



# BADGER SPORTS CAMPS

## VOLLEYBALL OVERNIGHT TEAM CAMP

**JULY 13<sup>TH</sup> – JULY 15<sup>TH</sup>**

**Camp Check-In:** Friday, July 13th, from 12:15pm-1:45pm – in the Gordon Dining and Event Center – 2<sup>nd</sup> Floor.

Camp Opening: July 13th 2:15pm in Nicholas Johnson Pavilion

**Camp Check-Out:** Our Camp Closing will be on July 15th at 4:00pm in the Nicholas Johnson Pavilion and will conclude with the crowning of our 2018 Bucky Trophy! For Commuter teams, you will be dismissed directly from this closing in the NJP. For Resident campers, you will check-out from Sellery Hall from 4:15pm-4:45pm after the camp closing. Please remember, you must return your keys during check-out or you will be charged a lost key fee.

**Residence Halls:** Resident Campers will be housed in Sellery Hall on campus for the duration of camp. Our volleyball camp will be the only summer program using the B Tower of Sellery Hall during our camp days. Resident campers will have counselors on each floor with them.

**Meals:** Campers will have all meals on-campus at the Gordon Avenue Market.

**Spectators:** Due to the amount of facilities used throughout camp and the limited viewing space within some facilities, parents and/or guardians are able to watch camp, however, please be aware at some locations this will not be feasible. Please check in with your camper to learn of what facility they will be in during any session of camp. Their camp coach will have this information available.

**Parking:** There will be a temporary load/unload zone in the back of Sellery Hall or you may pay to park in Lot 46 or Lot 29. Please use the “drop off zone” for cars to unload camper gear and we will help with directions to parking lots for those parents wishing to help move their athletes into the dorms. With the length of the testing portion of camp, we recommend using Lot 46/29 prior to using the temporary zones.

**Camp Store:** A camp store will be open during check-in, at nights in the dorms, and at check-out for campers and their families. You will be able to purchase Wisconsin Volleyball apparel and volleyball related gear!

**Cancellation Policy:** Cancellations made at least 1 week prior will pay an administrative fee of \$50 that will be deducted from your refund. After that time period, 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/Early Pickup/No Shows:** Any campers who will be arriving to check-in/drop off late, check-out/pick-up early, be leaving for a portion of camp, or will no longer be able to attend, please contact us as soon as possible at badgercamps@athletics.wisc.edu to coordinate your plans. We want to make sure every camper is accountable each day of camp so please let us know if your camper will not be coming on any day. We will be at different facilities during camp so we will be busing the campers throughout the duration of camp.

**Drop-Off and Pickup:** Commuter campers should be dropped off and picked up from and to their groups at the basketball court area outside of Sellery Hall (821 W. Johnson Street, Madison, WI). They will be meeting with their group directly to start and end the camp day. Camp will begin shortly after being dropped off in the morning, so please make sure to be on time for drop-off. We will be boarding a bus to start camp, so being on time is critical for camp.

### **Camp Contacts:**

For questions, 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).

**What to Bring:** All campers should bring the following items:

Shoes	Personal Hygiene Supplies
Socks	Toiletries, Towels, Soap
Spandex/Shorts	Shower Sandals
T-Shirts	Any Medications
Kneepads	Alarm Clock
Gym Bag	Snacks
Extra T-Shirts and Socks	Blanket for Dorm Room (rooms can get cold at night)
Water Bottle	Spending Money for Camp Store

Linens and pillows are provided by Housing services, however, we do recommend bringing your own pillow with a blanket for some comforts from home. With air conditioning in each individual room, the rooms can become pretty cold during the night. There is laundry onsite in Sellery Hall, so please bring quarters and soap if you plan to do laundry.

### **Team Camp Theme Days:**

Over the past years, we started a t-shirt theme for each day of camp to bring all of the teams attending together individually and with our camp. This idea has been a huge hit and we'd like to continue it at this year's camp! Below is the day by day themes so that your team (and your captains) can coordinate together on what they'd like to wear for the days of camp. We didn't intend this to add any additional costs, so please do not feel that you need to purchase anything additional or specific for camp. We wanted to make sure to provide broad themes that would be easily done by all team members without the need to feel that they have to add to their camp fees.

