

University Of Richmond

Track & Field

Day Camp

CHECK-IN PROCEDURES:

Check-IN will be held at the **Fred Hardy Track** on the University of Richmond **campus between 8:30 and 9:00 am** (directions to the University of Richmond enclosed) on **Monday July 21**. Campers will pick-up their meal bracelet, and camper packet (official camp t-shirt, etc.) at this time. **NOTE:** Medical form (sent 10 days prior to camp) and camp fee balance in the form of a check or money order will be due at this time.

CHECK-OUT PROCEDURES:

Check-OUT will be at the Fred Hardy Track on the University of Richmond **campus at 4:00 PM** daily

DIRECTIONS TO CHECK-IN:

From the East:

From I-64

West on I-64. As you approach the city of Richmond, I-64 West merges with I-95 North. Take I-95 North to exit 79 back onto I-64 West. Take Exit 183-A/Glenside Drive south. Continue south on Glenside Drive to the fifth traffic light (Three Chopt Road). Turn left on Three Chopt. Continue straight for 8/10 mile. Turn right onto Boatwright Drive (approximately .5 mile after the traffic signal). At the bottom of the hill, go straight (Track & Field facility will be on the left). Make the second left into Robins Center Parking lot. Park immediately on the right or left. Check-In will be just inside the multiple glass doors to your right.

From the North:

From I-95

I-95 South to I-64 West (Exit #79). I-64 West to Exit #183-A/Glenside Drive south. Continue south on Glenside Drive to the fifth traffic light (Three Chopt Road). Turn left on Three Chopt. Continue straight for 8/10 mile. Turn right onto Boatwright Drive (approximately .5 mile after the traffic signal). At the bottom of the hill, go straight (Track & Field facility will be on the left). Make the second left into Robins Center Parking lot. Park immediately on the right or left. Check-In will be just inside the multiple glass doors to your right.

To Download a CAMPUS MAP click on the following URL:

<http://www.richmond.edu/about/directions/campusmap.pdf>

MEALS (Lunch):

Each camper will be provided lunch daily. Lunch will be served by the University of Richmond from 11:30AM-12:15PM. A wide variety of items will be available including a complete selection of vegetarian entrées. For additional details please visit our Dining Services page: <http://dining.richmond.edu/>

SUGGESTED items to bring to camp:

- _____ Completed Sports Medicine Form (see enclosed)
- _____ Suntan Lotion/protection
- _____ Running shoes
- _____ Event shoes
- _____ Rain gear
- _____ Extra change of athletic clothes

SPORTS MEDICINE FORM:

Enclosed you will find a questionnaire (Named “Sports Medicine Form”) requested by our sports medicine staff. In order to better serve you and your son/daughter we ask that you fill out and bring the completed form with you at Check-In.

Please remember that we are not permitted to give medication to campers (this includes aspirin). If you feel your son or daughter will need any medicine during the week of camp please have them bring it with them.

T-SHIRTS:

Each camper will receive an official “Richmond Track and Field Camp T-Shirt” when they check-in. If parents would like to purchase the official t-shirt, they will be available at check-in for \$15.00.

CAMP WEBSITE: Don’t forget to check our website. Our address is:

www.RichmondSpiders.com

EMERGENCY PHONE NUMBERS: In the event of a family **emergency** and you need to contact your son, daughter or anyone on our staff you can call us at (These numbers will be active July 21-24):

(804) 287-1935 Steve Taylor (staylor7@richmond.edu)-OFFICE

(804) 349-3367 Steve Taylor cell phone

(804) 349-3355 Lori Taylor cell phone