



the ultimate training camp

2019 AIA UTC Twin Cities
University of St. Thomas, St. Paul, MN
INFORMATION LETTER
Sunday June 2 to Saturday June 8, 2019

Dear 2019 UTC Twin Cities 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 TC Registration is 1:00pm - 5:30pm on Sunday, June 2nd

Dinner is provided for Sunday, June 2 from 5:30-6:30

First meeting starts at 7:00pm sharp!

UTC Twin Cities will be on the University of St. Thomas campus in St. Paul, MN. Registration is from 1:00-5:30pm on Sunday, June 2, 2019. When you arrive on campus, registration will be held at Koch Commons (see directions below). **Please DO NOT come in on 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 - 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 5:00pm on Sunday, June 2. 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) 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 anytime on the following Saturday morning (June 8). You must be checked out by 10:00am. We do not provide breakfast on June 8.

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. Meals begin with dinner on Sunday, the first day of UTC, and end with dinner on the following Friday. (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 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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