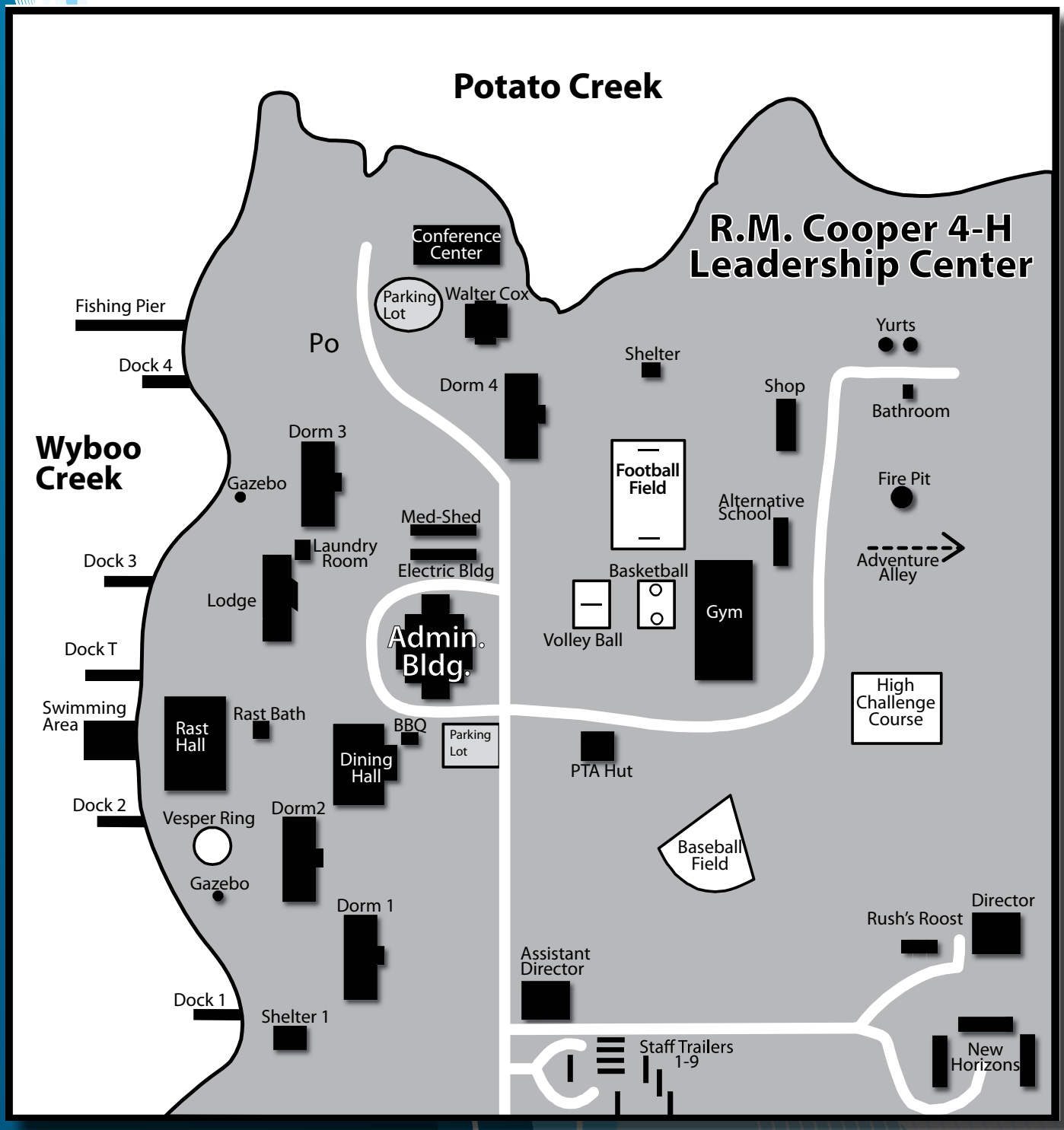
EAT. SLEEP. ROW.
CREW
SPRINGTRAINING
CAMP BOB COOPER



CREW SPRING TRAINING AT CAMP BOB COOPER
8001 R. M. Rickenbaker Road Summerton, SC 29148
Phone: 803-478-2105 www.ylicrew.com

*Please turn this form in upon arrival.

