

Houghton College

Tennis Camp July 21-25, 2024



IMPORTANT PHONE NUMBERS:

Camp Director: Becca Crouch

Camp Director E-Mail: becca.crouch@houghton.edu

Safety and Security: (585) 567-9333 (on duty 24-hours a day in the event of an emergency)

IMPORTANT ADDRESS:

Sunday Registration and Drop Off: **5:00-6:00pm at the outdoor Tennis Courts**

Houghton College Outdoor Tennis Courts

1 Willard Avenue, Houghton, NY 14744

<https://www.houghton.edu/admission/visiting/campus-map/>

PAYMENTS AND FINAL BALANCES:

- All payments are completed online through your UltraCamp Registration.
- You have the option to pay in full or make smaller monthly payments.
- Payment amount or changes can be adjusted by contacting conferences@houghton.edu

TENNIS CAMP REFUND POLICY:

- Withdrawal 3 weeks prior to Camp Start Date: If payment is above the \$50 non-refundable deposit, full refund less the \$50 deposit.
- No refund granted if withdrawal is within 2 weeks of camp.
- Special consideration will be given if withdrawal is for medical reasons.

REGISTRATION DAY:

- **Registration on Sunday is from: 5:00-6:00pm at the outdoor Tennis Courts.**
- Campers will check-in and meet camp staff, receive camp t-shirt, meet with the summer medical staff, and drop off belongings in their dorm room.
- **NEW! FORMS SUBMITTED ONLINE PRIOR TO ARRIVAL**
 - Medical Forms – A physician's signature must accompany each medication, both prescriptions and over the counter, must be turned into the camp health director at time of check-in.
 - All of your over-the-counter and prescription medications must be labeled and in their original containers.
 - Copy of Insurance Card

CAMPER PICK-UP:

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DAILY SCHEDULE:

Sunday, July 21

Time	Event	Location
5:00-6:00pm	Camp Registration	Nielsen Center
6:30-7:00pm	Introductions, Camper Orientation	Tennis Courts
7:00-9:00pm	On-Court Instructions	Tennis Courts
9:00pm	Day Campers Depart	
9:00pm	Return to Dorms	Lambein Dorm
10:30pm	Lights Out	

Monday through Wednesday - July 22-24 (Tues. T-SHIRTS TUES DAY FOR PICTURE)

Time	Event	Location
7:35am	Roll Call in the Main Lounge	Lambein Dorm
7:50-8:30am	Breakfast	Dining Hall
8:45am	Day Campers Arrive	Tennis Courts
8:45-11:45am	On Court	Tennis Courts
11:50am-12:30pm	Lunch	Dining Hall
12:45-2:00pm	Individual instruction	Tennis Courts
2:00-5:00pm	On Court	Tennis Courts
5:05-5:45pm	Dinner	Dining Hall
6:00-8:55pm	On Court/ Game Time	Tennis Courts
8:55pm	Day Campers Depart	
9:00-10:30pm	Free Time in Shen	Lambein Dorm
10:30pm	Lights Out	

Thursday, July 25

Time	Event	Location
7:35am	Roll Call in the Main Lounge	Lambein Dorm
7:50-8:30am	Breakfast	Dining Hall
8:45am	Day Campers Arrive	
8:45-11:00am	On Court	Tennis Courts
11:00-11:25am	Closing/Awards	Tennis Courts
11:30-12:00pm	Camper Checkout at Lambein Dorm	Lambein Dorm

Have a great week and enjoy camp. We are so excited you have chosen to spend this week of your summer with us!

CAMPER EXPECTATIONS AND INFORMATION:



Houghton Tennis Camp is intended to be an educational experience encouraging players to grow as both athletes and individuals in a safe and enjoyable environment. Observation of the rules, and positive interactions with counselors and other campers are necessary to achieve this goal. Therefore, we ask that you abide by the following rules during your time at camp:

