

BADGER SPORTS CAMPS

SWIMMING HIGH PERFORMANCE SESSION 1: JUNE 10-15

Check-in: Sunday, June 10 from 8:00 a.m. to 9:00 a.m. at [Slichter Hall](#)

- Last Names A – I
8:00 a.m.
- Last Names J – R
8:20 a.m.
- Last Names S – Z
8:40 a.m.

These are not required times, but will help everyone move in efficiently!

Check-out: Friday June 15, from 4:00 - 5:00 p.m. at Slichter Hall - 625 Babcock Dr, Madison, WI 53706

Meals: Campers will be served all meals in [Four Lakes Market!](#) Meals will start with lunch on Sunday and end with lunch on Friday. 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.

Residence Halls: Campers will be housed in Slichter Hall for the duration of camp.

Spectators: Parents may attend and watch all aspects of camp!

Parking: There will be a temporary load/unload zone on Babcock Drive, outside of Slichter Hall. Parking attendants will direct parents accordingly. Lot 62 (525 Easterday Lane) is across from the Natatorium and free to park in on weekends. For weekday parking, parents should use the pay-to-park Observatory Drive Ramp – Lot 36 (1645 Observatory Drive).

Cancellation Policy: Cancellations made one week prior to the camp start date will pay an administrative fee of \$50 that will be deducted from your refund. Inside of one week, 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.

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.

Camp Contact: Any camp issues or concerns can be directed to Neil Caskey via email at nac@athletics.wisc.edu or phone at 608-515-4561.

Wisconsin High Performance Swim Camp 2018

Sunday June 10

8:00-9:00am	Check into Slichter Hall Dorms
9:00-9:15am	Meet in Slichter Hall Lobby for Introduction. Wear your Camp Shirt!!
9:15-11:00am	1st Training Session!
11:00-11:15am	Rules and expectations
11:15-11:30am	Camp picture
11:50am	Meet in dorm lobby to leave for lunch. Bring meal wrist band
12:00-12:30pm	Lunch at Four Lakes Market
12:30-2:00pm	Downtime in dorm
2:00pm	Meet in lobby to leave for Training Session 2: bring your swim bags & shoes!
2:00-5:00pm	Training Session #2!
5:00-5:50pm	Downtime in dorm
5:50pm	Meet your team in dorm lobby to leave for dinner
6:00-6:30pm	Dinner at Four Lakes Market!
6:30-8:30pm	Nightly Activity!
9:15pm	Everyone in their own rooms to get ready for bed
9:30pm	Lights out!

Monday June 11

7:15am	Wake up!
7:30am	Meet in lobby to leave for breakfast: bring swim bag and dryland clothes
7:45-8:15am	Breakfast at Four Lakes Market
8:15-11:15am	Training Session #3!
11:15-11:50am	Downtime in the dorm
11:50am	Meet in dorm lobby to leave for lunch
12:00-12:30pm	Lunch at Four Lakes Market
12:30-2:00pm	Downtime in the dorm
2:00pm	Meet in lobby to leave for the pool: bring your swim bag and shoes!
2:00-5:00pm	Training Session #4!
5:00-5:50pm	Downtime in the dorm
5:50pm	Meet in dorm to leave for dinner
6:00-6:30pm	Dinner at Four Lakes Market!
6:30-8:30pm	Nightly Activity!
9:15pm	Everyone in their own rooms to get ready for bed
9:30pm	Lights out!

Tuesday June 12

7:15am	Wake up!
7:30am	Meet in lobby to leave for breakfast: bring swim bag and dryland clothes
7:45-8:15am	Four Lakes Market
8:15-11:15am	Training Session #5!
11:15-11:50am	Downtime in dorm
11:50am	Meet team in dorm lobby to leave for lunch
12:00-12:30pm	Lunch at Four Lakes Market
12:30-2:00pm	Downtime in dorm
2:00pm	Meet in lobby to leave for the pool: bring your swim bag
2:00-5:00pm	Training Session #6!
5:00-5:50pm	Downtime in dorm
5:50pm	Meet in dorm lobby to leave for dinner
6:00-6:30pm	Dinner at Four Lakes Market
6:30-8:30pm	Nightly Activity!
9:15pm	Everyone in their own rooms to get ready for bed.
9:30pm	Lights out!

