



RSR Foundation Camp 2026 Planning - St. Andrew's School Middletown, DE

I. TRANSPORTATION

A. ARRIVAL

1. **July 18th** Arrive **PHL airport** by 11:30am for a shuttle departing at 12:00pm
 - a) Check in is offered from 12:30-2:30 July 18th, first practice at 3pm.
NOTE - we do not provide a shuttle from any other airport
(1) Athletes flying into Philadelphia (PHI) 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 the coaching staff
 - a) Any emergency medications (inhaler, epipen, insulin) must be kept on athlete and ONE EXTRA turned into the coaching staff
2. Key for room
3. RSR Gear
4. RSR Rules & Requirements

C. FIRST PRACTICE

1. July 18th 3pm (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 23rd ends at 11am**
- B. Athletes will be checked out before they can leave starting at noon
- C. Athletes will be provided with a boxed lunch to go
- D. Room will be inspected for cleanliness and damage
 1. Keys returned (dorm and room)
 2. Medication checkout
- E. 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 23rd.
- F. **Shuttle to the Airport 1:00** - RSR will arrange for a shuttle to take athletes from the campus to Philly airport at 1:00pm. All flights must depart no earlier than 4:30pm to ensure you make your flight. Book the shuttle in CampBrain with your registration.