



Welcome to our 2022 Wisconsin Volleyball Badger I Camp! We look forward to having your family with us this summer and we hope to create a great camp experience for you and your family! Please make sure to read through the entirety of this packet as it has a lot of information that can help answer questions you may have.

Camp Check-In and Skills Testing:

Friday, July 8th, from 9:45am-12:00pm

Official Check-in: Witte Hall (615 W Johnson St, Madison, WI 53706)

Skills Testing: Nicholas Recreation Center – 3rd Floor (797 W Dayton St, Madison, WI 53706)

After campers check-in at Witte Hall, they will then proceed directly across the street to the Nicholas Recreation Center (NICK) 3rd Floor to perform a short 15 minute skills testing. After completing both items, campers will then have time to put their gear in the dorms, if they are a resident camper.

With the amount of campers that will be coming through check-in we are suggesting individuals with the following last names to check in during the time frames listed below. You are welcome to check-in any time throughout the time period, we are trying to limit the overall congestion of the check-in process.

Last Name Starts with A-N – Preferred time of 9:45am – 11:00am

Last Name Starts with O-Z – Preferred time of 10:45am – 12:00pm

Camp Opening: July 8th 1:15pm in the Nicholas Recreation Center (3rd Floor)

**Reminder, lunch is not provided on Day 1 of Camp. Our first meal will start with dinner on Day 1.*

A few years ago we made an adjustment to our check-in process to streamline and improve the process of getting campers into groups that fit their level of play without having to take sessions away from camp. To do so, we will continue to be holding our testing/evaluation portion of our camp as a part of our check-in process. Please come prepared for volleyball activities and testing when arriving for check-in. You will only need your volleyball gear to check-in and you can grab your bags after you complete check-in. This process should take approximately 25 minutes total so please give yourself enough time to complete this and getting into your room (resident campers). Lunch will not be provided during this time so please feel free to grab lunch with your family before the camp opening at 1:15pm. Our first camp meal will be dinner after our first camp session. We ask all campers to please be at the 3rd Floor of the Nicholas Recreation Center by 1:05pm for our opening at 1:15pm as we will be getting the campers into their groups as they arrive for the camp opening.

Camp Check-Out: Our Camp Closing will be on July 9th at 7:15pm in the Nicholas Recreation Center – 3rd Floor. For Commuters, you will be dismissed directly from this closing. For Resident campers, you will check-out from Witte Hall from 7:15pm-7:45pm 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 the recently renovated [Witte Hall](#) on our Wisconsin campus for the duration of camp.

Meals: Campers will have all meals on-campus at the [Gordon Avenue Market](#). *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.*

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 may be tighter than

others. Please check 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 for them if asked.

Parking: We are recommending families park in the pay to park Lake and Johnson Ramp (Lot 46) or the State Street Campus Garage – Lake St during check-in and check-out. There is a small “drop off zone” for cars to unload camper gear outside Witte Hall, however, spaces are extremely limited.

Lake and Johnson Ramp (Lot 46) – 301 N. Lake Street, Madison, WI 53715

State Street Campus Garage – Lake St - 415 N Lake St, Madison, WI 53715

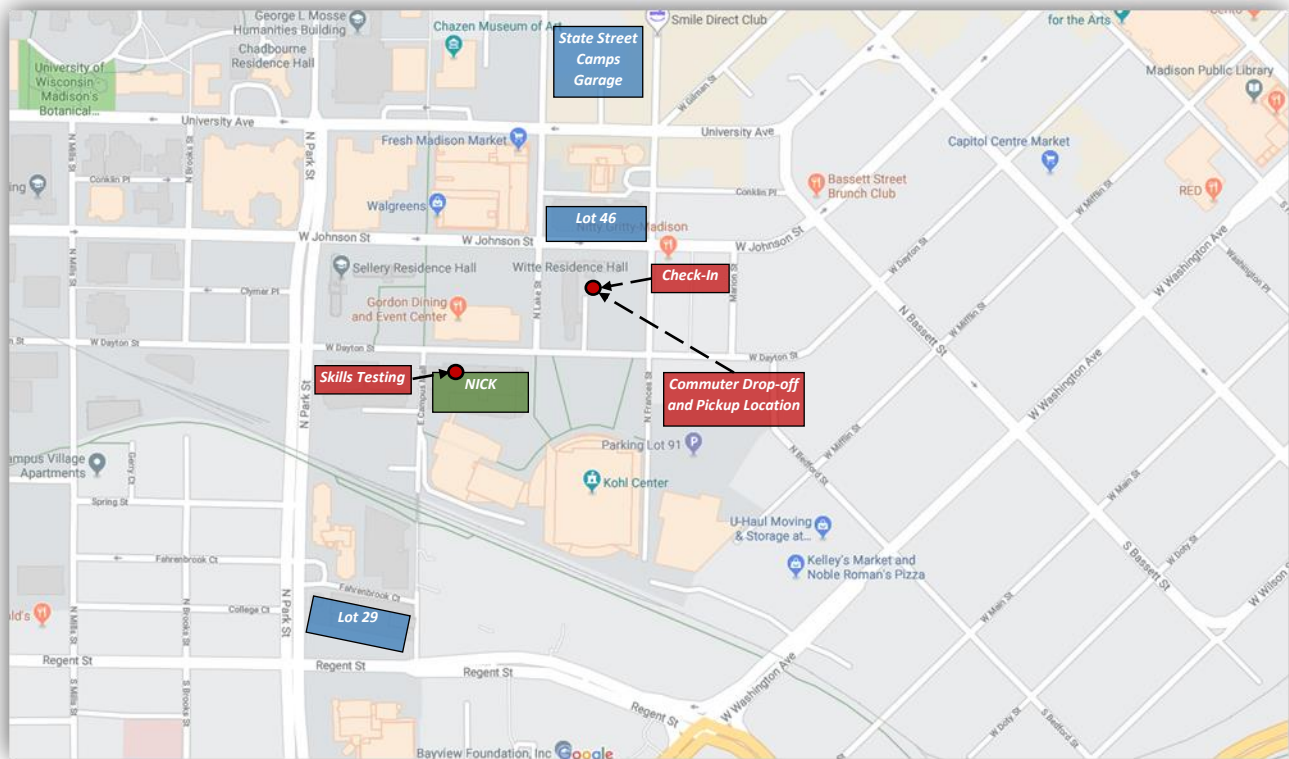
Camp Store: A camp store will be open during check-in, at night in the dorms, and at check-out for campers and their families. You will be able to purchase Wisconsin Volleyball apparel and volleyball related gear! The camp store will accept cash and credit cards.