***Day 1: Wisconsin Camp Shirt (each player will receive a camp shirt at check-in)***

***Day 2: Badger Color Day (each team can pick a Badger color that the whole team wears. This could be Red, White, Black, or Grey)***

***Day 3: Team/School Color Day (this is our competition day, so time to show your school pride!)***



**TENTATIVE CAMP SCHEDULE**

**Friday, July 13, Schedule**

12:15PM – 1:45PM	All Campers Check-In (Gordon Dining and Event Center – 2 <sup>nd</sup> Floor)
2:15PM – 2:30PM	Camp Opening (Nicholas Johnson Pavilion)
2:30PM – 2:45PM	Camp Demo
2:45PM – 3:00PM	Travel to Opening Session (various courts)
3:00PM – 5:00PM	Opening Session (various courts)
5:00PM – 5:15PM	Travel to Dinner
5:15PM – 5:45PM	Dinner
6:00PM – 6:15PM	Travel to NJP
6:15PM – 6:30PM	Camp Demo
6:30PM – 6:45PM	Travel to courts
6:45PM – 8:45PM	Camp Session
8:45PM – 9:00PM	Travel to Sellery Hall
9:00PM	Commuter Pickup

**Saturday, July 14, Schedule (WAVE SCHEDULE in AM and AFTERNOON)**

**RED WAVE**

7:00AM – 7:30AM	Breakfast
Pre 7:30AM	Commuter Drop-off
7:30AM – 7:45AM	Meet with Group
7:45AM – 8:00AM	Travel to courts
8:00AM – 10:00AM	Camp Session
10:00AM – 10:15AM	Travel to Sellery
10:30AM – 11:15AM	Off-Court Session
11:15AM – 12:00PM	Lunch
12:00PM – 12:15PM	Travel to NJP Demo
12:15PM – 12:30PM	NJP Demo
12:30PM – 12:45PM	Travel to courts
12:45PM – 2:30PM	Camp Session
2:30PM – 2:45PM	Travel to Sellery
3:00PM – 3:45PM	Off-Court Session
5:00PM – 5:45PM	Dinner
5:45PM – 6:00PM	Travel to courts
6:00PM – 8:00PM	Camp Session
8:00PM – 8:15PM	Travel to Badger Demo
8:15PM – 9:00PM	Badger Demo
9:00PM	Commuter Pickup

**WHITE WAVE**

8:00AM – 8:30AM	Breakfast
8:30AM – 8:45AM	Meet with Group
8:45AM – 9:00AM	Travel to Off-Court
9:00AM – 9:45AM	Off-Court Session
9:45AM – 10:00AM	Travel to courts
10:00AM – 12:00PM	Camp Session
12:00PM – 12:15PM	Travel to Lunch
12:15PM – 1:00PM	Lunch
1:15PM – 1:30PM	Travel to Off-Court
1:30PM – 2:15PM	Off-Court Session
2:15PM – 2:30PM	Travel to NJP Demo
2:30PM – 2:45PM	NJP Demo
2:45PM – 3:00PM	Travel to courts
3:00PM – 4:45PM	Camp Session
4:45PM – 5:00PM	Travel to Dinner

**Sunday, July 15, Schedule**

7:00AM – 7:30AM	Breakfast
Pre 7:30AM	Commuter Drop-off
7:30AM – 7:45AM	Meet with Group
7:45AM – 8:00AM	Travel to NJP Demo
8:00AM – 8:15AM	NJP Demo
8:15AM – 8:30AM	Travel to courts
8:30AM – 11:00AM	Camp Session – AM Pool Play
11:00AM – 11:15AM	Travel to Lunch
11:15AM – 12:15PM	Lunch
12:15PM – 12:30PM	Travel to NJP Demo
12:30PM – 12:45PM	NJP Demo
12:45PM – 1:00PM	Travel to courts
1:00PM – 3:45PM	Camp Session – PM Bracket/Pool Play
3:45PM – 4:00PM	Travel to Closing
4:00PM	Closing and Check-Out

