



2018 WISCONSIN CROSS COUNTRY CAMPS

Camp of Champions, Session 2 – July 23-28

Check-in (Last Names A-M): Monday, July 23, from 1:00 to 1:45 p.m. at [Dejope Hall](#)

Check-in (Last Names N-Z): Monday, July 23, from 1:45 to 2:30 p.m. at Dejope Hall

Check-out: Saturday, July 28, from 12:00 to 1:30 p.m. at Dejope Hall

Meals: Campers will be served all meals in [Four Lakes Market!](#) Meals will start with dinner on July 23 and end with breakfast on July 28. *Have special dietary needs? Go [HERE](#) for more information or visit our [Net Nutrition](#) website to plan your meals for camp. We have a number of Registered Dietitians on staff that would be available to speak to you. Any questions or comments may be directed to: dietitian@housing.wisc.edu.*

Spectators: Parents are welcome to attend and watch all aspects of camp!

Parking: Parents will be able to park along the curb of Elm Drive free of charge for the duration of check-in/out only (see [map](#))! Representatives from Transportation Services will be staffed in order to direct arriving campers to the proper location.

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 point, refunds will only be given for medical reasons when accompanied by a signed letter from a licensed 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 at badgercamps@athletics.wisc.edu.

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BADGER SPORTS CAMPS



Badger Sports Camps

2018 Camp of Champions Session 02 – **Tentative Schedule**

Monday, July 23

1:00PM – 2:30PM	Camper check-in at Dejope Hall <i>(Last Names A-M from 1:00PM-1:45PM)</i> <i>(Last Names N-Z from 1:45PM-2:30PM)</i>
3:00PM	Camp of Champions Assembly/Introductions
3:15PM	Depart campus for UW Cross Country Course
5:30PM	Depart Cross Country Course
6:00PM	Arrive on Campus
6:30PM – 7:00PM	Dinner at Four Lakes Market
8:00PM	Camp meeting in Lake Mendota Room (all campers!) <i>Introduction of Camp Staff and counselors</i> <i>Review of camp rules</i> <i>Assign campers to their training groups</i>
9:00PM – 10:00PM	Free time (must stay in dorm area!)
10:15PM	In own room/prepare for bedtime
10:30PM	Lights out!

Tuesday, July 24

6:45AM	Wake up for morning run
7:00AM	Assemble by training group at designated area
8:00AM – 8:30AM	Breakfast at Four Lakes Market
9:00AM	Meet in front of Bradley Hall
9:05AM	Walk to Camp Randall
9:30AM – 11:30AM	Learn by doing – Badger stations at Camp Randall
12:10PM – 12:50PM	Lunch at Four Lakes Market
1:30PM – 2:45PM	Seminar – Dr. Andrew Schupp in Lake Mendota Room
3:00PM – 3:45PM	Assign Frisbee groups – meet in front of Bradley Hall
4:00PM – 5:00PM	Afternoon workout – training session (training groups)
5:30PM – 6:00PM	Dinner at Four Lakes Market
6:30PM – 8:00PM	Bus pick-up for Frisbee tournament game #1 (UBay Fields)
8:30PM – 9:30PM	Swimming at UW-Natatorium
10:15PM	In own room/prepare for bedtime
10:30PM	Lights out!

Wednesday, July 25

6:45AM	Wake up for morning run
7:00AM	Assemble by training group at designated area
8:00AM – 8:30AM	Breakfast at Four Lakes Market
9:00AM	Meet in front of Bradley Hall
9:05AM	Walk to Camp Randall
9:30AM – 11:30AM	Learn by doing – Badger stations at Camp Randall
12:10PM – 12:50PM	Lunch at Four Lakes Market
1:30PM	Assemble by training group in front of Bradley Hall
1:40PM – 3:00PM	Seminar in Lake Mendota Room (all groups)

3:30PM – 5:00PM	Afternoon workout – training session (training groups)
5:30PM – 6:00PM	Dinner at Four Lakes Market
6:20PM	Assemble by Frisbee group at designated area
6:30PM – 8:00PM	Bus pick-up for Frisbee tournament game #2 (UBay Fields)
8:00PM – 9:30PM	Movie – Lake Mendota Room
10:15PM	In own room/prepare for bedtime
10:30PM	Lights out!

