

BUFFALOTM

ATHLETICS

Track & Field Camp Sunday, July 7, 2019 – Thursday, July 11, 2019

Overnight camper information

**** information will be updated by early June with residence hall location ****

Camp check-in information:

- DATE: Sunday, July 7, 2019
- TIME: 5 – 6pm
 - **If you will be later or earlier than this, please notify Coach Vicki at vam3@buffalo.edu or text 716-913-3979. We can accommodate, but I need to know ahead of time!**
- LOCATION: **TBA LOCATION** in the [Ellicott Dorm Complex](#). You can click on the link, and/or see attached directions and campus map.
- PARKING: will be in **TBA LOT**. Signs will be posted for “Track Camp.” See map and directions below. If you are driving yourself to camp, you will park your car in the Fargo lot and keep it there for the duration of the camp. You will not be permitted to drive your car during the camp. Your car will remain securely parked for the duration of the camp until check-out on Thursday, July 11, 2019

Camp check-out information:

- Thursday, July 11, 2019 upon the conclusion of the camp day, the campers will return to the residence halls to check-out. Check-out will be conducted at the **TBA LOCATION** at 4:15pm.
- Campers can be picked up at the Porter Lounge 4:15pm – 5:00pm on Thursday, July 11, 2019
- Parking will be available in the Fargo Lot.

Daily Attendance and Check-in procedures:

- All campers are under the supervision of our Counselors 24/7.
- After the conclusion of each camp day, the overnight campers will be taken to the Residential Halls for check-in to their rooms. Our UB counselors/coaches will be with the overnight campers at all times.
- Evening activities are organized for Sunday, Monday, Tuesday, and Wednesday evenings with the UB staff and camp counselors, including a nutrition session, mental preparation/goal setting, and preparing for college as a student-athlete. Attendance is

required at the evening sessions. Evening activities following the required evening sessions are optional.

- Curfew is 10:00pm daily in their rooms. A room check is conducted each evening.
- Campers will get a wake-up knock on their door at 7:00am daily to get ready for the day.
- Campers are escorted to the track, dining halls, and all activities by the counselors/coaches. Campers are not permitted to leave on their own.

Meals:

- On Sunday, we will have pizza & salad after check-in (approximately 7:00pm)
- Dinner Monday (approximately 6:15pm), Tuesday (5:00pm) and Wednesday (5:00pm) evenings at UB's top rated Crossroads Culinary Center ("C-3").
- Breakfast Monday, Tuesday, Wednesday, and Thursday mornings will be at Crossroads Culinary Center at 7:30am – 8:15am
- Lunch is provided on Monday, Tuesday, Wednesday, and Thursday at the Stadium during the camp day at approximately 11:45am – 12:30pm
- **Please notify Coach Mitchell of any FOOD ALLERGIES! We will accommodate food allergies!!! Vam3@buffalo.edu**

Items that you will need for your residence hall room:

- Sheets for your bed (not provided). Extra-Long (XL) twin bed & Mattress. Two flat sheets work just fine!
- Pillow (not provided)
- Towels (not provided)
- ***Fan (the dorm rooms can get hot... a fan is strongly suggested!)***
- Personal hygiene items, towels, Flip flops!
- Non-perishable Snacks
- Books, IPod, laptop, etc. And charger cords!

Items that you will want for daily practice sessions and evenings:

- Workout clothes – shorts, tee shirts, socks, sweatshirt, sweat pants, tights
- Track Shoes – Running shoes, specialty event shoes (spikes, throwing shoes, etc.)
- Water Bottle
- Snacks
- Jacket (in case it's cold or rains)
- Sunblock, hat (in case it's hot and sunny!)
- We will go rain or shine!!!

****** There are laundry machines available in the residence halls. They are free, but you will need laundry detergent!**

Additional questions: Contact Coach Vicki at vam3@buffalo.edu, 716-645-6815 (office), 716-913-3979 (Cell, Camp days only)

Directions to Porter Hall

For more information concerning directions, please look at our website:

www.buffalo.edu

Using a GPS? Enter in this intersection: [Hamilton Entrance and Frontier Road, 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 West approximately 3.5miles to Exit #4/990N. Continue I-990 North to Exit #1, John James Audubon Pkwy. Continue to John James Audubon Pkwy and move into left lane, take "U" turn. Follow to Hamilton Road. Turn Left onto Hamilton, and park in Fargo Parking Lot. Signs for "TRACK CAMP" will be posted to help.

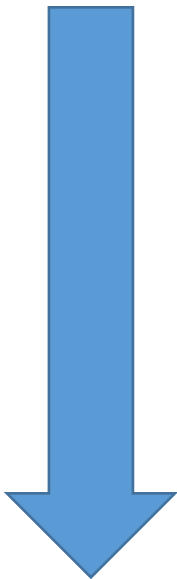
From the South/West (Erie PA, Ohio):

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 West approximately 3.5miles to Exit #4/990N. Continue I-990 North to Exit #1, John James Audubon Pkwy. Continue to John James Audubon Pkwy and move into left lane, take "U" turn. Follow to Hamilton Road. Turn Left onto Hamilton, and park in Fargo Parking Lot. Signs for "TRACK CAMP" will be posted to help.

