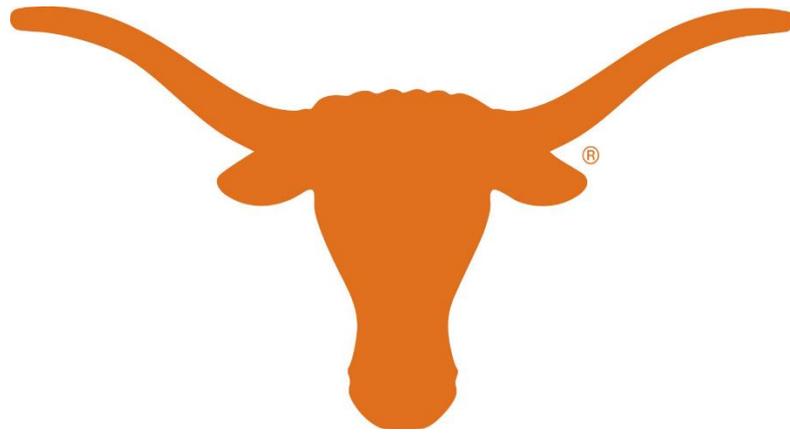


Texas Rowing Camp



Communication Plan Summer 2019

Welcome

On behalf of the entire staff at the Texas Rowing Camp, welcome to the University of Texas at Austin. We are excited to have you join our program! The Longhorns Rowing Camp provides junior level rowers with elite-level instruction and an exceptional camp experience to high school aged athletes. We know you will come away from your week at camp more excited than ever about your rowing! **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 Mara Allen, the camp director. We hope you are excited about being in the BEST rowing 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, and will see you soon.

Hook 'Em Horns!

Program Staff

The Texas Rowing Camp is headed by University of Texas coach Mara Allen. The Camp will have three coaches each session to provide coaching and supervision in all areas, and maintain a low 1:8 camper/staff ratio. Our counselors come from diverse coaching backgrounds, and live in the dorm with campers. The camp staff provides a 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 provide a great life experience!

The Camp also retains a licensed Athletic Trainer on staff. Our trainer is on-site at all sessions and lives in the dorm. They handle all camper illness/injury, treatment, doctor's visits, medications, and correspondence with parents in this area. All coaches and trainers hold current certifications in CPR and First Aid.

ALL camp employees undergo an extensive screening and interview 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.

Program Contact Information

Mara Allen, Camp Director
Cell: (512) 693-1799
Fax: (512) 232-1837
E-mail: Rowingcamp@athletics.utexas.edu

Emergency Contact Information

Mara Allen, Camp Director
Cell: (512) 693-1799

Fax: (512) 232-1837
E-mail: Rowingcamp@athletics.utexas.edu
Mary Lenington, Camp Coach
Cell: (512) 748-2184

Contacting Campers (Emergency)

Mara Allen, Camp Director
Cell: (512) 693-1799
Fax: (512) 232-1837
E-mail: Rowingcamp@athletics.utexas.edu

Mary Lenington, Camp Coach
Cell: (512) 748-2184

Program Location

Camp is located at The University of Texas, Austin. Campers will stay in the San Jacinto dormitory on campus. We will row daily out of the University of Texas boathouse located at 300 Hearn Street, Austin, Tx. We will perform afternoon workouts in the 6th floor of Belmont Hall located at 2109 San Jacinto Blvd, Austin Tx. 78712.

Program Rules

We want camp to be a safe, fun and enjoyable experience for all campers. In order to ensure that camp runs smoothly, campers will be expected to adhere to the following rules while at camp.

1. Dorm Policy
 - a) Campers may not leave the secure area of the dorms for any reason at any time unless supervised by camp counselor. Camp counselors are not allowed to be alone with any camper at any time, so the buddy system will always be in place.
 - b) Campers are NOT be allowed in any dorm room other than their own. Campers may hang out in common spaces inside the secure area of the dorm.
 - c) Curfew – campers must be in their own room every night by 9:15pm, lights off by 10:00pm
2. If campers are found in violation of dorm policy, staff may take ANY the following actions.
 - a. Verbal Warning
 - b. Call home
 - c. Send the camper home with no refund
3. Bullying, disrespectful or hurtful behavior and actions will NOT be tolerated and can cause immediate dismissal without refund from camp.

4. Any action that is seen to be dangerous can also cause a dismissal from camp.

Program Schedule

Monday

12-2:00 p.m.	Arrival and check-in
3 - 5 p.m.	Swim test and camp rules meeting
5 p.m.	Dinner
6 p.m.	Erg room
8 p.m.	Day Camper Pick-Up

Tuesday-Thursday

6:15 a.m.	Load bus to the boathouse, have breakfast at the boathouse
7 - 9:30 a.m.	Row
9:30-10:15 a.m.	Break/Snack
10:30 a.m. - 12:00 p.m.	Second row
12:15 - 1:30 p.m.	Load bus to campus, Lunch
1:30 - 3:30 p.m.	Afternoon free time
3:30 p.m.-6:00 p.m.	Afternoon lecture (Topics include: training, x-training, nutrition, college recruiting process, race preparation), erg skill instruction, video review, and aerobic fitness training.
6 p.m.	Dinner
7 p.m.	After dinner activities
8 p.m.	Day camper pick-up

Friday

6:45 a.m.	Load bus for boathouse, breakfast at boathouse
7:30 a.m.- 9:30 a.m.	Final Row and camp wrap up. Day Campers dismissed.
9:45	Load bus to return to dorms
10 a.m.	Check out

Program Activities

Our campers will row, erg, bike, body weight land exercises and core. Each camper will also be required to attend a swim test on the first day of camp. It will include 3 laps and 3 minutes of treading water.

