

# The Great Wolf Training Trip 2006-07

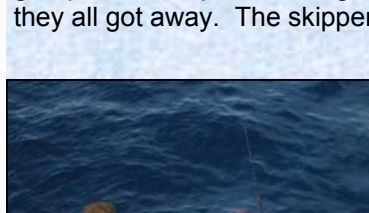
## Day -2: Gone Fishin'

Pete

Today began the pre-training-trip training. We arose at 8:30 to go to the pool after getting a disappointing 4-6 hours of sleep. We arrived at the pool and went through the usual routine warm up (SDSDS, 15x100s with a descending interval, and of course, cycle-4). Dave insisted that we swim for 3 hours instead of doubles to allow an optimum amount of free time in the sun. The practice, which Dave claimed was for recovery, ended up being exactly 9,000 meters. Some recovery...

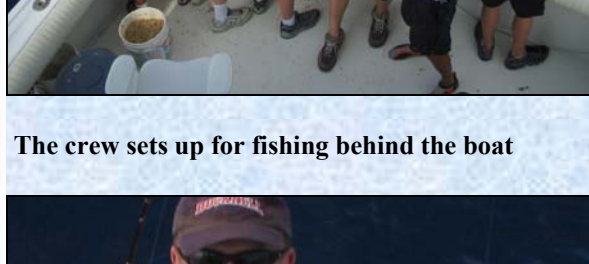
On the way back from the recovery practice we stopped at the local trading post to gather food and munitions for our up and coming deep-sea-fishing trip, which Dave Stacy had planned for us. Before we could embark on our adventure, we had to return to base to get other necessities, such as hats, sunglasses, sweatshirts, and sun-tan lotion. We also picked up Leisl "kitchen slave" Stacy, as she would form trio with Coach Dave and Randy and go to Miami to go grocery shopping while we fished for dinner.

We were dropped off at the fishing dock where we met our captain and skipper. For those of you who were on the trip last year, we went to the same dock where we rented the kayaks last year, and probably will again this year. We brought our sandwiches, water, and IBC root beer aboard the ship and loaded it in the fridge. At about 1:00 we pushed off the dock and headed out to sea. We were riding a 47ft long fishing boat: the Isle Morada Lady II. (The Isle Morada Lady I sank...) During the ride out to the fishing spot, our skipper, Jason, informed that the boat was a drug runner in the 70s. The boat company bought it in an auction after it was repossessed by the government. A year after it was bought from the government the captain found a kilo of cocaine and a loaded uzi hidden in a secret compartment.



After about 20 minutes of boating out to sea, we arrived at the reef drop-off. We anchored the ship and began the interesting fishing process. Two bricks of chum (frozen fish guts) were suspended behind the boat in nets, leaving a trail of fish chunks as it thawed. This attracted entire schools of fish, and they swarmed around the back of the boat. Then, to attract the Yellow-tails (which are the good eatin' ones), we threw a mixture of oats, sand, and thawed chum about 20 feet behind the boat. We would let our lines out in the cloud of oats/sand/fish chunks and let them float in the current until a fish mistook our bait for some oats or fish chunks. To quicken the process, the skipper would make us "oat balls."

He took our baited hooks, and packed the fish-oatmeal around them like a snow ball. Then he would throw the ball in the water. In the matter of seconds, a fish would be on the line, and reeled in. Apart from fishing off the back of the boat, we also had two lines in the bottom, which were set for catching groupers. Groupers are huge fish that live on the bottom. During the trip, we had a few on the line, but they all got away. The skipper had one on the line that he said was probably about 100 lbs.



The crew sets up for fishing behind the boat



Luke poses with a fine fish



Dave Stacy shows his monster



Pete, Zack, and the Skipper after landing another catch

Despite not catching any humungous fish, we were able to land 30-40 yellow tail. We brought them back to the dock and the captain fileted them for us. Coach Dave, Leisl, and Randy were still in Miami with the van, so we hitched a ride back with a nice lady who worked at the docks. After a quick dip in the ocean, and a nice shower, we sat around and watched TV until the shopping crew returned. At about 8:00 the van rolled in the driveway, stock-piled with food. It took about 30 minutes just to get all the groceries out!



