

WISCONSIN BADGERS

SUMMER DIVE CAMP - SESSION 1 || JUNE 18 - 23

Check-in: Sunday, June 18 || 1:30 – 3:00 pm at [Witte Hall](#) (both resident and commuter campers).

Dismissal: Friday, June 23 || 11:30 am – 12:00 pm at Witte Hall (both resident and commuter campers).

Commuter Drop-off/Pick-up Times:

M/W/F

Drop-off: 7:30 am at the Soderholm Family Aquatic Center, located within the Nicholas Recreation Center.

Pick-up: 5:00 pm at the Soderholm Family Aquatic Center, located within the Nicholas Recreation Center.

TUE/THU

Drop-off: 7:50 am at the Soderholm Family Aquatic Center

Pick-up: 5:00 pm at the Soderholm Family Aquatic Center

Housing/Meals: All campers will be housed in Witte Hall. Meals will be enjoyed at Gordon Dining Hall. Please direct all questions regarding specific meal options to dietitian@housing.wisc.edu.

Parking / Drop-off:

- Drop-off parking during check-in is available at Witte Hall in Lot 69 – 280 N. Frances Street.
- Extended parking is available for pay in the Lake & Johnson Ramp, Lot 46 – 301 N. Lake Street. Please see the map below for additional details.



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What to Bring:

Diving Gear:

- 2-3 practice suits
- Cap and goggles
- 2-3 towels
- Swim bag/backpack
- Tennis shoes & athletic wear for dryland
- Water bottle

General:

- Any medications
- Personal hygiene supplies
- Bath towels/shower shoes
- University housing will provide all participants with pillows and blankets. Participants are more than welcome to bring their own if they prefer.
- Spending money (optional)

General Schedule:

M/W/F

6:50 am || Meet in Lobby for Breakfast
7:00 am || Breakfast at Gordon Dining Hall
7:30 am || Campers Depart for Pool
7:45 am || Practice
10:45 am || Downtime
11:55 am || Meet in Lobby for Lunch
12:00 – 1:00 pm || Lunch
1:45 pm || Meet in Lobby for Practice
2:00 – 5:00 pm || Practice
5:00 pm || Guest Speaker/Evening Lecture
5:45 pm || Dinner at Gordon Dining Hall
6:30 pm || Evening Activity
8:00 pm || Downtime
9:00 pm || Divers in Dorm Rooms
10:00 pm || Lights-Out!

Evening Activities:

- Terrace and Ice-Cream
- Capture the Flag with Swim Camp
- Game Night

TUE/THU

7:15 am || Meet in Lobby for Breakfast
7:20 am || Breakfast at Gordon Dining Hall
7:50 am || Campers Depart for Pool
8:15 am || Practice
11:00 am || Downtime
11:55 am || Meet in Lobby for Lunch
12:00 – 1:00 pm || Lunch
1:45 pm || Meet in Lobby for Practice
2:00 – 5:00 pm || Practice
5:00 pm || Guest Speaker/Evening Lecture
5:45 pm || Dinner at Gordon Dining Hall
6:30 pm || Evening Activity
8:00 pm || Downtime
9:00 pm || Divers in Dorm Rooms
10:00 pm || Lights-Out!

Spectators: Spectators are welcome to watch all aspects of Camp. Camp sessions will take place in the [Soderholm Family Aquatic Center](#), located inside the Nicholas Recreation Center. Seating will be available in the upper deck of the facility.

Camp Contact: Any campers arriving late to check-in or are no longer able to attend may contact us at badgercamps@athletics.wisc.edu

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HEALTH SERVICES

Dear Campers & Parents,

Welcome to the University of Wisconsin-Madison Badger Sports Camps! As 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,

Brian Lund, MS, LAT
Staff Athletic Trainer

GATORADE SUMMER PROGRAM

At the University of Wisconsin – Madison, we make sure our athletes have the right tools on and off the field to work hard. Staying hydrated is essential, which is why we will have Gatorade on the sidelines throughout camp. To learn more about the science behind Gatorade, visit www.Gatorade.com



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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.