



## **RSR Dev 2025 Planning - Marietta College, Marietta OH**

### **I. TRANSPORTATION**

#### **A. ARRIVAL**

1. **June 20th** Arrive **CMH airport** by 12:00pm for shuttle departing at 1pm
  - a) Check in offered 10am-3:30pm June 20; first practice at 4pm
    - (1) NOTE - we do not provide a shuttle from any other airport
    - (2) Athletes flying into COLUMBUS, OH (CMH) will need the RSR Shuttle add on (contact Coach Jackie if you need this and did not already register for it)

#### **B. CHECK IN**

1. Medical - all medications (prescription & OTC) must be checked in and turned into nurse
  - a) Any emergency medications (inhaler, epipen, insulin) must be kept on athlete and ONE EXTRA turned into the nurse
2. Key for room
3. RSR Gear
4. RSR Rules & Requirements

#### **C. FIRST PRACTICE**

1. June 20th 4pm (EST) - come dressed to workout, fueled and hydrated properly with emergency medications and full water bottle with running shoes on

### **II. CAMP DEPARTURE**

- A. **Final practice on July 3th ends at 9am**
- B. Athletes will be checked out before they can leave starting at 10am
  1. Room will be inspected for cleanliness and damage
  2. Keys returned (dorm and room)
  3. Medication checkout
- C. All athletes who have a parent/guardian on site should check out medications and sign a Medical Disposition Form. Athletes departing via the shuttle will check out their medications at breakfast July 3rd
- D. Shuttle to the Airport - RSR will arrange for a shuttle to take athletes from the campus to Columbus airport at 11:30am. All flights must depart no earlier than 5pm to ensure you make your flight.

**A Full RSR25 Handbook is coming as well as a What to Bring list - stay tuned!**