial reservation.**

**Complete forms must be received along with the final balance to guarantee camp space. However, do not delay sending the final camp fee due by May 1 in order to send everything at the same time. The final fee and completed forms hold your initial reservation. These forms are also available online for download if you wish to send a paper copy at [www.LonghornSwimCamp.com](http://www.LonghornSwimCamp.com).**

## CAMP MERCHANDISE and ADDITIONAL SERVICES

All merchandise is ADULT SIZES ONLY.

The Longhorns Swim Camp offers one-of-a-kind, exclusive Texas Swimming merchandise for purchase! You won't find this anywhere else and it's available only to campers! Merchandise artwork may be previewed at [www.longhornswimcamp.com/gear](http://www.longhornswimcamp.com/gear)!

**Merchandise will also be available for sale at camp check in! Details will be provided as we get closer to the start of camp. However, pre-ordering merchandise online so camp gear is ready for pick up at check in is strongly recommended – skip the merchandise line!**

You may add merchandise to your account anytime by logging in to your account, and following the prompts from there. All camp merchandise except the custom towel may be ordered until May 1, 2019. **There are NO REFUNDS on merchandise AFTER MAY 1. If you cancel your space after May 1, you are still responsible for merchandise and it will be shipped to you by July 31. Deadline for ordering the towel is April 1.** Please make sure you order the correct size. Exchanges are typically NOT available, and not guaranteed as we order only what we need. Contact the camp director directly to cancel merchandise orders or to make any changes in your order prior to May 1.

**Additional services such as airport ground transportation, locker rental, and extra dorm nights may be purchased online up to four days before your campers session begins.** After this, they must be purchased at check-in (checks, money orders, and credit cards only – NO CASH will be accepted at check-in). Payment is due in full at the time of purchase. If you wish to purchase these services within four days of the start of your session, please contact the camp director.

Campers requiring shuttle service to and/or from the Austin airport or bus terminal may purchase the Camp ground transportation service for \$30 one-way, or \$40 round-trip. Campers staying more than one session are charged an additional \$60 for each weekend stay, which includes Saturday training (dependent upon facility event schedule), supervision, and room.

## CAMP GROUPS

The Camp divides campers into four ability groups: Blue, Red, White, and Orange. Group placement is determined by the camper's age on the first day of camp, and the submitted 100-yard free time. Campers are placed into groups on Sunday evening to give them a schedule for Monday morning. **There are NO group changes made on Sunday evening.**

We recognize that campers may have improved significantly since registering, and ask that parents/campers update their 100 free time online as they get faster. **The Camp is not responsible for having an outdated time when grouping campers. Please help us by keeping the campers 100 free time as current as possible.** Campers who do not have a 100 free time may submit a 50-yard freestyle time.

We do make group changes as warranted if the camper shows they are advanced beyond their initial group placement, or in a group that may be too difficult. We believe in challenging each group accordingly during the morning training session. We take the camper's age into account to provide appropriate peer interaction within the group. We've had exceptional 10 year olds attend who could be in the Blue (fastest) group. However, this would mean they would be training with mostly 14-18 year olds, and cut off from their peers. Camp should not only be about the swimming experience, but also socially appropriate and fun.

Campers should be aware that if they attend with friends and teammates, there is a chance that they may not be in the same group, even if their 100 free time is similar or close to one another. Roommates may not be in the same group. The Camp does its best to accommodate this, but makes no guarantees as we must keep the groups at manageable numbers.

Campers that have questions about their group should speak to their group counselors first. This helps the camper become comfortable in approaching the camp staff, as they are the people who can provide help and assistance quickly.

## DAY CAMPERS

Day campers have elected not to spend the night in the dorm.

**Sunday:** Day campers must check in at the dorm on Sundays, between 2-5 p.m. There is a short day camper meeting with parents and campers to go over the weekly schedule, groups, activities, etc. They should have dinner with the camp beginning at 4:30-4:45 p.m. At 6 p.m., they will report to the head counselor at roll call with the rest of camp, and go to the pool for the first stroke session. The evening session begins at 6:30 p.m., and typically ends at 8 p.m. Day campers are picked up at the POOL on Sunday evening.

**Monday thru Thursday:** Day campers are brought to the POOL at the appropriate drop-off time listed below. They will meet their groups as they arrive from the dorm.

**Friday:** ALL day campers, regardless of group, will be dropped off at the service drive (off San Jacinto Blvd.) on the northwest side of the Jamail Texas Swimming Center (TSC). **When being brought or picked up from camp, ALL day campers must be accompanied by a parent/guardian until a member of the camp staff is available. Evening pick up is at the Jamail Texas Swim Center (TSC).** No camper will be left alone waiting to be picked up in the evening regardless of age. **Please be on time to pick up your camper. Day campers may return to the dorm after the evening workout only if they are participating in an evening activity.** Arrangements must be made through the director or the camper's group counselors for participation.

**On Fridays, day campers check out directly from the pool after the morning session concludes.**

Day campers must adhere to all rules and regulations of the Camp. They will have lunch and dinner at the dorm and participate in all daytime activities of camp. **Day campers may not leave the camp at any time without advance permission of the Director.**

Daycamper Group Schedule:	Blue / Red Group	White / Orange Group
Drop-off time at the TSC (Mon.-Thurs.):	8:05 a.m.	9:05 a.m.
Pick-up time at TSC (Mon-Thurs.):	app. 8:40 p.m.	app. 8:10 p.m.
<b>FRIDAY ONLY DROP-OFF at TSC:</b>	9:15 a.m.	9:15 a.m.
<b>FRIDAY ONLY PICK-UP at TSC:</b>	app. 11:30 a.m.	app. 11:30 a.m.

## HOUSING & FACILITIES

For 2019, Camp will utilize two dormitories:

Sessions 1-3: The Callaway House Austin: 505 West 22<sup>nd</sup> Street, Austin, TX 78705.

Sessions 4 & 5: The Castilian: 2323 San Antonio Street, Austin, TX 78705

Campers will need to provide linens/pillow regardless of dorm. We recommend bringing a full size sheet set or sleeping bag as room layouts vary. Some rooms have twin beds, some have full.

Campers are separated by sex on dormitory floors. Camp staff will reside on the same floors as campers. All dormitories have a 24-hour manned desk located at the main entrance, and courtesy patrols for camper safety. In addition, access to the main lobby of all facilities requires swiping a room key after 10pm for entry.

