RSR Foundation Camp 2025 Planning - Marietta College, Marietta OH

I. TRANSPORTATION

A. **ARRIVAL**

1. **July 19th** 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. July 19th 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 24th 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 24th.

D. **Shuttle to the Airport 11:30** - RSR will arrange for a shuttle to take athletes from the campus to Columbus airport at 11:30am. All flights must depart no later than 5pm to ensure you make your flight. Book the shuttle in CampBrain with your registration.

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