- Demonstrate Excellence in all that you do. Give your best for the few days you are here.
- We have a **ZERO TOLERANCE** policy for bullying so that every camper is safe. We will not tolerate any behaviors toward another camper that could be considered harassing, intimidating, threatening, or demeaning. Any camper involved in this type of behavior will be dismissed from camp without refund.
- Modest dress is expected and a shirt must be worn for all training sessions.
- No swearing, smoking, gambling, drinking, drugs, or indecent photos. Any such offense gives us grounds for dismissal from camp without a refund.
- You must not leave campus for any reason unless approved by the camp director. Campers must be signed out by a parent if they are approved to leave early during the camp day.
- No cell phones permitted during training sessions or formal camp gatherings unless a coach grants permission. Phones are permitted to be used in dorms and at meal times.
- Look for ways to encourage fellow campers whenever possible.
- All injuries must be reported to the Athletic Trainer when they occur. Keep up with necessary pre/post-play treatments. The Athletic Trainers have a lot of counselors to look after, so be diligent!
- Follow the Daily Schedule. Be in the proper place at all times. Be early!
- Campers are NOT permitted in ANY building other than your dorm, the campus center, the Kerr-Pegula Field House and the Nielsen Athletic Center, unless otherwise directed by the Camp Director.
- Stay with your assigned counselor during free times or non-tennis activities. Campers ARE NOT permitted to be without counselor supervision for the duration of camp.
- Do not enter another camper's room without their express permission.
- No boys are permitted on the girls' dorm floor and no girls are permitted on the boys' dorm floor.
- Respect individuals' property. Vandalism and theft will result in immediate dismissal without refund.
- Please keep the dorms clean. Use garbage cans on each floor.
- Directors and floor counselors may inspect your room at any time without advance notice.
- Be aware of lights-out times, these will be enforced throughout the week.
- Be aware of roll-call times. You are responsible for being in the right place with your assigned counselor.
- Damage to college property will be billed to camper and parents/guardian.
- Leave all areas more clean and better than we found them (i.e. cafeteria, tennis courts, dorms)
- Campers must stay with counselor when transitioning from one area of campus to another.
- No food or drinks are to be taken into the pool area.

THINGS TO BRING TO CAMP:

- \$30.00 Key Deposit (Refundable)- **Exact Change Appreciated**
- Pillow, Sheets (twin beds), Blankets, Towels, Toiletries
- Alarm Clock
- Fan (optional but **strongly recommended**)
- Tennis Sneakers, Running Shoes, Flip Flops (to be able to rest your feet from your tennis shoes)
- Athletic attire (shorts, t-shirts) for 5 days plus additional for changes
- Swimsuit & towel - During the few breaks we have, campers can choose (optional) to take a swim or enjoy the air-conditioned field house (all supervised)
- Sun Screen
- One or two nice tennis racket(s), Over grip for your racket grip (optional)
- A racquetball glove or golf glove for your dominant hand in case of skin tenderness after the first day of drills (optional but a pretty good idea as we drill for many hours). We do have trainers that can assist here
- Personal spending money for concession stand (optional)
- A great and courteous attitude toward all



THINGS NOT TO BRING TO CAMP:

- Refrigerators
- Televisions and/or VCR's and/or video game attachments
- Valuables, we are not responsible for anything that is lost or stolen

DIRECTIONS TO HOUGHTON UNIVERSITY CAMPUS:

From Jamestown, NY

- Take Interstate 86 East (Southern Tier Expwy.) to exit 30 (Belmont).
- Turn left onto Route 19 and follow north 14 miles to Houghton.

From Rochester, NY

- Take Interstate 390 South to the Mt. Morris exit.
- Turn left at light off ramp and follow light in Mt. Morris.
- Take left at light, then take an immediate right at light and follow Route 408 south to Nunda.
- Turn right at light in Nunda onto Route 436 to Portageville; turn south on 19A (later turns into Route 19) to Houghton.

From Buffalo, NY

- Take Route 400 south, which becomes Route 16, to Yorkshire (Arcade).
- Turn left onto Route 39 east and follow to Route 98.
- Turn right at light and follow to Caneadea (Route 98 turns into Route 243).
- Turn left at blinking light at end of road; go north on Route 19 and follow 3 miles to Houghton.

From Greater New York City

- Take Interstate 86 West (Southern Tier Expwy.) to exit 30 (Belmont).
- Turn right onto Route 19 and follow north 14 miles to Houghton.

From Central PA and Maryland

- Take Route 15 north to Corning area.
- Take Interstate 86 West (Southern Tier Expwy.) to exit 30 (Belmont).
- Turn onto Route 19 and follow north 14 miles to Houghton.

Houghton University Main Campus Map

Safety and Security are on duty 24-hours a day. In an emergency, you can reach them at: (585) 567-9333

