

# Cross Country Summer Camp

June 12<sup>th</sup> through July 27<sup>th</sup>

Monday through Thursday 7:30 – 9:00am

Cost: \$110

Contact Coach Zaluckyj with any questions:

[mzaluckyj@d127.org](mailto:mzaluckyj@d127.org)

Don't forget to drink water and eat  
something light before your workout!!

**Cross Country Practice begins August 9th**



Dear Athletes and Parents,

The Grayslake Central cross country and track teams would like to invite you to participate in the summer cross country camp hosted by the Central cross country coaches. Please see below for some general information regarding the camp.

### **Athletes Entering 5th through 8th grade**

The middle school camp will be aimed at developing both new and experienced middle school runners. All workouts will be introduced the first week and progress over the course of the camp. Runners will receive a survey on day 1 to help place them in the appropriate group.

\*\*\*Very advanced middle school runners may apply to participate the high school camp.

Please contact coach Centella to apply for placement in HS camp.\*\*\*

### ***Newer Runners***

- Introductory to moderate workouts (Hill Sprints, Hill runs, repeat 200s and 400s)
- Light to moderate mileage (1.5-3 miles per day)
- Strength, mobility, athletic development routines
- Finish camp days with a game or relay race

### ***Experienced Runners***

- Moderate to advanced workouts (Hill Sprints, Hill runs, repeat 400s and 800s)
- Moderate to high mileage (2-5 miles per day)
- Strength, mobility, athletic development routines.
- Finish camp days with an "extra credit" run or challenge.

We look forward to meeting many future GCXC (Grayslake Central Cross Country) runners this summer! Feel free to reach out if you have any questions or comments.

Email: [jcentella@d127.org](mailto:jcentella@d127.org) Voice Mail: 847-986-3300 ext 5651

Camp Registration Website: <https://qchs.8to18.com/dashboard/catalog>

Dates, Times and Locations can be found on page 2 of this document.

Run Fast, Go Rams!!!

*Jimmy Centella*

*Head Boys and Girls Cross Country Coach*

*Grayslake Central High School*

<https://twitter.com/GCXCRAMS>

## **Locations**

**Tuesdays:** Rollins Savannah Drury Lane Parking Lot

**Wednesday:** GCHS Track

**Thursday:** Nippersink Forest Preserve (Enter off Rte. 120 and go past the first parking lot, take a right to the larger parking lot on right side.)

## **Dates**

Jun 12 , 8:00 am to 9:00 am

Jun 13 , 8:00 am to 9:00 am

Jun 14 , 8:00 am to 9:00 am

Jun 19 , 8:00 am to 9:00 am

Jun 20 , 8:00 am to 9:00 am

Jun 21 , 8:00 am to 9:00 am

Jun 26 , 8:00 am to 9:00 am

Jun 27 , 8:00 am to 9:00 am

Jun 28 , 8:00 am to 9:00 am

Jul 10 , 8:00 am to 9:00 am

Jul 11 , 8:00 am to 9:00 am

Jul 12 , 8:00 am to 9:15 am

Jul 17 , 8:00 am to 9:00 am

Jul 18 , 8:00 am to 9:00 am

Jul 19 , 8:00 am to 9:00 am

Jul 24 , 8:00 am to 9:00 am

Jul 25 , 8:00 am to 9:00 am

Jul 26 , 8:00 am to 9:00 am

# FIGHTING ILLINI

## SPORTS CAMPS & CLINICS

YOUR #1 RESOURCE FOR FIGHTING ILLINI CAMP INFORMATION

### 2017 - 2018 Fighting Illini Cross Country

#### 2018 Co-ed Summer Cross Country Camp

2018 Summer Camp Brochure

[REGISTER HERE - 2018 SUMMER CAMPS](#)

#### Dates:

July 29 - August 2: Instructional / Training Camp

#### Camp Director:

Jake Stewart, Head Men's & Women's Cross Country Coach

#### Eligibility:

\*Open to any and all participants who are...

