

# ST. OLAF SWIM CAMP BASICS



*We hope your camp experience will be great – and knowing what to expect when you arrive will help you get off to a good start. Please review the information below now and read it again before you leave for camp so you won't overlook anything important. If you have questions, please contact us by phone or email – our contact information is at the bottom of the page.*

- CAMP CHECK IN**
- ♦ Camp fees should be paid in full by May 15.
  - ♦ Camp check-in is between Noon and 1 p.m. on Sunday in the dormitory. The enclosed map will show you where to go. After check-in you will get your room assignment and have some time to get unpacked.
  - ♦ There will be a camp orientation meeting at 1 p.m.
- WHAT YOU WILL RECEIVE WHEN YOU ARRIVE**
- ♦ You will make up the bed in your dorm with sheets, blanket and pillow that are provided. You will also get a bath towel and a washcloth.
  - ♦ Each camper receives a camp booklet, T-shirt, and swim cap. You will get the videotape of your strokes at the end of the week.
- WHAT YOU SHOULD BRING FROM HOME**
- ♦ Swim suit(s)
  - ♦ Pool towel(s)
  - ♦ Goggles
  - ♦ Water bottle
  - ♦ A sports bag or back pack to carry your items to and from the pool
  - ♦ This is camp, so just bring old clothes, and be ready for any type of weather. Be sure to have a sweatshirt or jacket for cool nights.
  - ♦ Personal care items such as shampoo and toothpaste. If you forget anything, the bookstore will be open on Monday and they stock most essentials.
  - ♦ Medications or inhalers if you need them. You can keep these with the counselors if you wish. Refrigeration is available.
  - ♦ **Optional:** Spending money for snacks, pizzas, vending machines or bookstore items.
  - ♦ **Optional:** a fan, a reading light, your own pillow.
- WHAT NOT TO BRING**
- ♦ You will not need a sleeping bag
  - ♦ A good rule of thumb is to leave the items you really care about at home. It is best not to bring any small, expensive electronic items. You and your roommate will have keys to lock your room but things can get lost or broken and if that would be unbearable, just leave it home.
- IF YOU DRIVE**
- If you drive to camp and plan to park your car on campus for the week, you need a temporary parking permit and you must leave your car keys with the coach. If you have to leave camp for any reason, you must present a signed statement from a parent or guardian to the coaches at check-in.
- CHECK OUT**
- After lunch on Thursday you will pack and get prepared for the final meet that starts at 3 p.m. You can load the car before the meet and leave directly afterwards or return to the dorm and pick up your things after the meet.