

## CAMPER INFORMATION

Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: (\_\_\_\_\_) \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Grade in Fall '11 (select one):  
Fr \_\_\_ So \_\_\_ Jr \_\_\_ Sr \_\_\_ College frosh \_\_\_  
Rowing Experience: \_\_\_ None or # \_\_\_ years  
(If applicable)  
Name of Rowing Program: \_\_\_\_\_  
Side/Cox: \_\_\_\_\_ Ht. \_\_\_\_\_ Wt. \_\_\_\_\_  
Roommate Request: \_\_\_\_\_

## GUARDIAN INFORMATION

Name: \_\_\_\_\_  
Phone #: (\_\_\_\_\_) \_\_\_\_\_  
Email Address: \_\_\_\_\_

## APPLICATION & PAYMENT INFORMATION

Please mail applications to:  
UW Athletics Business Office  
Wisconsin Junior Women's Rowing Camp  
1440 Monroe St  
Madison WI 53711-2051

### METHOD OF PAYMENT

Make check payable to: UW Athletic Department  
Or register online at: [uwbadgers.com/camps](http://uwbadgers.com/camps)

Session 1    Session 2    Session 3    (Circle one)

\_\_\_\_\_ \$670 Resident Camper  
\_\_\_\_\_ \$620 Returning/ Group Camper

Signature of Parent or Guardian

Date \_\_\_\_\_

## CAMP COSTS

**Resident Camper: \$670**

Includes housing, all meals, t-shirt and water bottle.

**Returning/Group Camper: \$620**

For athletes who previously attended this camp or for groups of four or more athletes from the same school or rowing program. Includes same items as Resident Camper.

## DEPOSIT/REFUNDS

50% of the total camp cost must accompany the application. The balance is due upon arrival at camp. Cancellation Policy- Cancellations must be made no later than 7 days prior to the start date of the camp session. In the case of cancellation, refunds will be available less \$50 for administrative costs.

If you would like additional information or have any questions, please call Megan Cooke Carcagno at (608) 263-6422, or simply go online and enroll at [uwbadgers.com/camps](http://uwbadgers.com/camps).

## REGISTRATION FORM

Online Registration is available at:  
[www.uwbadgers.com/camps](http://www.uwbadgers.com/camps)

All of our camps are open to any and all entrants currently enrolled in or recently graduated from high school.

Registration is due by May 29, 2011

Session 1: Check in: June 19 1:00-3:00 pm  
Check out: June 24 11:00 am-12:00 pm

Session 2: Check in: July 17 1:00-3:00 pm  
Check out: June 22 11:00 am-12:00 pm

Session 3: Check in: July 24 1:00-3:00 pm  
Check out: July 29 11:00 am-12:00 pm



# 2011

## WISCONSIN JUNIOR WOMEN'S ROWING CAMP

**SESSION 1: June 19-24**

**SESSION 2: July 17-22**

**SESSION 3: July 24-29**



**W**elcome to the 2011 Wisconsin Junior Women's Rowing Camp! The camp is a week long program for both beginning and experienced high school rowers and coxswains. Throughout the week campers will look forward to daily technical and physical training on beautiful Lake Mendota.

Rowers and coxswains will be grouped according to experience. We tailor each program to the individual needs of the athletes. Beginners can learn the basics of a fascinating sport while the experienced rowers get individualized instruction toward creating maximum boat speed. Campers can expect 2-3 workouts each day. In addition to on the water instruction, athletes will be exposed to core and circuit training, video analysis, and lectures by UW athletic staff on goal setting and athletic development.



## **LOCATION/FACILITIES**

The University of Wisconsin is located in Madison, the state capitol. It's a clean, vibrant city situated on rolling hills and amidst five fresh water lakes. The Porter Boathouse opened in 2004 and is centrally located on the UW campus. It is a state of the art training facility exclusively for rowing. Housing and meals will take place in the Lake Shore Dorms Complex located yards away from the Porter Boathouse.

University Housing residence halls provide student-style housing conveniently located on campus near camps. Each air conditioned room includes twin beds with bed linens and pillows, microfridges, desks, Internet and cable television connections (via personal laptop) and shared bathroom facilities. Floor lounges include televisions and telephones with free local calls. Laundry and vending machines are located

within most halls. Meals provide a variety of youth-friendly and healthy selections, including vegetarian options. For further information regarding hall policies and services, please visit:

[http://www.housing.wisc.edu/summer\\_conferences/index.html](http://www.housing.wisc.edu/summer_conferences/index.html)

Wisconsin varsity rowers serve as counselors and live on-site with the campers to provide constant supervision. The counselor/athlete ratio will be kept low (approximately 1/9) to ensure safety and personal attention. We want every camper to get the best coaching and leadership possible! Campers will reside two to a room and may request a roommate. Misconduct by a camper is grounds for removal from the camp.

## **COACHES**



**Megan Cooke Carcagno**  
**Novice Openweight Coach**  
**University of Wisconsin**

### History

University of California  
Two-time All American  
Four-time US Nat'l Team  
2006 World Champion-  
Women's Eight  
US Under-23 Nat'l Team



**Heidi Hunsberger**  
**Novice Lightweight Coach**  
**University of Wisconsin**

### History

Two-time All American  
Two-time Women's Lightweight  
8+ National Champion



**Erik Miller**  
**Lightweight Head Coach**  
**University of Wisconsin**

### History

University of Washington  
Eight-time US Nat'l Team  
2000 World Champion-  
Lightweight Men's Eight  
2009 Lightweight Coach of the  
Year

## **Liability**

In consideration of my child's participation in this camp, I hereby release the University of Wisconsin System Board of Regents, its officers, employees, and agents from any and all liability arising out of any injury or illness my child incurs while participating in camp activities. I understand the rigorous athletic activity in which she will be involved. I understand that participation is voluntary and I choose freely to have my child participate.

## **Health Insurance**

Campers are encouraged to have their own health insurance as limited accident insurance is provided by the University. I understand that the Camp provides limited accident insurance, which is primary on the first \$1,000 and excess up to \$7,500.

## **Health**

By applying for this camp I agree to complete and return to the Sports Medicine Department the confidential Consent for Medical Administration and Medical Treatment Form and Health History Questionnaire. I understand these forms need to be completed and on file **prior** to my child's participation in camp activities. (These forms are available on the UW Camps.com web page and will be mailed to all parents/guardians when applications are received). Trainers will be on hand to handle any medical situations that may arise.

## **Photographs and Videos**

By applying for this camp I understand that the University of Wisconsin-Madison (UW) may take photographs and or videos of camp participants and activities. I agree that the UW shall be the owner of and may use such photographs and videos relating to the promotion of future camps. I relinquish all rights that I may claim in relation to the use of said photographs and videos.

## **Swim Test**

Campers will be required to:  
Tread water for 5 minutes, swim a short distance to a launch or dock and get out of the water.