Instructional / Training Camp: Boys & Girls ages 12-18

#### Camp Limit:

150 Campers

#### Cost:

Instructional / Training Camp prices:

Resident: \$425

Commuter: \$375

Team Discount (4+ from same school):

Resident: \$400 / member

Commuter: \$350 / member

#### Check-in and Check-out Times:

2018 Summer Cross Country Camp Check-in Schedule (PDF)

Check-in: July 29, 2-3pm at Snyder

Check-out: Aug 2, 11:00am at Snyder

#### General Camp Information:

[Roommate Request Form!](#) Let us know if you have a roommate preference -

[Roommate Request Registration Link - 2018 Summer Camps](#)

#### Camper Information Letters (PDF's)

[Dear Camper Letter](#)

[Information Letter](#)

#### Resources

[Camps Home](#)

[FAQ](#)

[Medical Form](#)

[Campus Map](#)

[Refund Form](#)

[Camp Numbers](#)

[Golf Cart Request Form](#)

#### Camps By Sport

[Baseball](#)

[Boys Basketball](#)

[Girls Basketball](#)

[Cheerleading](#)

[Cross Country](#)

[Football](#)

[Boys Golf](#)

[Girls Golf](#)

[Boys Gymnastics](#)

[Girls Gymnastics](#)

[Scholar - Athlete](#)

[Soccer](#)

[Softball](#)

[Swimming](#)

[Tennis - Dancer](#)

[Tennis - Clark](#)

[Boys Track & Field](#)

[Girls Track & Field](#)

[Volleyball](#)

[Wrestling](#)

order to finalize a camper's registration and participation in camp activities. This form is included in the confirmation mailing. A copy of this form is available at the link below (signature is necessary).

[Medical Information Form\\*](#){PDF}

### Visiting Champaign?

For hotel, shopping and restaurant options go to [Visit Champaign County](#) or [Hyatt Place Champaign](#) websites. Make sure to follow us on Facebook and Twitter!!

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**QUESTION?** Please call 217-244-7278 or e-mail us at [sumcamps@illinois.edu](mailto:sumcamps@illinois.edu)

[@IlliniBaseball](#)



[Embed](#)

[View on Twitter](#)

### Contact Info

Fighting Illini Athletics  
Office of Sport Camps & Clinics  
1700 South Fourth  
Champaign, IL 61820  
**Office:** 217-244-7278  
**Fax:** 217-265-8122  
**Email:** [sumcamps@illinois.edu](mailto:sumcamps@illinois.edu)

## CAMP GOALS

The Illinois State distance running camp is entering its third year and is designed to educate young runners on how to train smarter, while improving overall fitness and speed. Our goal is to provide a fun and exciting environment for individuals and teams so they can learn more about proper training to optimize their peak performance.

Instruction and training techniques will be provided by the Illinois State coaching staff and student-athletes, utilizing a variety of venues in the process.

- Reubert Track & Field Complex
- ISU Cross Country Course at the Weibring Golf Club (home of the annual Illinois Intercollegiate Cross Country Championships and the 2012 MVC Cross Country Championships)
- University Farm
- Maxwell Park (home of IESA State Cross Country Meet)
- Lake Evergreen trails
- The Constitution Trail

Campers will also receive instruction and training recommendations from Illinois State's leading exercise physiologist, Dr. Dale Brown and sports nutritionist, Chris Carter.

## TUITION

- \$375 // Individual Overnight Camper
- \$350 // Team (same gender)
- Overnight campers with four or more campers from same team (same gender) receive a \$25 discount.
- \$200 // Individual Commuter Camper
- \$275 // Team Commuter Camper
- Commuter campers with four or more campers from same team (same gender) receive a \$25 discount.
- \$50 deposit must be paid in advance of completion of the registration.
- \$100 // Deposit by June 30 (can be come for indiv. or team campers)