Cleaning the day's catch



The fish feast

When the groceries were out, we headed to a restaurant called Lazy Days. We brought our catch to the cooks and they cooked them for us. We had it grilled, blackened, coconut-fried, and prepared Japanese-style. Everyone agreed that it was the best tasting type of fish they have ever had. By the time we were done eating, it was 10:00, so we headed back to the Sea Ranch and went to bed.

We have just been getting ready for the rest of the crew to join us in paradise, and we are looking forward to your arrival!

-Pete

## Day -1: The Christmas-Eve in Key West

Pete & Matt

Today was our Key West Christmas-Eve. We woke up at 6:20. Breakfast was muffins, bagels, fruit snacks, juice, and fruit (not snacks). We were actually on time to practice; We beat the lifeguard to the pool. The Canadians from the University of Waterloo were also at the pool bright and early. Dave made us do another 3 hour practice so we were able to free up the rest of the day. The Waterloo team only practiced for 2 hours, so the last hour we had the pool to ourselves. Canadians are wimps. Practice was alright, until Dave made us do a 3,000 "recovery" pull. Boring... This was at the end of the hard practice. Total meters: 10,600.

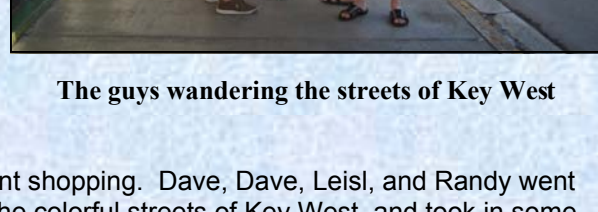
After practice, we came back to the Sea Ranch. Leisl started off her duties as our chef with an "F." Breakfast was not ready, and there was no milk. We are excited for Judy Carlson to arrive. We hope she will do a better job, and keep Leisl in line. Everyone was forced to eat cereal. But we forgive her for now.

By 11:30 we were off to the southern-most point of the Continental United States: Key West. On the way, Leisl had to make a "quick" stop at Winn-Dixie to get "laundry detergent." A half hour later, Zack and she called Dave on his cell phone and asked him to come in the store to help them. They did not need help with anything related to laundry detergent. Dave went in, and they emerged from the store with armfuls of pans, pots, and other various kitchen utensils.

This detour did not set us back for more than an hour. We continued south with Dave's Jimmy Buffet CD blasting on the stereo over the 7 mile bridge and through all the Florida Keys. The transport vehicle arrived in downtown Key West at around 2:30. We parked and headed straight for the famous Sloppy Joe's bar, where we all ate sloppy Joes, cheese fries, and pickles.



Lunch at Sloppy Joe's Earnest Hemmingway's favorite bar

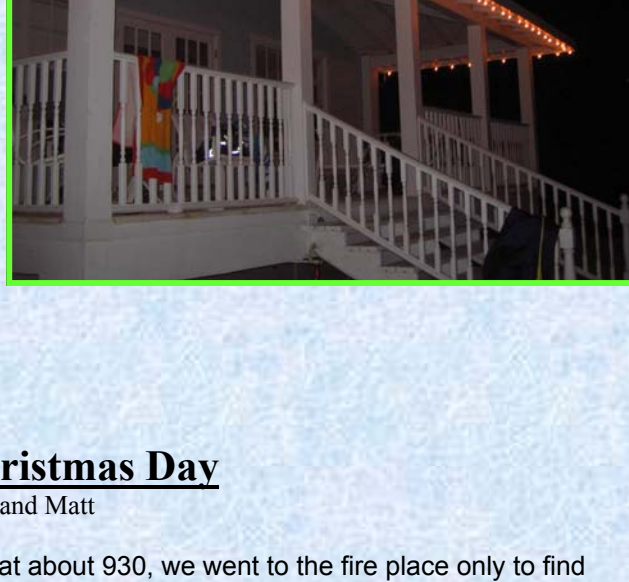


The guys wandering the streets of Key West

Everyone split into groups after lunch and went shopping. Dave, Dave, Leisl, and Randy went off and left the rest of us on our own. We wandered the colorful streets of Key West, and took in some of the interesting sites. We saw a variety of different people, some sweet cars, restaurants, shops, funny T-shirts, and bikini babes. We saw many happy, happy individuals: feminine males, manly females, and some people of questionable gender somewhere in between. There were also many tourists from all over, including a cruise liner that had stopped for a shore excursion.

