



the ultimate training camp

2019 AIA UTC Southern California
Long Beach State University, Long Beach, CA
INFORMATION LETTER
Sunday June 16 to Saturday June 22, 2019

Dear 2019 UTC Southern California Athletes,

Speaking for all of our staff, we are so glad that you have chosen to attend one of our Ultimate Training Camps. The real distinctive of the UTC is that we will teach each of you how to compete from a Biblical perspective. Each morning and afternoon we will teach you a different Biblical principle in a classroom setting and then immediately put you into a competitive situation to help you practically integrate that specific principle. 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 the UTC atmosphere to be very practical, highly competitive, and very personal and accepting. Our AIA UTC Staff are here to serve you and spend time with you; we look forward to meeting 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 SoCal Registration is 1:00pm - 5:30pm on Sunday, June 16th

Dinner is provided for Sunday, June 16th from 5:30-6:30

First meeting starts at 7:00pm sharp!

UTC SoCal will be on the campus of Long Beach State University in Long Beach, CA. Registration is in the Hillside Housing Office at 1653 Earl Warren Drive, Long Beach, CA 90815 from 1-5:30pm on Sunday June 16th, 2019. **Please DO NOT come 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.

DRIVING – Long Beach State University address:

Los Alamitos Hall 5851 Beach Dr. Long Beach, CA 90815

562-985-5161

Park in Lot 20 on Early Warren Drive

<https://web.csulb.edu/about/community/transportation.html>

***There will be a \$30 fee for parking for the week so we encourage you to have someone drop you off if you want to save money.**

FLYING – Please book your flight to arrive before 5:00pm, Sunday, June 16th. The most convenient airport is Long Beach Airport but there are two other options. -

- **Long Beach Airport (LGB):** 3.5 miles from campus; Uber is available for \$7-10 to campus.
- **Los Angeles (LAX):** 30 miles. Transportation can be arranged with Super Shuttle on their website, or upon arrival (see instructions here: <http://web.csulb.edu/depts/cie/directio.html>). The fare is approximately \$30.00.
- **John Wayne Airport in Orange County (SNA):** 20 miles. Transportation can be arranged with Super Shuttle on their website, or upon arrival (see instructions here: <http://web.csulb.edu/depts/cie/directio.html>). The fare is approximately \$32.00.

TRAIN – Amtrak (<http://amtrakcalifornia.com>) offers a 10% discount to students; the closest train station is in Fullerton. Once you arrive, you will need to find a Shuttle Service or taxi to bring you to CSULB, which is 13 miles west of Fullerton. Lyft and Uber are about \$25-35.

You are free to leave anytime on the following Saturday morning (June 22). You must be checked out by 10:00am. We do not provide breakfast on June 22.

HOUSING AND MEALS

UTC SoCal will be housed at the Long Beach State University campus. LBSU will provide you with all of your linens, blankets, etc. LBSU will provide you with excellent meals, which are 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 casual. Please bring enough workout gear for five days of competition. You will want to bring a sweatshirt or light jacket for the nights, which can get a little cool, as well as a pair of jeans, etc. Please bring your own water bottle, ankle or knee wraps if you need them, athletic tape, sunscreen, modest one piece swimsuit, and your Bible. Also bring running type shoes and a basketball shoe for volleyball and basketball.

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. We would strongly suggest that you do a little running before you come to our UTC to be in decent shape due the competition that you will be experiencing.

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 CAMPUS AND OTHER CAMPUSES

Many of your teammates and friends from your athletic department or other campuses may consider coming to UTC if they knew you were going. **INVITE THEM TO COME WITH YOU** to enjoy this experience! Your relationship with your friends could be the difference it takes for them to come experience the same amazing week you will experience. We, as your AIA staff, look forward to meeting you and spending time with you at UTC. We can't wait to spend six days here in the beautiful Twin Cities with men and women athletes from all over the country challenging you to apply your faith to your sport. We are confident at the end this 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 serving you,

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