

BUFFALO

ATHLETICS

Track & Field/Cross Country Camp Monday, July 8, 2019 – Thursday, July 11, 2019 Day Commuter Camper information

Camp check-in information:

- Daily Check-in: Monday, July 8, 2019 – Thursday, July 11, 2019
 - **TIME:** 8:30am to 9:00am
 - **LOCATION:** University at Buffalo Stadium on the West Concourse Level of the Track/Football stadium. This is the OPEN middle level of the stadium (if you've been to football games, it is the level with the concession stands). The WEST side of the stadium is the side that faces the campus (the East side faces Millersport Hwy)
 - **PARKING** will be in the Stadium Parking Lot. See attached directions and parking map. Campers may drive themselves to the camp and keep their cars parked at the Arena Parking Lot during the camp day. Campers are NOT permitted to go to their cars or leave campus during the camp day. Attendance is taken!! **If you are going to be late, or will not be attending on a particular day, PLEASE NOTIFY COACH VICKI by text at 716-913-3979.** We call all campers Emergency Phone numbers if they are not checked in by 9:15am!
 - **DIRECTIONS:** see directions and map below!

Daily Camp check-out information:

- Daily Check-out: Monday, July 8, 2019 – Thursday, July 11, 2019
 - TIME: 3:45PM
 - LOCATION: Campers will check-out on the Stadium Concourse each day. Once the camper checks-out, he/she may leave the concourse to meet their ride in the parking lot.
 - Parents are not required to come and check-out their son/daughter

Additional Information:

- 4 Day Schedule
 - Monday, July 8, 2019 – Thursday, July 11, 2019
 - LUNCH is provided Monday, Tuesday, Wednesday and Thursday.
 - You are permitted to bring your own lunch. ***IF refrigeration is required, please contact Coach Vicki by Monday, July 1, 2019, to ensure arrangements can be made.
 - We strongly recommend packing snacks that you may want and your own water bottle
 - **Please notify Coach Vicki Mitchell of any FOOD ALLERGIES BY MONDAY, JULY 1, 2019!**
Email Vam3@buffalo.edu
- What to Bring
 - Wear workout clothes!!! Bring an extra set daily (we'll be sweating!).
 - Track & Field Shoes – Running shoes, specialty event shoes (spikes, throwing shoes, etc.)
 - Water Bottle – we'll have plenty of water and Gatorade to keep your water bottle filled!
 - Snacks! We'll have lunch daily, but it's a long day!
 - Jacket (in case it's cold or rains)

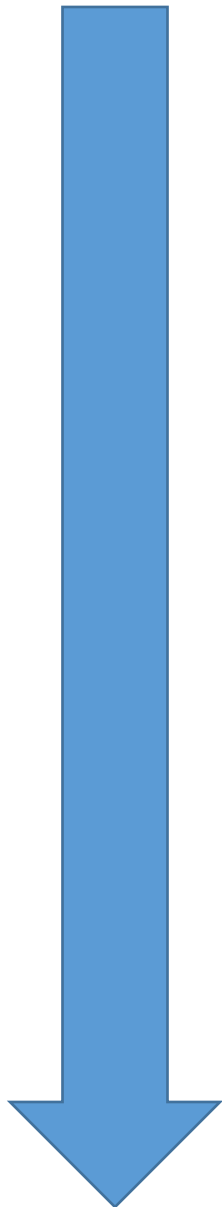
- Cap (to block the sun)
- Sunblock, hat (in case it's hot and sunny!). We will have a back-up supply of sunblock on hand, too!
- We will go rain or shine!!!

CELL PHONE POLICY:

- Campers are permitted to have cell phones at camp, however use will be limited to the following times:
 - Before 9:00am
 - During lunch break
 - After camp day ends
 - If the camper needs to have access to their phone for emergency reasons during the camp day, their respective UB Counselor will hold on the phone during all instructional sessions and access will be available as needed.

IF YOU HAVE ADDITIONAL QUESTIONS, please contact Coach Vicki Mitchell at vam3@buffalo.edu, 716-645-6815 (Office), 716-913-3979 (Cell – During camp days only)

DRIVING DIRECTIONS BELOW



Directions to UB Stadium/Alumni Arena Parking Lot

For more information concerning directions, please look at our website: www.buffalo.edu

Using a GPS? 124 Stadium Complex, Buffalo, NY 14260

From the East (Albany):

Take I-90 West to the Tolls. After the tolls, take the first exit to the right, Exit #50 (Sign for Niagara Falls and UB), onto I-290 West. Take I-290 approximately 2 miles, to Exit # 5B, Millersport Hwy North. At the second traffic light, turn left at the Coventry Entrance on to the campus. At the stop sign turn right and follow the bend in the road to the **ARENA PARKING LOT** on the right. Walk towards the stadium through the gates and up the OUTSIDE STAIRWELL to the Concourse level (this is the level of concession stands). Look for "TRACK CAMP" signs!

From the South/West (Erie PA, Ohio):

Take I-90 East to the Tolls. Stay in the right lane and proceed on I-90 to Exit # 50 (about 8-10 miles after the tolls) to I-290 West. Take I-290 approximately 2 miles, to Exit # 5B, Millersport Hwy North. At the second traffic light, turn left at the Coventry Entrance on to the campus. At the stop sign turn right and follow the bend in the road to the **ARENA PARKING LOT** on the right. Walk towards the stadium through the gates and up the OUTSIDE STAIRWELL to the Concourse level (this is the level of concession stands). Look for "TRACK CAMP" signs!

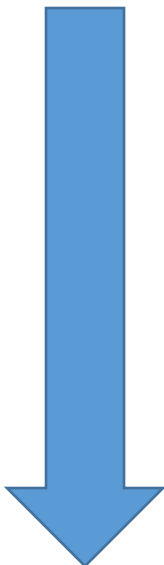
From the North (Ontario):

Cross the Lewiston-Queenstown Bridge into the USA. Follow I-190 South, towards Grand Island. Cross over both bridges (North and South Grand Island Bridges). After leaving the second bridge from Grand Island, stay in the right lane and exit onto I-290 East. Follow I-290 East to Exit # 5B, Millersport Hwy North. At the second traffic light, turn left at the Coventry Entrance on to the campus. At the stop sign turn right and follow the bend in the road to the **ARENA PARKING LOT** on the right. Walk towards the stadium through the gates and up the OUTSIDE STAIRWELL to the Concourse level (this is the level of concession stands). Look for "TRACK CAMP" signs!

From SOUTH CAMPUS:

Take Bailey Ave. NORTH (you'll either be turning off of Route 5/Main St, or crossing over Route 5/Main St), and stay in right lane. Bear RIGHT onto Grover Cleveland Drive (Blockbuster Video store is located on the right side corner). Continue on Grover Cleveland Drive, which will change street names to Millersport HWY at a 5-corner intersection. Continue on Millersport HWY North. After going under the overpass, turn left at the Coventry Entrance on to the campus. At the stop sign turn right and follow the bend in the road to the **ARENA PARKING LOT** on the right. Walk towards the stadium through the gates and up the OUTSIDE STAIRWELL to the Concourse level (this is the level of concession stands). Look for "TRACK CAMP" signs!

Map below





ARENA
PARKING LOT

Conventry
Entrance