Six o'clock had rolled around and it was time to leave this happy, happy place. We rounded up our group and piled in the van. After a long ride back to the Sea Ranch, we ate left over fish and relaxed.

Zack and Leisl attached Christmas Lights around the porch of the Oceanside cottage to help Santa find us. We (Pete and Matt) typed about our exciting day.



Everyone is preparing for Christmas, and things are starting to look a little more straight. There will be no practice tomorrow. Hallelujah! We wish everyone back home a Merry Christmas. We would also like to remind you, in case you've forgotten, that while you all freeze your butts off we will be laying on the beach letting the crisp ocean breeze blow through our hair. Maybe drinking a little tropical juices, sleeping, or floating in the ocean. Merry Christmas.

-Pete and Matt

## Day 0: Christmas Day

Zack and Matt

Today we all got to sleep in! When we lazily arose at about 9:30, we went to the fire place only to find that Santa did not make it to the Sea Ranch. Obviously the lights weren't bright enough. We ate a Christmas breakfast and were off to a church service at St. James the Fisherman Church. The church had red doors and all of us were underdressed. The service had the same message as all other church services do, God loves us all equally. Following the church service we took over the upstairs room at the Sea Ranch and headed out to the beach for a swim. For dinner, our chaffer Dave Stacy, brought us down to Whale Harbor for an all you can eat seafood buffet. That was about our whole day. . . . The bulk of the group arrived early the next morning.



St. James the Fisherman Episcopal Church

## Day 1: Emergence Day

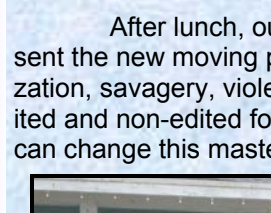
Greg Stacy and Sam Helgeson



Proud warriors arriving upon the Sea Ranch fulfilling Great Wolf's manifest destiny to take over the swimming world.

Day one. The camp has been overrun by the rebels of the island. We cannot sustain anymore damage to our property as we fear for our lives. We take condolence in the fact we have video proof of our calamity, one called "Doom Island/Hurricane Treasure." More about that in a bit.

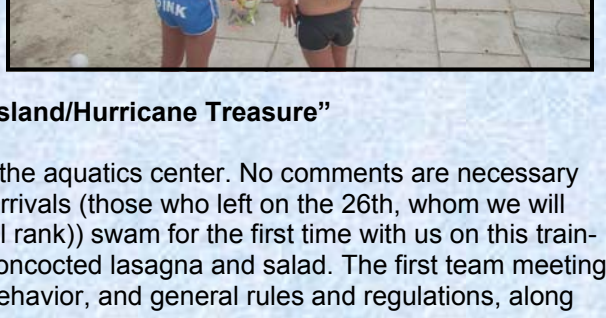
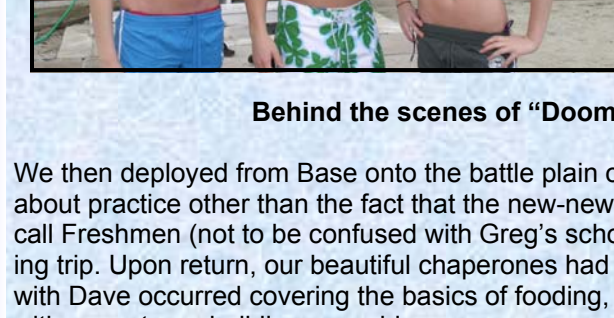
Getting back to reality-- Although it was in the night and the "natives" ones who have journaled above were asleep, the new arrivals, (those who left Christmas Day) arrived around 1:30 AM with the grim specter of morning practice awaiting over them. The trip was one of intrigue, mystery, and delayed/boring flights. The first event that occurred with the new people was when Elijah, confusing Sam's bag with his, unwrapped Sam's Secret Santa gift that was not intended for him. Smooth move chief. The fun awaited until these select few arrived.



Morning practice came and went, as we were greeted upon return to Base Camp 01 (Sea Ranch) with Eggbake and fruits. With an overcast day with spots of rain in the hazy future, many slept, but some greeted the new change of scenery with activities such as: paddling out to sea, lobster catching, coconut collecting, and lunch.