### Sessions 1-3: The Callaway House Austin

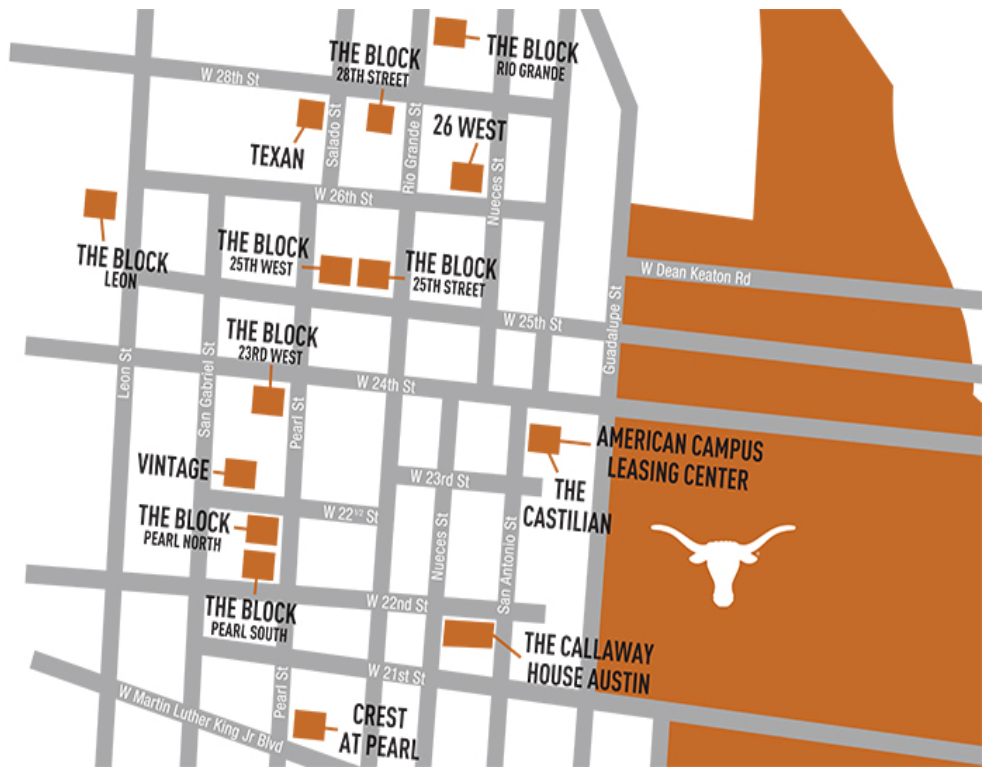
See <http://www.callawayhouseaustin.com> for maps and directions. Parking for Callaway House is available onsite in the Callaway House Garage, located on Nueces Street. Please note that this is a pay garage and there is no free parking for camp.



### Session 4 & 5: The Castilian

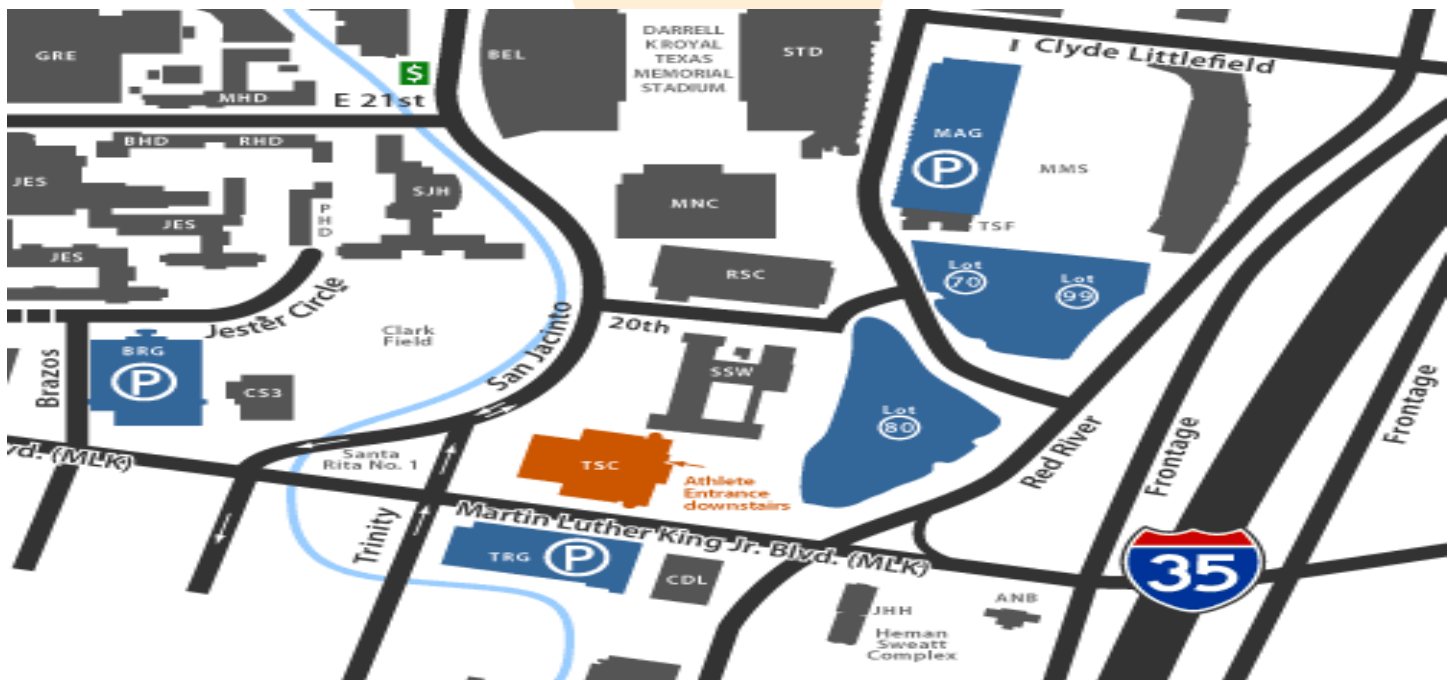
See <https://www.americancampus.com/student-apartments/tx/austin/the-castilian> for maps and directions. Parking is available onsite in The Castilian garage, located on San Antonio Street. **Vehicles taller than 6'2" will need to park curbside or in the University Co-Op Garage just south of the facility.** Please note that both are pay garages and there is no free parking for camp. Please observe posted street signs.





