



the ultimate training camp

2019 AIA UTC Colorado  
Colorado State University, Fort Collins, CO  
INFORMATION LETTER  
Sunday May 26 to Saturday June 1, 2019

DEAR 2019 UTC Colorado Athletes,

Speaking on behalf of our Staff, we are so glad that you have chosen to attend one of our Ultimate Training Camps. At UTC we will be immersed in how to compete from a Biblical perspective. Each day will bring unique teaching and learning environments to guide you through competing through the lens of faith. The week will culminate with a competition called "The SPECIAL". This camp has been attended by thousands of college, Olympic, and professional athletes through the last 40 years and we are excited that you are going to be a part of our family.

We have designed our UTC atmosphere to be very practical, highly competitive, and very personal. Our UTC Staff will be committed to serve you and spend time with you. As you anticipate your arrival, **PLEASE READ THIS LETTER COMPLETELY** for important information you will need to know. All of your questions should be answered here.

After you have read this letter, if you still have questions feel free to call or email us any time. **Please note that your registration is not complete until you have registered online and paid your \$100 NON-REFUNDABLE registration fee with your credit card.**

### **TRANSPORTATION and REGISTRATION**

**UTC Registration, 1-5pm... First Meeting starts at 7 pm sharp!**

Our UTC will be on the campus of Colorado State University in Fort Collins, CO. When you arrive on campus, registration will be held at Newsom Hall (see address below). Registration is from 1-5pm on Sunday, May 26th. Please DO NOT come in on the Saturday the night before, because we will not be able to house you and you will need to make those arrangements on your own. NOTE: You are free to leave anytime on the following Saturday morning (June 1st) for your travel to your home.

- DRIVING – Newsom Hall (Colorado State University) address: 700 W Pitkin St, Fort Collins, CO 80521
- FLYING – Please book your flight to arrive before 4pm, Sunday, May 26th. You will want to fly into Denver International Airport (DEN), which is an hour and twenty minutes from Fort Collins and Colorado State University.
- SHUTTLE – Colorado Green Ride offers Athletes in Action UTC Participants a discount. There is a discount on travel for our UTC athletes and an even better discount if a few of you book together, we encourage you to coordinate your reservations.

When you arrive at Denver Airport (DIA) take the train to the Main Terminal (Baggage Claim Area); upon exiting the train loading area look for the Athletes in Action | Ultimate Training Camp sign at the Colorado Green Ride counter. There you will be directed to the correct bus that will bring you to Colorado State University.

You may also book reservations through the Green Ride main website. At the bottom of the reservation page enter CRUAIA as the profile ID. Green Ride operates on a regular schedule between Fort Collins and Denver International Airport. See <http://www.greenrideco.com> for a full schedule and additional information. You may also call them 24 hours a day at 970-226-5533 with questions or to book a reservation. If on the phone, please mention Athletes in Action to receive the discount.

## **HOUSING AND MEALS**

The UTC will be housed at Academic Village on the C.S.U. campus. C.S.U. will provide you with all of your linens, blankets, etc. C.S.U. will provide you with excellent dorm food, which is included in your registration. Meals begin with dinner on Sunday, the first day of our UTC, and end with dinner on the following Friday. (There are plenty of options for those with food allergies.)

## **WHAT TO BRING**

Our dress is very casual. Please bring enough workout gear for five days of competition. You will also want to bring a sweatshirt, sweatpants and a jacket for the nights, which can get fairly cool as well as a pair of jeans, etc. Please bring your own water bottle, ankle and knee wraps if you need them, athletic tape, sunscreen for the high elevation, a modest one-piece swimsuit, and your own Bible. Also bring a running type shoe and a basketball shoe for volleyball and basketball.

Please bring your family's updated insurance information in case of an emergency. You will not be allowed to participate in any athletic event without your insurance information.

## **WORKOUT FACILITIES**

Although our schedule is very fast paced, you will get at least 2 hours each day to work out at our C.S.U. Student Recreation Center, which is a full facility gym (and ranked as one of the top 5 in the country). You will be able to lift, hoop, swim, rock climb, or get some high elevation training in at 5,280 feet altitude.

## **RAISING SUPPORT FOR REGISTRATION COSTS**

You can raise support to cover all or part of the camp registration cost. For all of the details go to <http://www.ultimatetrainingcamp.com/utc-info/support>

You will want to bring a little extra money for gifts, swag, snacks or other expenses that could occur at camp.

## **INVITING YOUR TEAMMATES FROM YOUR OWN CAMPUS AND OTHER CAMPUSES**

Many of your friends and teammates from your own team and athletic department or even other campuses may consider coming to our UTC knowing that you are going and that you invited them to COME WITH YOU! Your relationship with your friends could make the difference in whether they come and experience the same great week that you will. We, as your AIA staff, look forward to meeting you and spending time with you at our

UTC! We hope to make you feel at home. Spending six days here in beautiful Colorado with men and women athletes from all over the country that you can relate to will be one of the most rewarding experiences of your life.

## **SOCIAL MEDIA**

We are compiling stories of people coming to UTC and sharing pictures and testimonials of past attendees on our Instagram account. Find us on Instagram @TheUltimateTrainingCamp and join the conversation. Check out #Ao1, #UTCFam, or #UTCStory to see posts from previous Ultimate Training Camps.

LOOKING FORWARD TO BEING WITH YOU!

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