## COME RUN WITH THE REDBIRDS

## STAFF

### JEFF BOYEE

- Camp Director // Director of Track and Field and Cross Country
- Coached Kyle Marlet to the 2017 NCAA Championships
- Coached Ryan Rutherford to SR 13.49 & 10K 28:41
- 2016 NCAA DI Midwest Head Coach of the Year
- 2016 MVC Coach of the Year
- 2015 MVC Men's XC Runner-ups
- 2011 & 2012 MVC Women's Coach of the Year
- 2011 & 2012 Women's MVC Team Championships
- Coached NCAA Division I Runner up and Oregon Track Club/Nike Athlete Alisa Praught
- Coached upwards of 31 Valley Champions, 121 All-Valley performers



### JON MICHAEL BRANDT

- Assistant Coach // Distance
- Three years of coaching experience at the Division I level
- Coached three NCAA Outdoor Championship qualifiers
- Coached Kyle Marlet to the 2017 NCAA Championships
- Assisted Kevin Lewis, a 2015 indoor national qualifier and Second Team All-American.



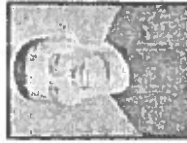
### DR. DALE BROWN

- Professor & Director, Exercise Physiology Lab at ISU
- Ph.D., Southern Illinois, Education
- M.S., Southern Illinois, Physical Education
- B.A., Minnesota Morris, Health Education
- Researcher of fitness & activity, exercise in health & disease and exercise metabolism
- Specialization: Exercise Physiology, Human Anatomy



### CHRIS CARTER

- Director of Sports Nutrition // Assistant Strength Coach
- M.S., Exercise Physiology at ISU
- B.A., Exercise Science at ISU
- Interned at the Performance Training Center in Portland, Oregon, in 2005
- Certified through the NSCA as a Certified Strength and Conditioning Specialist (CSCS) and the Collegiate Strength and Conditioning Coaches Association (SCCC)



## ILLINOIS STATE DISTANCE CAMP

JULY 15-18

CAMPERS ENTERING 9-12 GRADE

## CAMP FEATURES

- Camp will cover a variety of topics including nutrition, training methodology, running techniques, running tactics, team building, strength training and injury prevention.
- Camp activities include bowling, swimming, water polo, fitness, evening movies and an ice cream social.
- A three-mile race will conclude the camp at Marine Park (site of the IESA Cross Country Championships and several IHSA Sectional Cross Country meets).
- Camp will utilize a wide array of facilities optimal for distance runners, including the ISU Cross Country Course at the Mt. St. Joseph Golf Club (site of the Country Financial ISU Cross Country meet and the 2012 Missouri Valley Conference Championships), the Redbird Track and Field Complex, Marine Park, the trails at Lake Evergreen and the Constitution Trail all of which are a part of the training grounds by the Redbird men's and women's distance crews on a daily basis.
- Individual and team instruction from the ISU coaching staff, visiting high school and college coaches, as well as collegiate student-athletes

## WHAT TO BRING

- Flaming cuff for each workout session
- Training flats and spikes
- Toiletines and towels
- Fleece, blanket and swim suit
- Bedlins or sleeping bag

## LODGING

Housing will be provided in Illinois State residence halls with two campers per room. Roommate preference must be filled in on the registration form and campers must check in at registration together.

# TRAINING/MEDICAL

A full-time athletics **trainer** will be on site at all times throughout the duration of the camp. **PLEASE NOTE:** All campers must complete the medical history before participating in any camp activities.

## IMPORTANT DATES

SATURDAY, JUNE 30 // Registration deadline // \$100 deposit required

SUNDAY, JULY 15 / 2.3 p.m. - Camp check-in

WEDNESDAY JULY 18 / 11 a.m. - 12 p.m. - Camp check-out

LATE REGISTRATION FEE / \$35 after JULY 30



Leaves show characteristically cupped and wavy margins and are often serrated. The leaves are dark green above and lighter green beneath. The flowers are white and are generally 1-2 cm. wide. The strongly linear, serrated and flattened stem is the principal source of the plant's fragrance. The flowers are borne in a terminal panicle. The fruit is a small, round, green berry, 2-3 mm. in diameter, which is covered with a thin, waxy, yellowish, translucent, and sticky coating. The fruit is eaten raw and is said to be healthy for women. It is a common medicinal herb for the treatment of colds and fevers. The leaves are used as a tea for the treatment of colds and fevers. The leaves are also used as a tea for the treatment of colds and fevers.

