

BADGER SPORTS CAMPS

GIRLS SOCCER COLLEGE ID: AUGUST 12

Check-in: 8:00 – 9:00 AM at the [Ubay Practice Fields](#) (marked with star on map – across from Waisman Center)

Dismissal: 4:00 PM at the Ubay Practice Fields or [McClimon Soccer Complex](#) (marked with star on map)

What to bring: *All Campers are asked to bring a soccer ball to facilitate training.* Also, please wear/bring appropriate soccer attire (soccer cleats-indoor or outdoor, shin guards, socks, etc.), a water bottle, and a bag for personal items.

Spectators: Parents are welcome to stay and watch all aspects of camp!

Parking: For those looking to park, you may do so in lot 76 (marked in Red on map, to the right of Nielsen Tennis Stadium) on a first come-first serve basis – 2501 University Bay Drive.

UW Soccer Ball: If you pre-purchased a UW Soccer Ball, it will be available at registration for pick-up. **Please note that each camper should have a soccer ball with them at camp!**

Inclement Weather: The goal is to play through rain showers. In case of storms, campers will be transported to a safe indoor location! Please dress for the weather.

Health & Safety Staff: Health Services will be stationed at all training fields for the duration of camp!



Meals: Meals are not provided as part of this camp session. Campers should bring their own lunches to camp. Please email badgercamps@athletics.wisc.edu if you have any additional questions regarding lunch.

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.

Snacks & Water: Campers are strongly encouraged to bring snacks. Water will be available, however, campers should bring a filled water bottle with them to camp.

Updates: Please check your email for updates throughout the duration of camp.

Important Camp Contacts:

- Badger Sports Camps: badgercamps@athletics.wisc.edu
- Tim Rosenfeld (Camp Director): (608) 658-1200 or TMR@athletics.wisc.edu

Tentative Camp Schedule

Friday

- 8am - 9am: Check-in at University Bay (UBay) Practice Field
- 9:00 am: College Training Session (UBay Fields)
- 10:30 am: Walk to McClimon Soccer Complex
- 11:00 am: Watch University of Wisconsin Women's Soccer Walk-Through
- 11:45 am: Lunch
- 1:15 pm: Teams 1, 2 and 3 Check-in at UBay Practice Field
Teams 4, 5 and 6 Check-in at McClimon Soccer Complex
- 1:30 pm: 11 vs. 11 Matches (UBay and McClimon)
- 4:00 pm: Dismissal from McClimon
- 5:00 pm: Wisconsin vs. Northern Illinois (optional)



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. 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: firealarms).
- 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.