



the ultimate training camp

2019 AIA UTC Twin Cities Intern  
University of St. Thomas, St. Paul, MN  
INFORMATION LETTER  
Thursday, May 30 to Sunday June 9, 2019

Dear 2019 UTC Twin Cities Intern,

We are so glad that you have applied to intern with us! We want to congratulate you on your official acceptance as a 2019 UTC Intern!

As you know from your experience as a camper, the interns hold a very strategic and influential role at the Ultimate Training Camp. Whether it is through leading discussion groups, meeting campers for one-on-one discipleship, or interacting with our staff, Interns greatly influence the culture and help shape the future of the Ultimate Training Camp. Our desire for each of you is that your experiences as Interns would accelerate your personal development as a follower of Christ, as well as develop your leadership skills for serving on the campuses you will return to in the fall.

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 paid your \$150 NON-REFUNDABLE registration fee with your credit card at your unique giving page you received through your acceptance email.**

### **TRANSPORTATION and REGISTRATION**

**UTC TC Intern Registration is 1:00pm - 5:00pm on Thursday, May 30th**

First meeting starts at 5:30 pm sharp!

UTC Twin Cities will be on the University of St. Thomas campus in St. Paul, MN. When you arrive on campus, registration will be held at Koch Commons (see directions below).

**DRIVING - Koch Commons (University of St. Thomas) address:**

2115 Summit Ave, St. Paul, MN 55105

**\*Note: We will be at University of St. Thomas in St. Paul, NOT Minneapolis. St. Thomas has two campuses.**

**There is a parking garage on campus where you can park your car.** Enter the campus on the north end at the corner of Finn and Selby streets. Follow this road south through campus until you see the football field and can not go any further. Take a very sharp right to park in the underground ramp. You will want to take the first

elevator to the 2nd floor and walk across the skywalk directly into Koch Commons. You can also walk out the entrance of the ramp and enter Koch underneath the skywalk. There will be staff to greet you at either location.

**FLYING** - Please book your flights to arrive before 3:00 pm on Thursday, May 30. You will want to fly into Minneapolis International Airport (MSP), which is 15 minutes from the University of St. Thomas. (Please note there are 2 terminals for MSP airport; Terminal 1-Lindbergh and Terminal 2-Humphrey. They are close together with a 5 minute shuttle that runs between them continually.) You can catch a cab, uber, or shuttle from either airport.

Once you arrive at MSP you can use a shuttle service ([www.supershuttle.com](http://www.supershuttle.com)) which costs around \$25 one way (price subject to change) or grab a cab or Uber. These are all similar costs. **Please tell your driver to take you to Koch Commons on the University of St. Thomas St. Paul campus.** This is where UTC TC will be hosted. To get to Koch Commons enter the campus at the corner of Finn and Selby, drive south until you are under the skywalk, enter Koch under the skywalk. There will be staff to greet you at this location.

**You are free to leave on the Sunday, June 9 after 3:00 pm.**

## **HOUSING and MEALS**

UTC Twin Cities will be housed at Brady and Dowling Halls on the University of St. Thomas St. Paul campus. St. Thomas will provide you with all your linens, blankets, etc. St. Thomas will provide you with excellent meals on campus, which is included in your registration. (There are plenty of options for those with food allergies.)

## **WHAT YOU WILL NEED 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 the schedule is very fast paced, you will get at least 2 hours most days to work out at the University of St. Thomas Student Recreation Center, which is a full facility gym. In the last 8 years, the University of St. Thomas has spent millions of dollars to build some of the best athletic facilities in the entire region. You will be able to lift, hoop, swim, etc. I would strongly encourage you to do a little running before you come to UTC to be in decent shape due to the competition you will be experiencing.

## **RAISING SUPPORT FOR REGISTRATION COSTS**

You will be receiving a custom link from us in the coming months to help you raise support online. *You CAN NOT use the link we gave you through your acceptance email for public support raising. This link was only for you and your immediate family.*

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 ten 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,

Luke Middendorf (UTC Twin Cities Intern Director)

[luke.middendorf@athletesinaction.org](mailto:luke.middendorf@athletesinaction.org)

Cell (218) 841-0668

Kristina Middendorf (UTC Twin Cities Intern Director)

[kristina.middendorf@athletesinaction.org](mailto:kristina.middendorf@athletesinaction.org)

Cell (920) 540-7085

