



2017 WISCONSIN BOYS ROWING CAMPS

Session 2 - July 17 - 22

Check-in: Monday, July 17, from 2:00 p.m. to 3:00 p.m. at [Porter Boathouse](#) - 680 Babcock Drive

Check-out: Saturday, July 22, from 12:00 p.m. to 1:00 p.m. at Porter Boathouse

Meals: Campers will eat at [Four Lakes Market](#) for all meals.

Residence Halls: Campers will be housed in [Kronshage Hall](#) for the duration of camp!

Spectators: Parents may attend and watch all aspects of camp. There will be racing around 11:00 a.m. the morning of check-out, and parents are encouraged to attend! The best viewing will be upstairs on the terrace of the Porter Boathouse.

Parking: Please drop off and pick up campers at Porter Boathouse (680 Babcock Dr, Madison). See [map](#) below for more details.

Cancellation Policy: Cancellations made prior to July 10 will pay an administrative fee of \$50 that will be deducted from your refund. After July 10, refunds will only be given for medical reasons when accompanied by a signed letter from a physician. All refunds must be requested via email to badgercamps@athletics.wisc.edu.

Late Arrivals/No Shows: Any campers who will be arriving to check-in late or will no longer be able to attend may contact us by email: badgercamps@athletics.wisc.edu.

Camp Contact: Any camp issues or concerns can be directed to Lowell McNicholas via email at lm4@athletics.wisc.edu.

What to bring:

- 4-6 tight fitting athletic shorts (i.e. Under Armour spandex)
- 6-7 t-shirts
- 4-5 tight fitting sports tops
- 2-3 long sleeve athletic tops
- 1-2 sweatshirts
- 1-2 sweatpants
- 1 pair flip flops/1 pair sneakers
- 8-9 pairs athletic socks
- 1 warm fleece or jacket
- 1 bathing suit
- 1 beach towel
- 1-2 bath towels
- 2 hats
- 1 pair of sunglasses that can go out on the water
- 1 rain jacket
- Sunscreen, medications, bathroom items such as eye care, toothpaste, etc.

Dorm Rooms:

- Air-conditioned
- Bed linens, blankets, pillows, and a small refrigerator are included
- Internet and cable connection options are available (cables not provided)
- Laundry is on-site. Please bring quarters

There is laundry onsite, please bring quarters and soap if you plan to do laundry. Athletes can bring small amounts of cash should they want to purchase anything during the camps such as bookstore t-shirts, toiletry items, additional snacks, etc.

2017 University of Wisconsin Boys Rowing Camp Session 2

Monday, July 17

2:00PM – 3:00PM	Camper check-in at Porter Boathouse
3:00PM – 4:00PM	Welcome/Tour
4:00PM – 5:00PM	Boat Handling
5:00PM – 5:30PM	Swim Test (Tread water for a few minutes off dock)
5:30PM – 6:00PM	Dinner / Games
8:00PM – 9:30PM	In Dorms/Free Time
9:30PM – 10:00PM	In Bed, Lights Out/ Sleeping

Tuesday, July 18

6:30AM – 7:00AM	Wake up Campers
7:00AM – 7:15AM	Walk to Porter
7:15AM – 9:00AM	Row
9:00AM – 10:00AM	Breakfast at Dining Hall
10:00AM – 11:00AM	Free Time
11:00AM – 12:00PM	Row
12:00PM – 1:00PM	Lunch at Dining Hall
1:00PM – 3:00PM	Free Time
3:00PM – 6:00PM	Row/ Meet at Boathouse
6:00PM – 7:00PM	Supervised Nightly Activity
8:00PM – 9:30PM	In Dorms/Free Time
9:30PM – 10:00PM	In Bed, Lights Out/ Sleeping

Wednesday, July 19

6:30AM – 7:00AM	Wake up Campers
7:00AM – 7:15AM	Walk to Porter
7:15AM – 9:00AM	Row
9:00AM – 10:00AM	Breakfast at Dining Hall
10:00AM – 11:00AM	Free Time
11:00AM – 12:00PM	Row
12:00PM – 1:00PM	Lunch at Dining Hall
1:00PM – 3:00PM	Free Time
3:00PM – 6:00PM	Row/ Meet at Boathouse
6:00PM – 7:00PM	Games / Movie Night
8:00PM – 9:30PM	In Dorms/Free Time
9:30PM – 10:00PM	In Bed, Lights Out/ Sleeping

