

WISCONSIN BADGERS

BADGER SPORTS CAMPS - GIRLS ROWING

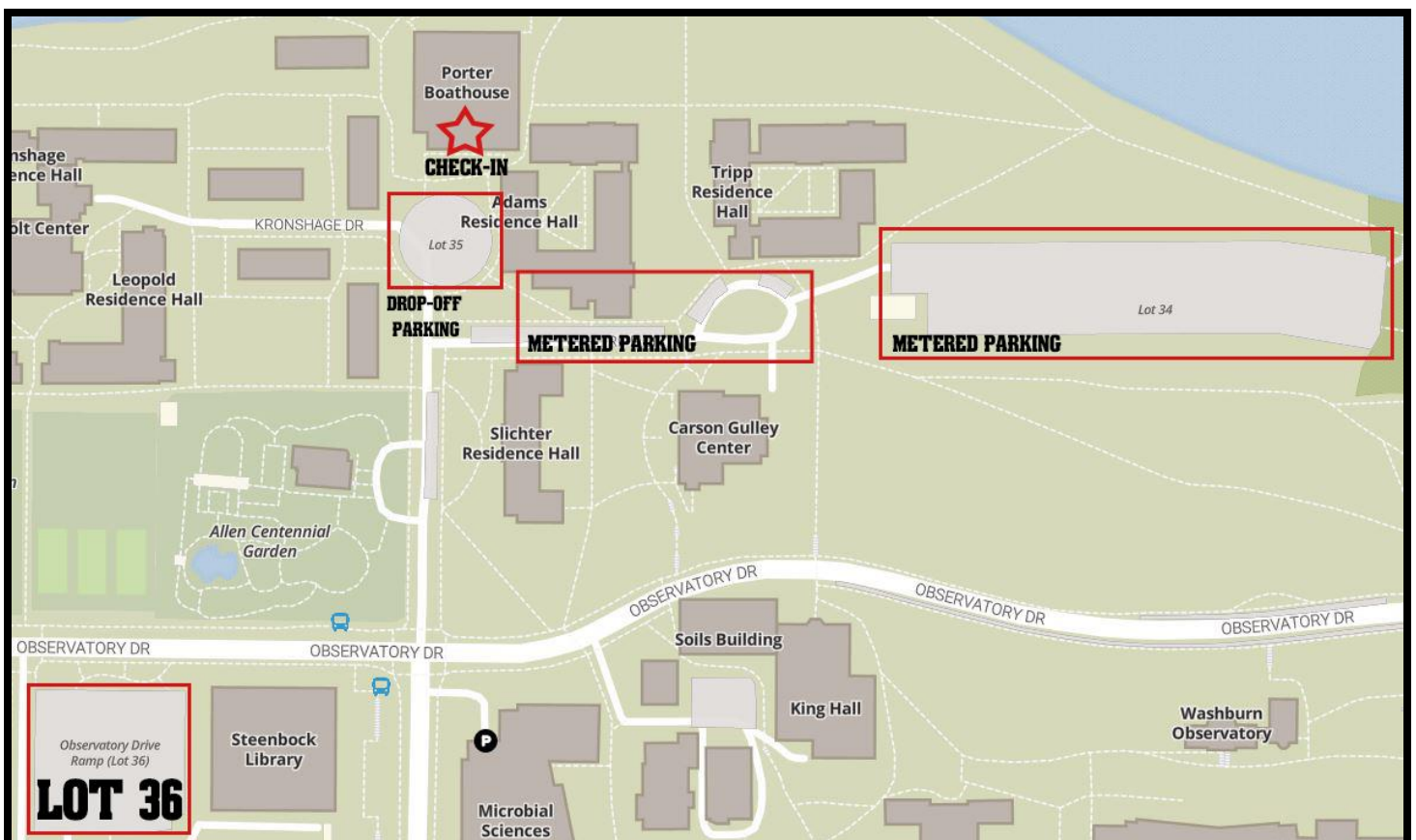
2024 GIRLS SUMMER ROWING CAMP – SESSION 3 || JULY 23rd – 27th

Check-in: Tuesday, July 23rd from 1:30 – 2:00pm at the [Porter Boathouse](#) – 680 Babcock Drive, Madison WI 53706.

Dismissal: Saturday, July 27th from 11:30am – 12:00pm at the Porter Boathouse.

Parking: Drop-off parking will be available outside of Lot 35 – 655 Babcock Drive and Kronshage Drive. If you are looking for extended parking, we recommend Lot 36 – 1645 Observatory Drive, or utilizing the metered stalls in Lot 34 – 1480 Tripp Circle. Please see the map below for additional details.

