



## UWL EAGLE ATHLETICS

- 19 NCAA Division III Sports
- 600 Student-Athletes
- 67 National Championships
- 378 Conference Championships
- 211 Individual National Champions
- 2,472 All-America Honors
- 72 CoSIDA Academic All-Americans
- 3.240 Cumulative GPA in 2013-14
- 200 Community Service Hours Per Team



WWW.UWLCAMPS.COM  
OR  
CAMPS OFFICE AT 608.785.8193  
athleticcamps@uwlax.edu



UW-La Crosse Athletics



@UWLATHLETICS

UW-La Crosse is an affirmative action and equal opportunity employer and is in compliance with Title IX and section 504. Advise us at the time of registration if you desire special accommodations. Requests will be kept confidential.

UNIVERSITY OF WISCONSIN-LA CROSSE

INTERCOLLEGIATE ATHLETICS

YOUTH SPORTS & FITNESS CAMP



Winter  
2015

For children  
ages 5-14



DECEMBER 28-29, 2015

WWW.UWLCAMPS.COM

BUILDING CHAMPIONS.  
In Sport. In School. In Life.



# YOUTH SPORTS & FITNESS CAMP FOR CHILDREN AGES 5-14

DECEMBER 28-29, 2015 | 9 A.M.-4 P.M.

Location: Mitchell Hall

Cost: Early Bird — Before December 11

\$35 per day or \$60 for both days

After December 11

\$40 per day or \$65 for both days

The University of Wisconsin-La Crosse Winter Youth Sports and Fitness Camp has been designed to help children 5 to 14 years old enjoy a physically active lifestyle. It is our goal that the camp be a positive and fun experience for all individuals involved.

## CAMP HIGHLIGHTS:

### ACTIVITIES MAY INCLUDE:

- Basketball, football, volleyball
- Kickball, soccer
- Pickleball, floor hockey
- Parachute activities, dance
- Free time to play many fun games

### LEARN ABOUT:

- Sportsmanship
- Nutrition
- Teamwork
- Health concepts
- Fitness

## CAMP STAFF:

**Deb Szama** serves as director of the Youth Sports and Fitness Camp. Deb is in her third year at UWL, teaching in the physical education teaching major. Prior to coming to UWL, Deb was the program coordinator of the physical education program at Loras College. She has teaching and coaching experience at the high school and collegiate levels.

Deb will be joined on the camp staff by volunteer physical education major students that share their passion to help motivate and encourage youth to live more active and healthy lifestyles.

## FACILITIES/DATES/TIMES

Camp is held on the UW-La Crosse Campus, in the Mitchell Hall Fieldhouse, Gymnasiums and classrooms. Campers are supervised at all times. Camp will be held on December 28 and 29 from 9 a.m. to 4 p.m. Children can be dropped off from 8-9 a.m., and picked up from 4-5 p.m. each day of camp.

## CHECK-IN/REGISTRATION

To reserve your place in camp please complete the attached registration form and return it with the appropriate payment. Refunds will only be granted with a doctor's medical statement before camp begins. Online registration is available at [www.uwlcamps.com](http://www.uwlcamps.com). More information will be sent along with confirmation of your registration via email. Please provide a valid email address on the registration form, as all correspondence will be through email. Campers will not be allowed to participate in camp unless we have the registration form completed and full payment PRIOR to the start of camp. This camp provides opportunities for individuals with disabilities to participate in physical activity. Please contact Deb Szama at 608.785.8183 if you would like to register a child with special needs.

## COST/MEALS/EARLY BIRD DISCOUNT

The cost of camp is \$40 per day. Campers may sign up for both days for \$65. Please indicate which days you would like to attend on the registration form. Campers must provide their own snacks and lunch. Early Bird discounts are available if registered by Dec. 11.



Registration form: Please print clearly

## 2015 YOUTH SPORTS & FITNESS CAMP

Participant's Full Name		T-shirt size:
Current Grade	Age	(Youth: YS YM YL YXL Adult: S M L XL)
Second Participant's Full Name		T-shirt size:
Current Grade	Age	(Youth: YS YM YL YXL Adult: S M L XL)
Parent's/Guardian Name		
Address		
City/State/Zip		
Emergency Phone		Emergency Alternate Phone
Email — necessary for confirmation and camp communication		
Special needs for participant(s)		

Early Bird Registration Fees (Must be received by December 11)

☐ \$60 for both days ☐ \$35 for one day Circle day: Monday OR Tuesday

Registration Fees (if registering after December 11)

☐ \$65 for both days ☐ \$40 for one day Circle day: Monday OR Tuesday

**REGISTRATION DEADLINE IS DECEMBER 18, 2015.**

On-site registration is available only if there is still room in camp.

Amount Enclosed: \$\_\_\_\_\_

Check enclosed, made payable to UW-La Crosse.

**Detach completed form and send with payment to:**

UW-La Crosse Athletic Camps & Clinics

25A Mitchell Hall | 1725 State. St. | La Crosse, WI 54601

**REGISTER ONLINE FOR YOUR CONVENIENCE!**  
**Register online at: [www.uwlcamps.com](http://www.uwlcamps.com)**

Full registration can be taken online with your credit card. Online registration is provided by MyOnlineCamps. Online service charges apply and are NOT refundable by UW-La Crosse. Full payment is required with fully completed registration for both mail and online registration.

**WAIVER:** Registration implies permission for photos, publicity and inclusion in a participant list unless camp director is notified in writing prior to camp. By signing this form I agree to hold harmless and indemnify UW-La Crosse, their officers, agents, and employees from any and all liability, loss, damages, costs, or expenses which are sustained, incurred, or required arising out of the actions of my dependent in the course of the camp. I authorize that any medical, surgical, diagnostic and hospital procedures may be performed by a physician on my dependent if I cannot be reached in the event of an emergency.

Parent's/Guardian Signature

Date