

BADGER SPORTS CAMPS

FOOTBALL HIGH SCHOOL SESSION 3

Check-in: Friday, June 15 from 9:15 - 10:00 AM at the [McClain Center](#)

Dismissal: Friday, June 15 from 1:00 – 1:30 PM at the [McClain Center](#)

What to bring: All campers should bring the following items: proper athletic attire (t-shirt, shorts), cleats, helmet and shoulder pads (if not rented), and a water bottle. No meals will be provided, but campers may bring snacks for break periods. Athletes who are not permitted to wear helmet and shoulder pads may still participate!

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

Parking: Parking is available in Lot 17 (see [map](#)) on a first-come, first-served basis. Those parking will have the opportunity to pay upon entry. Lot 17 Address - 1525 Engineering Drive Madison, WI

Camp Contact: For registration information, if you need to update your pad rental status, or if you will no longer be able to attend, please contact badgercamps@athletics.wisc.edu.

Camp Schedule

9:15 – 10:00 AM	Check-in at the McClain Center
10:00 – 10:15 AM	Camp Welcome / Break into Groups
10:15 – 11:30 AM	Speed Instruction
11:30 – 1:00 PM	Practice
1:00 PM	Thank you / Closing / Dismissal





BADGER SPORTS CAMPS

CAMPER RULES & EXPECTATIONS

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, day or night. Parents and campers can feel free to contact us via email at badgercamps@athletics.wisc.edu. If campers are having an issue or emergency that needs immediate attention, campers 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.



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. 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!

Sincerely,

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

GATORADE SUMMER PROGRAM

Sports fuel will be provided by Gatorade throughout the duration of camp. Gatorade Thirst Quencher will be available on the sidelines to help fuel athletes' performance and help them stay hydrated. Gatorade has fluids to rehydrate, electrolytes to replenish, and carbs to refuel. Gatorade Recover Protein Bars will be available and have the high quality protein and carbs athletes need to help their muscles recover. To learn more about the science behind Gatorade, visit www.Gatorade.com.