Registration

Registrations can be done at TexasRowingCamp.com

Check-In

Check-in will take place on Monday between 12-2 p.m. at San Jacinto Dormitory

Follow the signs for Rowing Camp check-in. There are many camps housed on campus. 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 and name tag 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 1 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.

Checkout

Check-out takes place on Fridays at the dorm after the final rowing session (or at the boathouse) and begins as soon as campers return from the lake. At the conclusion of the final session, campers will begin check-out once they arrive at the dorm. Day campers are picked up AT THE BOATHOUSE, and do not return to the dorm on Friday. Camper usually arrives at the dorm at approximately 10:30 a.m.

Upon returning from the BOATHOUSE:

1. Campers will go directly to their rooms and wait to be checked out by a staff member. Keys are collected, rooms checked for damage, and the camper is given a check out slip.
2. Once the camper has received their check out slip, they take all belongings to the main level, and turn their slip in to the camp director. Parents are welcome to meet their camper in the main lobby as they return from the boathouse, and help their camper with luggage as they check out of their room.
3. Camp **MUST** have written authorization for every adult authorized to pick up camper on file.
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 on the dorm first floor if you will not be up on the camp floors. Campers cannot wait curbside. Early check out from camp must be arranged in advance with the director.

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 in June.

Unaccompanied Minor Travel

For those campers traveling as registered unaccompanied minors with an airline, list “Mara Allen or Texas Rowing Camp Representative” as the person designated to pick up your

camper. Please understand that some airlines may not accept the above and want the exact information. The camp is unable to provide exact contact information until approximately 2-3 days prior to the camper's arrival if this information is needed.

Increased 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. **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 20-30 minutes: Mara Allen 512-693-1799 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 deboarding their plane or leaving the security area. The directions will give your child confidence and security in the pick-up process.

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

Transportation to the University

Campers and parents are responsible for arranging 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.

Please email director Mara Allen with your camper's flight information once finalized at RowingCamp@athletice.utexas.edu. 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 (MONDAYS) PLEASE CALL or TEXT:
(512) 693-1799.**

Campers arriving by plane or bus will be met at the baggage claim area 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 of the baggage claim area. 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 baggage claim area, campers should wait there for a staff member to greet them. (See ABIA terminal Map, Page 10).

It is helpful in identifying campers if they are carrying a rowing shirt, baseball cap, etc. All Longhorns Rowing Camp staff members will be wearing a WHITE Longhorns Rowing t-shirt, khaki shorts and carry camp staff ID, and a name badge.

Parking

Please obey all traffic and parking signs while on campus. Parking at the Brazos Garage is the most convenient to the San Jacinto Dorms. **There is thirty minute free parking on the University of Texas campus at any campus garage.** 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. Parking at the University of Texas Boathouse is free.

The Texas Rowing 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

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

Getting Around the University

Campers will not be allowed to travel around Campus on their own.

Required Program Forms

Medical and Transportation packet is due at the start of camp. Campers will NOT be allowed to participate in camp if her packet has not been submitted. Refunds will not be given in the case of missing medical and transportation packet.

Final payment is due at the start of camp. Campers will not be able to participate until final camp payments are made.

Returning Program Forms

Campers may submit packet via docusign or through the mail. Campers may also bring packet for check in.

Standard USPS mail:

Texas Rowing 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 Rowing Camp | The University of Texas at Austin | Intercollegiate Athletics |

2139 San Jacinto Blvd. | RMRZ Room 206B | Austin, TX 78712

Medical Care

Medical treatment is provided thru the University of Texas Health Services (UHS) or 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 reimbursements. We take the care and well-being of your child very seriously. Please be as candid as possible with the camp regarding any problems either medical, physical, or psychological which may restrict the camper or require special handling. Please help us help your child.

Medications

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:

- Complete and sign the Permission to Dispense Medications/Waiver and Release.
- 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 Medications" form allow the camp staff to dispense listed prescriptions 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 and return this form in the event they must get a prescription or need OTC meds while at camp.