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Registration Summary
Robert M. Cooper 4-H Leadership Center

Team Name:_____

Dates of Visit: _____

Contact Person Signature:_____

	White		African-American		Other		Total
	Male	Female	Male	Female	Male	Female	
Players							
Trainers							
Coaches							

	# of people per Building
Conference Center	
Apartment	
Lodge	
Dorms	

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CREW SPRING TRAINING

CAMP BOB COOPER

Map of Charleston

Downtown Charleston, SC
0 0.25 0.5 0.75 1 Mile
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Legend
Church
College
Government
Marina
Parking
Point of Interest
Public
Transportation
Visitor's Center
The Citadel Military College of SC
Medical Univ. of SC
College of Charleston
Ashley River
Cooper River
Wando Creek
Charleston Harbor
Arthur Ravenel Bridge
Savannah Hwy
To West Ashley
To Mt Pleasant
Spring St
Cannon St
Calhoun St
Meeting St
King St
Rutledge Ave
Ashley Ave
Lockwood Dr
James Island Expy
Joseph P Riley Jr Ballpark
Disney Field and Gymnasium
E Johnson Hagood Stadium
Hampton Park
McMahon Playground
Martin Park
Brittlebank Park
The Bristol Marina
The Harbourage
Ripley Light Marina
City Marina
Long Lake
Cannon Park
Colonial Lake
Mouzon Park
Charleston County Library
Gaillard Auditorium
Philip Simmons Garden
Marion Square Park
Visitor's Center
CARTA Bus
IMAX and SC Aquarium
Fort Sumter Tour Boats
Aquarium Wharf
Aesonborough Field
Maritime Center
SC State Ports Authority
US Customs House
Cruise Ship Terminal
Waterfront Park
City Market
Old Powder Magazine
St John's
St Philip's
St Michael's
County Courthouse
Post Office
City Hall
Rainbow Row
Confederate Museum
Hazel Parker Playground
Calhoun Mansion
White Point Gardens
The Battery
Charleston Coast Guard Station
Dill Creek
Dori VA Medical Center
Charleston County Mech. Hosp.
Roper
MUSC
Bay St
Broad St
South Battery
E Battery
Coleman Blvd
Longitude Lane
Ashley Ave
Rutledge Ave
Meeting St
King St
Lockwood Dr
James Island Expy
Savannah Hwy
Spring St
Cannon St
Calhoun St

Sample Nightly Cleaning Schedule

	SAT 3	SUN 4	MON 5	TUES 6	WED 7	THUR 8	FRI 9
Team 1	X					X	
Team 2		X					
Team 3			X				
Team 4				X			
Team 5					X		
Team 6							X

After each meal everyone is responsible for cleaning up after himself/herself.

After every evening meal, one team is responsible for the cleanup of the entire dining hall. Tables need to be wiped off and the entire dining hall swept. Brooms are located near the trash line. Please ask a Crew staff member (not the cooks) if you have any questions.

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MEAL SCHEDULE | MARCH 8-15

Breakfast Snack

6:00 am Team 1 and 2
6:10 am Team 3 and 4
6:20 am Team 5 and 6
6:30 am Team 7 and 8

Brunch

10:00 am Team 1 and 2
10:10 am Team 3 and 4
10:20 am Team 5 and 6
10:30 am Team 7 and 8

Afternoon Snack

2:00 pm Team 1 and 2
2:10 pm Team 3 and 4
2:20 pm Team 5 and 6
2:30 pm Team 7 and 8

Dinner

6:00 pm Team 1 and 2
6:10 pm Team 3 and 4
6:20 pm Team 5 and 6
6:30 pm Team 7 and 8

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IMPORTANT REGULATIONS

IMPORTANT REGULATIONS

These things need to be passed on to your athletes and assistant coaches in order for everyone to have a great experience here at Camp Bob Cooper!!!

- All teams must check in by 10:00 pm of their arrival day. Please contact us in advance if this is a problem.
    - Arrival Day cost includes 2pm snack and 6pm dinner.
- All teams must check out by 9:00 am of their departure day.
    - This means athletes and coaches must have their rooms cleaned and vacated by 9:00 am (Before Brunch).
    - This does not necessarily mean that you must leave camp, however we have more guests coming into these rooms, and we must get them ready.
    - A staff member will go through your occupied buildings with you for check out.
    - Departure day cost includes 6am snack and 10am brunch.
- Every team is responsible for wiping down their tables in the dining hall after each meal.
- One team will be assigned to clean the entire dinning hall after dinner.
- In order for us to keep our cost as low as possible, we ask that every team thoroughly clean their living quarters before leaving.
- We ask that each team be respectful of the other people on camp and help keep the dorm porches, bathrooms, and grounds tidy.
- Please let the crew staff know of any maintenance issues as quickly as possible.
    - We do not want our guests to go days without working toilets, burned out light bulbs, leaking faucets, ect…
    - We will promptly take care of these issues if made aware of them.
- Please do not through paper towels, feminine products, ect… in the toilets.
    - Numerous trashcans are available in the bathrooms for these items.
- Please empty small room trashcans, as they get full, into the larger trashcans on the porches.
    - We will then empty the large cans for you.
- All bag lunch orders for day trips and any missed meals need to be communicated to a crew staff member 48 hours in advance.
- Please help us conserve energy by turning off all lights in any buildings when you leave.
    - Dorm rooms while not occupied during the day
    - Computer lab at night
    - Conference Center meeting room
    - All meeting rooms when not occupied
- There must be a lifeguard present during swimming.