Cancellation Policy: Please reach out to our Badger Camps Office to request all refunds. These requests can be made 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 and jny@athletics.wisc.edu. We want to make sure every camper is accounted for 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 to and from their groups at Witte Hall (615 W Johnson St, Madison, WI 53706). 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 to our first sessions, so being on time is extremely critical for camp.

Commuter Schedule: Pickup on July 8th – 9:00pm (Witte Hall)
(Other than Opening/Closing) Dropoff on July 9th – 7:30am (Witte Hall)



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 the summer temperatures outside and air conditioning in each individual room, the rooms can become colder during the night.

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 and jny@athletics.wisc.edu.

TENTATIVE CAMP SCHEDULE

FRIDAY, JULY 8, SCHEDULE

9:45AM—12:00PM Check-In/Skills Evaluation by Last Name
9:45AM Last Name A-N
10:45AM Last Name O-Z

**Official start: 1:15PM, be in Nicholas Recreation Center by 1:05PM (campers with families until opening)*

1:15PM Official Camp Opening and Groupings
1:45PM Travel to Session
2:00PM On-Court Session
4:15PM Travel to Dinner
4:30PM Dinner
5:30PM Travel to Session
5:45PM On-Court Session
7:45PM Travel to Off-Court Session
8:00PM Off-Court Session
8:45PM Travel to Dorms/Pickup
9:00PM Dorm Meeting/Commuter Pickup (at Witte Hall)
10:15PM Lights Out

SATURDAY, JULY 9, SCHEDULE (WAVE SCHEDULE IN AM AND AFTERNOON)

Red Wave

7:00AM Breakfast for Resident Campers
7:30AM Commuter Dropoff (at Kohl Center)
7:45AM Travel to Session
8:00AM On-Court Session
9:45AM Travel to Off-Court Session
10:00AM Off-Court Session
10:45AM Travel to Lunch
11:00AM Lunch
12:00PM Travel to On-Court Session
12:15PM On-Court Session
2:15PM Travel to Off-Court
2:30PM Off-Court Session
3:15PM Explore with Group/Witte Time

White Wave

7:00AM Breakfast for Resident Campers
7:30AM Commuter Dropoff (at Kohl Center)
7:45AM Travel to Off-Court Session
8:00AM Off-Court Session
8:45AM Explore with Group/Witte Time
9:30AM Travel to On-Court Session
9:45AM On-Court Session
11:30PM Travel to Lunch
11:45PM Lunch
1:00PM Travel to Off-Court Session
1:15PM Off-Court Session
2:00PM Travel to On-Court Session
2:15PM On-Court Session
4:15PM Travel to Dinner

Waves Combined

4:30PM Dinner
5:15PM Travel to Competition Session
5:30PM Competition Session
7:00PM Travel to Closing
7:15PM Camp Closing/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 two months, we will have approximately 2,200+ campers from 20+ states and other parts of the world. We will have more than 75 coaches from across the country to help teach "The Badger Way."

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 be 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 to be safe, have fun, and learn a few things that they can carry forward with them as a player and individual. 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 2 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 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!

Court Assignments: This is the thing we get the most phone calls about during camp. Everybody is looking for something different. Some campers want to be with campers of similar skill. Others want to be with campers of the same age. Others want to make sure they are with campers from their club team, and yet others want to make sure that they are with friends, roommates, and siblings. We try and get campers with similar age and similar abilities, but we also understand that someone is going to be the oldest/youngest and someone is going to be more/less experienced than everyone else on their court. We also understand that in order to get every camper to be on courts with similar skill, it would take a few sessions of testing and evaluation in order to find out every campers' abilities. If there is someone grossly out of place, we will ask the camper if they wish to be placed with a different group. This may take a couple of sessions to figure out, but again, we are not looking to move a camper who may be slightly better than the next camper, or move the camper who is not quite as good as the one next to them. What we are trying to do, is to give every camper the best opportunity to learn new things. I hope if you receive a phone call from your daughter regarding this that you will encourage them to commit themselves in improving and having fun rather than comparing themselves to the person next to them – again this is camp, not a team. Because this is our philosophy, I hope you understand that we do not take phone calls regarding court assignments.

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 leadership discussions, film sessions to improve volleyball IQ, goal setting, managing stressful competitive environments, Q&A with the Badgers, etc. We love the feedback we receive 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





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 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. 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. 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.





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.