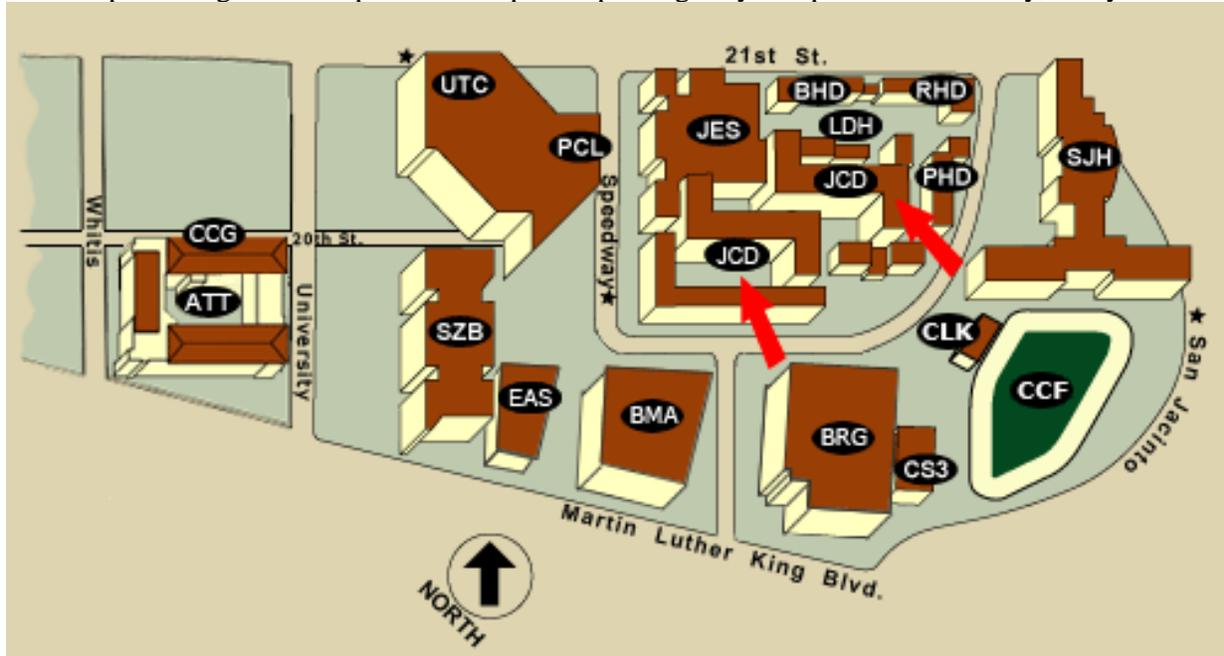
This includes ALL medications including inhalers and epi-pens. Inhalers should be brought to the boathouse and on the water and kept with the camper at all times. Campers with Epi-pens should always have one in their bag. Please bring an extra to give to the camp Athletic Trainer. The camp will always call parents to notify them of any medical conditions, health concerns, permissions for physician visits, OTC medications, emergency situations and consultations.

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; and, (4) your child understands and agrees that failure to abide by this agreement constitutes violation of camp rules that will result in disciplinary action, up to and including removal from camp.

Housing

For 2019, Camp will use the University of Texas Housing, San Jacinto Dormitories for housing campers.

San Jacinto Dormitory is located at 201 East 21st Street, Austin, TX 78705. Parking for San Jacinto is located in the Brazos Garage, and a short walk to San Jacinto. Please note that Brazos is a pay garage, however, the first 30 minutes are free. There is no free (over 30') parking for camp. Please observe posted signs on campus. UT is a permit parking only campus 24 hours a day, 7 days a week.



San Jacinto Dormitory (SJH). BRG is the Brazos Parking Garage Campers are separated by gender on dormitory floors. Camp staff will reside on the same floors as campers. San Jacinto has a 24-hour manned desk and courtesy patrols for camper safety. Access to San Jacinto residential floors and bathrooms requires a key code 24/7 and will be distributed at check in.

Meals

Breakfast will be provided at the boathouse. Lunch and dinner will be provided by the Jester dormitory dining hall.

Roommate Request

The camp welcomes advance roommate 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 request in their online account. **Changes can be made until June 5th. When making roommate requests must match among all campers making requests. Roommates may not be more than 2 years apart in age. (Unless same-sex siblings.)**

Campers must sleep in their assigned rooms. No switching is permitted. All roommates are assigned according to age and are no more than two years apart.

Curfew

Campers are expected to be in their own rooms by 9:15pm, lights out by 10:00pm. Counselors will do room checks to ensure adherence to the rules.

Parent Visits

Parent visits are allowed but must be listed on the Transportation form.

What to Bring

Mark all equipment and belongings with the camper's name.

Items to consider bringing are:

Water Bottle
Hats
Sunglasses
Sunscreen
Flip flops
Running shoes
Shorts
Swim Suit
T-Shirts

Camp is NOT the place for excessive cash or expensive personal items. Electronics or jewelry: only bring what is necessary for camp

What Not to Bring

. Laptops, Ipads, and other expensive electronics are not allowed and should be left at home.

Youth Protection Program

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 programs on university premises or participating in those programs sponsored or supported by the University. All programs work closely with the YPP Director 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, and questions can be directed to the YPP Director at ypp@utexas.edu.

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.

Social Media Communication

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

Post Camp Communication

Campers may stay in contact with the camp director, faculty or staff via the 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.

Code of Conduct

In order for camp to run smoothly we expect campers to be respectful, but effort into their rowing and to be on time.