



2017 WISCONSIN GIRLS ROWING CAMPS

Session 2 - July 18 - July 22

Check-in: Tuesday, July 18, from 1:30 p.m. to 2:00 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 10:00 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 11 will pay an administrative fee of \$50 that will be deducted from your refund. After July 11, 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 Jim Mitchell via email at jem@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

Wisconsin Women's Rowing Summer Camp Schedule

	TUESDAY 7/18	WEDNESDAY 7/19	THURSDAY 7/20	FRIDAY 7/21	SATURDAY 7/22
7:00		Wake-Up 7:00a	Wake-Up 7:00a	Wake-Up 7:00a	Wake-Up 7:00a
7:30		Breakfast 7:30-8:00a	Breakfast 7:30-8:00a	Breakfast 7:30-8:00a	Breakfast 7:30-8:00a
8:00					
8:30		Meet in OW Erg Bay 8:30	Meet in OW Erg Bay 8:30	Meet in OW Erg Bay 8:30	Meet in OW Erg Bay 8:30
9:00		Row 8:30-10:30	Row 8:30-10:30	Row 8:30-10:30	Row 8:30-9:30
9:30					change into camp T's
10:00					RACE @ 10AM
10:30		Foam Roll w/Dusty	Foam Roll w/Dusty	Foam Roll w/Dusty	AWARDS CEREMONY
11:00		Back to dorms for shower & Chill Time 11:00-12:15	Back to dorms for shower & Chill Time 11:00-12:15	Back to dorms for shower & Chill Time 11:00-12:15	10:30AM
11:30					Back to dorms
12:00		12:15 walk over to lunch	12:15 walk over to lunch	12:15 walk over to lunch	Check OUT @ Porter
12:30		Lunch 12:30-1p	Lunch 12:30-1p	Lunch 12:30-1p	11-1pm
1:00		1:15 Walk back to Porter	1:30-2:30 Optional Tank	1:15 Walk back to Porter	
1:30	Check IN @ Porter	Strength/Conditioning Seminar	Time w/ Counselors	Erg Seminar	
2:00	1:30-2:00	1:30-2:30	Walk to Holt Hall @ 2:30	1:30-3pm	
2:30	Upstairs for Intros & Tour	2:30-3:00 Optional Tank	YOGA 2:30-3:45 pm		
3:00	(3-4:30) Erg/Tank Assessments	Time w/ Counselors			
3:30	& Circuit Assessment				
4:00	3 groups - 30' @ each	Row 3:00-5:00	Row 4-5:15	Row 3:30-5:30	
4:30	Swim Test 4:30-5:15				
5:00					
5:30	Back to dorm to shower	Back to dorm & shower	Back to dorm & shower	Back to dorm & shower	
6:00	Dinner 6-6:30pm	Dinner 6-6:30p	Dinner 6-6:30p	Dinner 6-6:30p	
6:30					
7:00	Ice Breakers	Walk to Terrace	Movie Night	Recruiting & Social Media Q&A	
7:30		For Ice Cream		With Coach Nancy	
8:00	Back to dorms	Back to dorms			
8:30			Back to dorms		
9:00	Room Check	Room Check	Room Check	Room Check	
9:30					
10:00	Lights Out!	Lights Out!	Lights Out!	Lights Out!	

Girls Rowing Camp Map

