



## ***Camp Information at Vanguard University***

***If you have any questions please***

***contact us at:***

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***Phone: 562-491-3439***

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### **Getting To Vanguard University Can Be Confusing at First...**

...but once you get there you will find how close the dorms, cafeteria, and practice field are. Basically the signage at the University is very small and the parking lot entrances are either hard to find or can be confused with the Police Department Parking Lot. (Ticket Warning: Be sure not to park in their parking lot!). There is also no front gate or kiosk. We will have staff and signs to help you.

**Directions from South Orange County:** 5 North to the 405 North to the 55 South...exit Fair Drive which turns into Newport Blvd....drive up Newport Blvd...turn right into the second parking lot past Fair Drive.

**Directions from Los Angeles:** Take the 405 South and exit Fairview (right)...turn left on Fair Drive (left)...turn right on Civic Center...make a quick left in the parking lot...another quick right...and travel to the parking lot in front of the gym.

### **Parking for Check-In and During Camp for Residence and Commuter Advisors**

Parking for check-in at the Dorms will be near the gym in the center of campus. Please do not remove any luggage until you know where your dorms are. Parking permits are required. U.S. Spiritleaders will provide permits at check-in. During camp you may park in any legal parking lot.

### **Team E-Z Ups...Very Important Change**

You may not need as many E-Z Ups as you have in the past because the practice field is very close to the dorms.

All E-Z ups will be located in a paved parking lot. It is important you bring tarps, plastic, or a cloth fabric that you don't mind getting dirty. Lawn chairs are advised. Please be sure to bring enough E-Z Ups so that your team can rest in the shade while on the practice field. They can remain in the parking lot at night during your stay at camp. On Day 4 the E-Z Ups will also need to be moved to another location for the morning and also Closing Ceremonies.

### **Release Form...Students Will not be able to participate unless they have Insurance.**

All authorization forms and insurance coverage must be turned-in at check-in before each camper can participate. Please make sure that the form is legible, the insurance carrier and policy number is listed and that a parent or guardian signs it. Students may be sent home if this form is not properly completed. This form can be downloaded online.

### **Electric Carts...No Electric Carts will be allowed at Vanguard University.**

Because the campus of Vanguard University is very small, no electric carts will be allowed. Everything is within a short walking distance.

### **What Coaches and Campers Should Bring To Camp**

- All Campers must bring their own bedding and towels (We suggest sleeping bags & pillows)
- Workout clothes for all types of temperatures. Camp is held outside all weekend from morning to dusk.
- Athletic Shoes and Socks. Jazz Shoes may be necessary for dancers. Some classes may take place on a parking lot.
- Sunscreen, Lip Protection, Hair Ties, Toiletries, Water Bottles, Small Snacks for the dorm rooms.
- Bring Sports tape. The EMT is only for medical emergencies and will not wrap or provide tape for campers.

### **Performing At Camp: Stunt Groups, Evaluation, Spirit Spectacular, Home Routines, No Skits**

Cheer routines and formations are based on stunt groups. A front spot is not necessary but some visuals will be lost.

Teams will be asked to select one camp routine to perform for evaluation at 7 pm on Day 3. All campers will perform the routines that they learned in their classes during Spirit Spectacular which takes place during our Closing Ceremonies.

Optional Home Routines can also be performed at Closing Ceremonies. Individual Team routines can be up to 2 minutes. Combined Squad routines can be up to 5 minutes. Make sure that all music is recorded well on a CD or Ipod and is school and family appropriate. Due to the length of our Rally Night we have decided to eliminate skits from our program.



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#### **Day 2 Spirit Stomp and Costume Night**

U.S. Spiritleaders will host a themed Spirit Stomp and Staff/Advisor/Coach Mixer in the evening at the end of Day 2. Please check our website to see this year's theme. Squads are encouraged to wear costumes that evening. Please let your squad know that they must take their costumes with them down to the field for the evening instructional session. They will not have time to return to their rooms to change.

#### **Preparing For Evening Activities**

Evening classes end at 8:30 pm. The Spirit Stomp and Rally Night follow immediately after classes. Campers should bring any change of clothes, props, or give-aways with them to the field. Campers will not have enough time to go back to their rooms before Spirit Stomp and Rally Night begins.

#### **Best Decorated Room-Contest and Decoration Policy...Only Painters Tape is allowed.**

The U.S. Spiritleaders Staff will view rooms that have entered the Best Decorated Room/Rooms Contest after the Rally. Campers who wish to participate must get all decorations approved by their advisor. Tacks, nails, scotch tape or packing tape that will leave marks cannot hold up decorations. We suggest Painters Blue Tape. The School/Program is financially responsible for any damage. All decorations must be removed and completely disposed of by check-out time. Judging is based on originality, theme, and give-aways. (The staff loves gifts.....)

#### **Pizza for Rally Night**

Pizza will be available to order for campers to eat during our Rally Night on Day 3. Order forms will be given to each coach at camp. Soda Drinks will also be available to order but due to the amount that is ordered we will not be able to guarantee that they will be cold. Many teams use the ice from the coolers they keep on the field or in the dorms.

#### **Camp Store**

Various souvenirs will be available at the Impact Apparel store set up at Closing Ceremonies. Prices range from \$3.00 to \$60.00. The camp store will hours will be announced on Day 1. Only cash will be accepted.

#### **Commuter Teams: Meals, Allow For Traveling Time, Lodging Information, Prep Room**

Please be sure to call or e-mail the U.S. Spiritleaders office with your commuter information. We will also try to provide a dorm room for your team to place any camp activity needs. You will have to pay for any meals that you have not pre-paid for at the cafeteria.

#### **Refund Policy: There are no Refunds once camp has begun for any reason**

Food and boarding cost will not be returned if the cancellation occurs within 21 days of the camp date.

#### **Closing Ceremonies and Information to Give to Parents and Guests**

Guests need to arrive no earlier than 11:30 am on Sunday for Closing Ceremonies, however we realize that many will want to stand in line earlier. Guests will not be allowed on the field until classes are over and the Staff is ready. Closing Ceremonies will begin at 1:00 pm and last 2 hours (approx.). We suggest blankets, chairs, umbrellas (only until 1pm) and E-Z Ups (back row only). All snacks and trash must be picked up. Guests cannot park in the residential streets and only park in legal campus spots. Guests need to be prepared to pay for parking. All guests must be respectful to the staff and teams or they will be removed by security. Guests risk their vehicles being towed if they do not abide by posted signs.

#### **Sunday Parking, Closing Ceremonies Location**

It is very important that you have your parents read the Parent Information PDF form that we will have posted on our website.

#### **Campus Phone and Emergency Contact Information**

Coaches and Advisors will be given an Emergency Number that you may give to parents to call during camp.