## REGISTRATION (please print)

12

## CONCLUSIONS

MAILING ADDRESS (city/state/zip)

PARTI GLORIA-AARF-11011 (with area code)

PARENT/CUARDIAN NAME/PONE (with area code)

1004

CLAUDE  
DOE  
GENERAL

T-SHIRT SIZE XS S M L XL XL

ROOMMATE PREFERENCE

## OPTION PRICES

INDIVIDUAL OVERNIGHT - \$375

**TEAM OVERNIGHT (4+ MEMBERS) - \$350**

INDIVIDUAL COMPUTER - \$300

TEAM COMMUTER(4: MEMBERS) - \$275

CASE REPORT

**CANCELLATION MUST BE MADE BY JUNE 30TH TO RECEIVE  
REFUND MINUS ADMINISTRATIVE FEE**

**NON-REFUNDABLE ADMINISTRATIVE FEE \$100**

**TEAM REGISTRATIONS MUST BE MAILED TOGETHER TO  
RECEIVE DISCOUNT!**

NO REFUNDS AFTER JUNE 30th



# CROSS COUNTRY

(5)

UW-ROCK COUNTY RESTRUCTURING ([HTTP://WWW.UWW.EDU/RESTRUCTURING](http://www.uww.edu/restructuring))

ADMISSIONS ([HTTP://WWW.UWW.EDU/ADMISSIONS](http://www.uww.edu/admissions))

ACADEMICS ([HTTP://WWW.UWW.EDU/ACADEMICS](http://www.uww.edu/academics))

CALENDAR/EVENTS ([HTTP://EVENTS.UWW.EDU](http://events.uww.edu))

ATHLETICS ([HTTP://WWW.UWWSPORTS.COM](http://www.uwwsports.com))

CAMPUS INFO ([HTTP://WWW.UWW.EDU/CAMPUS-INFO](http://www.uww.edu/campus-info))

LIBRARY ([HTTP://LIBRARY.UWW.EDU](http://library.uww.edu))

EMAIL ([HTTPS://POST.UWW.EDU](https://post.uww.edu))

WINS ([HTTP://WWW.UWW.EDU/WINS](http://www.uww.edu/wins))

D2L ([HTTP://WWW.UWW.EDU/DESIRE2LEARN/](http://www.uww.edu/desire2learn/))

DIRECTORY ([HTTP://WP.UWW.EDU](http://wp.uww.edu))

STUDENTS ([HTTP://WWW.UWW.EDU/STUDENTS](http://www.uww.edu/students))

FACULTY/STAFF ([HTTP://WWW.UWW.EDU/FACULTY-AND-STAFF](http://www.uww.edu/faculty-and-staff))

ALUMNI ([HTTP://WWW.UWW.EDU/ALUMNI](http://www.uww.edu/alumni))

Search

## CAMPS AND CONFERENCES (CE/CAMPS)

MY ACCOUNT (<https://uw-whitewater.ungerboeck.com/prod/ungerboeck.cshtml?AppCode=PAY&CC=4>)



[Continuing Education \(/ce\)](#) / [Camps and Conferences \(/ce/camps\)](#) / [Athletic Programs \(/ce/camps/athletic\)](#)

/ [UW-Whitewater Cross Country Camp](#)



## UW-Whitewater Cross Country Camp

The Warhawk Cross Country Camp experience is one which has helped educate and train long distance runners for the past 34 years. Campers will be involved in discussions and demonstrations related to the sport of cross country. Topics will include: training schedules, running mechanics, strength training,

stretching, nutrition, race strategy, peaking, cross training, mental preparation, leadership skills and workout design.

