

Cross Country

Sunday, July 14 - Thursday, July 18, 2024

ATTENTION PLEASE



Families, this packet includes important details about the upcoming Warhawk Camp, including steps that **MUST** be completed prior to your arrival.

Please reach out with any questions!

Check-In Details

Sunday, July 14
4:30 - 5:30 pm
Lot 2

Reference your camper's schedule for pick-up details

Resident Campers

- Three daily meals included in full day instruction
- Housed in Benson Hall
- Camp staff are housed at a 1:10 ratio and available 24 hours a day
- Roommate requests are not guaranteed and will be shared at check-in

Commuter Campers

- All commuters should check-in during the check-in time outlined above
- Three daily meals included in full day instruction
- Required to show ID at pick-up each evening
- Campers should be dropped off by 6:45am and picked up by 9:00pm

Important Numbers

Jeff M.
Camp Director:
920-728-2170

Camps Office
262-472-3165

Campus Police
262-472-4660



#WARHAWKCAMPS

(262) 472-3165
cesevents@uww.edu
camps.uww.edu



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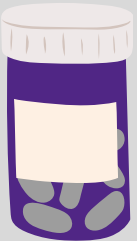
Warhawk Camps

Know before you go



Parking Permit

Permits are required for all vehicles dropping off, picking up and staying on campus. Complete the online [Parking Permit](#) link prior to arriving to campus.



Medication

Health staff are onsite to collect prescription medication. Over-the-counter medications are provided by UWW. Complete the [Medication form](#) prior to arriving on campus.



Campus Wi-Fi

Guest Wi-Fi can be connected to after accepting UWW's Acceptable Use Policy . Once connected, guests will have 24 hours of access. [Learn more.](#)



Mailing Address

Camp Name
ATTN: Camper Name
800 W. Main St.
Roseman Building Room 2005
Whitewater, WI 53190



Dietary Services

Any special dietary needs and questions can be accommodated/answered by Campus Dietician, at 262-472-1357

Warhawk Camps

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Refund Policy

Cancellations received more than 21 days before the start of an event will receive a refund, less the non-refundable deposit. Most cancellations received less than 21 days from the start of camp will receive a refund minus 50% late cancellation fee. See camp event website for specific policy



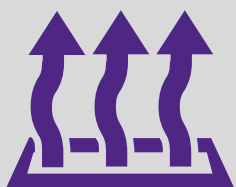
Transfer Policy

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.



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, as many of the residence halls are not air conditioned. 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.

Warhawk Camps

Packing List

Resident Hall

- Twin **XL** Sheets
- Sleeping bag/blankets
- Pillow + Pillowcase
- Fan
- Bath Towel
- Pool Towel
- Hand Towel
- Laundry Bag

Clothing

- T-shirt/Tank Tops
- Shorts
- Jeans/Long pants
- Jacket
- Raincoat
- Sweatshirt
- Sweatpants
- Swimsuit
- Pajamas
- Underwear
- Shower shoes
- Tennis shoes
- Socks
- Sandals

Camp Specific

- Running shoes (maybe an additional pair of racing flats)
- Several pairs of socks
- Several running shorts
- Swim suit

Toiletries

- Toothbrush + paste
- Deodorant
- Shampoo + 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
- Rain Coat



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Warhawk Camps

Schedule

***Meet your group/counselor outside the dorm 10 minutes before each session**

Sunday, July 14th

- 4:30-5:30pm Camper Check-In in Lot 2
- 5:30-6:30pm Settle into residence Hall
- 6:30-7:00pm Meeting outside of dorm, with a run right after
- 7:00-7:45pm *Easy run around campus in your assigned group. 1-2 miles total
- 8:15-9:00pm *Pizza party by the Coulthart Pavilion
- 9:00-10:00pm Small group meetings with group leader
- 10:15pm Everyone in residence hall/doors locked

Monday, July 15th

- 6:45-8:30am *Morning run/breakfast at Esker Dining Hall
- 9:15-11:00am *Lecture at Timmerman Auditorium in Hyland Hall
- 11:00am-1:00pm Lunch/Free Time - Esker Dining Hall
- 1:15-2:15pm *Lecture at Timmerman Auditorium
Individual / team goals for the season
- 2:15-3:45pm *Run at LaGrange Trails (Bus trip, bring water and a dry shirt for ride back)
- 4:30-6:30pm Free Time/Dinner - Esker Dining Hall
- 6:30-8:30pm *Ultimate Frisbee
- 8:00-9:00pm Free time in dorm/Swim
- 10:15pm Everyone in residence hall/doors locked

