



# 2017 WISCONSIN WRESTLING CAMPS

## Individual Technique Camp – July 20-23

**Check-in:** Thursday, July 20<sup>th</sup> from 1:00 p.m. to 2:00 p.m. at [Kronshage Hall](#)

**Check-out:** Sunday, July 23<sup>rd</sup> from 11:00 to 11:45 a.m. at Kronshage Hall

**Housing:** All resident campers will be housed in [Kronshage Hall](#)

**Meals:** Campers will enjoy their meals in the [Four Lakes Market!](#) Meals will begin with dinner on July 20<sup>th</sup> and will end with breakfast on July 23<sup>rd</sup>! Please note that lunch **will not** be provided for campers on July 20<sup>th</sup>!

**Parking:** Please drop off and pick up campers at Kronshage Hall (1650 Kronshage Dr, Madison). See [map](#) for more details!

**Cancellation Policy:** Cancellations made 1 week prior to camp will pay an administrative fee of \$50 that will be deducted from your refund. After that date, 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 at [badgercamps@athletics.wisc.edu](mailto:badgercamps@athletics.wisc.edu).

### Tentative Schedule

#### Thursday, July 20<sup>th</sup>

1:00PM – 2:00PM	Check-in at Kronshage House - <b>All Campers</b>
2:00PM – 4:30PM	Meeting and Training Session in UW Wrestling Room
4:45PM – 5:15PM	Head back to dorm
5:30PM – 6:00PM	Dinner at Four Lakes Market
6:15PM – 6:45PM	Depart dorm to Camp Randall Stadium
7:00PM – 8:30PM	Training Session in UW Wrestling Room
8:30PM – 8:45PM	<b>Commuters Check-out</b>
9:00PM – 10:30PM	Dorm (supervised activities and free-time)
10:30PM – 11:00PM	In bed and lights out!

#### Friday, July 21<sup>st</sup> thru Saturday, July 22<sup>nd</sup>

7:00AM – 7:15AM	Wake-up call
7:15AM – 7:45AM	Breakfast in Four Lakes Market
7:45AM – 8:15AM	Depart dorm to Camp Randall Stadium
8:30AM – 9:00AM	<b>Commuters Check-in at UW Wrestling Room</b>
9:00AM – 11:00AM	Training Session in UW Wrestling Room
11:15PM – 12:00PM	Free time/ video review

12:00PM – 12:30PM	Lunch
12:45PM – 1:45PM	Dorm (free-time)
2:00AM – 4:00PM	Training Session in UW Wrestling Room
4:15PM – 5:15PM	Dorm (free-time)
5:30PM – 6:00PM	Dinner
6:15PM – 6:45PM	Depart dorm to Camp Randall Stadium
7:00PM – 8:30PM	Training Session in UW Wrestling Room
8:30PM – 8:45PM	<b>Commuters Check-out at UW Wrestling Room</b>
9:00PM – 10:30PM	Dorm (supervised activities and free-time)
10:30PM – 11:00PM	In bed and lights out!

### **Sunday, July 23<sup>rd</sup>**

7:00AM – 7:15AM	Wake-up call
7:15AM – 7:45AM	Breakfast in Four Lakes Market
7:45AM – 8:15AM	Depart dorm to Camp Randall Stadium
8:30AM – 9:00AM	<b>Commuters Check-in at UW Wrestling Room</b>
9:00AM – 10:30AM	Training Session in UW Wrestling Room
10:30AM	<b>Commuters Check-out at UW Wrestling Room</b>
11:00AM – 11:45AM	Residents Check-out at Kronshage Hall

### **Packing List:**

- 4-5 sets of workout clothes (shorts/t-shirts/socks, etc.) and singlet
- Head Gear
- Mouth Guard
- Wrestling Shoes & Running Shoes
- Toiletries
- 2 Bath Towels
- Alarm Clock (or cell phone)
- Snacks and drinks for dorm rooms
- Spending money
- Water bottle

