

LIBERTY YOUTH CAMP

Track and Field

Spring Break Track Camp Information Letter

Camp Dates: April 13-16th

Location: Liberty High School Stadium. 16655 SE 136th St, Renton, WA.

Check-in: Each day, check in will be from 9:20 to 9:50am at the Liberty High School Stadium. Any Campers arriving after 11am or picking up before 2pm should email LibertyTrackCamps@gmail.com.

Dismissal: Pick up is between 2:00 and 2:30pm. Parents or designated adults must show ID at pickup.

Parking: Parking is available in the back student lot at Liberty High School. For more Parking Information see map at the end of packet.

What to Bring:

- Proper athletic attire (t-shirts, shorts, running shoes, etc.)
- Event specific shoes (optional)
- Proper weather gear (raincoat, hat, sweatpants, sunscreen, etc.)
- Full water bottle
- Bag for personal items
- Sack lunch and snacks
 - Please note, no meals will be provided. Campers should bring their own snacks during the break periods.

Spectators: Spectators are welcome to watch all aspects of Camp. Parents and Families are encouraged to come watch the meet on Thursday from Noon to 2pm.

Session Schedule:

Monday - Wednesday
10:00 to 11:30 Morning Stations
11:30 to 12:30 Lunch and Track Talk Session
12:30 to 2:00 Afternoon Stations

Lunch Track Talk Topics:

Monday - Warmup and Cooldown
Tuesday - Nutrition for Athletes
Wednesday - Athlete Q&A
Thursday - Sportsmanship

Thursday

10:00 to 11:00 Morning Stations
11:00 to 12:00 Lunch
12:00 to 2:00 Track Meet

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Camp Contact: If you have any questions regarding camp, or are no longer able to attend, you may contact us at Libertytrackcamps@gmail.com. If your message is urgent you may call or text Krista Holmes at (206)659-8152.

Camper Expectations:

- Campers will avoid using any profane or inappropriate language during camp, written or verbal.
- Campers will not harass, bully, or intimidate other campers/staff. Hazing is strictly prohibited.
- Participate in all sessions and meals during camp.
- Before coming to camp, label all personal belongings, especially equipment.
- Campers should notify camp staff of any known late arrivals or early dismissals from camp prior to the session start date
- Campers will not possess/consume any illegal substances (drugs, alcohol, etc.) while at camp. Nor will campers bring any dangerous objects (lethal weapons, lighters, fireworks, etc.) to camp.
- Campers will not damage or steal the school's or any other campers' personal property while attending camp. This includes tampering with any safety/security equipment (ex: fire alarms).



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Dear Campers and Parents,

Welcome to the Liberty Youth Track and Field Camp! Our Liberty athletes are excited to mentor you and ensure your time with us is fun and safe! We have a few reminders and some advice for your time at camp.

As the date of your camp nears, we recommend that all campers self-monitor for symptoms of communicable diseases such as fever, chills, stuffy or runny nose, sore throat, cough, headache, muscle or body aches, and fatigue. Please do not report to camp if you feel ill.

An Athletic Trainer or Student Trainer will be available at all times during camp. Water will be provided continually during the camp day.

When packing your bag, please remember to bring any sunscreen, bug spray, hats, or raingear you need for outdoor activity. These will not be provided.

At camp, we aim to teach fundamental skills of track and field in a fun and safe environment. Campers will be able to implement the things they learn at camp in practices and meets in the future. Remember to play safe, play smart, and have fun!

Sincerely,

Callie Holmes
Liberty Track Captain 2026