Kyle waiting patiently for his luggage. (His was the last to arrive)

After lunch, out of need for a group activity, the Great Wolf Swim team is proud/ashamed to present the new moving picture: "Doom Island/Hurricane Treasure" - A motion picture of discovery, colonization, savagery, violence, conflict, and of poor production values. The movie will be released in its edited and non-edited form as soon as somebody has the attention span to sit down and think how they can change this masterpiece.



Behind the scenes of "Doom Island/Hurricane Treasure"

We then deployed from Base onto the battle plain of the aquatics center. No comments are necessary about practice other than the fact that the new-new arrivals (those who left on the 26th, whom we will call Freshmen (not to be confused with Greg's school rank)) swam for the first time with us on this training trip. Upon return, our beautiful chaperones had concocted lasagna and salad. The first team meeting with Dave occurred covering the basics of feeding, behavior, and general rules and regulations, along with some team-building speaking.

After the speechery and an episode of the Twilight Zone, it was back to the barracks for the night.



One important event, Roman is no longer to be let out of solitary confinement during the sleeping hours for his blatant disregard for other people wanting to sleep, not only in his section of the cabin, but those in near proximity of any rations that may be used for mid-night snacks. He is also banned from using light switches and talking during these hours. Funny thing is, he is not going to learn his lesson soon, for corporal punishment is not allowed.

Roman entertains himself during solitary confinement.







**(Day 5 continued)**

When we got back we had either spaghetti or fettucine alfredo or a wicked combo of the two (with meatballs as well). After the meal, we were summoned to a meeting of the council to discuss matters pertaining to the location and conditions of next year's training trip. It seems that the council has made an early decision that some place in the Mexican mountains would be a better choice than returning here or going to Hawaii. Final decision is pending.

Ending the meeting with the adding of ice to cream, the girl's cabin was taken by Sabir's massage service, many fell back to the confines of the lower level of the men's cabin to partake in cards, billiards, Russian Roulette with Sam's nerf gun, and general tomfoolery. Upon discovery of his underlings having fun not related to swimming, the overbearing slave driver that is Dave dispelled those not worthy to sleep in the innards of cell block B. Although many had left and the commotion had died down, the night began for Roman and his escapades. Elijah's whining began as Roman played his new game of "Astro-Blasters" (a game consisting of his acquiring the billiards balls and throwing them across the pool table in an annoyingly loud, albeit funny manner). Elijah had enough of the madman and the copious amounts of bad cologne emitting from Roman, so he took the law into his own hands in a manner that forced the unbeatable Burmaster into the fetal position. The sleeping commenced with limited sobbing.



Sam, hoping he doesn't lose



Anton & Joe: The Wolf Vigilantes



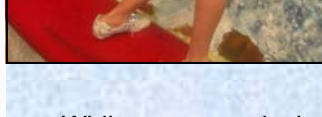
Roman cowers in the "fetal position"

**Day 6: The Last Day in Paradise**

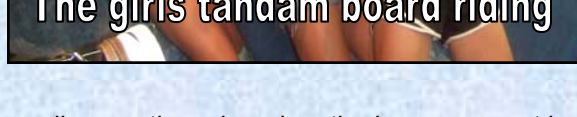
Alie

Today was by far the hardest day to wake up, but we were happy because we all knew it would be our last travel to the pool in the early morning! We were all exhausted from the practice the night before, and Dave graciously decided to give us a REAL recovery workout! After practice we went back to the house and had a wonderful breakfast prepared by Judy and Leisl. We all had a little time to relax, and then Randy and we girls (Julie, Jenny, Liz, Judy, and Alie) headed out on a shopping adventure!

There's an old stereotype about girls loving to shop and boy did we prove this! We went to the Sandal Outlet, Shell World, a water sports store, and a few other cute little shops. We were very sneaky and were able to buy gifts for Dave, Judy, and Leisl even though Judy was there! She had no idea! It was great! When we were at the water sport shop we went surfing on a fake wave!