Thursday, July 20

6:30AM – 7:00AM	Wake up Campers
7:00AM – 7:15AM	Walk to Porter
7:15AM – 9:00AM	Row
9:00AM – 10:00AM	Breakfast at Dining Hall
10:00AM – 11:00AM	Free Time
11:00AM – 12:00PM	Row
12:00PM – 1:00PM	Lunch at Dining Hall
1:00PM – 3:00PM	Free Time

3:00PM – 6:00PM
6:00PM – 7:00PM
8:00PM – 9:30PM
9:30PM – 10:00PM

Row/ Meet at Boathouse
Supervised Nightly Activity
In Dorms/Free Time
In Bed, Lights Out/ Sleeping

Friday, July 21

6:30AM – 7:00AM
7:00AM – 7:15AM
7:15AM – 9:00AM
9:00AM – 10:00AM
10:00AM – 11:00AM
11:00AM – 12:00PM
12:00PM – 1:00PM
1:00PM – 3:00PM
3:00PM – 6:00PM
6:00PM – 7:00PM
8:00PM – 9:30PM
9:30PM – 10:00PM

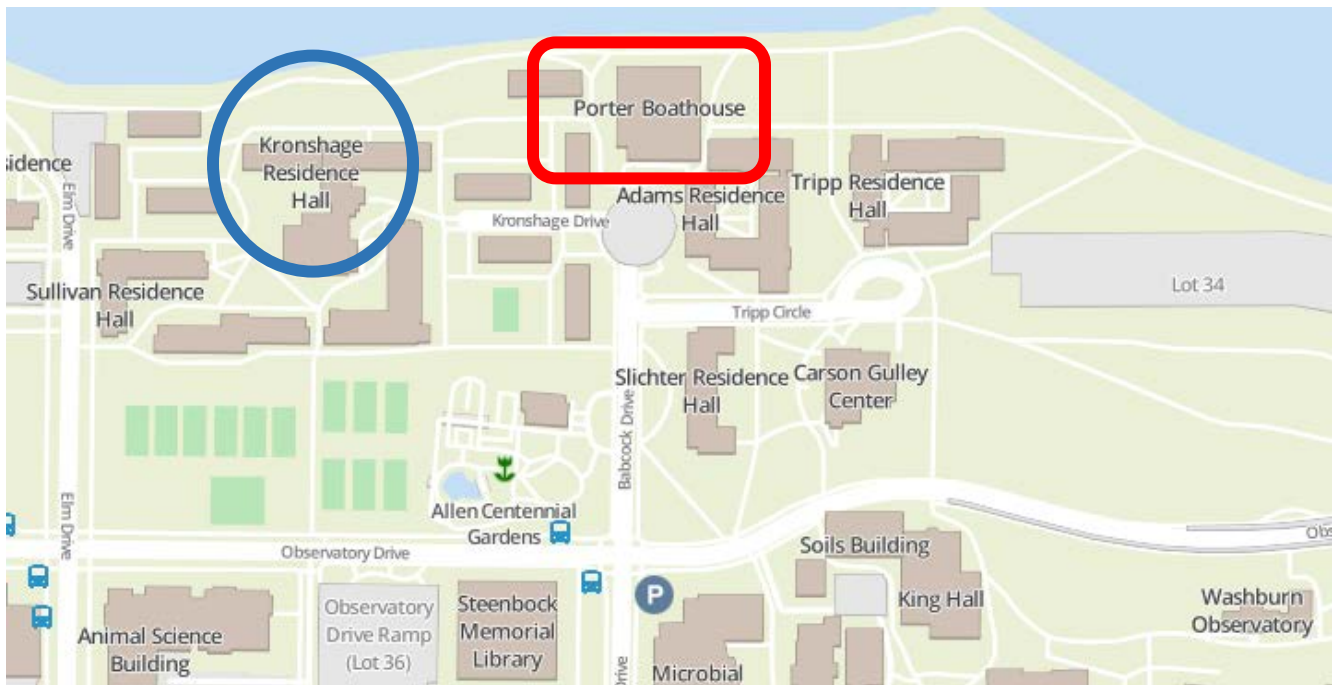
Wake up Campers
Walk to Porter
Row
Breakfast at Dining Hall
Free Time
Row
Lunch at Dining Hall
Free Time
Row/ Meet at Boathouse
Ice Cream/Movie
In Dorms/Free Time
In Bed, Lights Out/ Sleeping

Saturday, July 22

6:30AM – 7:00AM
7:00AM – 7:15AM
7:15AM – 9:00AM
9:00AM – 10:00AM
10:00AM – 11:00AM
11:00AM – 12:00PM
12:00PM – 1:00PM

Wake up Campers
Walk to Porter
Row
Breakfast at Dining Hall
Free Time
Race
Check out at Porter Boathouse

Boys Rowing Camp Map





Badger Sports Camps prides itself on providing a safest camp environment, which is accomplished by adhering to all camp guidelines and regulations. Before attending your respective camp, please take time to review the important rules and expectations listed below. Any questions or concerns with the following information can be directed towards Camp Administration by email: badgercamps@athletics.wisc.edu.