Wednesday June 13

7:15am	Wake up!
7:30am	Meet in lobby to leave for breakfast: bring swim bag and dryland clothes
7:45-8:15am	Breakfast at Four Lakes Market
8:15-11:15am	Training Session #7!
11:15-11:50am	Downtime in the dorm
11:50am	Meet in dorm lobby to leave for lunch
12:00-12:30pm	Lunch at Four Lakes Market
12:30-2:00pm	Downtime in the dorm
2:00pm	Meet in lobby to leave for the pool: bring your swim bag
2:00-5:00pm	Training Session #8!
5:00-5:50pm	Downtime in the dorm
5:50pm	Meet in dorm to leave for dinner
6:00-6:30pm	Dinner at Four Lakes Market
6:30-8:30pm	Nightly Activity!
9:15pm	Everyone in their own rooms to get ready for bed
9:30pm	Lights out!

Thursday June 14

7:15am	Wake up!
7:30am	Meet in lobby to leave for breakfast: bring swim bag and dryland clothes
7:45-8:15am	Breakfast at Four Lakes Market
8:15-11:15am	Training Session #9!
11:15-11:50am	Downtime in the dorm
11:50am	Meet in dorm lobby to leave for lunch
12:00-12:30pm	Lunch at Four Lakes Market
12:30-2:00pm	Downtime in the dorm
2:00pm	Meet in lobby to leave for the pool: bring your swim bag
2:00-5:00pm	Training Session #10!
5:00-5:50pm	Downtime in the dorm
5:50pm	Meet in dorm to leave for dinner
6:00-6:30pm	Dinner at Four Lakes Market

6:30-8:30pm Nightly Activity!
9:15pm Everyone in their own rooms to get ready for bed
9:30pm Lights out!

Friday June 15

7:15am Wake up!
7:30am Meet in lobby to leave for breakfast: bring swim bag and dryland clothes
7:45-8:15am Breakfast at Four Lakes Market
8:15-11:15am Training Session #11!
11:15-11:50am Downtime in the dorm
11:50am Meet in dorm lobby to leave for lunch
12:00-12:30pm Lunch at Four Lakes Market
12:30-1:45pm Downtime in the dorm
1:45pm Meet in lobby to leave for the pool: bring your swim bag
2:00-3:30pm Training Session #12!
3:30-4:00pm Camp Review
4:00pm Check Out!

Follow the Rules!
Have Fun!

What to bring:

Suits (swimming more than once a day)
Towels
Caps
Goggles
Swim Bag
Snorkel
Pull Buoy
Fins
Kick Board
Paddles
Nose plug (optional)
Equipment Bag for all

Dry land Clothes (shorts and t-shirts)
Running shoes and socks
Water bottle
A White T-Shirt to Tie Dye!
Personal Hygiene Supplies
Any Medications
Alarm Clock
Snacks
Any spending money