Alie Shows her form



The girls tandem board riding

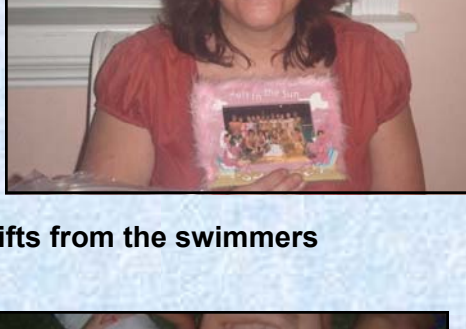
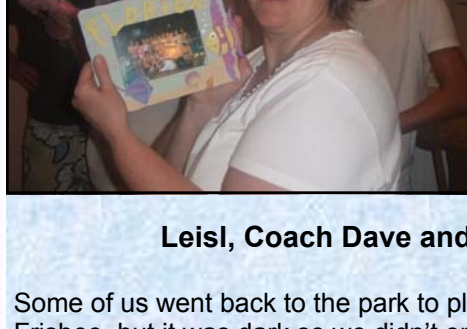


Julie catching a wave

While we were wisely spending our time shopping, the boys were out basking in the sun and Roman was busy making modern art. Some boys went to the Shell Shack to find gifts for their girlfriends.

The pool closed early because it was New Years Eve... But of course Dave sweet talked the lifeguard into keeping the pool open for us. I'm sure you can all guess how happy we were to know this. We left the house around 3:30 for our last practice in paradise. Everyone was extremely nervous because Dave was so nice to us in the morning, he couldn't possibly do it twice in a row. Or could he? We read in his bible that it would be "anti-recovery." That did not sound so good. The practice started pretty standard.... SDSDS 300/100. Mom, (Jennifer Schirmers) that is warm up lingo that I am sure you do not understand, but that is okay. We ended up having a sprint practice where we raced each other from the blocks. I would say we all did very well, especially considering how extremely exhausted we all were. It was a bitter-sweet feeling to finally be done with the training trip. TRAINING 2006 IS OVER! Now we could go party!

Before we could do anything else, we were told to pack as much as we could to avoid any missed flights... We then had a lovely dinner of an array of leftovers. We gave Dave, Leisl, and Judy the presents after dinner. We are so thankful for all that they do for us!



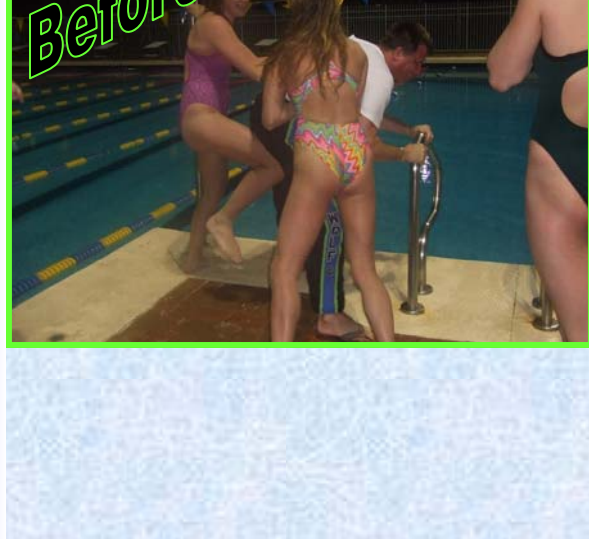
Leisl, Coach Dave and Judy Show off their gifts from the swimmers

Some of us went back to the park to play a game of ultimate Frisbee, but it was dark so we didn't end up playing very long. When we got back, some of us went on to play mafia (a card game), and others watched a movie. At around 11 we decided to start playing with the fireworks. Some people were sleeping and I'm guessing that they were not to happy with us, but hey! It was New Years Eve! At midnight, we went to stand on the edge of the dock and watch the big fireworks. There were multiple shows going on at once. It was pretty cool! We were all so tired and decided to go and get at least 4 hours of sleep. We had to wake up early this morning.



OH! I almost forgot the most exciting part of the day! During evening practice, Dave finally shaved off his mustache! And then, the girls wanted to take a "picture" with Dave. He was too smart for this and knew we were going to push him in, but nonetheless, we succeeded.

We all miss our families very much and are excited to come back to the tundra in Minnesota! HAPPY NEW YEAR!



Before



After