

# WISCONSIN BADGERS

## BADGER SPORTS CAMPS - CROSS COUNTRY

### CAMP OF CHAMPIONS – SESSION 1 || JULY 9<sup>TH</sup> – 13<sup>TH</sup>

**Check-in:** Tuesday, July 9<sup>th</sup> from 2:00 – 3:00pm at the Lake Mendota Room, located within [Dejope Residence Hall](#) – 640 Elm Drive, Madison WI 53706.

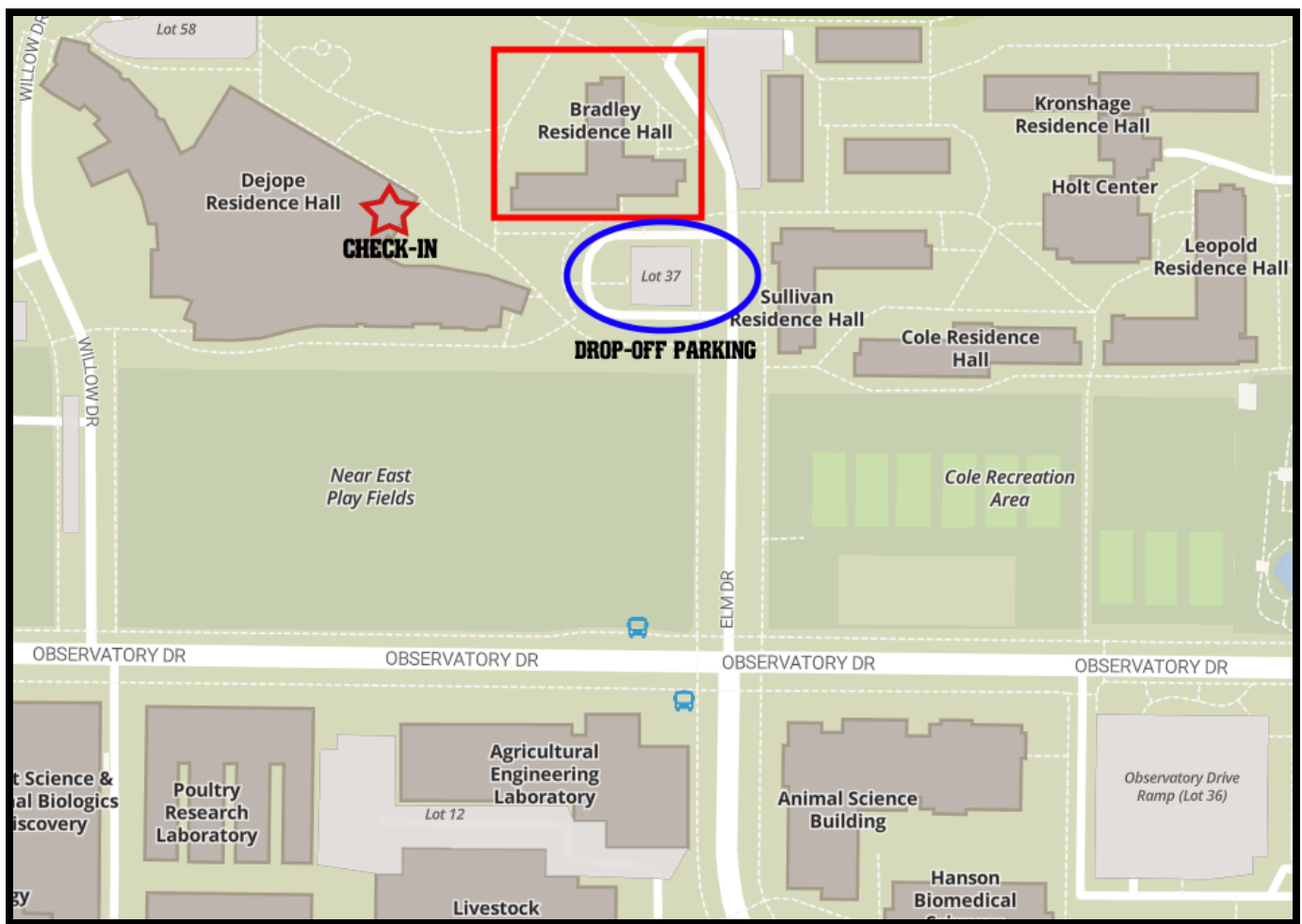
**Dismissal:** Saturday, July 13<sup>th</sup> from 12:00 – 1:30pm at [Bradley Residence Hall](#).

**Spectators:** Spectators are welcome to watch all aspects of Camp.

**Parking:** Drop-off parking will be available outside of Dejope Residence Hall, near Lot 37. Transportation services staff will be outside throughout the duration of check-in directing traffic. Please see the map below for additional details.

- Please view our [recommended parking packet](#) if you are interested in extended parking options!

**Housing:** Campers will be housed in Bradley Residence Hall.



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### What to Bring:

#### GENERAL

Personal hygiene supplies  
Sunscreen  
Any medications  
Personal toiletries  
2-3 bath towels  
1-2 swim towels  
Water bottle  
Bag for personal items  
Extra snacks/drinks (optional)

#### CLOTHING/RUNNING

Warm-up/sweatsuit  
Extra clean socks  
Leisure clothes  
4-5 shorts  
4-5 shirts  
Swimsuit  
Rain gear  
Running shoes  
Spikes (if possible; it is unnecessary to purchase just for camp)  
Running watch/Garmin (if possible; it is unnecessary to purchase just for camp)

*Please note, University Housing will provide all participants with pillows/blankets. Campers are welcome to bring their own if they prefer.*

**Meals:** All meals will be enjoyed at [Four Lakes Market](#).

- Have special dietary needs? Go [HERE](#) for more information. We have a number of Registered Dietitians on staff that would be available to speak with you at [dietitian@housing.wisc.edu](mailto:dietitian@housing.wisc.edu).

**Tentative Daily Schedule:** All campers will receive a daily schedule during camp check-in.

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

#### Important Camp Contacts:

- Badger Sports Camps – [badgercamps@athletics.wisc.edu](mailto:badgercamps@athletics.wisc.edu)
- Coach Byrne – (608)262-5729 or [mgb@athletics.wisc.edu](mailto:mgb@athletics.wisc.edu)
- Coach Watson – (608) 354-3472 or [aaw@athletics.wisc.edu](mailto:aaw@athletics.wisc.edu)
- Coach Crevoiserat – (608)354-5821

**Refund Policy:** Cancellations requested at least 14 days prior to the first day of camp will receive a refund, minus an administrative fee - \$50 for multi-day camps or \$20 for single-day camps. Within 14 days from the camp start date, refunds are provided for medical reasons only (medical documentation from a healthcare provider must accompany the signed form).

All requests for refunds must be submitted using our refund request form (found [here](#)). Refunds requested without the form will not be accepted. Please complete the form, and return to [badgercamps@athletics.wisc.edu](mailto:badgercamps@athletics.wisc.edu).

UWCAMPS.COM

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## HEALTH SERVICES

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](http://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,

Olivia Bodway, 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](http://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](mailto: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](mailto: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.*