**The Lee & Joe Jamail Texas Swimming Center:**

Campers swim at the world-renown Lee & Joe Jamail Texas Swimming Center, (1900 Red River Street, Austin, TX 78712) located at the corner of Martin Luther King and Trinity on the UT campus:



**PARKING AT THE JAMAIL TEXAS SWIMMING CENTER**

Parking to observe camp sessions at the Texas Swim Center is available at the Trinity parking garage (TRG – see map) located at the corner of Martin Luther King, Jr. Boulevard (MLK), and Trinity (directly across from the Swim Center – see map below). *This is the best way to observe camp sessions and avoid parking citations.*

Garage charges range from \$0 (0-30 minutes) to \$12+ (3+ hours). There are also parking meters located on Trinity and San Jacinto, south of MLK.

## **PARKING AT THE UNIVERSITY OF TEXAS AT AUSTIN**

Please obey all traffic and parking signs while on campus. **There is NO free parking on the University of Texas campus at any time.** Parking on campus requires a UT parking permit AT ALL TIMES (including weekends). Illegal parking will almost certainly result in a citation, fine, and/or towing. Please read all signs carefully.

**The Longhorns Swim Camp cannot help with any parking citations from the University of Texas Parking and Transportation Services or the City of Austin.**

Interactive Google maps available at: <http://www.longhornswimcamp.com/maps.html>

Campus maps may be found on-line at: [www.utexas.edu/maps](http://www.utexas.edu/maps)

Parking information and visitor maps can be found at the UT Parking and Transportation Web site: <http://www.utexas.edu/parking>

## **CHECK-IN: Sundays, 2-5 p.m.**

Check-in will take place on Sundays – May 26, June 2, June 9, June 16, and June 23 between 2-5 p.m. at either The Callaway House Austin (Session 1-3) or The Castilian (Sessions 4-5).

**As the Camp is finalizing details with facilities, specific check in details will be sent out as we get closer to the start of camp.**

Follow the signs for Swim Camp check-in. **There are many camps housed at Callaway House and The Castilian. Elevators can, and will, take longer than usual to operate due to the number of campers in the building. Please plan extra time (and patience) with checking your camper.**

Campers will receive their room assignment and key, meal band, name tag, t-shirt, and camp merchandise at check-in. This is also the time to discuss medical issues with the athletic trainer.

**Please bring a copy of your medical forms to check-in for back up.**

Early check-in prior to 2 p.m. is permitted only for airline or bus passengers who travel unaccompanied. Late check in must be arranged in advance. **All campers must check-in at the specified dorm for their session unless permission of the director is given.** If your camper has traveled by air on their own, please ask them to call home upon arrival.

The Camp swims Sunday evenings from approximately 6:30-8:00 p.m. **Day campers and their parents will have a short meeting with the director immediately following the Sunday session to go over the weekly schedule. Overnight campers will have a camp meeting upon returning to the dorm from the pool.**

## **CHECK-OUT**

Check-out takes place on Fridays at the dorm after the final pool session and begins as soon as campers return from the pool. At the conclusion of the final pool session, campers will begin check-out once they arrive at the dorm. **Day campers are picked up AT THE POOL, and do not return to the dorm on Friday. Camp usually arrives at the dorm at approximately 12:30 p.m.**

Upon returning from the pool:

1. Campers will go directly to their rooms and wait to be checked out by a staff member.
2. Once the campers room has been cleared for check out, campers will give their room key to the counselor collecting them located near the elevators. All belongings must be taken out of the room to the main level at this time. Parents are welcome to meet their camper in the main lobby as they return from the pool, and help their camper with luggage as they check out of their room.
3. **Campers departing with anyone other than their parent/guardian MUST have written authorization on file with the Camp.**
4. Lost key and room damage charges are assessed at this time. Payment is due for lost keys and damage at check-out. **NO CASH can be accepted. Charges will be billed to the credit card on file with the camp.**
5. Please arrange to meet your child in a specific location in the main lobby if you will not be up on the camp floors. Campers cannot wait curbside. **ALL overnight campers must check out of camp from the dorm. Early check out from camp for reasons other than airline travel must be arranged in advance with the director. Multiple session campers do not check out if they are continuing their stay thru the next session.**

**NOTE: There are many camps housed at the dorm. Elevators can, and will, take longer than usual to operate due to the number of campers in the building. Please plan extra time (and patience) with checking your camper out of camp.**

**As the Camp is finalizing details with both facilities, specific check out details will be sent out as we get closer to the start of camp.**

### **EARLY CHECK OUT FROM CAMP**

Occasionally, campers must depart camp during the week for family engagements, prior commitments, emergencies, travel arrangements, swim meets, etc. These are handled on a case by case basis, and must be requested in advance (if possible) with the Camp Director.

The Director will coordinate the check out and return (if possible) of the camper to camp with the parents and camp staff. ALL check outs will be handled from the dorm at the conclusion of the afternoon session (approximately 4 p.m.) if possible.

A staff member will meet the camper and their parent in the dorm lobby, and complete appropriate check out paperwork, which will require the pick-up person to provide a valid photo ID. Anyone other than a parent/guardian MUST have written permission on file with the Camp before the camper will be released.

### **MULTIPLE SESSION CAMPERS - campers staying more than one session**

Multiple session campers are completely supervised throughout the weekend (Friday afternoon, Saturday, and Sunday). There is a \$60 charge for campers to stay the weekend in Austin between sessions. This includes Saturday training, room, and supervision. Multiple week campers will have the opportunity to train on Saturday morning, **depending on the event schedule and available pool time at the Texas Swimming Center.** If the camp is able to secure pool time at the TSC, we will have practice. Planned, supervised recreational activities on Friday evening and Saturday will be available.

**NOTE: meals are NOT included in the weekend stay fee. Campers will need adequate spending money to cover Friday – Sunday lunch.**

## TRANSPORTATION TO THE UNIVERSITY OF TEXAS AT AUSTIN

Campers and parents are responsible for securing ALL transportation to and from camp, as well as providing the correct travel information in their online account, including ground transportation and if their camper will be an unaccompanied minor with the airline. Changes may be made online until May 5, 2019. After May 5, forward itinerary changes as they occur to: [longhornswimcamp@athletics.utexas.edu](mailto:longhornswimcamp@athletics.utexas.edu).

**Add your camper's flight information to their online account once finalized.** Forward a copy of your camper's travel itinerary to the camp with the medical forms as backup. Austin-Bergstrom International Airport is the City of Austin airport.