Required for High Performance Camp

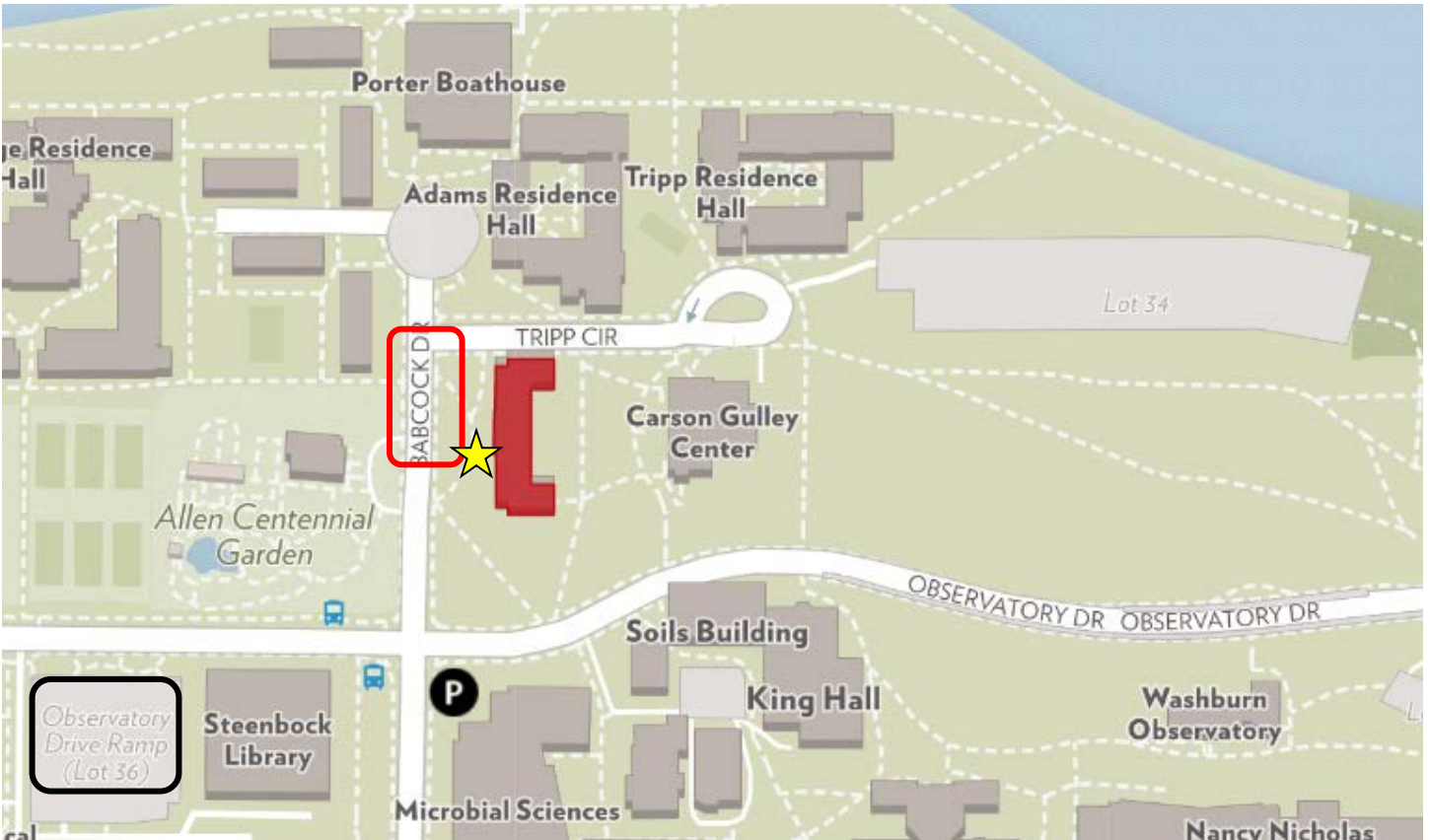
Dorm Rooms:

- 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

There is laundry onsite, please bring quarters and soap if you plan to do laundry. Athletes can bring small amounts of cash should they want to purchase anything during the camps such as bookstore t-shirts, toiletry items, additional snacks, etc.

2018 Swimming Camps Map

Temporary Load/Unload Zone – Babcock Drive: Parking attendants will direct parents to park along Babcock Drive
Lot 36 – Parents should park here at the pay-to-park Observatory Drive Ramp if they plan to watch camp at the Natatorium on weekdays (pull ticket and pay upon departure).
Lot 62 – This lot is free on Sunday and right across from the Natatorium.





BADGER SPORTS CAMPS

CAMPER RULES & EXPECTATIONS

Badger Sports Camps prides itself on providing a safe 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 lost or stolen items.

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.

