Hi Campers and Coaching Clinic Participants!!

Let me be the first to welcome you to the University of Illinois Wheelchair Summer Camps! There are four key things for you all to take note of in order to make your arrival, stay and departure as easy as possible.

**Things to bring to camp:**
The following is a short suggestion list for items to bring to camp:

- Sport/racing chair
- Straps, extra intertubes, tires, cushion
- Alarm Clock
- 6-7 changes of clothing
- At least 1 extra cushion cover
- Enough personal care items to last the length of camp
- Medication (if applicable)
- **Water bottle** clearly marked with name
- All personal items clearly marked with name
- Sun glasses/sun screen (especially for track camp)

**Registration Times:**

- **Check in** is from **1pm-4pm CST** on the first day of camp. Instruction begins that same evening at **6pm**.
- **Check out** is at **9am CST** on the last day of all camps.
- Registration and accommodations for all camps will be at Florida Avenue Residence Hall (1005 College Court, Urbana, IL 61802).

**Forms Reminder:**

*Please check to make sure you have completed and turned in all of these forms:

- Signed medical form
- Signed medical/photo release
- Transportation form
- Remainder of camp fee

**Camp Schedule:**

- **Breakfast:** 7am-8am
- **Session 1:** 8:30am-12pm*
- **Lunch:** 12pm-1:30pm
- **Session 2:** 1:30pm-5pm*
- **Dinner:** 5pm-6:30pm
- **Session 3:** 6:30pm-9:30pm*

*Each camp session falls between the above blocked times.

If you have further questions, feel free to contact me at (217)333-4606. In case of an emergency during camps, including travel difficulties, please call Maureen Gilbert on her cell phone at (217)202-8227. Thank you and we look forward to seeing you all soon!