**TO NOTIFY US OF ANY CHANGES ON CHECK-IN DAYS (SUNDAYS) PLEASE CALL:  
(512) 970-1378 or e-mail: [longhornswimcamp@athletics.utexas.edu](mailto:longhornswimcamp@athletics.utexas.edu)**

For those campers requiring transportation to and from the Austin airport or bus terminal, there is an extra charge of \$30 for one-way or \$40 for round-trip transportation. If arriving by plane, the least expensive air travel sometimes requires a Saturday night stay. The Camp will allow campers to arrive on Saturday or to stay over Friday and Saturday nights. There will be a \$75 extra charge **per camper per night** regardless of arrival time. **These fees must be paid prior to arrival at camp.**

### TWO EXCEPTIONS:

- **SESSION ONE CAMPERS MAY NOT ARRIVE EARLY ON SATURDAY, MAY 25<sup>th</sup> DUE TO STAFF ORIENTATION.**
- **SESSION FIVE CAMPERS MUST LEAVE ON FRIDAY, JUNE 28<sup>th</sup>. NO FRIDAY NIGHT STAYS ARE PERMITTED ON OR AFTER FRIDAY, JUNE 28<sup>th</sup>.**
- **DEPARTURE FLIGHTS FOR FRIDAY, JUNE 28<sup>th</sup> MUST DEPART NO LATER THAN 5 P.M. **DO NOT ARRANGE FOR YOUR CAMPER TO FLY "STAND-BY" ON FRIDAY, JUNE 28<sup>th</sup>.****

Campers arriving by plane or bus will be met at their gate or directly outside one of the two security checkpoints at Austin-Bergstrom International Airport, and transported to campus **if we are informed in advance**. **Only those campers registered with the airline as unaccompanied minors (age requirements vary by airline) can be met at their gate.** Campers considered "young adults" and traveling alone without a parent would be met directly outside one of the two terminal exits. Please be very specific about transportation plans. **Please add all transportation plans to your camper's online profile!**

Upon arriving at the Austin airport, campers should proceed immediately to the terminal exit area. Unaccompanied minors typically must wait at the gate for a staff member to sign for them. Due to increased security measures at all airports, we cannot guarantee that campers **not** registered as unaccompanied minors with the airlines will be met at their gate. Upon exiting thru one of the two terminal checkpoints, campers should wait at the exit for a staff member to greet them. (See ABIA terminal Map, Page 13).

**PLEASE INSTRUCT YOUR CAMPER NOT TO PROCEED TO THE BAGGAGE CLAIM AREA ON THE LOWER LEVEL.**

Every reasonable effort is made to meet campers as they leave the secure portion of the terminal. It is helpful in identifying campers if they are carrying a swimming bag or wearing a swimming shirt, baseball cap, etc. All Longhorns Swim Camp staff members will be wearing a WHITE Longhorns Swim Camp t-shirt, khaki shorts, carry camp staff ID, and a name badge.

## UNACCOMPANIED MINOR TRAVEL

For those campers traveling as registered unaccompanied minors with an airline, list “Jon Alter or Longhorns Swim Camp Representative” as the person designated to pick up your camper. We understand that some airlines may not accept the above and want the exact information. Parents have listed Jon Alter as the initial pick up person, and made changes to the correct staff member once that information is available. **The camp is unable to provide exact contact information until approximately 1-2 days prior to the camper’s arrival if this information is needed.**

Security at Austin-Bergstrom International Airport will allow a staff member access beyond the security checkpoint to pick up unaccompanied minors who are registered as such with the airline. The airline managers at Austin-Bergstrom airport have been notified of our procedures. Counselors who pick the campers up will have ID identifying them as working for Jon Alter and the University of Texas at Austin. **Airlines do have different age requirements for what they consider “Unaccompanied” – please check with your carrier, and if your camper is flying to camp as an unaccompanied minor, please note this in their online account.**

**Campers traveling alone should also have the following phone number to call if they have not been picked up within 20 minutes: Jon Alter: (512) 970-1378.**

**Please make all related airline unaccompanied minor plans and pay all required fees in advance for the complete trip. Campers must be registered as unaccompanied minors with the airline for us to meet them at the gate upon arrival, and escort them to their gate at departure.**

**NOTE: These directions are given to cover all possibilities. Planes are often late, rescheduled, etc. With increased security measures, we will do our best to get to all campers as they are de-boarding their plane or leaving the security area. The directions will give your child confidence and security in the pick-up process.**

**AIRPORT MAPS:** More information may be obtained by checking the Austin-Bergstrom International Airport website: <http://www.austintexas.gov/airport>.

## GETTING AROUND THE DORM & UT CAMPUS

There is a resident camper meeting on Sunday evening after the pool session with the Camp Director to go over camp policies and procedures. Campers are informed of common areas of the dorm they are allowed to be in, such as the camp floors, main lobby, cafeteria, and game room. Areas such as the computer lab, fitness room, and pool are off limits. It is explained that campers are NEVER to leave the dorm, pool, or field trip areas unless they are accompanied by staff members.

The camp takes roll call/attendance whenever groups prepare to leave the dorm, pool, and scheduled field trips. We encourage the “buddy system” among campers to help them stay on schedule. Campers not present at roll call will be found by the camp staff.

The Camp will bus campers to/from the dorm/pool. Buses will be supervised by camp staff.

Optional field trips will be offered daily in the afternoons between sessions. Campers not taking part in these will return to the dorm and be supervised by camp staff.

In the evenings, campers are to be in their assigned rooms by 10 p.m., with room checks done by the counselors at 10:15 p.m. After this time, campers are only allowed to leave their rooms in emergency situations. Counselor rooms are located on each floor and well-marked with signage, making them easy to find.

## INCLEMENT WEATHER

The Athletics Department subscribes to the WeatherData, Inc. Skyguard monitoring and alerting service. Directors are immediately notified when inclement weather is approaching the UT campus, and will remove campers from any potentially dangerous situation.

## ROOMMATES AND SUITEMATES

*Please note that for sessions 4 & 5 – NO SUITES are available at The Castilian. Rooms are double occupancy only with a shared bath between each double room.*

The camp welcomes advance roommate and suitemate requests. Every reasonable effort is made to accommodate requests as long as it meets our policies. **Parents and campers are responsible for having the correct roommate and suitemate request information in their online account. Changes can be made until May 15. After May 15, any changes must go thru the camp office.**

**When making room/suitemate requests:**

- Roommate and suitemate requests **MUST MATCH** among all campers making requests.
- Roommate and suitemate requests may not be **MORE THAN TWO YEARS APART IN AGE** (unless same-sex siblings).

