# **Cross Country Camp 2025 is almost here!**

Be sure to review this information as you prepare for your arrival.

## **Check in and Out Information**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Activity | Date | Time | Location | Notes |
| Check-In  | Sunday, July 13, 2025 | 4:30 – 5:30 pm | Lot 14 |  |
| Check-Out | Thursday, July 17, 2025 | 4:00 – 5:00 pm | Benson Hall |  |

Calculate your travel time using our [maps and directions](https://www.uww.edu/about-uw-whitewater#mapsanddirections).

## **Important Phone Number**

|  |  |  |
| --- | --- | --- |
| Department | Availability | Phone Number |
| Camps Office | M-F, 7:45am-4:30pm | (262) 472-3165 |
| Emergency Residence Hall | M-F, 7am-10pm; Sat & Sun Noon-10pm | (262) 472-4255 |
| Camp Director Emergency | Anytime during the event | (920) 728-2170 |
| Campus Police Non-Emergency | 24 hours, 7 days a week | (262) 472-4660 |

## **Resident Campers**

Resident Campers will be housed in Arey Hall. Camp staff will be available 24 hours a day, including in the residence hall. A 10:1 camper to camp staff ratio is mandatory and maintained throughout the day.

Room assignment request are not guaranteed and will be shared when campers arrive at the dorms. Due to the volume of campers, available space and camp specifics, each request is considered but cannot be guaranteed.

## **Commuter Campers**

Commuter Campers should participate in camp check-in on the date/time included above. It’s recommended to arrive towards the end of the check-in window, as camp move in is not required. While commuter campers will not receive a room key at check-in, they will receive dining access and meet with athletic trainers.

The registration fee for commuters covers campus lunch and dinner. Specific commuter drop off and pick up times/locations are included in the schedule.

## **Parking**

Please feel free to [park in the lot](https://www.uww.edu/documents/campus/CampusMap.pdf) near the Residence Hall. Campus police will not be issuing tickets during camp pick-up and drop-off times. If you plan to participate in camp presentations, shows or visit camp outside of the pick-up/drop-off windows, please [purchase a day pass](https://uww.aimsparking.com/) and follow the steps below.

Choose “Purchase UWW Special Event Permit”, Select “CAMPS” as the event type, Choose the “Event”, Enter **CES2025** as the Voucher Code, add your vehicle, submit and enter your email address for a receipt showing you purchased a permit, and a permit number will be assigned.

Resident campers with their own vehicle will need to purchase their parking pass following the steps above.

## **Mailing Address**

University of Wisconsin Whitewater, 800 W. Main Street, Anderson Library 2243, Whitewater, WI 53190. If you are sending mail for your camper, please include the camp name and first and last name of your camper.

## **Money**

Campers are not required to bring any money to camp. The University Bookstore has mementos and souvenirs that campers can purchase during store hours. Camp staff is not responsible for lost or stolen property.

## **Refund Policy**

All summer camp events require a minimum of a $100 **non-refundable** deposit.

In the event of a cancellation, Continuing Education Services should be notified no later than 21 days before the start of the event to receive a refund, less the deposit. Most cancellation requests received less than 21 days from the start of camp will receive a refund minus 50% late cancellation fee.  See summer camp event website for specific policy.

Cancellations due to medical reasons will receive a full refund, less the deposit, if the cancellation is requested and medical documentation is provided **prior** to the start of event. Valid medical cancellations must include a signed letter from a licensed physician to qualify.

**NO REFUNDS** will be given for withdrawal due to early departures, disciplinary reasons or no show after the camp has started.

All cancellation requests must be submitted to **cesevents@uww.edu;**provide registrant’s name, camp title and medical documentation, if applicable. Refunds will be returned to name and address of payer.

We reserve the right to cancel any event for any reason; in such case, all fees paid will be refunded or contact **cesevents@uww.edu** for alternate arrangements.

## **Registration Transfer Policy**

The registration reservation is a purchase that cannot be transferred from one person to another person after the reservation is made. In the event you need to cancel (due to change of plans, injury, etc.) the registration cannot be passed to teammate, family member, etc.

## **Camper Safety**

### ***Health Service:***

Parents/Emergency Contact will be called for advice and recommendations if the problem does not require immediate medical attention. Should you require medical attention, the camp health supervisor will assess appropriate measures to take. UW-Whitewater camps have the full cooperation of Fort Memorial Hospital and emergency room personnel. For participants taking medication, please complete the health form prior to arrival. When possible, the Athletic Trainers and health staff will contact parent(s)/guardian(s) before seeking treatment.

You will be required to provide health information in the registration. Athletic Trainers and health staff will refer to the registration whenever medical treatment is necessary; this is the only guide a health care provider will have in case of an emergency.

