

# UNIVERSITY OF WISCONSIN-LA CROSSE

## INTERCOLLEGIATE ATHLETICS

### ATHLETIC TRAINING WORKSHOP

# 2016



JULY 29-31, 2016

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

## UWL EAGLE ATHLETICS

19 NCAA Division III Sports

600 Student-Athletes

68 National Championships

378 Conference Championships

194 Individual National Champions

2,317 All-America Honors

76 CoSIDA Academic All-Americans

3.187 Cumulative GPA in 2012-13

200 Community Service Hours Per Team



[WWW.UWLCAMPS.COM](http://WWW.UWLCAMPS.COM)

OR

CAMPS OFFICE AT 608.785.8193

[athleticcamps@uwlax.edu](mailto: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.



"Awesome camp! Very interesting to have us in the environment of the AT room."

"Counselors were helpful and answered all questions."

"I had so much fun, it was very helpful"

— 2015 Participants

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

Please complete other side of form before submitting.

# UW-L ATHLETIC TRAINING WORKSHOP

JULY 29-31  
MITCHELL HALL ON THE UWL CAMPUS

The University of Wisconsin-La Crosse is offering its 14th annual UWL Athletic Training Workshop for high school students (9th grade through incoming college freshmen) interested in athletic training. The workshop is designed for students to experience first hand knowledge of the athletic training profession through programming by athletic training students as well as licensed athletic trainers in the UWL Athletic Training program. Students with no experience as well as those with previous athletic training experience are both welcome.

## UW-La Crosse was the first Wisconsin university accredited for athletic training education.

UWL offers one of the most competitive, as well as, in-depth and hands-on athletic training programs in the nation. The UWL athletic training program has gained an outstanding reputation for involving athletic training students in various year-round athletic training opportunities.

This athletic training workshop is just one of the many opportunities in which UWL athletic training students can participate. Athletic trainers are becoming a staple in U.S. high schools and other healthcare settings. Through this athletic training workshop, high school students can become more educated about the profession when considering college options, along with receiving basic skills needed to assist their high school athletic teams.

## STAFF

Camp staff will include licensed athletic trainers as well as athletic training students from UWL currently enrolled in the athletic training program. Mark Gibson, director of the university's athletic training program and athletic training workshop, will be guest speaking during the workshop, as well as Joel Luedke, director of athletic training services.

## WORKSHOP OBJECTIVES

The workshop will consist of several sections of lectures, practical athletic training activities, and other recreational activities.

- Exposure to basic upper and lower body anatomy.
- Demonstration of taping and wrapping techniques.
- Recognition, treatment, and rehabilitation of sport injuries.
- Emergency care and procedures.
- Sports nutrition and hydration.

## LOCATION

Most workshop sessions will take place in the Mitchell Hall athletic training center on the UWL campus. There will also be access to classrooms and other facilities for lab and lecture sessions.

## REGISTRATION, LODGING AND MEALS

The registration fee for resident campers is \$275. Resident fees include all camp sessions, meals, housing, camp t-shirt, training manual, and other activities as detailed in this brochure. Campers are housed two to a room in Eagle Hall, a state-of-the-art residence hall featuring air-conditioning and semi-private bathrooms, and multiple lounge areas for campers. If you have a roommate preference, be sure to indicate that person's name on the registration form. Commuters pay \$210 for all camp sessions, camp t-shirt, training manual and lunch on Saturday. A \$50 non-refundable deposit must accompany all registration forms. The balance for all registrations is due at check-in. The registration deadline is one week prior to the start of camp.

**Registrations received prior to July 1, 2016 will receive \$25 off of their total registration fees.**

## CHECK-IN & DEPARTURE

Check-in is from 3-4 p.m. on Friday at the Eagle Hall. All participants must check-in. Departure time is noon on Sunday. More information will be sent with confirmation of your registration in July. Please provide your email address if you would like confirmation of your registration prior to July.

## Registration form: Please print clearly 2016 ATHLETIC TRAINING WORKSHOP

Participant's Full Name \_\_\_\_\_

High School \_\_\_\_\_ Grade in Fall 2016 \_\_\_\_\_

Parent's/Guardian Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email — necessary for confirmation and camp communication \_\_\_\_\_

Special needs for participant(s) \_\_\_\_\_

Previous athletic training experience (Check one)  YES  NO

T-shirt Size (Check one):  S  M  L  XL

Resident Camper Tuition (\$275)

Tuition is \$250 if received prior to July 1, 2016

Roommate preference \_\_\_\_\_

Commuter Camper Tuition (\$210)

Tuition is \$185 if received prior to July 1, 2016

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

Minimum of \$50 non-refundable deposit must accompany registration form. If paying full amount, and prior to July 1, deduct \$25 from total registration fee.

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

**OR**

**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.

Please complete other side of form before submitting.

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