For more information on parking, please see our [recommended parking packet](#). Within this packet you will find instructions regarding purchasing a parking permit ahead of time (optional), along with a list of recommended parking garages/lots by check-in location.



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What to Bring:

Please note, University Housing will provide overnight participants with a linen pack (including a pillow, pillow case, fitted sheet, top sheet, and a blanket). Participants are welcome to bring their own if they prefer.

CAMP NEEDS

4 – 6 tight fitting athletic shorts
(i.e., Under Armor Spandex)
6 – 7 t-shirts
4 – 5 tight fitting sports tops
2 – 3 long sleeve athletic tops
1 – 2 sweatshirts
1 – 2 sweatpants
1 pair of flip flops/1 pair sneakers
8 – 9 pairs athletic socks
1 warm fleece or jacket
1 rain jacket
1 beach towel
2 hats
1 pair of sunglasses for the water

GENERAL NEEDS

Water bottle
Bag for personal items
All medications
Sunscreen
Personal hygiene supplies
Shower shoes
Extra snacks - please note, all dorm rooms will have a small fridge available.
Spending Money

Housing: All Campers will stay in [Kronshage \(Turner\) Residence Hall](#).

Meals: All meals will be enjoyed at [Four Lakes Market](#), located within DeJope Residence Hall.

- 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.

Tentative Daily Schedule: Please see page 3 for a tentative daily camp schedule.

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

Late Arrivals/No Shows: Any campers arriving late to check-in or are no longer able to attend may contact us at badgercamps@athletics.wisc.edu.

Travel: If air transportation is needed from MSN, please email the flight information to Jim Mitchell at JEM@athletics.wisc.edu 3-5 days prior to the start of camp.

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

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.

Wisconsin Women's Rowing Summer Camp Schedule 2024

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00		Wake-Up 7:00a	Wake-Up 7:00a	Wake-Up 7:00a	Wake-Up 7:00a
7:30		Breakfast 7:30-8:00a	Breakfast 7:30-8:00a	Breakfast 7:30-8:00a	Breakfast 7:30-8:00a
8:00					
8:30		Meet in OW Erg Bay 8:30	Meet in OW Erg Bay 8:30	Meet in OW Erg Bay 8:30	Meet in OW Erg Bay 8:30
9:00		Row 8:30-10:30	Row 8:30-10:30	Row 8:30-10:30	Row 8:30-9:30
9:30					change into camp T's
10:00					RACE 9:45-10:15
10:30		Foam Roll	Foam Roll	Foam Roll	
11:00		Back to dorms for shower	Back to dorms for shower	Back to dorms for shower	Camp Wrap-Up/Closing
11:30		& Chill Time 11:00-12:15	& Chill Time 11:00-12:15	& Chill Time 11:00-12:15	Remarks 10:30am
12:00		12:15 walk over to lunch	12:15 walk over to lunch	12:15 walk over to lunch	
12:30		Lunch 12:30-1p	Lunch 12:30-1p	Lunch 12:30-1p	Back to dorms shower/pack
1:00		1:15 Walk back to Porter		1:15 Walk back to Porter	Check OUT @ Porter
1:30	Check IN @ Porter	Strength/Conditioning Seminar	1:30-2:30 YOGA		11am-12pm
2:00	1:30-2:00	1:30-2:30		Nutrition	
2:30	Upstairs for Intros & Tour	2:30-3:00 Optional Tank	2:30-3:45 pm Optional Tank Time	1:30-2:30pm	
3:00	(3-4:30) Erg/Tank Assessments	Time w/ Counselors	w/ Counselors		
3:30	& Circuit Assessment			Erg Seminar	
4:00	3 groups - 30' @ each	Row 3:00-5:00	Row 4-5:15	2:30-3:30pm	
4:30	Swim Test 4:30-5:15				
5:00				Row 3:30-5:30	
5:30	Back to dorm to shower	Back to dorm & shower	Back to dorm & shower		
6:00				Back to dorm & shower	
6:30	Dinner 6-6:30pm	Dinner 6-6:30p	Dinner 6-6:30p		
7:00	Ice Breakers	Walk to Terrace	Movie Night	Dinner 6-6:30p	
7:30		For Ice Cream			
8:00	Back to dorms	Back to dorms			
8:30			Back to dorms		
9:00	Room Check	Room Check	Room Check	Room Check	
9:30					
10:00	Lights Out!	Lights Out!	Lights Out!	Lights Out!	

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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, 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.

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,

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.



UWCAMPS.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 and current location to (608) 573-5353. 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.