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## **Camper Safety continued**

### ***Injuries during Camp:***

Should an injury occur the event director will seek medical attention from UW-Whitewater Athletic Trainers or call 911 in a medical emergency.

After the registrant is being cared for, the event director will report to the Youth Compliance Coordinator with details on the injury.  The event director will distribute the [**Injury Claim Form**](https://www.wisconsin.edu/risk-management/download/risk_management_/camps_and_clinics/2022-UWS-Camps--Clinics-Claims-Instructions_Participants_Updated-7.22.22.pdf) to the injured participant and their family. Forms and information can be found under Camps and Clinics Forms by clicking the link above.

The Youth Compliance Coordinator will notify UW-Whitewater Risk Management of the incident/injury.

The injury claim form is submitted to Gallagher by the parent; Gallagher then submits the injury claim form to HSR (Claims Company for accident policy).

HSR will contact UW-Whitewater Risk Manager to authorize the incident via phone or email.

Upon confirmation of the covered claim, HSR will add the injury to their claims system so that corresponding medical bills will be eligible for coverage.

### ***Dining/Dietary Services:***

All campers will be served lunch and dinner. Any special dietary needs and questions can be accommodated/answered there by Summer Manzke, Campus Dietician, at Summer.Manzke@compass-usa.com or 920-650-4239.

### ***Inclement Weather:***

In the event of inclement weather, Camp Directors will move campers to identified safe spaces on campus. Campus police and Continuing Education support each camp in communicating potential storms and developing a plan to ensure participant safety.

### ***Excessive Heat:***

Participants are advised to bring fans. **Note:** The gymnasiums are also not air-conditioned.  Greenhill Center of the Arts, Moraine Bookstore, Upham Hall, University Center and dining halls are air-conditioned.  During periods of heat, directors will provide a cool area for participants and will take all the necessary precautions to avoid heat fatigue.  This may include cancelling awards ceremonies in the gymnasium. Participants are advised to bring fans, as many of the residence halls are not air conditioned.

## **Camp Packing List:**

### ***Residence Hall***

* Twin **XL** Sheets
* Sleeping bag/blankets
* Pillow and Pillowcase
* Dishes/Utensils (anything for dorm)
* Bath Towel
* Pool Towel
* Hand Towel
* Laundry Bag

### ***Clothing***

* T-shirts/Tank Top
* Shorts
* Jeans/Long pants
* Jacket
* Raincoat
* Sweatshirt
* Sweatpants
* Swimsuit
* Pajamas
* Underwear
* Shower Shoes
* Tennis Shoes
* Socks
* Sandals

### ***Toiletries***

* Toothbrush and paste
* Deodorant
* Shampoo and Conditioner
* Soap/Body Wash
* Brush/Comb
* Feminine Products
* Shaving Gear
* Hand Sanitizer
* Sunblock
* Insect Repellent

### ***Gear/Other:***

* Backpack
* Phone Charger
* Alarm Clock
* Water Bottle
* Sunglasses
* Eyeglasses
* Hat
* Things to do during downtime:
	+ Cards
	+ Coloring Books
	+ Books/Magazines
* Medications
* Parking Permit
* Snacks/Water
* Spending Money
* Raincoat

### ***Camp Specific:***

* Running shoes (maybe an additional pair of racing flats)
* Several pairs of running socks
* Several running shorts
* Swimsuit

## **Camp Schedule:**

### **Sunday, July 13, 2025**

|  |  |  |
| --- | --- | --- |
| Time | Activity | Location |
| 4:30 - 5:30PM  | Camper Check in  | Lot 2  |
| 5:30 – 6:30PM  | Settle into residence hall  | Benson Hall  |
| 6:30 – 7:00PM  | Meeting outside of dorm, with a run right after  | Benson Hall  |
| 7:00 – 7:45PM  | Easy run around campus in your assigned group. 1-2 miles total  | Campus  |
| 8:15 – 9:00PM  | Pizza party by the Coultart Pavilion  | Coulthart Pavilion  |
| 9:00 – 10:00PM  | Small group meetings with group leader  | Benson Hall  |
| 9:00PM  | Commuters picked up from Residence Hall  | Benson Hall  |
| 9:00PM  | Everyone in residence hall/doors locked  | Benson Hall  |