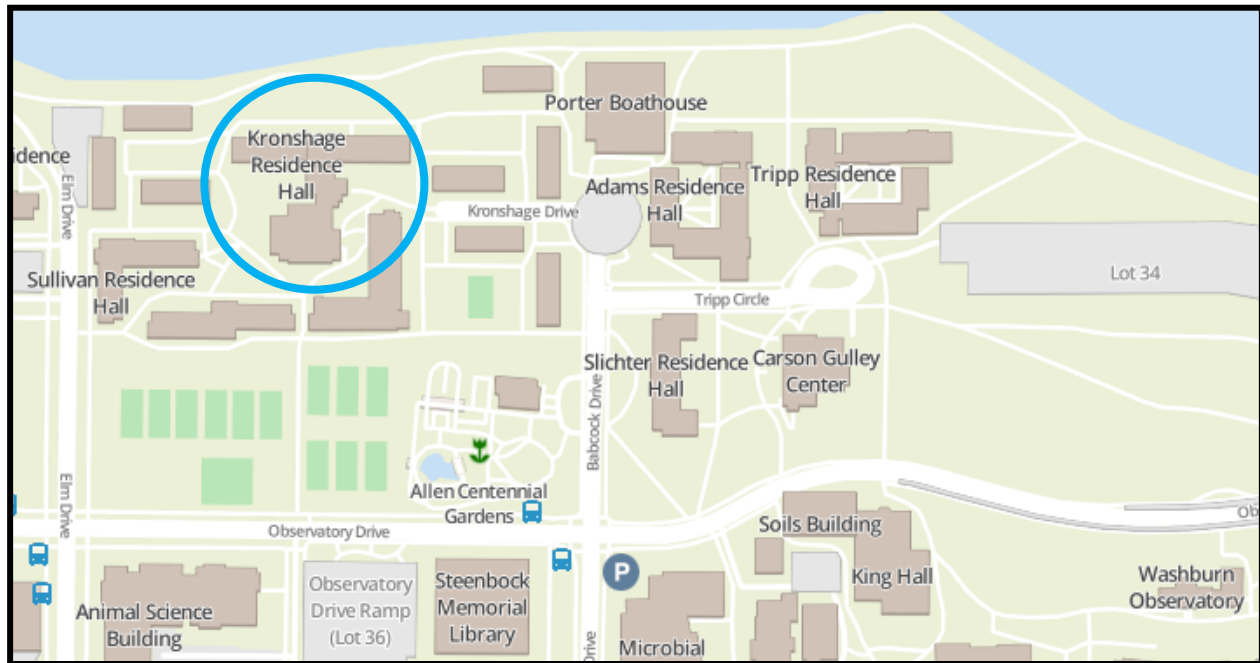
### **Dorm Rooms:**

- Air-conditioned
- Bed linens, blankets, pillows, and a small refrigerator are included
- Internet and cable connection options are available (cables not provided)
- Laundry and vending areas on site (bring quarters and soap).
- Lost dorm room keys will result in a \$45 replacement fee
- Please do NOT bring: bed linens, mini fridges, fans, or any items of value.

### **Important Camp Contacts:**

- Badger Sports Camps – [badgercamps@athletics.wisc.edu](mailto:badgercamps@athletics.wisc.edu)
- Trevor Brandvold (Assistant Coach) – 608-239-7101 or [TB1@athletics.wisc.edu](mailto:TB1@athletics.wisc.edu)

## Kronshage Hall Map



### Kronshage Hall

1650 Kronshage Drive Madison, WI 53706

### Camp Randall, Camp Randall Sports Center, and Wrestling Room

1430 Monroe Street Madison, WI 53715

## Commuter Drop Off

If your camper is commuting each day, please drop them off outside Kellner Hall in Lot 18 – 1440 Monroe Street. Please note this is drop off only as you should not park your car in Lot 18. Camp staff will direct the campers to the Wrestling Room.



# 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



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](mailto: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.*