There will be two workouts a day with the amount of running based on each individual's level of fitness and running background. The Warhawk Cross Country Camp is one of the best offered in the Midwest as we emphasize both the mental/ learning part of cross country/distance running as well as its physical demands. We have a high number of runners return as they feel the camp offers them a great start towards preparation for the cross country season. Students are encouraged to enroll early to ensure a spot. **This camp is available to players entering grades 7-12 in Fall 2018.**

**Date: July 15-20, 2018**



**(<https://www.facebook.com/uwwcampsandconferences1>)**

**Register Online (/ce/camps/athletic/crosscountry/crosscountry-registration)**

Registrations accepted online until noon on 7/11/18. We do NOT accept walk up registrations at event check-in.

## **Cost Information**

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### **Resident Campers: \$435**

Resident campers will be housed in one of the residence halls located on the UW-Whitewater campus. The residence hall has a secured entrance and the campers are monitored by the residence hall directors, assistants, and by our own camp counseling staff. Roommate requests will be honored when possible; otherwise campers are paired by age and gender. Developing new friends is encouraged. Rooms are double occupancy only. Please note that our residence halls are not air conditioned. We strongly advise campers to bring a fan if possible. The bathrooms and showers offer clean, individual stalls for privacy. Resident campers will have three well-balanced meals each full day. Meals are included in the registration fee.

### **Commuter Campers: \$385**

Commuters are campers who elect not to stay overnight in the residence halls. Commuters will have three well-balanced meals each full day. Meals are included in the registration fee. Commuters will need to arrive in the morning at 6:45 a.m. and leave in the evening at 8:45 p.m. Commuters will be able to go to the residence halls between sessions with teammates or friends if they choose.

### Group Discount:

Receive \$25 off each registration when five (5) or more register to attend the Cross Country Camp from the same school. Make sure to use promo code **5GROUP25** at checkout. Discounts cannot be applied after you register and pay. You will be charged \$25 if fewer than five (5) do not attend camp from your school.

## Fees Include

The resident camp fee covers lodging, meals, instruction, a camp t-shirt, recreation, party snacks and insurance. The commuter fee includes meals, instruction, a camp t-shirt, recreation, party snacks and insurance.

## Refunds

Early cancellations due to medical reasons will receive a full refund minus \$25 cancellation fee if the cancellation is requested 7 days prior to the camp. Medical documentation must be provided and received before the start of camp to qualify. All other cancellations, including those with medical documentation received after the start of camp, will receive payment back minus \$50. NO REFUNDS will be given for no shows or campers sent home for disciplinary reasons. All cancellation requests must be submitted to [ceseevents@uww.edu](mailto:ceseevents@uww.edu) (<mailto:ceseevents@uww.edu>); provide registrant's name, camp and medical documentation, if applicable. Refunds will be returned to name and address of payer.

## Before You Arrive

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Pre-camp information will be available on this website three weeks prior to the start of camp. Pre-camp information includes check-in and out times with locations, daily schedule, what to bring and other important information you will need to know before attending camp.

[Info Packet \(/ce/camps/athletic/crosscountry#\)](/ce/camps/athletic/crosscountry#)

## Health Form

Each camper must complete the healthEcamper online form 5 days prior to arrival for each camp they attend; no camper will be allowed to participate without completing the form. You can complete the healthEcamper online form after registering. Use the email address provided to register for this camp as your user name on the healthEcamper website to avoid receiving emails from us indicating you have not completed this health form.

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(<https://app.healthecamper.com/CMRHub/cmr/event/exploreEvent?id=351>)

## Summer Camp Rules

UW-Whitewater will hold all campers responsible for their conduct. Serious misconduct or disruption will lead to immediate dismissal from camp. Campers dismissed from the camp will not receive a refund. Review **Summer Camp Rules (Documents/ce/camps/forms/SummerCampRules.pdf)** for more details.

## Driving Directions

Directions to the campus can be found online by **clicking here**. (<http://www.uww.edu/campus-info/map-and-directions>) A campus map can be **found here** (<http://www.uww.edu/campus-info/campus>).

