



Summer, 2026

Greetings Families!

We are thrilled to welcome your child(ren) to the upcoming **Track & Field Camp**, proudly directed by **Proactive, Inc.**

We are confident this program will be an incredibly **interesting and fun experience** for all participants! Our dedicated coaching staff brings a strong background, having both coached and competed in high-level track and field events, including collegiate competition. Your child is in great hands.

Important Preparation & What to Bring

To ensure every athlete has a safe and enjoyable week, please review the following essential items:

- **Attire:** Please ensure your child is dressed appropriately for the weather. Athletic attire and proper **sneakers** (required!) for active participation are a must. A hat is also highly recommended.
- **Layer Up:** The weather can change quickly. We advise packing an **extra top or light jacket** in their bag just in case it gets cool or rains.
- **Sun Safety:** Sunscreen should be applied **at home** before arrival and will need to be **re-applied** throughout the day.
- **Hydration is Key:** Dehydration is a serious concern. **All campers are required to bring a refillable water bottle.**
- **Fueling Up:**
 - **Campers** should bring a **peanut-free and tree nut free snack**. *Please pack all food items in **resealable, plastic containers** to deter our local, very enthusiastic squirrels!
- **Equipment:** Aside from the appropriate athletic clothing and sneakers, all participants will receive a complimentary **Track & Field Camp T-shirt!**

We are certain your child will have a tremendous time, learn new skills, and make great memories.

Should you have any questions, please do not hesitate to contact me at lpbj18@me.com. To ensure a prompt response, please use "**Track and Field Camp**" in the subject line.

Yours in sport,

Paul Janaway Director, Track & Field Camp