Thursday, July 26

7:45AM	Wake up – no morning run!
8:00AM – 8:30AM	Breakfast at Four Lakes Market
9:00AM	Meet in front of Bradley Hall
9:10AM	Depart for UW Cross Country Course (via buses)
10:00AM – 11:00AM	Training Session
11:15AM	Return to campus
12:10PM – 12:50PM	Lunch at Four Lakes Market
1:15PM	Assemble by training group in front of Bradley Hall
1:30PM – 2:30PM	Discussion with Coach Byrne & Coach Miller <i>Boys in Holt Center</i> <i>Girls in Bradley Hall</i>
2:30PM – 4:45PM	Tour of State Street, Memorial Union, & WI State Capitol
5:30PM – 6:00PM	Dinner at Four Lakes Market
6:20PM	Assemble by Frisbee group at designated area
6:30PM – 8:00PM	Bus pick-up for Frisbee tournament game #3 (UBay Fields)
8:30PM – 9:30PM	Swimming at UW Natatorium
10:15PM	In own room/prepare for bedtime
10:30PM	Lights out!

Friday, July 27

6:45AM	Wake up for morning run
7:00AM	Meet with training group at designated area <i>**This is the last run with training group</i>
8:00AM – 8:30AM	Breakfast at Four Lakes
9:15AM	Assemble by training group in front of Bradley Hall
9:30AM – 10:45AM	Seminar with Chris Solinsky in Holt Center (all groups!)
11:00AM – 12:00PM	Semi-final Ultimate Frisbee games (#1 vs. #4) (#2 vs. #3)
12:10PM – 12:50PM	Lunch at Four Lakes Market
1:30PM	Assemble by training group in front of Bradley Hall
1:45PM – 3:00PM	Counselor Panel Discussion & Q/A <i>Boys in Holt – with Coach Byrne & Malachy Schrobilgen</i> <i>Girls in Bradley Hall – with Coach Miller</i>
3:15PM	Assemble by Frisbee group at designated area
3:30PM – 4:30PM	Course preview with Frisbee Tournament Team
5:30PM – 6:00PM	Dinner at Four Lakes Market
6:30PM – 7:30PM	Championship Frisbee Game
8:00PM – 10:00PM	Dance Party in Bradley Hall basement OR Live music at the Union (meet in 1 st floor lounge)
10:15PM	In own room/prepare for bedtime
10:30PM	Lights out!

Saturday, July 28

7:50AM – 8:20AM	Breakfast at Four Lakes Market
8:20AM – 9:00AM	Pack up dorm room and prepare for race
9:15AM	Walk with Frisbee team to UBay Fields for race
10:00AM	Girls Race
10:25AM	Boys Race
11:15AM	Return to camp
11:30AM	Check-out begins in Lake Mendota Room
12:15PM	Closing Ceremony in Lake Mendota Room
12:30PM – 1:30PM	Complete check-out

What to Bring:

- Warm-up/sweat suit
- Lots of clean socks
- Warm weather leisure clothes
- 3-4 towels for the week
- Personal toiletries
- 2 pairs of running shoes
- 4-5 pairs of running gear (shorts/t-shirts)
- Racing spikes (if possible; do not purchase just for camp)
- Alarm clock
- Swim suit
- Rain gear (again, if possible)
- Any drinks or snacks for dorm room
- Sunscreen

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 are located in the basement of Bradley Hall
- Lost dorm room keys will result in a \$45 replacement fee