*Requests that do not meet these requirements will not be honored.*

**Suite requests are welcome but not guaranteed. Campers requesting a suite must also have matching roommate requests within the suite request. If a suite cannot be granted, the two sets of roommates will be put into two double rooms in close proximity to one another if possible. In a 3-person group, two people would be placed in one room of the suite and the third would take “pot luck” for the other roommate. Campers MUST sleep in their assigned rooms – NO SWITCHING is permitted.** Every reasonable effort is made to assign compatible roommates for campers attending on their own. **All roommates and suitemates are assigned according to age no more than two years apart.**

In addition, the younger of the roommate/suitemate requests take priority on the rooming assignments. For example, a 10-year old who wishes to room with three 12-year olds – their group would be placed on the younger floor due to the 10-year old.

An exception is made for same-sex siblings who wish to room together, and the room assignment would be based on the age of the youngest sibling. The Camp encourages siblings to room apart from one another, as this is part of the camp experience.

**No changes in room assignments will be made on or after the first day of camp. The Camp is not responsible for rooming assignments not granted due to incomplete, incorrect requests, or those that do not match up. The camp also reserves the right to place a camper in a single room if needed.**

## APPAREL

Campers are expected to dress sensibly and appropriately at all times. Hot, sunny weather is typical in Austin in May, June, and July during camp, but there is the potential for some rain. Campers should bring at least two-three towels. Comfortable shorts, t-shirts, socks and sneakers are required for ALL walks to/from the dorm/pool. The Camp does not allow short shorts, spaghetti strap tops, inappropriate t-shirts, etc.

**Campers MUST bring athletic sneakers to camp for walks, dryland, and weight room sessions. Flip flops are permitted only in the dorm and on the pool deck. Appropriate shirts, shorts, and athletic shoes must be worn at all times.**

### **LOCKS and LOCKERS at the JAMAIL TEXAS SWIMMING CENTER (TSC)**

Locker rental is available at the Swim Center for \$35, and includes a combination lock, which is left on the locker at the end of the session. Lockers are assigned at check-in. **Campers may not use their own combination lock as the TSC staff may cut it off.** Campers renting lockers will be able to leave their belongings overnight at the TSC.

Campers not renting a locker will need to bring their belongings on deck with them. **The Camp and the Jamail Texas Swimming Center assume no responsibility for lost or stolen items.**

**Lockers are a convenience item, and it is up to the family on whether to rent one or not. Campers not renting lockers will need to bring all belongings out on deck at every session, as well as take them back and forth to the dorm.**

### **KEYS, MEAL BANDS and NAME TAGS**

Each camper is issued a room key, meal band/card, and name tag at check-in. It is the camper's responsibility to keep these items safe, and return the key to the camp at check-out. If either is lost at any time, the camper should alert a staff member immediately. If the camper's key or meal band is lost, or any damage found to the camper's room, charges are made against the camper's account. Each camper is given a nametag that must be worn at all times due to increased security and entrance monitoring at the dorm and the Texas Swim Center.

**Lost keys are \$100 to replace at Callaway House and The Castilian.**

### **PERSONAL BELONGINGS**

Each swimmer assumes their own responsibility for securing valuables and personal belongings. **The Camp assumes no responsibility for lost or stolen items.** Rooms must be locked when campers leave their rooms. **Please leave valuables at home – camp is not the place for them.**

### **SPENDING MONEY**

Campers are responsible for providing their own spending money while at camp.

- **The camp assumes no liability for lost or stolen cash/credit/debit cards. Most campers typically bring \$50-\$100 for the week. Please make sure your camper has enough spending money for the week.**
- **Most camp activities are free or \$5-\$10.**
- **Campers must bring their spending money with them. The camp cannot cash checks.**
- **Camp staff is not allowed to “hold” money for campers nor is it responsible for lost/stolen cash.**
- **The Camp staff cannot loan money or cash checks.**
- **If a camper is in need of additional money while at camp, we encourage parent(s) to add money to the camper's debit card remotely or send the camper a debit card.**

Borrowing money between campers is not encouraged. There are optional activities offered at camp that are not covered in the camp fees such as pizza night, movie night, history museum, IMAX theatre, and bowling/mini-golf trips. In addition, many campers want to purchase Texas merchandise on shopping trips. We do not police the spending habits of the campers and feel that learning to handle a limited amount of money and budget well is part of the camp experience.

Campers attending multiple sessions and staying in the dorm will need adequate spending money to cover meals from Friday – Sunday lunch. Campers arriving or departing late from camp will also need adequate spending money to cover meals. The first meal covered by the camp fee for the week is Sunday dinner.

### **SWIM STORE, TEAM SHOP, & Co-Op** -- available for purchase of UT souvenirs and swim gear.

Days and times announced. There is a variety of Texas Swimming gear, and other swimming apparel and accessories available for purchase. The swim store is located on the second floor of the Texas Swimming Center. The Team Shop is located in the Daryl K. Royal Football Stadium, at San Jacinto and 21<sup>st</sup> Street. The University Co-Op is located on Guadalupe Street.

### **EQUIPMENT TO BRING**

Mark ALL equipment and belongings with the camper's name. Please leave training equipment such as fins, kickboards, paddles, snorkels, etc. at home.

#### **SWIMSUITS**

#### **GOGGLES**

T-shirts/shorts/socks

Soap/shampoo/personal toiletries

Light jacket (in case of rain)

(Optional) Plain, white cap with swimmer's name in large block letters (if worn)

#### **2-3 TOWELS**

casual clothes

#### **ALARM CLOCK**

#### **WATER BOTTLE**

Sweatshirt/pants (the dorm can get chilly at night)

sturdy athletic shoes (closed toe)

#### **SWIM BAG/BACKPACK**

Caps (if worn)

5 clothing changes

Campers will need to bring full size bed linens including a pillow and a blanket (a sleeping bag also works).

**CAMP IS NOT THE PLACE FOR EXCESSIVE CASH OR EXPENSIVE PERSONAL ITEMS. ONLY BRING WHAT IS NECESSARY FOR CAMP.** Laptops, iPads, and other expensive electronics are not allowed and should be left at home.

### **DORM ROOMS**

A microwave and refrigerator is included in each room. Campers are welcome to bring drinks and snacks to make their stay more comfortable. **Campers will need to bring their own linens/sleeping bag for a full size bed.** We ask that you instruct your camper on how to use a microwave PRIOR to arrival at camp with items they may bring (popcorn, frozen meals, etc.)

### **APPLIANCES and CELL PHONES**

Campers may bring hair dryers, alarm clocks, and electric shavers/toothbrushes. Campers may not bring laptop computers, iPads, televisions, gaming systems (XBOX, etc.), portable speakers, etc. These items have no place at camp.