## Parking

Parking permits are required to park on campus. You may park for free at the location and time of check-in and check-out. All other locations and times you will need to have a parking permit to avoid a ticket. Campers driving themselves and keeping their car on campus must pick up a parking permit from camp director at the initial camp meeting.

## Registration Terms & Conditions

By registering for an event, you agree to our Registration Terms and Conditions. Please review the **Registration Terms and Conditions (Documents/ce/camps/forms/EBMS%20Terms%20And%20Conditions.pdf)** for more details.

Be aware that we advise you to leave all non-essential, portable electronic devices at home (iPod, iTouch, cell phones, etc), but ultimately it is your decision. **We will not be responsible for any lost or stolen items** and we do not have open Wi-Fi for electronic devices.

## Additional Camp Information

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### Typical Daily Schedule

6:45 - 7:45 a.m.	Morning Run
8:00 - 8:45 a.m.	Breakfast
9:00 a.m. - 11:00 a.m.	Group Instruction
11:00 a.m. - 1:00 p.m.	Free Time & Lunch
1:00 - 2:00 p.m.	Instruction time in classroom
2:00 - 4:00 p.m.	Afternoon Workout
4:30 - 6:30 p.m.	Dinner
6:30 - 8:30 p.m.	Supervised Activities
8:30 - 10:00 p.m.	Free Time
10:15 p.m.	All students in residence hall

\*All times are subject to change.

### Running Area

Trails are located on campus which includes the UW-Whitewater's home cross country course. We will also be using the cross country ski trails located in the Kettle Moraine State Forest in LaGrange.

Having access to these areas will allow campers the chance to do a lot of natural surface running.

### Activities

There are many other activities that take place during camp: Ultimate Frisbee, Kickball, Sand Volleyball, Pool Workout and skit night, to name a few. We feel very strongly that the camp experience needs to involve work and play. Those who have attended the Warhaks Cross Country Camp come away with a truly enjoyable experience and make new friends in the sport of distance running.

### Camp Staff

Jeff Miller

Jeff Miller has been coaching at UW-Whitewater since the fall of 1982. Miller is the head coach for both the men's and women's cross country teams as well as an assistant coach for the men's track team.

Miller took over the men's cross country team in 1982 and is the longest tenured cross country coach that UW-Whitewater has ever had. Since 1982, Miller has led the men's team to one runner-up finish and five third-place finishes in the Wisconsin Intercollegiate Athletic Conference. On the men's side, he has coached 13 All-Americans. He has guided runners to first team All-WIAC honors 24 times and other all-conference accolades 19 times (including 15 second team and four honorable mention). Miller has also coached two Max Sparger Scholar Athletes. He has also had an abundant number of individuals qualify for nationals and has taken the team to the NCAA Division III championship six times, including a fifth-place showing in 1999. Miller has also had one individual WIAC champion (2004). He has been named WIAC Men's Coach of the Year twice during his illustrious career.



Miller has coached the women's cross country team since its inception in 1984. Since then he has led the team to one runner-up finish and five fourth-place finishes in the WIAC. Miller has also had three All-American runners. He has guided runners to 12 first team all-conference honors and 24 second team or honorable mention All-WIAC accolades 24 times (including 23 second team and one honorable mention). The women's side of the WIAC offers the Judy Kruckman Scholar Athlete award, which five UW-Whitewater runners have earned. Miller has led several individuals to qualify for nationals, and the team has gone four times, with its highest finish at fourth in 1991. Miller was also named WIAC Women's Coach of the Year in 1990.

#### Bill Greiten

- Assistant Track and Field Coach at Gillett High School.
- Member of the Wisconsin Cross Country Coaches Association Hall of Fame.
- Member of the Track and Field Coaches Association Hall of Fame.

#### Mark Maas

- Member of the Wisconsin Track and Field Coaches Association Hall of Fame.

#### Chad Carstens

- Head Boys' and Girls' Cross Country Coach at Whitewater High School.

