

# Spirit Xpress Residential Camp Confirmation Packet

## Necessary Forms:

**Please fill out and fax back these two forms to Spirit Xpress ASAP (919) 484-1785:**

\*Stunting Ability Form (for squads only)

\*Squad Roommate Request Form or \*Individual Roommate Request Form

**Please have all participants fill out these forms and turn them in at registration:**

\*Xpress Brands Comprehensive Waiver

## For residential camps only:

\*Physician's Medical Form OR a current school physical

\*UNC Summer Camp Waiver Statement

## Things to do:

### 1. **Read all information thoroughly.**

Distribute the "Xpress Brands Comprehensive Waiver (For UNC camps, you will also need the "Summer Camp Waiver Statement" and the "Physician's Medical Form". If you are using your school physical, the "Physician's Medical Form" is not required). Share with parents and cheerleaders any pertinent information they may need, such as "What to Bring", directions, etc.

2. Complete and mail or fax your "Stunting Ability Form" (squads only) and your "Roommate Request Form" minimum of two weeks prior to the start of camp. Don't forget to choose your camp format – Super Camp (no cheers/chants; dance material included by request) or Power Camp!

3. Send in the balance indicated on your invoice at least two weeks prior to the start of camp. No individual checks will be accepted.

4. Collect waivers from each participant and bring them with you when you come to camp. Do not mail waivers. No one will be allowed to participate without a waiver.

5. Make sure transportation is arranged and all drivers know where they are going.

## What to bring:

Linens for extra long single bed and pillow

Towels

Water Bottle

Clock

Toiletries and soap

Practice clothes and cheer shoes

Spending money for camp store

Raincoat or Umbrella

Snacks

## Where to go:

Registration will be held in the assigned building's lobby listed below from 11:00AM to 12:30PM. Please come to the registration table with any forms, waivers, etc. that you need to turn in. At this time, you will receive a packet of information and the give-aways for coaches and cheerleaders. At 1:00, you will meet your buddy instructor in the lobby for a "meet and greet" introduction session, then proceed to the instruction area.

## Date

6/19-6/21

7/17-7/19

7/24-7/26

8/4-8/6

8/7-8/9

8/11-8/12

## UNC Dorm Assignment & Registration

Morrison Dorm

Carmichael Dorm

Morrison Dorm

Parker Dorm

Parker Dorm

Fetzer Gym C (College commuter camp only, registration is 1pm-2pm)

## Parking:

There is limited parking space at the dorms. These lots are to be used for drop-off and pick-up only. Coaches will be able to pick up a parking pass at registration and move their cars to designated lots before the start of camp.

**Meals:**

Dinner will be the only meal served on the first day of camp. You need to arrive at registration having already eaten lunch. Three meals are provided on the second day of camp. On the last day of camp, we will provide breakfast only. We will be providing an opportunity for the campers to order pizza each night, and there are soda and snack machines in the dorms.

**Sample Residential Camp Schedule:**

7:30	Breakfast		
9:00	Spirit Beats and Stretch		
9:30	Rotation 1	Group A-Motions and Jumps Group	B-Stunts
10:25	Rotation 2	Group A-Stunts Group	B-Motions and Jumps
11:25	Optional Dance Rotation/Team Unity – set a goal for yourself and your team!		
11:30	Lunch		
12:30	Camp Store Opens		
1:30	Spirit Beats and Stretch		
1:45	Rotation 3	Group A-Tumbling Group	B-Pyramids
2:40	Rotation 4	Group A-Pyramids Group	B-Tumbling
3:35	Spirit Xpress Dance-off		
3:50	Rotation 5	Group A-Open Tumbling	Group B-Basket Tosses/Open Stunts
4:25	Rotation 6	Group A-Basket Tosses/Open Stunts	Group B-Open Tumbling
5:00	Basket Toss Show Off/Optional Stunt Competition		
5:15	Private coaching with Buddy Instructor		
6:00	Dinner		
7:30	Karaoke Party at dorm		
9:15	Camp Store Opens		
9:15	Campers pick up pizza		
10:30	Room check		
11:00	Lights out		

**Check-out:**

Campers return to their dorms at approximately 12:00 noon on the last day of camp. At this time, they will finish packing their belongings, clean their rooms and turn in their keys before they leave. We suggest that the cheerleaders pack either the night before or early that morning in order to facilitate a rapid checkout. Each cheerleader must turn in the room key that he/she signed out. Each room and bathroom must be left neat and clean with trash removed and all furniture in the original places. Coaches should make sure that there is nothing damaged or out of place. Spirit Xpress will be fined for all damages, and we, in turn, will pass this charge on to you.

**Keys:**

The cost for each lost key is \$60.00. Each school/program will be billed for any keys that are not turned in at Check-out on the last day of camp. The school/program will be held responsible for this bill.

**Special Events:**

Karaoke party is held on the second night of each camp. Come prepared to have a GREAT time!

**Residential Policy:**

For their safety and protection, participants are not allowed off-site at any time once they have received their room assignments. The only exceptions are for emergencies and/or being signed out with their coach with permission from the camp director. There is a very strict 24 hour "NO VISITOR" policy once camp begins.

**Medical Attention:**

A trainer will be provided during the entire instructional period of the camp and will be on call 24 hours a day to attend to all of our students' medical needs. In the event that emergency medical care is needed, the student will be taken to a medical facility. Make sure that all information requested on the medical and waiver forms is complete and current.

## **Directions to the Resident Halls at UNC Chapel Hill:**

### **To Parker/Avery/Carmichael Dorms:**

Exit off I-40 at exit #273-A. Follow NC 54 West to Chapel Hill. Go under the overpass and go up the hill to the light. Make a left onto Country Club Rd. and then an immediate right on Ridge Rd. Avery will be the first dorm on your left after you pass UNC's Boshamer Baseball Stadium. Parker is directly across the street from Avery and Carmichael is two dorms up from Parker on the same side of the street.

### **To Morrison Dorm:**

Once in Chapel Hill, maintain US 15-501 Bypass South (Fordham Boulevard). At the stoplight at Manning Drive turn north towards hospital and UNC campus. Proceed up the hill to the second light. Morrison will be on your right. It is located behind Hardin Hall. The parking lot for Morrison is on your right at the stop sign directly across from the UNC Public Safety Office.

General addresses for navigation help would be:

Parker Dorm -109 Stadium Dr., Chapel Hill, NC, 27514

Carmichael Dorm - 101 Stadium Dr., Chapel Hill, NC, 27514

Morrison Dorm – 285 Manning Dr., Chapel Hill, NC, 27599

### **Important Contact Information:**

Spirit Xpress Cheerleading	919-544-2390 direct;	800-286-4219 toll free
Spirit Xpress Fax	919-484-1785	
Spirit Xpress Email	info@spiritxpress.com	
Spirit Xpress Website	www.spiritxpress.com	

### **University of North Carolina at Chapel Hill:**

Housing	919-962-5239
Operator	919-962-2211
Public Safety	919-968-8100
Website:	www.unc.edu