## LETTER FROM COACH KELLY SHEFFIELD

Campers & Parents,

Thank you for signing up for Badger Volleyball Camps this summer. We are so excited and looking forward to this - and hopefully you are as well! This is quite an endeavor. Over the course of three weeks, we will have approximately 2,000+ campers from 20+ states and other parts of the world. We will have more than 90 coaches from across the country to help teach "The Badger Way." At team camp we will have over 45 programs joining us this summer.

It is extremely important to me that this is a great experience. Although with a group this large I understand that 100% satisfaction is unlikely, it doesn't mean we aren't striving to get there. Every year we are trying to find ways to make things better. Below are a few things that I'd like to touch on so that you have an understanding of my philosophy.

**Camp Philosophy:** This is what I tell our coaches: This is not high school season and this is not a club team. This is a camp experience! We are going to teach what we know, with the understanding that skill development can take much longer than the time the campers will be here on campus. Our goal is for every camper and team to be safe, have fun, and learn a few things that they can carry forward with them. Our coaches will work them hard and encourage them to get out of their comfort zone, but we will be positive and supportive with our approach. I hope you understand why we feel this is the best approach for a 1-3 day camp.

**Coaching:** We hire coaches from all over the country. These coaches are other college coaches, club coaches, high school coaches, and current and former Badger Volleyball players. Before being hired, we complete background checks on every coach. We have also sent out a 15-page packet that details the techniques, progressions, drills, and goals for our camps to every coach. Prior to every camp we have a camp meeting with all coaches to make sure everyone is on the same page with how we want to teach the game, and so everyone understands that safety and fun are the two main priorities. We then have demonstrations so that not only do the campers know what we will be doing, but so that the coaches can also see how I (or a member of my staff) teach the skills. We have the Badger Volleyball players work the camps as well while they are in summer school. We know campers love having them around, and unfortunately not every court will have a current player on it. If your camper's favorite player isn't on their court, please encourage them to sit down and have a meal with them – I'm sure both will love it!

**On-Court/Off-Court Sessions:** A few years ago we made the decision to incorporate some off-court sessions for our multi-day camps, and it was one of the best decisions we've ever made! These sessions may include film sessions to improve volleyball IQ, leadership discussions, goal setting, managing stressful competitive environments, Q&A with the Badgers, etc. We love the feedback we are getting regarding these sessions and feel they really enhance the learning and overall experience at camp.

**Safety First:** There are certain rules that are non-negotiable. Behaviors such as sneaking out of the dorms, or other things at that level, will not be tolerated and will be immediate cause for removal from camp. We have not had this happen in the past, but we want to make sure the consequences of such behavior are clear in advance. We have many staffers that will be staying in the dorms, managing the bus and practice schedule, and organizing where campers should be. Attendance is taken constantly to make sure that everyone is accounted for at all times. We also hire Health Services staff in each of our facilities to assist with minor injuries or illnesses. Although not a "safety first" issue, the food the campers will be eating, well, I can't imagine a camp offering better dining anywhere than at our Gordon Dining and Event Center!

**Year-to-Year improvement:** This is something that is very important to us. We really try to find ways to get better every year. After each camp we send a survey to each family. I encourage you and your camper to give us your feedback. We look through every one and try to see what we are doing right and things we could be doing better. We also take a close

look at our evaluations on our coaches. Coaches who don't receive great evaluations are not invited back for the following year.

I hope this letter helps you better understand our approach to camp. Thanks again for choosing the Wisconsin Volleyball Summer Camps. I appreciate the time and money you are spending in order to let your daughter/son attend. We are going to do everything we can to help make it a great experience for them!

GO BADGERS!

Kelly







# 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](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 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.*

# **BADGER SPORTS CAMPS** HEALTH SERVICES

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 [uwcamp.com](http://uwcamp.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).