### **Monday, July 14, 2025**

|  |  |  |
| --- | --- | --- |
| Time | Activity | location |
| 6:35AM  | Commuters dropped off at residence hall  | Benson Hall  |
| 6:45 – 8:30AM  | Morning run/Breakfast at Drumlin Dining Hall  | Benson Hall/Drumlin Dining Hall  |
| 9:15 – 10:45AM  | Breakout sessions. Everyone will start with muscle activation drills before breaking up into groups.  | Outdoor Track  |
| 11:00 – 1:00PM  | Lunch break/Free time  | Drumlin Dining Hall/Benson Hall  |
| 1:15 – 2:15PM  | Sand Volleyball (Bring suit and towel as we will go right to the pool)  | Sand Volleyball Pits  |
| 2:30 – 4:00PM  | Pool Workout  | Williams Center  |
| 4:30 – 6:15PM  | Dinner Break/Free time  | Drumlin Dining Hall/Benson Hall  |
| 6:15 – 7:15PM  | Relax in room before night workout  | Benson Hall  |
| 7:30 – 8:45PM  | Track workout under the lights  | Outdoor Track  |
| 9:00PM  | Commuters picked up from residence hall  | Benson Hall  |
| 10:15PM  | Resident’s doors locked by 10:15PM  | Benson Hall  |

### **Tuesday, July 15, 2025**

|  |  |  |
| --- | --- | --- |
| Time | Activity | location |
| 6:35AM  | Commuters dropped off at residence hall  | Benson Hall  |
| 6:45 – 8:00AM  | Morning run/Breakfast at Drumlin Dining Hall  | Benson Hall/Drumlin Dining Hall  |
| 8:30 – 9:15AM  | In residence hall  | Benson Hall  |
| 9:15 – 11:00AM  | Lecture  | Timmerman Auditorium  |
| 11:00 – 1:00PM  | Lunch Break/Free time  | Dumlin Dining Hall/Benson Hall  |
| 1:15 – 2:15PM  | Lecture  | Timmerman Auditorium  |
| 2:30 – 4:00PM  | Run at LaGrange Trails (Bus trip, bring water and dry shirt for ride home)  | Benson Hall to LaGrange Trails  |
| 4:30 – 6:00PM  | Dinner Break/Free time  | Drumlin Dining Hall/Benson Hall  |
| 6:30 – 8:00PM  | Ultimate Frisbee  | Intramural Fields  |
| 8:00 – 9:00PM  | Free time in Residence Hall or Swim time  | Benson Hall/Williams Center  |
| 9:00PM  | Commuters picked up from residence hall  | Benson Hall  |
| 10:15PM  | Residents’ doors locked by 10:15PM  | Benson Hall  |

### **Wednesday, July 16, 2025**

|  |  |  |
| --- | --- | --- |
| Time | Activity | location |
| 6:35AM  | Commuters dropped off at Residence Hall  | Benson Hall  |
| 6:45 – 8:30AM  | Morning run/Breakfast at Drumlin Dining Hall  | Benson Hall/Drumlin Dining Hall  |
| 9:30 – 10:30AM  | Lecture  | Timmerman Auditorium  |
| 11:00 – 1:00PM  | Lunch break/Free time  | Drumlin Dining Hall/Benson Hall  |
| 1:15 – 2:15PM  | Lecture  | Timmerman Auditorium  |
| 2:15 – 4:30PM  | Easy run on the cross country course trails on campus  | Campus  |
| 4:45 – 6:15PM  | Dinner break/Free time  | Drumlin Dining Hall/Benson Hall  |
| 6:30 – 8:30PM  | Kickball  | Intramural Fields  |
| 8:00 – 9:00PM  | Free time in residence hall/Swim time  | Benson Hall/Williams Center  |
| 9:00PM  | Commuters picked up from residence hall  | Benson Hall  |
| 10:15PM  | Residents’ doors locked by 10:15PM  | Benson Hall  |

### **Thursday, July 17, 2025**

|  |  |  |
| --- | --- | --- |
| Time | Activity | location |
| 7:05AM  | Commuters dropped off at Residence Hall  | Benson Hall  |
| 7:15 – 8:00AM  | Breakfast at Drumlin Dining Hall  | Drumlin Dining Hall  |
| 9:15 – 9:30AM  | Quick meeting before morning run  | Benson Hall  |
| 10:00 – 11:00AM  | Morning effort run  | Benson Hall  |
| 11:15 – 1:00PM  | Lunch break/Free time  | Drumlin Dining Hall/Benson Hall  |
| 1:00 – 2:00PM  | Your running future (College runners share experiences)  | Timmerman Auditorium  |
| 2:00PM – 3:00PM  | Awards  | Summers Auditorium  |
| 3:00PM  | Commuters can be picked up from residence hall  | Benson Hall  |
| 3:00 – 4:00PM  | Pack up for home  | Benson Hall  |
| 4:00 – 5:00PM  | Camp check out  | Benson Hall  |