Camper Expectations

- Campers should notify a camp counselor as soon as any problem or concern arises. Counselors will be available to help at all times. **Campers will also have the option to text their issue, current location, and the word "CAMP" to 69050.** Camp Administration will reply.
- Participate in all sessions and meals during camp. Only the camp director will be able to grant permission to be excused from camp activity.
- For the best well-rounded camp experience, follow the camp schedule and report on time for all sessions.
- Before coming to camp, label all personal belongings, especially equipment. While at camp, always lock the door when leaving your dorm room unattended (residential camps). Badger Sports Camps is not responsible for any lost or stolen.

Behavioral Expectations

- Campers will avoid using any profane or inappropriate language during camp, written or verbal.
- Campers will not harass, bully, or intimidate other campers/staff. Hazing is strictly prohibited.
- Campers should notify camp staff of any known late arrivals or early dismissals from camp prior to the session start date.
- Due to limited parking availability, campers having a vehicle at camp is discouraged. Campers needing to park a vehicle for the duration of camp should contact Transportation Services (608-263-6666) at least 2 weeks prior to the session start date in order to purchase a valid parking pass. Vehicle keys must be handed to the Camp Director. Badger Sports Camps is not responsible for any parking tickets you receive during camp.
- Campers will not possess/consume any illegal substances (drugs, alcohol, etc.) while at camp. Nor will campers bring any dangerous objects (lethal weapons, lighters, fireworks, etc.) to camp.
- Campers will not damage or steal the University's, or any other campers', personal property while attending camp. This includes tampering with any safety/security equipment (ex: fire alarms).
- Campers will not permit any unauthorized or unknown individuals into the camp dorm building.

While unacceptable conduct is not anticipated, if camp staff has reason to believe a violation of any camp rule or expectation has occurred, this could result in disciplinary action, up to and including dismissal from camp. Refunds will not be issued if campers are dismissed for disciplinary reasons.

Badger Sports Camps

1440 Monroe Street, Madison WI 53705

Dear Campers & Parents,

Welcome to the University of Wisconsin-Madison Badger Sports Camps! I am the Health Services Supervisor and a Licensed Athletic Trainer overseeing all of the health services for the Badger Sports Camps on campus. I have a few reminders and advice for your time here at camp whether it is for a few hours or several days!

If you completed your registration online, all required health forms are completed. You can update the forms at any time by logging into your account at uwcamps.com. Please do this if you registered for camp far in advance, as health information can change. If you need to take more breaks during activity for health reasons, do not hesitate to let your counselor know.

The health services provided at camp include a large, trained health staff to quickly respond to on-site emergencies and administer medications as authorized. There will be bandages, tape, ice bags, water, and emergency supplies available during the camp. If you know you need taping (i.e. ankle sprain) each activity session, please bring your own supplies for camp and we will do the taping for you.

If you need to bring medications to camp, please bring ONLY what is needed for the length of stay. Medications must be in original bottles. Over the counter medications such as Tylenol, Advil, Zyrtec, Claritin ARE considered medications. All medications are required by Wisconsin State Law to be collected and administered by Health Staff for minors. They will be returned at the end of camp. Emergency medications such as inhalers, epi-pens, and insulin pumps will NOT be collected. These must be with the prescribed person at all times.

When packing your bag, please remember to bring any sunscreen, bug spray, hats, or sunglasses you need for outdoor activity. These will not be provided.

Many of our camps are high intensity and the campers want to perform at their best skill level. Please come to camp prepared and continue this during camp. To help limit injury and illness, keep fitness levels up prior to camp, eat well-balanced, nutritious meals, stay hydrated, rest as needed between sessions and at night, maintain proper hygiene, and take care of sore muscles with proper recovery. Play safe, play smart, follow the rules on and off the fields, and have fun!

We look forward to seeing you at camp!

Sincerely,

Eric J. Linnell, MS, LAT
Staff Athletic Trainer
Health Services Supervisor
EJL@athletics.wisc.edu