Tuesday, July 16th

- 6:45-8:45am *Morning run/breakfast at Esker Dining Hall
- 9:15-10:45am *Outdoor track 4 breakout sessions
Everyone will start with muscle activation drills before breaking into groups
- 11:00-1:00pm Free time/Lunch - Esker Dining Hall
- 1:15-2:15pm *Sand Pit Volleyball (Bring suit and towel as we will go right to the pool)
- 2:30-4:00pm *Pool workout
- 4:30-6:15pm Free Time/Dinner - Esker Dining Hall
- 6:15-7:15pm *Relax in dorm before night workout
- 7:30-8:45pm *Track work out under the lights
- 10:15pm Everyone in residence hall/doors locked



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Wednesday, July 17th

6:45-8:30am	*Morning run/breakfast at Esker Dining Hall
9:15-10:30am	*Lecture in Timmerman Auditorium - Cross Training
11:00-1:00pm	Free Time/Lunch - Esker Dining Hall
1:15-2:15pm	Lecture in Timmerman Auditorium
2:30-4:00pm	*Running on the cross-country course on campus
4:15-6:15pm	Free Time/Dinner - Esker Dining Hall
6:30-8:30pm	*Kickball
8:00-9:00pm	Free time in dorm/swim
10:15pm	Everyone in residence hall/doors locked

Thursday, July 18th

7:15-8:00am	*Breakfast at Esker Dining Hall
9:15-9:30am	Quick meeting before morning run
10:00-11:00am	*Morning effort run
11:15-1:00pm	Free time/Lunch - Esker Dining Hall
1:00-2:00pm	*Your running future: (college runners share experiences) Timmerman Auditorium Start as one group, then split into boys and girls
2:00-2:30pm	Pack up for going home
2:45-4:00pm	*Awards/Skits in Summer's Auditorium
4:00-5:00pm	Check-Out



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Camp Swim

hosted by Rec Sports & Facilities

Swim Test: The lifeguard on duty may request an individual to perform a swim test in order to swim in the diving well (1 lap/ 2 lengths of swimming in the training pool on their stomach, ex. Freestyle or breaststroke).

Disciplinary Action: Individuals will be given one warning and then they will be asked to leave the pool for the day. If action continues, pool privileges may be revoked indefinitely. Rec Sports & Facilities will work with the camp counselors and director of the camp as needed if further action is required.

General Rules:

1. Campers are not permitted to swim when the facility is closed and/or without lifeguards present..
2. Swimsuits required
 - Allowed: T-shirts and board shorts may be worn over swimsuits
 - Not Allowed: Athletic shorts, compression shorts/spandex, sports bras
3. Do not enter the pool if you have a communicable disease or an open cut.
4. Shower before entering the pool and after use of toilet facilities.
5. Do not bring food, drink, gum or tobacco into the pool.
6. Do not run or engage in rough play in the pool area.
7. Do not bring animals into the pool area.
8. Diaper changing on the pool deck is prohibited.
9. Glass and shatterable items are prohibited in the pool area.
10. Prohibited:
 - Street shoes on deck
 - Hitting/hanging on flags or lane lines
 - Flipping off the side of either pools or diving in the training pool
 - Jumping or diving off lifeguard chairs or diving blocks
 - Leisure rafts
 - Eye or sun glasses worn in the water
11. Rules regarding the diving board
 - Only one person is allowed on the board at a time
 - Only forward motions are allowed
 - No double bouncing
 - Use of high dive is prohibited

The Lifeguard staff will strictly enforce all rules and regulations mandated by the Office of Recreation Sports and Facilities and the Wisconsin Department of Agriculture, Trade and Consumer Protection.

CAMPS & CONFERENCES

Participant Code of Conduct

As a participant, I agree to the following statements. I will...

- Respect differences of all participants and will not discriminate against anyone else on the grounds of gender, race, sexual orientation, ability, or other identity
- Report any incidents of bullying to adults immediately
- Support and encourage all other program participants
- Respect all staff, directors, and volunteers
- Follow online safety and internet use policies

Prohibited Conduct:

- Abusive language towards a staff member, volunteer, or another participant
- Bringing dangerous or unauthorized materials such as explosives, firearms, or weapons onto to campus property
- Inappropriate or rude treatment of a peer, staff member, or volunteer
- One-on-one interactions with any program staff member before, during, or after any program
- Verbal, physical, or visual harassment of another participant, staff member, or volunteer
- Actual or threatened violence toward any individual or group
- Conduct endangering the life, safety, health, or well-being of self and others
- Failure to follow any UW System or campus policy, including but not limited to sexual assault/violence/harassment policies, dishonest academic behavior policies, or emergency procedures
- Bullying or taking unfair advantage of any participant
- Failure to follow directions of supervisors/youth programming staff/event leaders
- Possession or use of alcoholic beverages or illegal drugs on campus property or reporting to the program while under the influence of drugs or alcohol

