

# **BADGER SPORTS CAMPS**

## **GIRLS BASKETBALL ALL SKILLS CAMP - JUNE 24-27**

**Camp Check-in:** Sunday, June 24 from 4:00 - 5:00 PM at the west entrance of LaBahn Arena (see star on map below). After parking in the [Sellery Hall Backyard](#), feel free to leave and lock belongings in your vehicles and check-in at LaBahn Arena. Once you receive your room key you may you're your belongings to your room. LaBahn Arena is connected to the Kohl Center / Nicholas-Johnson Pavilion.

**Camp Check-out:** Wednesday, June 27 from 12:00 - 1:00 PM. Commuting campers should be dropped off and picked up each day. See schedule below for exact times.

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

**Meals:** Campers will be fed at [Gordon Dining and Events Center](#). Meals will begin with breakfast on Monday, June 25th and will end with breakfast on Wednesday, June 27th! Please note that dinner will not be provided for campers on Sunday, June 24<sup>th</sup>. Campers are welcome to bring snacks. *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](mailto:dietitian@housing.wisc.edu).*

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

**Parking:** Parents will use the Sellery Backyard to park for check-in/out! If you would like to park long-term and watch camp you may do so in Lot 94 (free on weekends only) or Lot 46 (pay) and move your car from the Sellery Backyard. See map below for more details. Badger Sports Camps is not responsible for parking citations.

**Camp Contact:** For registration, account information, or if you will no longer be able to attend, please contact Badger Sports Camps at [badgercamps@athletics.wisc.edu](mailto:badgercamps@athletics.wisc.edu). Any camp issues or concerns can be directed to Michelle Nason (Women's Basketball Coaching Staff) via email at [mln@athletics.wisc.edu](mailto:mln@athletics.wisc.edu).

### **What to Bring:**

- Lots of clean socks
- Towels for the duration of camp
- Personal toiletries
- 2 pairs of shoes (basketball shoes; leisure shoes)
- 4-5 pairs of proper athletic attire (shorts/t-shirts)
- Alarm clock
- Spending money for camp store
- Any drinks or snacks for dorm room

### **Dorm Rooms:**

- Air-conditioned, Lost dorm room keys will result in a \$45 replacement fee
- 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 Sellery Hall

## Tentative Camp Schedule

### Sunday, June 24<sup>th</sup>

4:00PM – 5:00PM  
5:00PM – 5:20 PM

5:20PM – 6:30PM  
6:30PM – 6:50PM  
6:50PM – 7:00PM

8:00PM – 10:00PM  
10:00PM

All Campers Check-in at LaBahn Arena  
Camp Welcome, Staff Introductions, Camp Rules  
(Split campers into teams for duration of camp)  
Stations and Instruction by Badger Staff and  
Players Team Practice  
Camp Closing – **Dismiss Commuters** (Gate B)  
Walk Resident Campers to Sellery Hall  
Camp Store Open in Sellery Hall  
Light Outs!

### Monday, June 25<sup>th</sup>

7:15AM – 8:00AM  
8:00AM – 8:45AM  
8:45AM – 9:00AM  
9:00AM – 9:15AM  
9:15AM – 11:45AM  
11:50AM – 11:55AM  
11:55AM – 12:00PM  
12:00PM – 1:15PM  
1:30PM – 1:35PM  
1:35PM – 1:50PM  
1:50PM – 4:00PM  
4:00PM – 4:10PM  
4:10PM – 4:30PM  
4:30PM – 4:45PM  
4:45PM – 6:00PM  
6:00PM – 6:10PM  
6:10PM – 7:50PM  
7:50PM – 8:00PM  
8:00PM  
8:00PM – 10:00PM  
10:00PM

Wake-up Call  
Breakfast in Gordon Commons  
**Commuters Arrive** at Gate B  
Roll Call at Kohl Center  
Stations & Instructions by Badger Staff and Players  
Roll Call Lines  
Depart for Gordon Commons  
Lunch in Gordon Commons  
Roll Call at Kohl Center  
Team Practice  
Games and Stations  
Roll Call  
Competition and Prizes  
Depart for Gordon Commons  
Dinner in Gordon Commons  
Roll Call at Kohl Center  
1-on-1 Games and Competitions  
Roll Call and Closing  
**Commuters Dismissed** Residents Walk Back to Sellery Hall  
Camp Store Open in Sellery Hall  
Lights Out!

### Tuesday, June 26<sup>th</sup>

7:15AM – 8:00AM  
8:00AM – 8:45AM  
8:45AM – 9:00AM  
9:00AM – 9:15AM  
9:15AM – 11:45AM  
11:50AM – 11:55AM  
11:55AM – 12:00PM  
12:00PM – 1:15PM  
1:30PM – 1:35PM  
1:35PM – 1:50PM

Wake-up Call  
Breakfast in Gordon Commons  
**Commuters Arrive** at Gate B  
Roll Call at Kohl Center  
Stations & Instructions by Badger Staff and Players  
Roll Call Lines  
Depart for Gordon Commons  
Lunch in Gordon Commons  
Roll Call at Kohl Center  
Team Practice

1:50PM – 4:00PM  
4:00PM – 4:10PM  
4:10PM – 4:30PM  
4:30PM – 4:45PM  
4:45PM – 6:00PM  
6:00PM – 6:10PM  
6:10PM – 7:30PM  
7:30PM – 7:50PM  
8:00PM

8:00PM – 10:00PM  
10:00PM

Games and Stations  
Roll Call  
Competition and Prizes  
Depart for Gordon Commons  
Dinner in Gordon Commons  
Roll Call at Kohl Center  
3-on-3 Games and Competitions  
Talent Show  
**Commuter Campers Dismissed** (Gate B) Residents Walk  
Back to Sellery Hall  
Camp Store Open in Sellery Hall  
Lights Out!