**The camp discourages campers from bringing cell phones to camp, and we encourage parents NOT to send them – campers traveling on their own are the exception.** This restriction is not only a safety consideration, but enhances the camp experience by eliminating a form of "soundproofing" which can discourage interaction with others. Phones can also enable homesickness and are often part of the problem and not the solution. **The use of cell phones and any other small electronics are prohibited outside the camper's dorm room. Repeated violation of this rule can result in the camp director confiscating the item, and returning it at the end of camp.**

The camp assumes no liability for loss or theft of items. Please leave valuables at home.



## LAUNDRY

Credit/Debit card and some coin-operated washers and dryers are located at each of the dorms. Campers will need to furnish their own laundry supplies.

## TELEPHONE MESSAGES

If you have an emergency, you may call Jon Alter at (512) 970-1378 at any time.

## MAIL

Please do not send mail to campers staying only one week as we cannot guarantee that it will be received in time.

## PARENT'S VISITS and VIDEOTAPING

Parents are welcome to observe any of the practice sessions from the grandstands at the Jamail Texas Swim Center. As a courtesy, we ask that parents identify themselves to a staff member. *Per UT Athletics policy, campers and spectators at camp are prohibited from bringing videotaping devices into camp facilities. No video of sessions, instruction or scrimmages may be videotaped for personal use or for redistribution purposes. Still photos are permissible.*

Please note that campers must ride the camp bus or walk to and from the pool with their group at all times and may not receive rides. This is part of the camp experience, and we also take roll call from each location.

*Parents are not allowed to stay at the dorm or take any meals in the dorm cafeteria. As a security precaution, parents are allowed on camp floors ONLY during check-in and check-out days.*

Camp dormitories, as well as the University of Texas campus are all non-smoking areas.

### Campus Concealed Carry:

On June 1, 2015, Gov. Greg Abbott signed S.B. 11, also known as the "campus carry" law. S.B. 11 provides that license holders may carry a concealed handgun throughout university campuses, starting Aug. 1, 2016. The law gives public universities some discretion to regulate campus carry.

The University of Texas at Austin and President Gregory L. Fenves take issues surrounding guns on campus very seriously and will strive to create policies that conform to the new law, protect the rights of citizens and ensure the safety and security of the entire campus.

S.B. 11 provides that after consulting with students, staff and faculty regarding "the nature of the student population, specific safety considerations and the uniqueness of the campus environment" the university may enact reasonable rules and regulations regarding:

- carrying of concealed handguns by license holders on campus; and
- storage of handguns in dormitories or other residential facilities

The law stipulates, however, that these rules and regulations may not either "generally prohibit" or "have the effect of generally prohibiting" license holders from carrying concealed handguns on campus.

**The purpose of the Youth Protection Program (YPP) is to protect all minors in their university-sponsored activities and interactions involving members of The University of Texas at Austin community. Pursuant to S.B. 11 (the "Campus Carry Law"), the YPP Policy prohibits the carrying of a concealed handgun by any person involved in a University of Texas at Austin camp/program for minors. This Policy also applies**

to parents and guardians who are visiting or transporting a participating minor to and from camps/programs at The University of Texas at Austin.

“PURSUANT TO SECTION 30.06, PENAL CODE (TRESPASS BY LICENSE HOLDER WITH A CONCEALED HANDGUN), A PERSON LICENSED UNDER SUBCHAPTER H, CHAPTER 411, GOVERNMENT CODE (HANDGUN LICENSING LAW), MAY NOT ENTER THIS PROPERTY WITH A CONCEALED HANDGUN”

Please see the [Campus Carry Implementation](http://www.campuscarry.utexas.edu/) (www.campuscarry.utexas.edu/) website for more information.

## HOMESICKNESS and CELL PHONES

It is better for a camper to call home only once - upon arrival or once a week for multiple week campers. **Please encourage campers to go to a counselor whenever they need help.** Immediate aid and comfort is provided best in this way.

If your camper is homesick, encourage them to seek out a counselor, and to get involved in camp activities. It has been our experience that campers who get through this period, especially if their first time away, are excited about camp and swimming at the end of the week and look forward to returning. **Cell phones do not help this situation, as they provide a “crutch” for the camper to call home (again and again and again and again) all the time.** This does not help the camper overcome this experience, and typically makes it worse. Often, the best remedy for homesickness is for the camper to become as involved as possible with the camp, friends, and activities rather than phoning home. Almost everyone has gone thru homesickness, and worked through it by making it to the end of camp. Staff members are always available to help with any situation, and should be utilized. We have found that frequent visitations by parents or frequent telephone calls enhance the problem rather than solve it. Please help us to help your camper. We are here to help with any situation. We can help much quicker if the camper comes straight to the camp staff rather than speaking with a parent, or the parent trying to reach the camp staff.

We believe after running camp over the last 41 years that this opportunity is about more than just swimming, but having a great, memorable life experience. Attending camp allows campers the experience to learn to be on their own, be away from home, make new friends, and take responsibility for themselves and their swimming.

## MEDICAL HISTORY, MEDICATIONS and MEDICAL CARE

The Camp is able to dispense medications (prescription or over-the-counter) to your child if it is necessary during camp if we have the appropriate paperwork. OTC medications include prescription medications such as antibiotics and asthma inhalers in addition to over-the-counter medications such as Tylenol, Advil, vitamins, and homeopathic remedies. However, before any medication is dispensed, we must have the following information from you:

- A completed Permission to Dispense section of the required medical forms.
- Deliver all medications to the athletic trainer the first day of camp in the original prescription bottle or in clearly marked containers which include the camper’s name, medication, dosage and time of day medication is to be given. Zip-loc bags work great to keep all medications together. Please mark the outside of the bag with the camper’s name.
- Verbally communicate with the athletic trainer regarding specific instructions for dispensing medication during the first day of camp.
- If the camp athletic trainer will help in dispensing medications, they will arrange times to help administer to the camper.

- The “**PERMISSION TO DISPENSE**” allows the camp staff to dispense listed prescription and approved over the counter medications to the camper while at camp. Even if the camper is currently not on any prescriptions or taking any OTC medications – please sign this form in the event they must get a prescription or need OTC meds while at camp.

This form is also used to list any medications your camper will keep and self-dispense while at camp. This includes ALL medications, including inhalers and epi-pens.

Inhalers should be brought on deck during all training sessions, and be kept with campers at all times. Campers with epi-pens should always have one in their swim bag. If possible, please bring an extra to give to the camp Athletic Trainer.

