



# 2017 WISCONSIN GIRLS ROWING CAMPS

## Session 3 - July 25 - July 29

**Check-in:** Tuesday, July 25, from 1:30 p.m. to 2:00 p.m. at [Porter Boathouse](#) - 680 Babcock Drive

**Check-out:** Saturday, July 29, 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 18 will pay an administrative fee of \$50 that will be deducted from your refund. After July 18, 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](mailto: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](mailto:badgercamps@athletics.wisc.edu).

**Camp Contact:** Any camp issues or concerns can be directed to Jim Mitchell via email at [jem@athletics.wisc.edu](mailto: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 7/25	WEDNESDAY 7/26	THURSDAY 7/27	FRIDAY 7/28	SATURDAY 7/29
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					<b>RACE @ 10AM</b>
10:30		Foam Roll w/Dusty	Foam Roll w/Dusty	Foam Roll w/Dusty	
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	<b>AWARDS CEREMONY 10:30AM</b>
11:30					
12:00		12:15 walk over to lunch	12:15 walk over to lunch	12:15 walk over to lunch	Back to dorms
12:30		Lunch 12:30-1p	Lunch 12:30-1p	Lunch 12:30-1p	Check OUT @ Porter 11-1pm
1:00		1:15 Walk back to Porter	1:30-2:30 Optional Tank Time w/ Counselors	1:15 Walk back to Porter	
1:30	Check IN @ Porter 1:30-2:00	Strength/Conditioning Seminar 1:30-2:30	Recruiting & Social Media Q&A With Coach Nancy	Erg Seminar 1:30-3pm	
2:00	Upstairs for Intros & Tour	2:30-3:00 Optional Tank Time w/ Counselors			
2:30	(3-4:30) Erg/Tank Assessments & Circuit Assessment 3 groups - 30' @ each Swim Test 4:30-5:15				
3:00		Row 3:00-5:00	Row 4-5:15	Row 3:30-5:30	
3:30					
4:00					
4:30					
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	Ice Breakers	Walk to Terrace For Ice Cream	Movie Night	Team Games	
7:00					
7:30					
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