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Welcome!
We're Glad You're Here!

INFORMATION TO HELP YOU BE SUCCESSFUL

Schedules: to ensure a smooth week, everyone must be on time to meals. We cannot guarantee hot meals for late arrivals.

Docks are closed at night. No motor boats or skulls may be on the water at night without proper lighting.

Buildings: Please do not enter any buildings that aren't assigned to you. This will help everyone to stay happy, especially since there are other groups on site using the other buildings. Please turn out lights before you leave a building. Thank you!

Restrooms: are available in the lodging facilities, beside the dining hall, and in the gymnasium. (The bathrooms in the administration building are off limits to rowers.)

Athletic Equipment: is available through the Crew staff, or teams and rowers may choose to bring their own for better convenience.

Motorless Launches: are available on a first come first serve basis. Please reserve them in advance.

Ergometers: will be located in the gymnasium.

Weight Equipment: will be located at the side of Rast Hall

Coaches' Lounge: Direct TV is provided in the meeting room of the Conference Center for coaches. It is off limits to rowers.

Study/Quiet room: will be available to rowers who want/need to work on school assignments, read, write letters, etc. Out of consideration for others, there will be no talking or music in the study/quiet room. The study/quiet room will be in the Electric Building. Wireless internet is located in the Administration Meeting Room.

Dining Hall and Meals:

1. Enter and Exit through appropriate doors only. This helps with traffic flow.
2. Please do not take any food, utensils, or cups out of the dining hall.
3. A schedule of eating times will be made with the coaches. Please follow closely or risk losing your spot. Doors will be locked at the end of each meal time.
4. If your team plans on missing a meal, please let the crew coordinator know 48 hours in advance.
5. No one is allowed in the kitchen area except Cooper staff per the Health Dept.
6. Meals are cafeteria style with some all-you-can-eat buffet items.
7. We need assistance in cleaning the dining hall by turning in your tray, silverware, and cups.

Dining Hall Cleanup: (To keep the costs low, we ask groups to help clean up)

Tables need to be wiped off after every meal. After dinner each night, the tables need to be folded up and the floors swept. One team is responsible for mopping one night during their stay.

Office: Our office operates three sites, so we ask that rowers do not enter the administration building without authorization from the crew coordinator or the Program Director. Messages will be brought to the dining hall and posted on the message board.

Laundry: is located in between the Lodge and Dorm 3.

Mail: Outgoing mail needs to be given to the crew staff or coordinator. Incoming mail will be given to coaches at the evening meal. NO ONE should open the mailboxes located on camp (many of them are for residences).

Activities Available: Ropes Course (low, high, climbing wall, pamper pole) $10.00 per person, per day per event (36 hours notice needed).

Evening Equipment: Night programs sign up sheet will be posted in the dining hall. Lack of interest in night programs will result in cancellation.

Weather Radios: can be checked out by each coach through the crew coordinator. Coaches will be responsible for the care of the weather radio.

Maintenance: all repairs should be reported to the crew coordinator or staff member.

Trails: can be used for running, jogging, or walking, but we ask that you avoid all adventure components and maintenance areas. Any individuals found on adventure course or in maintenance areas without permission will be asked to leave camp. Some trails lead to private residences, so please avoid these areas.

Swimming: If you would like to swim, you must have a certified lifeguard present. Teams must provide a Lifeguard with current CPR, First Aid and Life Guarding Certificates. We will need a copy of your certification before we can allow you to swim per American Camping Association and Health Dept. regulations. Teams are responsible for their own First Aid.

Canoes: need to be scheduled through the crew staff. Use of this equipment is limited to crew members only when they have a lifeguard present. There is no charge for equipment use, but teams are responsible for damages. Lifejackets must be properly worn while using the water equipment.

Smoking: is permitted in designated areas only. Smoking is not permitted in any buildings on camp. Please dispose of all butts in an ash tray.

Hazing: is against South Carolina law and is subject to removal from camp.

Alcohol and Fireworks: are not allowed on camp.

Please remember to bring linens, towels, sunscreen, toiletries, shower shoes (optional) and money for souvenirs.