The Camp will always call parents to notify them of any medical condition, health concerns, permission for physician’s visits, OTC medications, emergency situations, and consultation.

In order for your child to carry and self-administer medication during camp, you must affirm and agree that:

1. Your child has been instructed in the proper use of the medication and is physically, mentally, and behaviorally capable of administering the medication on his/her own without camp personnel supervision.
2. Your child has an adequate supply of the medication for the duration of the camp and has the ability to properly store and secure the medication.
3. Your child will use the medication only as prescribed by a physician and/or according to dosage instructions and will not share or otherwise provide medication to any other camper.
4. Your child understands and agrees that failure to abide by this agreement constitutes a violation of camp rules that will result in disciplinary action, up to and including removal from camp.

Medical treatment is provided by Texas Sports and Family Medicine (TSFM), or MedSpring Urgent Care. Providers do charge an office visit fee, plus charges for any procedures. You and/or your insurance will be billed for services provided. DELL Children’s, Seton, or St. David’s Hospitals will handle emergency and after-hours medical conditions. If your camper needs a prescription filled, we will attempt to use your insurance first, but must have a copy of your insurance card. If your camper must use their spending money to have it filled, they should bring a receipt back to you for insurance purposes. If neither of the above works, the camp will pay for your camper's prescription, and bill you for reimbursement.

We take the care and well-being of your child very seriously! Please be as candid as possible with the camp regarding medical, physical, or psychological history which may restrict the camper or require special handling. We have managed campers with serious chronic problems without incident because we were aware of the situation. Please help us to help your child have a great experience.

## **CAMP RULES**

A copy of the Longhorn Swimming Camp's Rules and Regulations is enclosed and was electronically acknowledged during registration. **Both parents and campers should familiarize themselves with this information before campers arrive for registration.** We believe campers attend camp because they want to be here. We also believe each camper will cooperate willingly with the camp staff and exhibit appropriate behavior. Those few folks who find it impossible to do so go home early without reimbursement for current and future sessions.

## **DISCIPLINE**

The Longhorns Swim Camp staff is committed to each camper having the opportunity to enjoy their experience at camp. The misbehavior of one camper, or a group of campers, should not be allowed to impact negatively on

the experience of others. We make every effort so that campers have a meaningful experience at camp. Although the camp rules address some offenses that can immediately dismiss a camper, we have the following procedures in place to handle inappropriate behavior and/or actions in a reasonable and consistent manner. Any steps may be skipped or repeated at the discretion of the camp staff. Campers dismissed from camp for disciplinary reasons will not receive a refund of any fees paid.

**First Offense:** Campers failing to adhere to camp rules, or exhibiting behavior clearly intended to annoy or endanger other campers, will be privately and formally warned by a Camp Counselor and informed that subsequent misbehavior will result in a meeting with the Camp Director.

**Second Offense:** Subsequent misconduct will result in a meeting with the Camp Director and a warning that further misconduct will result in removal from camp. At this point, the Camp Director will contact the parent or guardian to advise him/her of the situation and the possible need for picking the child up from camp if there is further misconduct.

**Third Offense:** Any further inappropriate behavior will result in a meeting with the Camp Director and Head Coaches, and expulsion from camp.

This procedure is intended to provide a reasonable and consistent method for dealing with the type of behavior that can be disruptive to a camp, but is not so egregious as to warrant immediate dismissal from camp. It in no way precludes immediate dismissal from camp for more serious disciplinary problems or violations of campus or camp regulations. A serious disciplinary problem is defined as one in which the camp staff determines that a child is engaging in inappropriate behavior that includes, but is not limited to the following: actions which put the camper, other campers, or camp staff member's safety in jeopardy; inflicting physical or emotional harm on self or others, bullying, vandalism or destruction of University or dorm property; theft of University or dorm property or the property of another camper; consistently disrupting the program; possession of alcohol, drugs, or weapons; fighting; tampering with any fire equipment (fire extinguishers, smoke alarms, etc.), sexual harassment; or behavior that is serious enough to warrant a third offense.

## EVALUATION OF CAMPERS:

Questions regarding the inclusion of written or videotape evaluation are sometimes asked. We discontinued the use of this practice after the first camp 41 years ago for three important reasons:

1. Change is an ongoing process. You and your child will see the progress made at camp through improved stroke technique and faster times.
2. All too often, well-meaning campers and parents present the swimmer's evaluation to the home coach as an absolute. This practice presents a problem not only from a professional standpoint between coaches but also for the continued integrity of the swimmer-coach relationship.
3. The writing of evaluations is neither an effective nor an efficient use of time in coaching the swimmer.

## REMEMBER:

- **Include camper's name, session number and checking account holder driver's license numbers on all check/money order payments.**
- **CAMPERS WILL NOT BE ALLOWED TO CHECK IN OR PARTICIPATE IN ANY CAMP ACTIVITY UNTIL ALL CAMP FORMS AND FEES ARE RECEIVED AND COMPLETE.**
- **BE SURE TO UPLOAD A COPY OF THE FRONT / BACK OF YOUR INSURANCE CARD.**
- **IF YOU ARE SUBMITTING FORMS BY MAIL, MAKE A COPY OF ALL FORMS AND BRING THEM TO CAMP AS A BACKUP IN CASE YOUR ORIGINALS ARE LOST IN THE MAIL.**

## LONGHORNS SWIM CAMP DAILY SCHEDULE

We believe that each camper should be challenged, but also experience a degree of success during the workout periods. To achieve these objectives and to provide for more individualized attention, the camp is divided into four ability groups: Blue, Red, White, and Orange. The entire camp staff will work with each group. Groups are assigned at Sunday night's workout. We ask the campers' 100-yard freestyle time to give us a basis from which to begin assigning a swimmer to a group. **We always make adjustments if warranted, and encourage campers to communicate any concerns to the staff. Please give the assigned group an opportunity on Monday morning. NO CHANGES are made on Sunday evenings.**

### SUNDAY

2:00 - 5:00 PM Registration at the Dorm  
 4:30 - 5:50 PM Dinner  
 5:55 - 6:05 PM Gather for roll call--  
 6:30 - 6:45 PM Orientation at pool  
 6:45 - 8:15 PM Workout  
 9:00 -10:00 PM Resident camper meeting at the Dorm

### FRIDAY A.M.

8:55 AM Roll call at the Dorm  
**(Day campers meet camp at the pool)**  
 9:30 - 11:30 AM Final pool session and  
 Q&A with head coaches  
 11:45 AM Back to the Dorm  
**(Day campers picked up at the pool)**  
 12:15 PM Check out begins!

