

UNIVERSITY OF WISCONSIN-WHITewater

CAMPS & CONFERENCES

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 2	
CHECK-OUT	Thursday, July 17, 2025	4:00 – 5:00 pm	Benson Hall	

Calculate your travel time using our [maps and directions](#).

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 Benson 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 breakfast, 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](#) 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](#) 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.

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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](#) 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.

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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

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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 Coulthart 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 – 8:00AM	Morning run/Breakfast at Esker Dining Hall	Benson Hall/Esker 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	Esker 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	Esker 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

Tuesday, July 15, 2025

TIME	ACTIVITY	LOCATION
6:35AM	Commuters dropped off at residence hall	Benson Hall
6:45 – 8:30AM	Morning run/Breakfast at Esker Dining Hall	Benson Hall/Esker 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	Esker 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	Esker 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



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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 Esker Dining Hall	Benson Hall/Esker Dining Hall
9:30 – 10:30AM	Lecture	Timmerman Auditorium
11:00 – 1:00PM	Lunch break/Free time	Esker 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	Esker 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 Esker Dining Hall	Esker 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	Esker 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