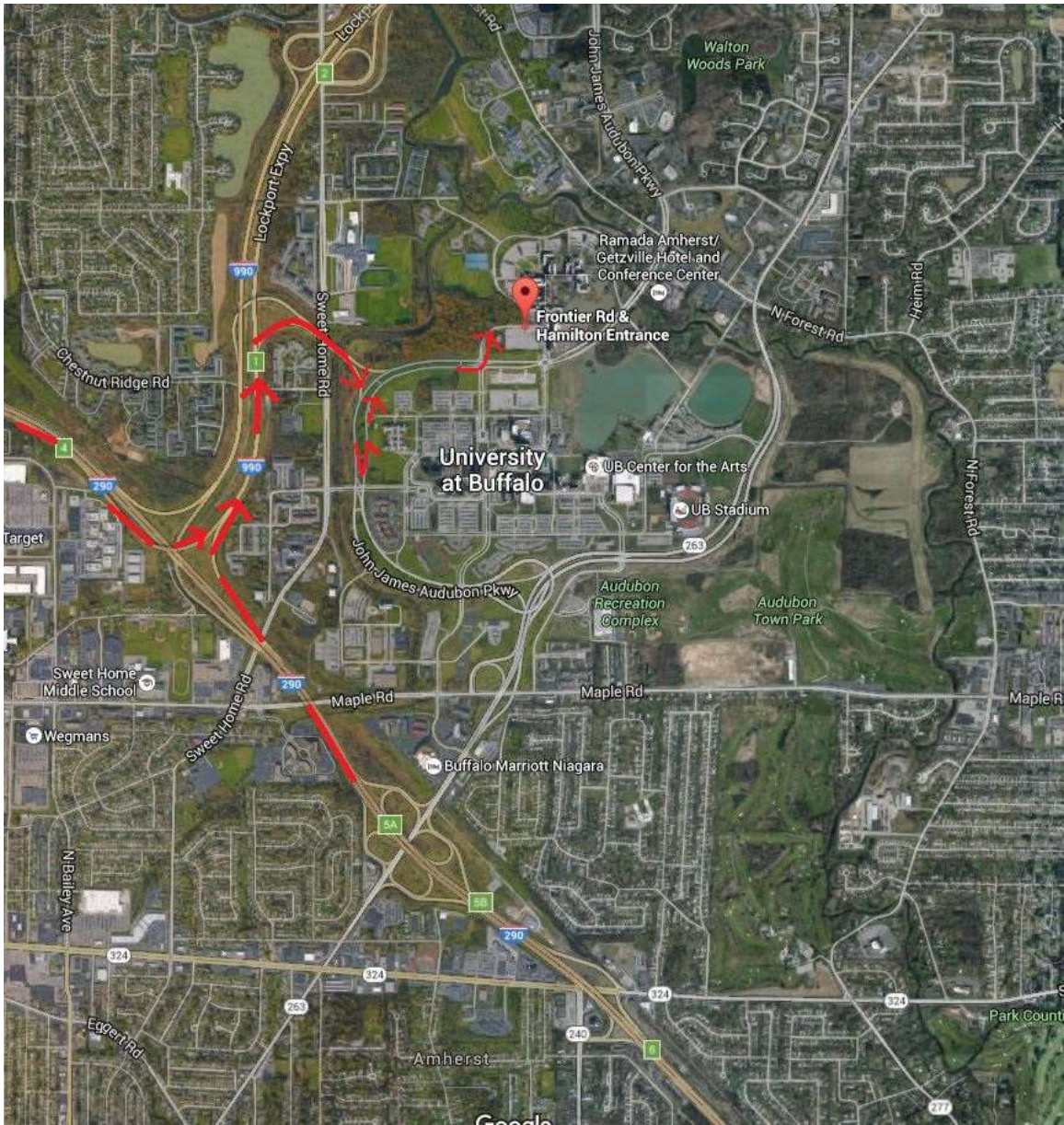
From the North (Ontario):

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. Take I-290 West approximately 3.5miles to Exit #4/990N. Continue I-990 North to Exit #1, John James Audubon Pkwy. Continue to John James Audubon Pkwy and move into left lane, take "U" turn. Follow to Hamilton Road. Turn Left onto Hamilton, and park in Fargo Parking Lot. Signs for "TRACK CAMP" will be posted to help.

MAP BELOW



[Hamilton Entrance and Frontier Road, Buffalo, NY 14260](#)



Park at the FARGO Parking Lot. Follow "Track Camp" signs to Porter Lounge to check-in.



PORTER LOUNGE is the building with the ★

Follow the "TRACK CAMP" signs posted to direct you to the Porter Lounge.