BADGER SPORTS CAMPS
SWIMMING

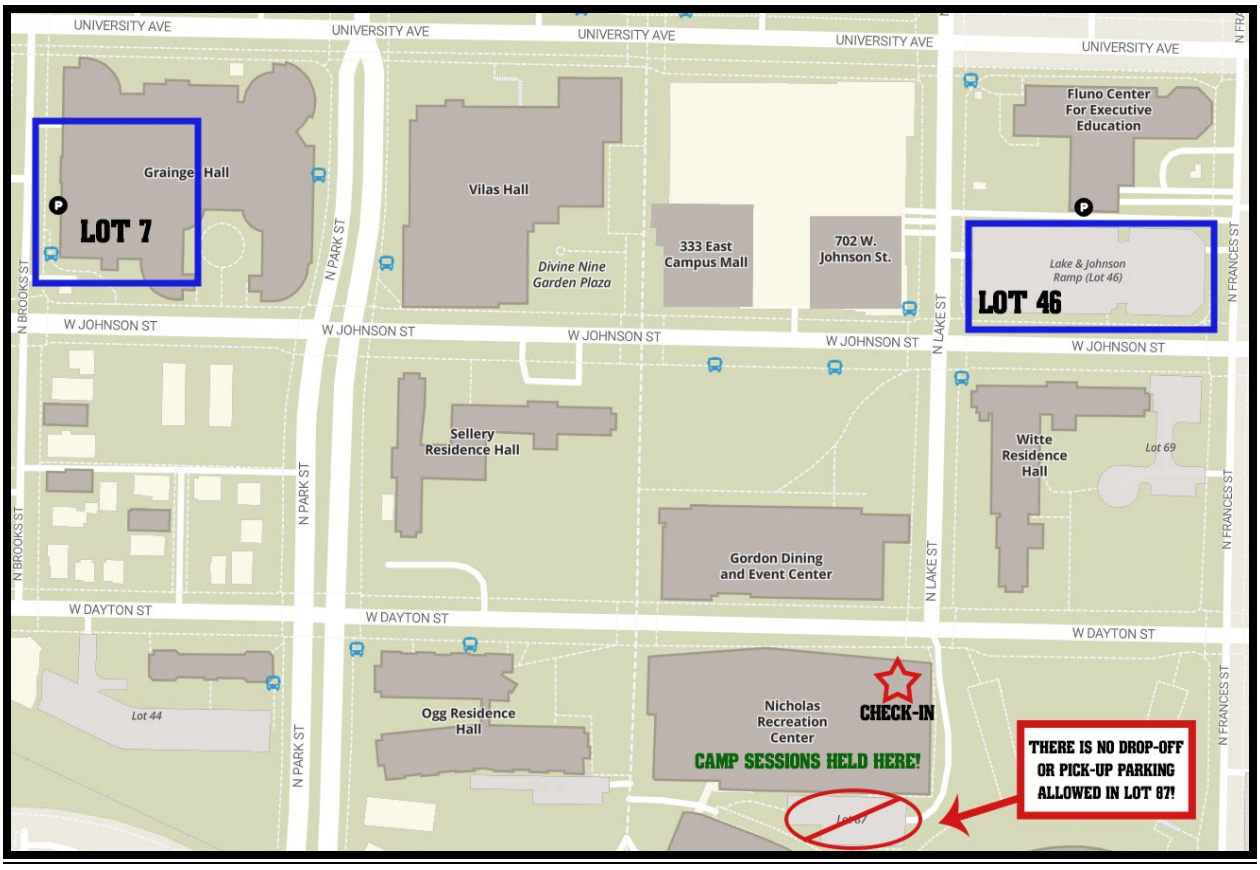
2026 WISCONSIN SWIMMING BADGER FALL BACKSTROKE CLINIC || NOVEMBER 1st

Check-in: Sunday, November 1st from 10:15 – 10:30am at the Soderholm Family Aquatic Center, located inside the Nicholas Recreation Center.

Check-out: Sunday, November 1st at 1:30pm from the Soderholm Family Aquatic Center.

Parking: If you are interested in extended parking, we recommend Lot 7 – 325 N. Brooks Street, or Lot 46 – 301 N. Lake Street. Please see the map below for more details.
Please note, drop-off parking is NOT permitted in Lot 87 behind the Nicholas Recreation Center.

For additional 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.



What to Bring:

- Proper swimming attire (suit, cap, goggles, etc.)
- Snorkel & fins (if possible, there is no need to purchase either for camp)
- Towel
- Full water bottle
- Bag for personal items

Video Analysis: Each athlete will receive video feedback after participating in camp. Please allow 2 weeks after the clinic date for the video analysis to be sent. Please note, participants will receive their analysis via email at the email(s) connected to their Campwise account.

Session Info: Camp sessions will take place within the Soderholm Family Aquatic Center. Spectator seating is available in the upper deck of the facility. **Spectators arriving after the time of check-in (10:15 – 10:30am) must enter through the front entrance of the Nicholas Recreation Center**. A RecWell staff member will direct you to the spectator area within the Soderholm Family Aquatic Center. A map with more detail can be found on page 1. Please see the note on page 3 regarding rules and regulations for spectating in RecWell facilities.

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

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.

Spectating in Rec Well Facilities:

(Nicholas Recreation Center or Bakke Recreation & Wellbeing Center)

While Badger Sports Camps welcomes spectators to watch all aspects of camp, please note that not all sessions take place within Wisconsin Athletics facilities. Each facility may have its own regulations regarding spectators at camp. Below are a few notes for spectators with campers who have sessions in the Nicholas Recreation Center, or the Bakke Recreation & Wellbeing Center.

- Spectators must enter through the main entrance of each facility and stop at the front desk to be granted access into camp sessions.
- Spectators are not to use, or be on, any of the fitness equipment within any Recreation & Wellbeing Facility.
    - Spectators interested in using the facility for fitness purposes MUST stop at the welcome desk upon arrival to purchase a day pass.
- Spectators may not spectate from the track or any other areas within the facility; spectators must stay where camp activities are taking place.
- No food or beverages are allowed in Recreation & Wellbeing Facilities (besides water) in a shatter-proof container.
- Minors that are not part of camp and are attending with a spectator must be accompted at all times by their responsible adult.

Anyone found not in compliance will be asked to leave and will be escorted out of the facility. We appreciate your diligence in following the above, and in making camp activities a safe and positive experience for all.

Badger Sports Camps

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HEALTH SERVICES

Dear Campers & Parents,

Welcome to the University of Wisconsin-Madison Badger Sports Camps! As the Licensed Athletic Trainers overseeing all of the health services for the Badger Sports Camps on campus, we 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. 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, 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,

Kaitlin Zelinski, MA, LAT, ATC
Zach Lottes, MS, LAT, ATC
Staff Athletic Trainers

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.

BADGER SPORTS CAMPS

CAMPER RULES & REGUALTIONS

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.