

BADGER SPORTS CAMPS

GIRLS HOCKEY HIGH SCHOOL ELITE CAMP: AUGUST 8-11

Check-in: Monday, August 8th at [LaBahn Arena](#). Please refer to your team and daily schedule for drop-off time each day! Official camp check-in for each group is listed in Monday's schedule below.

Check-out: Monday, August 8th through Thursday, August 11th at LaBahn Arena. Please refer to your team and daily schedule for pick-up times!

Parking: Hourly parking is available at meters along Dayton Street, Frances Street, and in Lot 46 (Lake and Johnson Ramp on West Johnson, between Lake & Frances Streets). Daily parking permits can be purchased through UW-Transportation at <http://transportation.wisc.edu/parking/visitor.aspx>. Please be very careful to read the signs at the entry to any parking lot. See map below 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 at badgercamps@athletics.wisc.edu.

Camp Contact: Any camp issues or concerns can be directed to Daniel Koch by email at dk2@athletics.wisc.edu.

Meals: Please bring snacks with you as they are not provided, but there will be a snack break each day. No meals will be provided during camp. Please plan accordingly!

Spectators: Parents or guardians may attend and watch all aspects of camp.





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What to bring:

- Complete set of hockey gear (skates, hockey stick, helmet, pads, etc.)
- Athletic clothes and shoes for off-ice
- Water bottle
- Snacks

Daily Schedule and Teams:

- To accommodate all campers, each day is broken down into three groups with one running from roughly 8:00AM – 12:45PM, 10:30AM – 3:15PM, and 3:30PM – 7:45PM with each group overall getting the same ice time and instruction.
- Thursday is a shorter day and will include an end-of-week scrimmage and an opportunity for photos, etc. at the conclusion of the day.
- Schedule and team rosters are listed below.

Equipment Storage:

- Campers will **NOT** be allowed to leave their hockey equipment at the rink. They must take it home each day. Visiting team locker room and tournament locker room will be available to dress in. We will also have chairs lined up in the hallway by the stationary bikes where players can dress.
- We will hold campers to the same standard as our UW Athletes and will expect the room to be kept neat and clean with equipment hung deliberately.

CAMP SCHEDULE — FINAL ROSTERS WILL BE SENT AT A LATER DATE

MONDAY

Red/White

10:00am-10:30am Check-in
 11:00am-12:00pm Practice
 12:15pm-1:15pm Game

Royal/Black

12:30pm-1:00pm Check-in
 1:30pm-2:30pm Practice
 2:45pm-3:45pm Game

Gold/Gray

3:00pm-3:30pm Check-in
 4:00pm-5:00pm Practice
 5:15pm-6:15pm Game

TUESDAY

7:00am-7:45am **ALL GOALIES**

Royal/Gray

8:00am-9:00am Skating
 9:15am-10:15am Skills
 10:30am-11:00am Lecture
 11:45am-12:45pm Game

Red/Gold

10:30am-11:30am Skating
 11:45pm-12:30pm Lecture
 1:00pm-2:00pm Skills
 2:15pm-3:15pm Game

Black/White

3:30pm-4:30pm Skating
 4:45pm-5:45pm Skills
 5:55pm-6:30pm Lecture
 6:45pm-7:45pm Game

WEDNESDAY

7:00am-7:45am **ALL GOALIES**

Gold/Black

8:00am-9:00am Skating
 9:15am-10:15am Skills
 10:30am-11:00am Lecture
 11:45am-12:45pm Game

White/Gray

10:30am-11:30am Skating
 11:45pm-12:30pm Lecture
 1:00pm-2:00pm Skills
 2:15pm-3:15pm Game

Red/Royal

3:30pm-4:30pm Skating
 4:45pm-5:45pm Skills
 5:55pm-6:30pm Lecture
 6:45pm-7:45pm Game

THURSDAY

8:00am-9:15am Game 1v2
 9:30am-10:45am Game 3v4
 11:00am-12:15pm Game 5v6



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, epipens, 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.