

# **BADGER SPORTS CAMPS**

## JUNIOR BADGERS CAMP - SESSION 2: JUNE 4-5

**Check-in:** Required each day from 4:15 – 4:30 PM at [Kohl Center](#) Gate B (marked with a star on map)

**Dismissal:** Required each day from 6:30 – 6:45 PM at Kohl Center Gate B

### Camp Schedule

Saturday, June 4 <sup>th</sup>		Sunday, June 5 <sup>th</sup>	
4:15 – 4:30 PM	Camper Check-In	4:15 – 4:30 PM	Camper Check-In
4:30 – 6:30 PM	Practice Session	4:30 – 6:30 PM	Practice Session
6:30 – 6:45 PM	Camper Pick up	6:30 – 6:45 PM	Camper Pick up

**IMPORTANT:** Campers and their parent(s) **must** officially check-in and check-out each day of camp. To do so, our staff will have individuals at Gate B that all campers must see before entering and exiting camp. If leaving early or arriving late, please contact Jessica Williams (listed below) to set up arrangements. Camper safety is important to our staff, so please make sure to come inside the Field House for drop-off and pick up at camp. Thanks!

**What to bring:** All campers should bring the following items: proper volleyball attire (gym shoes, shirt, shorts, and kneepads (optional)), and a refillable water bottle.

**Spectators:** Parents are welcome to stay and watch all aspects of camp! Camp sessions will take place inside the [Nicholas-Johnson Pavilion](#). On June 4<sup>th</sup>, our coaching staff will have an Optional Parent Information Session at 5:00PM for parents looking to learn more about our Junior Badgers training and hear from the staff.

**Parking:** For those looking to park, you may do so in lot 91 (see map for details). Spots will be made available to park for free both days. Badger Volleyball is not responsible for any parking tickets so please follow all parking rules and regulations.

**Camp Store:** A camp store will be open during check-in and check-out for campers and their families to purchase Wisconsin Volleyball apparel and volleyball related gear!

### Camp Contacts:

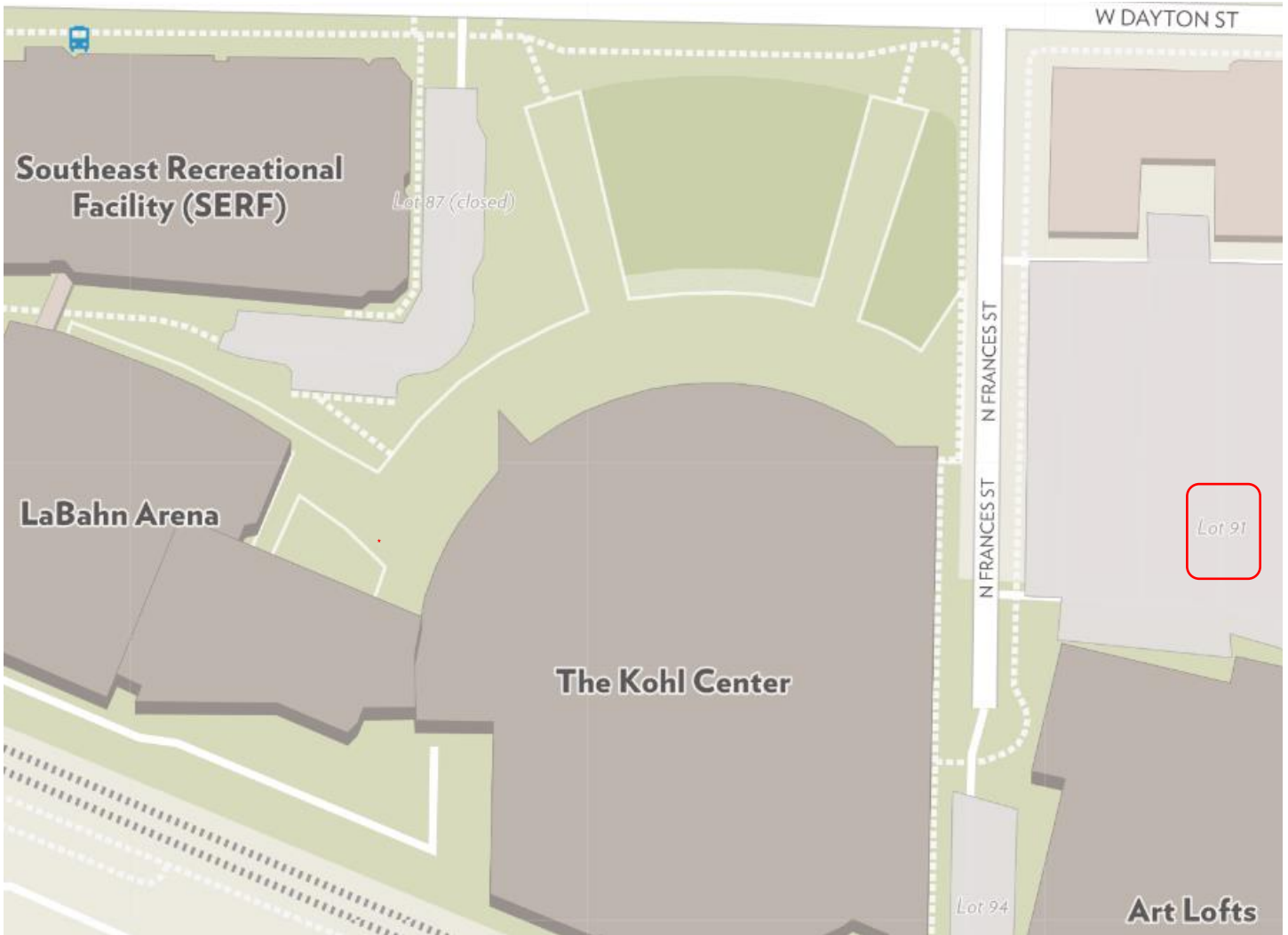
Jessica Williams – Camp Director  
Email: [jny@athletics.wisc.edu](mailto:jny@athletics.wisc.edu)

Gary White – Camp Director  
Email: [gsw@athletics.wisc.edu](mailto:gsw@athletics.wisc.edu)

For registration, account information, or if you will no longer be able to attend, please contact Badger Sports Camps at [badgercamps@athletics.wisc.edu](mailto:badgercamps@athletics.wisc.edu)

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**UWCAMPS.COM**



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,

Margaret Ingels, MS, LAT  
Staff Athletic Trainer  
Health Services Supervisor  
[mrp@athletics.wisc.edu](mailto: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](http://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](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: 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.*