

BADGER SPORTS CAMPS

WRESTLING SKILLS & DRILLS CAMP: JUNE 13-16

Check-in: Wednesday, June 13th from 5:30 p.m. to 6:00 p.m. at Sullivan Hall

Check-out: Saturday, June 16th from 11:00 to 11:45 a.m. at Sullivan Hall

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

Meals: Campers will enjoy their meals in the [Four Lakes Market!](#) Meals will begin with breakfast on June 14th and will end with breakfast on June 16th. Please note that dinner **will not** be provided for campers on June 13th. *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.*

Parking: Please drop off and pick up campers at Sullivan Hall (635 Elm Dr, Madison). See [map](#) for more details! Housing attendants will be present on Elm Drive to direct campers to park along the Elm Drive curb for check-in and check-out. Parents do not need to be present for check-in, but are welcome.

Cancellation Policy: Cancellations made 1 week prior to camp will pay an administrative fee of \$25 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.

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. For camp-specific concerns, please contact Assistant Coach, Jon Reader, at jtr@athletics.wisc.edu or 810-516-5835.

Tentative Schedule

Wednesday, June 13th

5:30PM – 6:00PM
6:00PM – 6:30PM
6:30pm
7:00pm-8:30pm
8:30pm
10:30pm
11:00pm

Check-in at Sullivan - **All Campers**
Camp Attendance and Bus to Wrestling Room / Shell
Shuttle to Camp Randall
Rules, intro, Technique Session #1 (Drills)
Shuttle to Dorms
Bed Check
Lights Out!

Thursday June 14th

6:30am-8:00am
8:30am
9:00am-10:30am
10:30am
11:00-1pm
1:30pm
2:00pm-4:00pm
4:00pm

Wake-up/Breakfast
Shuttle to Camp Randall
Technique Session #2
Shuttle to Dorms
Lunches
Shuttle to Camp Randall
Technique session #3
Shuttle to Dorms

5:00-6:00pm	Dinner
6:30pm	Shuttle to Camp Randall
7:00pm-8:30pm	Technique Session #4
8:30pm	Shuttle to dorms
10:30pm	Bed Checks
11:00pm	Lights Out!

Friday June 15th

6:30-8:00am	Wake-up/Breakfast
8:30am	Shuttle to Camp Randall
9:00am-10:30am	Technique Session #5
10:30am	Shuttle to Dorms
11:00am-1pm	Lunch
1:00pm	Shuttle to Camp Randall
2:00pm-4:00pm	Technique Session #6
4:00pm	Shuttle to Dorms
5:00pm-6:00pm	Dinner
6:30pm	Shuttle to Camp Randall
7:00pm-9:00pm	Tech. Session #7/Motivational Speech
10:30pm	Bed Checks
11:00pm	Lights Out!

Saturday June 16th

6:30-7:30am	Wake-up/Breakfast
7:30am	Shuttle to Camp Randall
8:00-10:00am	Badger Tough Practice!
10:15am	Shuttle to Dorms
11:00am	Check-out of Sullivan Hall

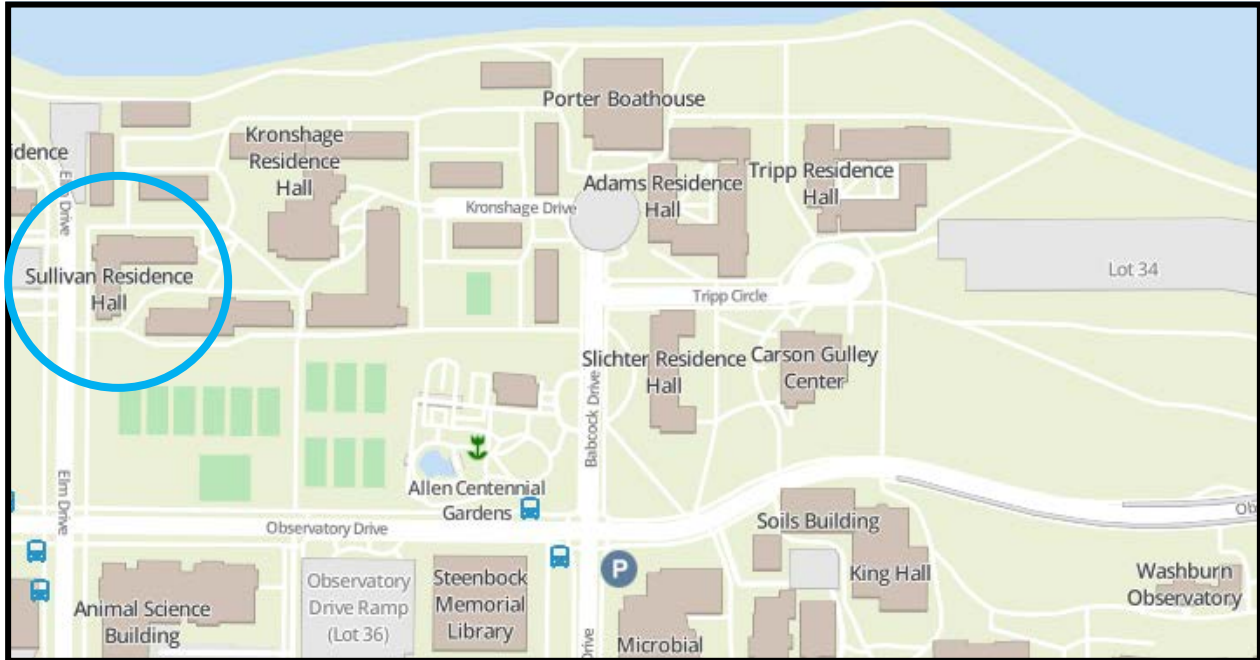
Packing List:

- 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, or any items of value.

Sullivan Hall Map





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.

