

# BADGER SPORTS CAMPS

## SWIMMING

2026 SWIMMING TECHNIQUE & TRAINING – SESSION 2 || JUNE 28<sup>th</sup> – JULY 1<sup>st</sup>

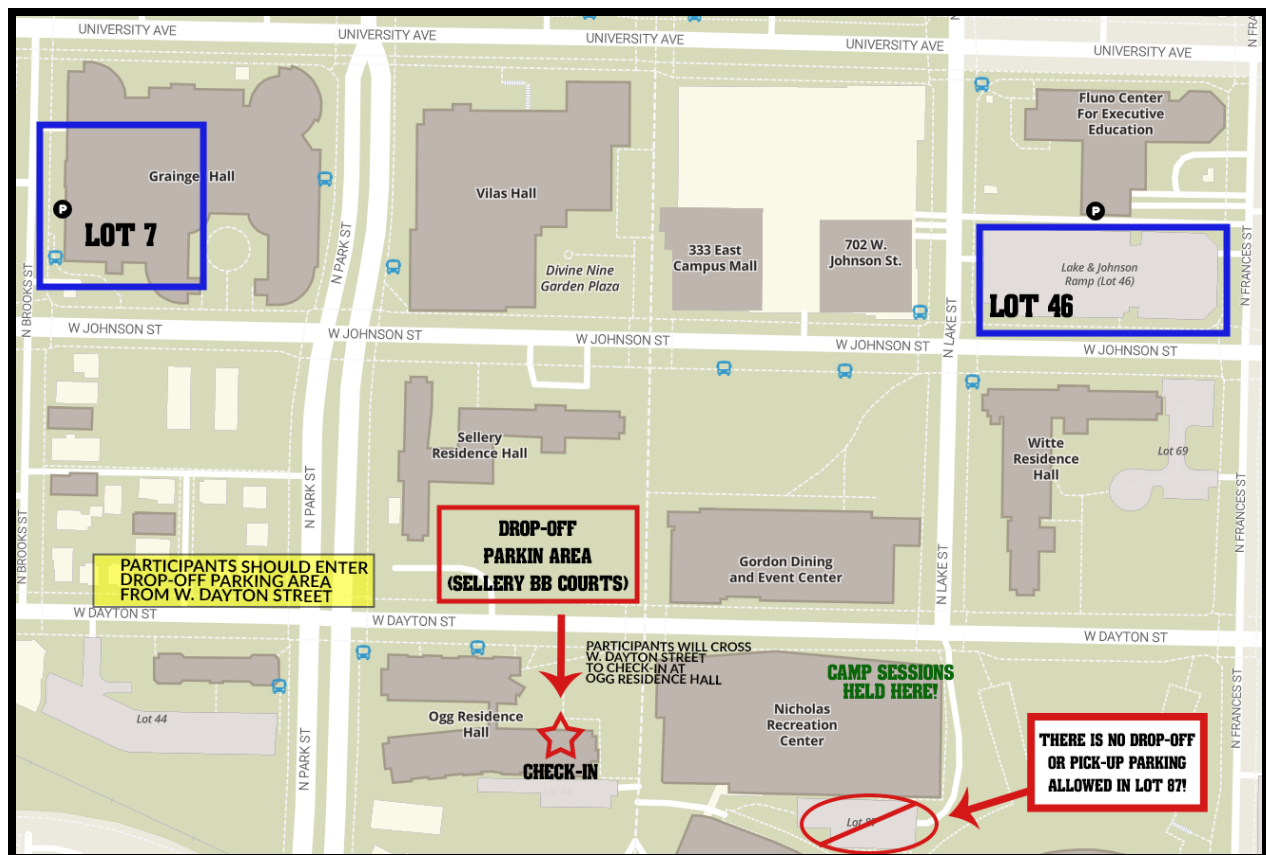
**Check-in:** Sunday, June 28<sup>th</sup> from 12:00 – 1:00pm at [Ogg Residence Hall](#).

**Dismissal:** Wednesday, July 1<sup>st</sup> from 11:30am – 12:00pm at Ogg Residence Hall.

**Parking:** Please see the information below regarding parking options at camp. A detailed map can be found on page 4. 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.

**Drop-Off Parking:** A short-term load/unload zone will be available on the basketball courts behind Sellery Residence Hall (off of W. Dayton Street). When parking in the drop-off area, participants will need to cross W. Dayton Street to check-in at Ogg Residence Hall. Please see the map on page 4 for details. Please note, this lot is not intended for long-term parking and will only be available during check-in/check-out times.

**Extended Parking:** If you are interested in extended parking, we recommended Lot 46 – 301 N. Lake Street, or Lot 7 – 325 N. Brooks Street.



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## SWIMMING

**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.

### Swimming Gear

2 – 3 practice suits  
Cap and goggles  
2 – 3 towels  
Swim bag/backpack  
Training fins  
Pull Buoy  
Tennis shoes/athletic wear for dryland

### General

Any medications  
Personal hygiene supplies  
Bath towels/shower shoes  
Bag for personal items  
Leisure clothes  
Spending money (optional)  
Full water bottle

**Housing:** All campers will be housed in [Ogg Residence Hall](#).

### Roommate Assignments:

- Campers may request a specific roommate as part of the online registration process. For those who do not request a specific roommate during the registration process, roommates will be assigned by the Camp Administrator.
- Although we do our best to pair roommates together based on gender and age, please understand that numbers do not always work out. If your child comes to Camp without a roommate request, there is a possibility they will be in a single dorm room.
- **Roommate requests must be placed during online registration, or emailed to [badgercamps@athletics.wisc.edu](mailto:badgercamps@athletics.wisc.edu) at least 21 days from the camp start date. Any requests placed after this date will not be guaranteed.**

**Meals:** Participants will receive all meals at camp starting with dinner on June 28<sup>th</sup>, and ending with breakfast on July 1<sup>st</sup>.

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).

**Camp Schedule:** Campers will participate in 1 – 2 pool training sessions each day of camp. Other camp activities will include dryland training sessions, instructional lectures, games, movie nights, etc.

### Pool Training Schedule:

#### JUNE 28

*No Morning Session (Check-In).*

2:30 – 4:30 PM

#### JUNE 29

8:30 – 10:00 AM

3:30 – 5:00 PM

#### JUNE 30

8:30 – 10:00 AM

3:30 – 5:00 PM

#### JULY 1

8:30 – 10:00 AM

*No Afternoon Session (Check-Out).*

# BADGER SPORTS CAMPS

## S W I M M I N G

**Spectators:** Spectators are welcome to watch all aspects of Camp. Seating will be available in the upper deck of the [Soderholm Family Aquatic Center](#), where all training sessions will be held. Please see the “Spectating in Rec Well Facilities” line on page 3 for more information.

**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).

**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](mailto: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.
  - o 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 accompanied 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

# BADGER SPORTS CAMPS

## 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.

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](http://www.Gatorade.com).



U W C A M P S . C O M

# BADGER SPORTS CAMPS

## CAMPER RULES & REGULATIONS

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 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.*