**Wednesday, June 27<sup>th</sup>**

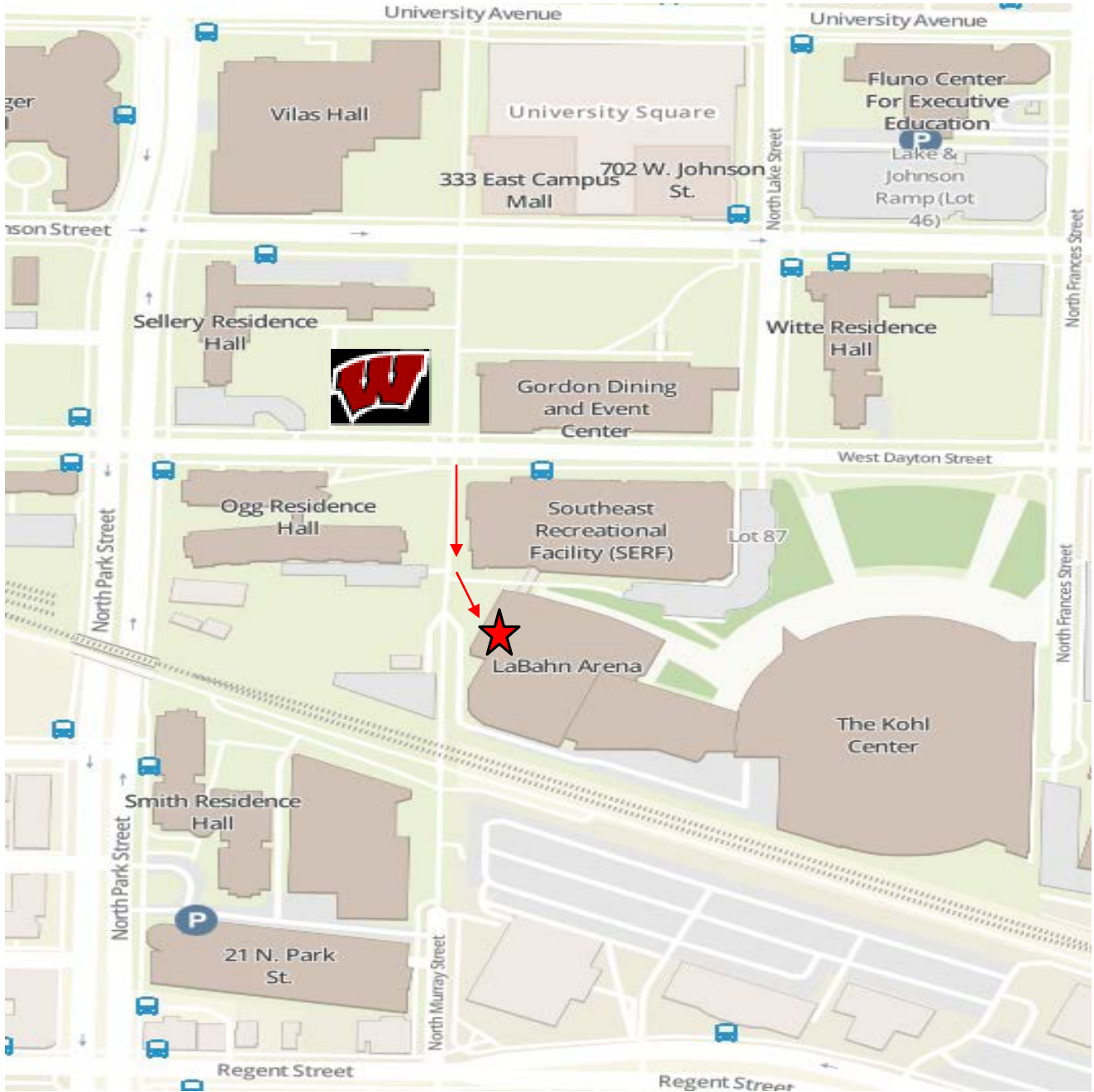
7:15AM – 8:00AM  
8:00AM – 8:45AM  
8:45AM – 9:00AM  
9:00AM – 9:15AM  
9:15AM – 9:55AM  
9:55AM – 10:00AM  
10:00AM – 10:15AM  
10:15AM – 10:30AM  
10:30AM – 11:00AM  
11:00AM – 11:20AM  
11:20AM – 11:35AM  
11:35AM – 12:00PM

Wake-up Call  
Breakfast in Gordon Commons  
**Commuters Arrive** at Gate B  
Roll Call at Kohl Center  
Stations & Instructions by Badger Staff and Players  
Roll Call Lines  
Hot Shots Contest Finals  
1-on-1 Finals  
Championship Game  
3-on-3 Finals  
Q&A Session with Badger Players  
Camp Closing & Check-out (Evaluation, Awards, and Dismissal)

★ Check-in Location (West Entrance of LaBahn Arena) -



Parking for Check-in Only (Sellery Hall Backyard – 821 W Johnson St.)





# 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](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, day or night. Parents and campers can feel free to contact us via email at [badgercamps@athletics.wisc.edu](mailto: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](http://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](mailto: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](http://www.Gatorade.com).