#### Megan Carstens

- Head Boys' and Girls' Cross Country Coach at Jefferson High School.
- Assistant Track and Field Coach at Jefferson High School.

## Additional Staff

Current members of the UW-Whitewater Cross Country Team will be counselors working with the campers during the week. We have a 1:8 ratio of staff to campers.

## Insurance

Each camper will be covered by a limited accident insurance policy. The insurance includes primary coverage up to \$7,500 and \$300 maximum dental insurance. Insurance does not cover pre-existing injuries and is for accidents only. The cost of insurance is included in the registration fee.

## Special Notice

The University of Wisconsin-Whitewater is committed to equal opportunity in its educational programs, activities and employment policies, for all persons, regardless of race, color, gender, creed, religion, age, ancestry, national origin, disability, sexual orientation, political affiliation, marital status, Vietnam-era veteran status, parental status and pregnancy.

If you have any disabling condition that requires special accommodations or attention, please advise us well in advance. We will make every effort to accommodate your special needs.

Registering for this event you understand that the University may take photographs and or videos of event participants and activities. You will be required to agree at the time of registration that the University of Wisconsin-Whitewater shall be the owner of and may use such photographs and or videos relating to the promotion of future events. You will relinquish all rights that you may claim in relation to use of said photographs and/or videos.

## Resources

FAQs (<http://www.uww.edu/ce/camps/faq>)

Stay Connected (<http://uww.edu/ce/camps/stay-connected>)

Host an Event (<http://www.uww.edu/ce/host-event>)

Visitor and Parking Services (<http://www.uww.edu/adminaffairs/parking/visitors>)

(<http://www.uww.edu/adminaffairs/parking/visitors>) Privacy Policy ([Documents/ce/Privacy Policy.pdf](#))

Follow Us ([https://www.facebook.com/uwwcampsandconferences1/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/uwwcampsandconferences1/?ref=aymt_homepage_panel))



## Navigation

Upcoming Events (</ce/camps/upcoming-events>)

Athletic Programs (<http://www.uww.edu/ce/camps/athletic>)

Music Programs (<http://www.uww.edu/ce/camps/music>)

Additional Programs (</ce/camps/additional>)

Workshops (<http://www.uww.edu/ce/workshops>)

## Contact

UW-Whitewater Camps and Conferences

800 West Main Street

Room 2005 Roseman Hall

Whitewater, WI 53190

Phone: (262) 472-3165

Fax: (262) 472-5241

[ceevents@uww.edu](mailto:ceevents@uww.edu) (<mailto:ceevents@uww.edu>)

## Location

University of Wisconsin-Whitewater

800 W. Main Street

Whitewater, WI 53190-1790

Directory Assistance: (262) 472-1234

Maps & Directions ([./campus-info/map-and-directions](/campus-info/map-and-directions))

Campus Building Addresses ([./adminaffairs/fpm/campus-address-listing/](/adminaffairs/fpm/campus-address-listing/))

Campus Info ([./campus-info](/campus-info))

Contact Us (<http://www.uww.edu/campus-info/contact>)

## Tools and Resources

Emergency Information (<http://emergency.uww.edu/>)

Hate/Bias Reporting ([https://publicdocs.maxient.com/reportingform.php?UnivofWisconsinWhitewater&layout\\_id=2](https://publicdocs.maxient.com/reportingform.php?UnivofWisconsinWhitewater&layout_id=2))

Announcements (<https://announcements.uww.edu/>)

Employment (<http://www.uww.edu/employment>)

Bookstore (<http://www.uwwhitewaterbookstore.com/>)

Accessibility (<http://www.uww.edu/icit/policies-agreements/web-accessibility>)

Language Translation (<http://www.uww.edu/campus-info/translate>)

Weather (<http://www.uww.edu/cls/departments/geography-geology-env-sci/weather>)

Download Adobe Acrobat Reader (<https://get.adobe.com/reader/>)

HIGHER  
LEARNING  
COMMISSION