

## 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

The camp will take place in the Mitchell Hall athletic training center on the UW-L campus. There will also be access to Mitchell Fieldhouse and classrooms for lab and lecture sessions.

## Meals

Resident participants will be provided dinner on Friday, three meals on Saturday, and breakfast on Sunday. Commuters get lunch on Saturday.

## Workshop Fees

Workshop tuition includes meals, dormitory fees, workshop manual and other materials, taping supplies, parking permits, and a UW-L Workshop T-shirt.

## Registration and Tuition

To reserve your place in the camp, please complete the attached registration blank and return it along with the appropriate deposit or full payment. Resident tuition is \$200 for the workshop. Commuter tuition is \$160. A \$50 non-refundable deposit must accompany the registration form. The balance is due upon arrival. No refunds will be granted after two weeks prior to the camp. If registering within one week of the camp, please call ahead to confirm availability. Make checks payable to UW-La Crosse.

## Check-In & Departure

Check-in is from 3-4 pm on Friday at the Residence 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.

## Staff

Camp staff will include licensed athletic trainers as well as athletic training students from the University of Wisconsin-La Crosse currently enrolled in the athletic training program. Mark Gibson, director of the university's undergraduate athletic training program and athletic training workshop, will be guest speaking during the workshop.

## Health Insurance

All camp participants are covered by the UW System's limited insurance for injuries sustained during supervised camp activities. However, UW-La Crosse is not liable for medical expenses incurred that are not covered by this insurance policy and, therefore, encourages participants to have their own health insurance.



*"This camp was very educationally beneficial and definitely made me more interested in Athletic Training."*

*"The students from UWL were great mentors that answered all the questions that I had."*

— 2009 Participants

Registration Form

UW-La Crosse Athletic Training Workshop 2010

Please print clearly.

Name Birthdate

Address

City State Zip

Email address

Parent/Guardian

Home Phone Cell Phone

High School Grade in Fall 2010

\_\_\_\_ Previous athletic training experience

\_\_\_\_ No previous athletic training experience

T-shirt Size (circle): S M L XL

\_\_\_\_ Resident Camper Tuition (\$200)

Roommate preference

\_\_\_\_ Commuter Camper Tuition (\$160)

Amount enclosed \$ \_\_\_\_\_

(Make checks payable to **UW-La Crosse**. A \$50 non-refundable deposit is due with this form; balance due upon arrival.)

Please clip and return this section with your deposit to:

UW-La Crosse Athletic Camps Office

25 Mitchell Hall

La Crosse, WI 54601

OR register via credit card online at:

**[www.uwlcamps.com](http://www.uwlcamps.com)**

Online registration is provided by MyOnlineCamp. Online service charges apply and are not refundable by UW-La Crosse.



University of Wisconsin-La Crosse

Athletic Camps & Clinics  
25 Mitchell Hall-1725 State St.  
La Crosse, WI 54601

Non-profit Org.  
U.S. Postage  
**PAID**  
La Crosse, Wis.  
Permit No. 545

## UW-LA CROSSE ATHLETIC TRAINING WORKSHOP 2010

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

# University of Wisconsin-La Crosse ATHLETIC TRAINING WORKSHOP 2010



ATHLETIC TRAINING WORKSHOP

[www.uwlcamps.com](http://www.uwlcamps.com)



Friday, July 30-  
Sunday, August 1



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

The University of Wisconsin-La Crosse was the first Wisconsin university accredited for athletic training education. UW-L offers one of the most competitive, as well as in-depth and hands-on athletic training programs in the nation. The UW-L 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 UW-L athletic training students can take part. Athletic trainers are gradually becoming a staple in U.S. high schools. Through this athletic training workshop, high school students can become more educated in the profession when considering college options, along with receiving basic skills needed to assist their high school athletic teams.

For more information or to register online, visit our website at [www.uwlcamps.com](http://www.uwlcamps.com).