

BADGER SPORTS CAMPS

GIRLS ROWING CAMP - SESSION 3: JULY 19-23

Check-in: Tuesday, July 19, from 1:30 PM to 2:00 PM at [Porter Boathouse](#) - 680 Babcock Drive

Check-out: Saturday, July 23, from 11:00 AM to 12:00 PM at Porter Boathouse

Meals: Campers will eat at [Four Lakes Market](#) for all meals. **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 [Cole Hall](#) for the duration of camp!

Spectators: Parents may attend and watch all aspects of camp. There will be racing around 9:45 AM the morning of check-out, and parents are encouraged to attend! The best viewing will be upstairs on the terrace of the Porter Boathouse.

Parking: Please drop off and pick up campers at Porter Boathouse (680 Babcock Drive). Campus Housing will direct you on where to temporarily park during check-in. See map on next page for more details.

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 by email: badgercamps@athletics.wisc.edu.

Camp Contact: Any camp issues or concerns can be directed to Jim Mitchell via email at jem@athletics.wisc.edu.

What to bring:

- | | |
|--|--|
| <input type="checkbox"/> 4-6 tight fitting athletic shorts (i.e. Under Armour spandex) | <input type="checkbox"/> 1 bathing suit |
| <input type="checkbox"/> 6-7 t-shirts | <input type="checkbox"/> 1 beach towel |
| <input type="checkbox"/> 4-5 tight fitting sports tops | <input type="checkbox"/> 1-2 bath towels |
| <input type="checkbox"/> 2-3 long sleeve athletic tops | <input type="checkbox"/> 2 hats |
| <input type="checkbox"/> 1-2 sweatshirts | <input type="checkbox"/> 1 pair of sunglasses that can go out on the water |
| <input type="checkbox"/> 1-2 sweatpants | <input type="checkbox"/> 1 rain jacket |
| <input type="checkbox"/> 1 pair flip flops/1 pair sneakers | <input type="checkbox"/> Sunscreen, medications, bathroom items such as eye care, toothpaste, etc. |
| <input type="checkbox"/> 8-9 pairs athletic socks | |
| <input type="checkbox"/> 1 warm fleece or jacket | |

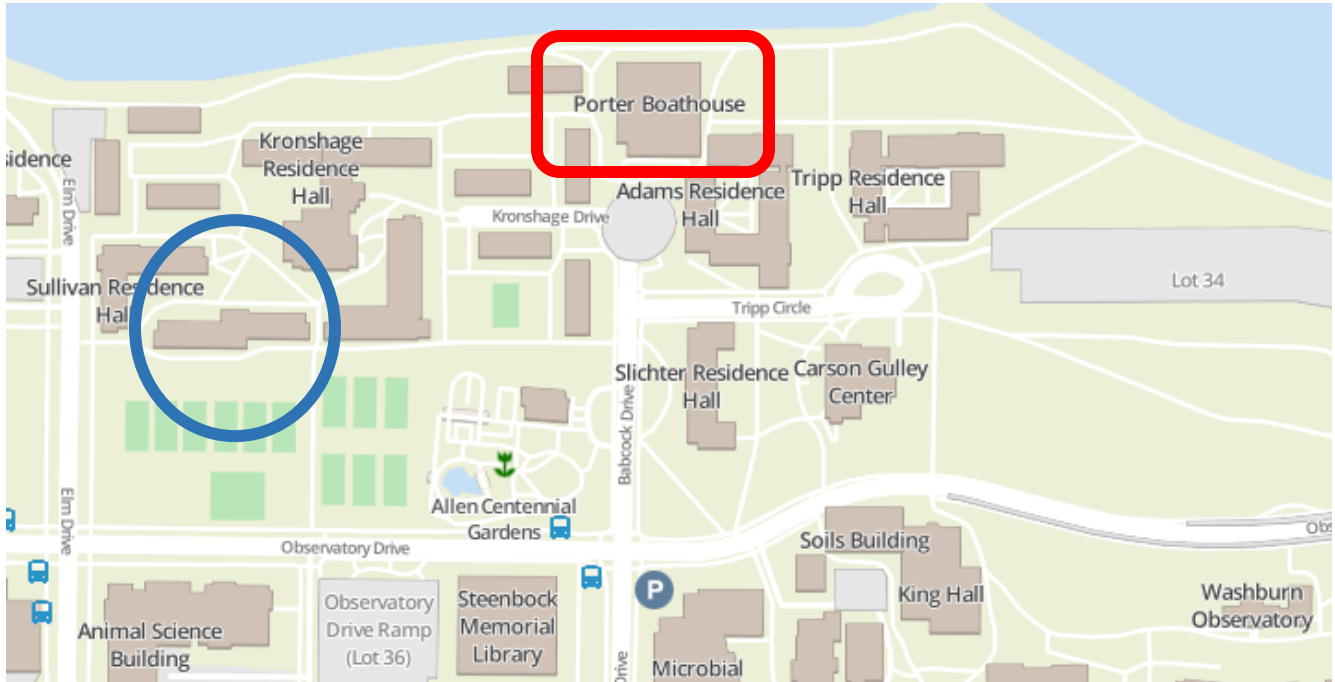
Dorm Rooms:

- Air-conditioned
- Bed linens, blankets, pillows, and a small refrigerator are included
- Internet and cable connection options are available (cables not provided)
- Laundry is on-site. Please bring quarters

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Parking Map



Camp Schedule

Wisconsin Women's Rowing Summer Camp Schedule 2022

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00		Wake-Up 7:00a	Wake-Up 7:00a	Wake-Up 7:00a	Wake-Up 7:00a
7:30		Breakfast 7:30-8:00a	Breakfast 7:30-8:00a	Breakfast 7:30-8:00a	Breakfast 7:30-8:00a
8:00					
8:30		Meet in OW Erg Bay 8:30	Meet in OW Erg Bay 8:30	Meet in OW Erg Bay 8:30	Meet in OW Erg Bay 8:30
9:00		Row 8:30-10:30	Row 8:30-10:30	Row 8:30-10:30	Row 8:30-9:30
9:30					change into camp T's
10:00					RACE 9:45-10:15
10:30		Foam Roll	Foam Roll	Foam Roll	
11:00		Back to dorms for shower & Chill Time 11:00-12:15	Back to dorms for shower & Chill Time 11:00-12:15	Back to dorms for shower & Chill Time 11:00-12:15	Camp Wrap-Up/Closing
11:30					Remarks 10:30am
12:00		12:15 walk over to lunch	12:15 walk over to lunch	12:15 walk over to lunch	
12:30		Lunch 12:30-1p	Lunch 12:30-1p	Lunch 12:30-1p	Back to dorms shower/pack
1:00		1:15 Walk back to Porter	1:30-2:30 Optional Tank	1:15 Walk back to Porter	Check OUT @ Porter
1:30	Check IN @ Porter	Strength/Conditioning Seminar	Time w/ Counselors		11am-12pm
2:00	1:30-2:00	1:30-2:30		Nutrition	
2:30	Upstairs for Intros & Tour	2:30-3:00 Optional Tank	YOGA 2:30-3:45 pm	1:30-2:30pm	
3:00	(3-4:30) Erg/Tank Assessments	Time w/ Counselors			
3:30	& Circuit Assessment			Erg Seminar	
4:00	3 groups - 30' @ each	Row 3:00-5:00	Row 4-5:15	2:30-3:30pm	
4:30	Swim Test 4:30-5:15				
5:00				Row 3:30-5:30	
5:30	Back to dorm to shower	Back to dorm & shower	Back to dorm & shower		
6:00				Back to dorm & shower	
6:30	Dinner 6-6:30pm	Dinner 6-6:30p	Dinner 6-6:30p		
7:00	Ice Breakers	Walk to Terrace For Ice Cream	Movie Night	Dinner 6-6:30p	
7:30		Back to dorms			
8:00	Back to dorms				
8:30			Back to dorms		
9:00	Room Check	Room Check	Room Check	Room Check	
9:30					
10:00	Lights Out!	Lights Out!	Lights Out!	Lights Out!	



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.

As the date of your camp nears, we recommend that all campers self-monitor for symptoms of communicable diseases such as fever, aches, chills, stuffy or runny nose, sore throat, cough, headache, muscle or body aches, and fatigue. Please do not report to camp if you feel ill. Badger Sports Camps will offer a full refund to any camper who cannot attend their registered camp due to an illness.

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. Health Services Staff will provide access to first aid care and supplies, water, and ice for treatment purposes as needed.

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, and diabetic supplies 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. Please come to camp prepared and continue this during camp. 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,

Margaret Ingels, MS, LAT
Staff Athletic Trainer
Health Services Supervisor
mrp@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. To learn more about the science behind Gatorade, visit www.Gatorade.com.





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 phrase "UWCAMPS" 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.