### MONDAY - THURSDAY (FRIDAY - ALL campers arrive at pool at 9:30 a.m.)

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>	<u>ORANGE</u>
7-7:55 breakfast	7-7:55 breakfast	8-8:55 breakfast	8-8:55 breakfast
7:55 Roll call -----	-----	8:55 Roll Call -----	-----
8:30-9:15 dryland	8:30-9:15 dryland	9:30-10:20 dryland/ games	9:30-10:20 dryland/games
9:30-11:30 AM training session	9:30-11:00 AM training session	10:30-12:00 AM training session	10:30-12:00 AM training session
12-12:55 lunch	11:30-12:55 lunch	12:30-1:25 lunch-----	-----
1:30-2:30 stroke session #1-----	-----	2-2:30 video viewing-----	-----
2:30-3:00 video viewing-----	-----	2:30-3:30 stroke session #1-----	-----
3:30 -5:00 optional recreational time: planned field trips, activities of choice at Dorm or rest.			
5:00-6:25 Dinner-----	-----	5:00-5:55 Dinner-----	-----
6:25 Roll call-----	-----	5:55 Roll call-----	-----
7-7:15 camper/staff talk -----	-----	6:30-7:15 stroke session #2-----	-----
7:15-7:45 Camp Relays-----	-----	-----	-----
7:45-8:30 stroke session #2-----	-----	7:45-8 camper/staff talk-----	-----
9-10:00 evening social activities-----	-----	-----	-----
10:00 Return to rooms-----	-----	-----	-----
10:15 Lights out!!-----	-----	-----	-----

**Friday check out: 1-2 PM at Dorm. Please arrange to meet your camper in a designated place on the first floor of the dorm if they are to be picked up. Campers are not allowed to wait outside at street level.**

PLEASE BRING THIS SCHEDULE WITH YOU TO CAMP. Schedules also posted on camp floors.

## **LONGHORNS SWIM CAMP RULES AND REGULATIONS**

- 1. The use and/or possession of alcohol, drugs, tobacco, and any other illegal or inappropriate substance and items (firearms, lighters, matches, fireworks, incense, knives, etc.) is prohibited. Any items found will be confiscated and calls to parents and appropriate law enforcement officials (if warranted) made. Violations are considered justification for immediate expulsion from the Camp without refund.**
- 2. Campers are expected to conduct themselves as ladies and gentlemen at all times. Inappropriate language and behavior will not be tolerated.**
- 3. Campers are expected to follow the rules and curfew hours set forth at the camp director's meeting on Sunday evening.**
- 4. Portable electronics, cell phones, etc. are not permitted outside of the camper's dorm room. Rooms must be locked at all times. Televisions, laptop computers, and other appliances are not allowed in the dorm. Leave expensive personal belongings and excessive cash at home. The camp assumes no liability for any lost, damaged, or stolen items.**
- 5. Campers are not permitted in rooms or on floors occupied by the opposite sex at any time. Violation will result in expulsion from camp without refund.**
- 6. Campers agree not enter another room without permission, or to handle another camper's property at any time. Campers may not move to another room or have anyone move into their room.**
- 7. Visitors, including parents, are not allowed in dorm rooms or camp floors except on check-in and check-out days. Parents may not take meals with their camper in the cafeteria. Parents may visit with campers in the main lobby on the first floor.**
- 8. All campers are to remain with camp for the duration of the session unless otherwise noted. If a camper must leave camp for some reason, the camp director must grant permission, and prior written permission from the parent/guardian submitted.**
- 9. Elevator rules will be explained and enforced. Failure to abide by these rules can result in elevators being off-limits.**
- 10. A curfew procedure will be explained to the campers at an orientation meeting on the first day of Camp. It will be enforced without exception. After 9:00 p.m., campers must be on their assigned floor unless supervised activities or specific permission from a staff member allows them to be elsewhere. Campers must be in their rooms promptly at 10:00 p.m., with room checks beginning at 10:15 p.m. Absence from their room at bed check or the dorm without supervision of a staff member is a serious matter and will be handled by the Director.**
- 11. Campers must wear the name badges given to them at registration at all times.**
- 12. As a courtesy to fellow campers and to other residents of the Dorm, loud and disruptive activity will not be tolerated. Campers are allowed only on assigned swim camp floors. All other floors, except common areas (i.e., first floor lobby, game room, etc.) are off limits. The camp floors are off limits to non-swim camp residents.**

13. **Campers and their parents will be held responsible for any damage to rooms and furnishings. Payment for such damage will be billed to the parents.** Campers must keep their rooms clean and in good order. In cases where a group incurs damage, the person(s) directly involved along with each member of the group will be responsible for an equal portion of the damage. Campers should report any problems to their counselors. **Lost keys are \$50, non-refundable to replace, and must be paid for prior to leaving camp. Parents agree that lost key and damage charges will be billed to the credit card on file with the camp.**
14. **Campers may not have automobiles while they are at the Camp nor may they ride in any vehicle other than the designated camp vehicles. Campers who drive themselves must turn their vehicle keys in at check-in to the Director, and are responsible for parking garage charges.**
15. **Campers are expected to dress sensibly and appropriately at all times. Shirts, shorts, and athletic shoes must be worn at the Texas Swimming Center, and on all walks and activities. Sandals may only be worn at the dorm.**
16. **Campers are expected to show courtesy toward fellow campers, recreational swimmers, the TSC staff, the Longhorns Swim Camp coaches, and dorm staff.**
17. **Campers must use the locker assigned to them at the Texas Swim Center if they have rented a locker. Belongings must be secured in a locker or brought out on deck when camp is at the pool. The Texas Swimming Center and the Camp assume no responsibility for lost or stolen items.**
18. **Campers are required to attend all camp sessions and be on time for roll call. Campers are never to leave the pool or dorm unless accompanied by a staff member.**
19. **Report any illness or injury to your counselors or the trainer. Campers missing more than three pool sessions due to illness or injury will be sent home.**
20. **If a camper's behavior is consistently and severely at odds with the Camp's rules and regulations, they will be sent home. Parents will be notified and required to make all necessary transportation arrangements for an immediate return home at their expense. There will be no refunds or credits from the Camp under these circumstances. Multiple session campers will not receive a refund or credit of any camp fees for sessions not attended if sent home early.**

**Have fun, work hard, and enjoy the world-class atmosphere and experience at the University of Texas at Austin and the Longhorns Swim Camp! Your coaches, counselors, camp director and other staff members are available to help you with anything. Please let a staff member know if we can help you.**