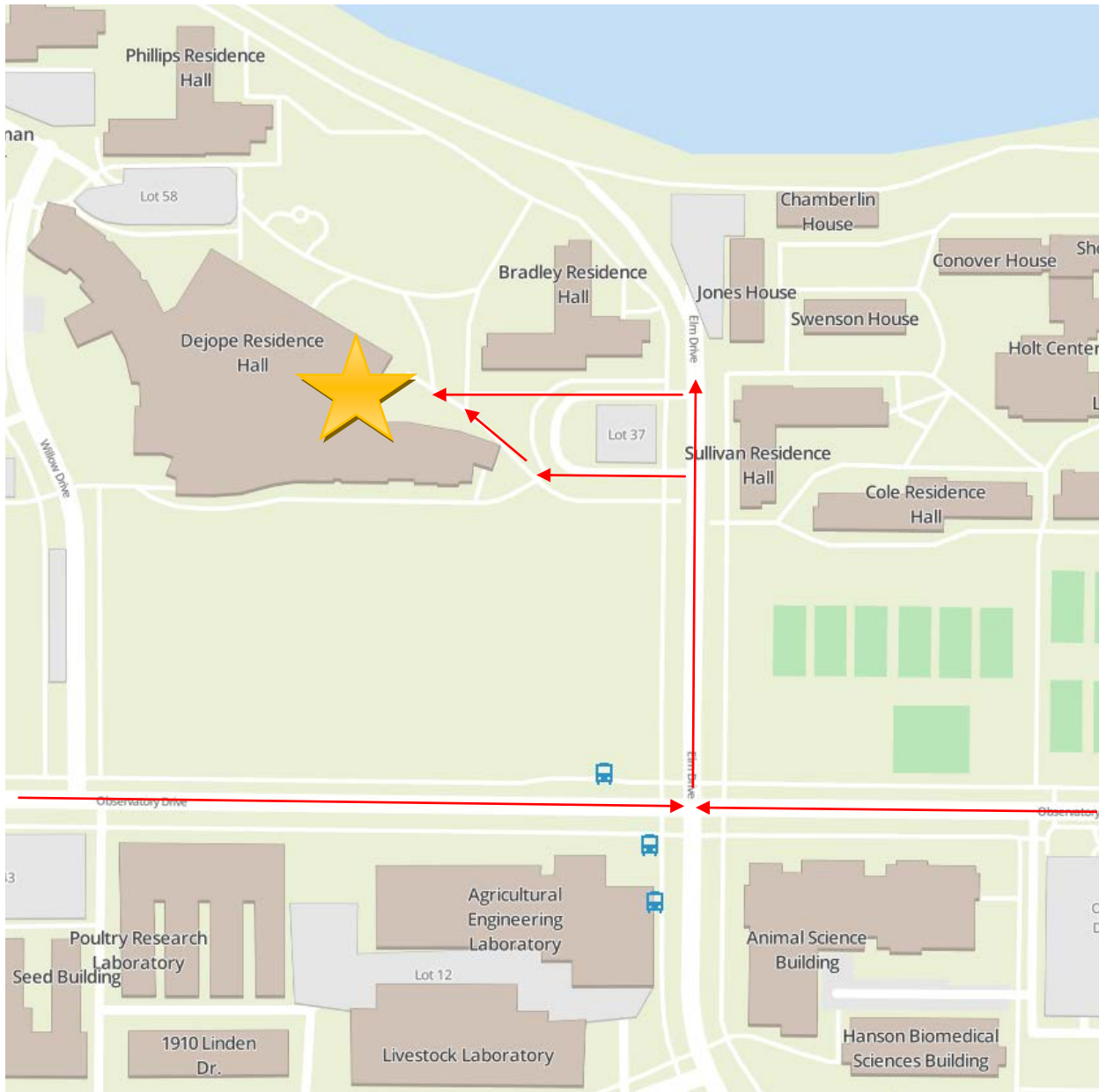
Important Camp Contacts:

- Badger Sports Camps – badgercamps@athletics.wisc.edu
- Coach Byrne – (608) 262-5729 or mgb@athletics.wisc.edu
- Coach Kennedy – (608) 381-7491 or gk2@athletics.wisc.edu
- Coach Miller – (608) 263-5109 or jam@athletics.wisc.edu



Badger Sports Camps

2018 University of Wisconsin Camp of Champions – Map to Dejope



Address for Dejope Hall:

- For those using a GPS:

Dejope Hall
640 Elm Drive
Madison, WI 53706



Badger Sports Camps

2018 University of Wisconsin Camp of Champions – Coaches Note

We are looking forward to the pleasure of working with you this summer. We are aware that you all represent a wide variety of talent, motivation, education and experience. We are prepared to tailor our program to each person's needs.

However it is important to note that the higher the level of fitness that you come into the camp with, the more you will get out of the camp. I would like to recommend the following training program in terms of **weekly mileage** in preparing for the camp (**THESE ARE ONLY GUIDELINES**).

	Young Beginning Runners	Intermediate Level Runners	Older Advanced Runners
4 weeks before camp	16-18 miles	20-23 miles	25-30 miles
3 weeks before camp	18-20 miles	23-26 miles	30-35 miles
2 weeks before camp	20-22 miles	26-29 miles	35-40 miles
1 week before camp	22-24 miles	29-32 miles	40-45 miles

Note for Parents:

Saturday morning at 10:00 A.M. (girls) and 10:25 A.M. (boys), there will be a final running session involving all the campers. We invite you to share in the fun as the runners, who have been divided into teams, run a cross country race on the far west side of campus in the 'University Bay' fields. You are then invited to join us for a brief awards ceremony back at the dorm at 12:30 P.M. Campers may be picked up any time after 12:30 P.M. If you need to leave earlier, special arrangements can be made!

Race Course Directions from Bradley Hall:

Depart the dorm on Elm St. and return to stop sign, take a right turn onto Observatory Drive, proceed ½ mile to round-about. Stay right at round-about (Walnut St) and proceed to stop sign (200m), take left and proceed to stop sign (200m) and take a right turn onto Univ. Bay Drive. Follow this for ½ mile and the race course will appear on your left.

Our entire coaching staff is looking forward to the pleasure of working with you this summer. See you at registration on Monday, July 16!

On Wisconsin!

University of Wisconsin Cross Country Staff