

Fox Valley Wave Swim Team
Senior Training Trip Itinerary, June 21-26, 2014

Date	Time	Activity
Saturday	11:15 AM	Begin loading bus at Neenah Shopko parking lot
	11:45 AM	Depart on Kobussen charter bus from Neenah Shopko parking lot
	11:45 to 1:30PM	Travel To Airport. Bring cash to purchase substantial snack/meal at airport
	3:25 PM	Depart Milwaukee Airport, Southwest Flight 3570
	7:15 PM	Arrive at Orlando Airport
	7:15 - 8:30PM	Group travel to Fairfield Inn & Suites, Clermont via charter bus
	8:30 PM	Group dinner at hotel (Stone Creek pizza, veggies, fruit, beverage, dessert)
Sunday	7:15 AM	Breakfast at Hotel
	7:45 AM	Walk to National Training Center (NTC)
	8:00 AM	Group orientation at NTC with NTC staff
	8:30-10:30AM	Pool Workout - Long Course Lanes
	10:30 AM	Second Breakfast at Pool
	11:00 AM	Return to Hotel for Rest
	12:15 PM	Meet in Hotel Lobby, walk to NTC
	12:30 - 1:30PM	Catered Pasta Lunch and Lecture at NTC Classroom
	2:00 - 4:00 PM	Pool Workout - Long Course Lanes
	4:00PM - 5:00PM	Yoga/Dryland/Light Weights with NTC Instructor
	5:30 PM	Dinner at Skytop Cafe (choice of food)
	6:30PM - 9:30PM	Teambuilding Activities, Snacks and Recap
	9:30 PM	Lights out!
Monday	6:15 AM	Breakfast at hotel
	6:45 AM	Walk to NTC
	7:00 - 8:00 AM	Yoga/Dryland/Light Weights with NTC Instructor
	8:30 - 10:30 AM	Pool Workout - Short Course Lanes
	10:30 AM	Second Breakfast at Pool (choice of Panera bagels, muffins, fruits, yogurt, etc)
	11:00 AM	Return to Hotel for Rest
	1:15 PM	Meet in Hotel Lobby, walk to NTC
	1:30 - 2:30 PM	Lunch at SkyTop Cafe (choice of food)
	2:30 - 3:30 PM	Nutrition Lecture provided by NTC
	4:00 - 6:00 PM	Pool workout - Short Course Lanes
	6:30 PM	Catered Pasta Dinner At Hotel (Corelli's)
	7:30 - 9:30 PM	Teambuilding Activities, Snacks and Recap
	9:30 PM	Lights out!
Tuesday	6:15 AM	Breakfast at hotel

	6:45 AM	Walk to NTC
	7:00 - 8:00AM	Yoga/Dryland/Light Weights with NTC Instructor
	8:30 - 10:30AM	Pool Workout - Short Course Lanes
	10:30 AM	Second Breakfast at Pool (french toast/meats catered from SkyTop Cafe)
	11:00 AM	Return to Hotel for Rest
	1:15 PM	Meet in Hotel Lobby, walk to NTC
	1:30 - 2:30Pm	Lunch at SkyTop Cafe (choice of food)
	2:30 - 3:30PM	Team Meeting
	4:00 - 6:00PM	Pool workout - Short Course Lanes
	6:30 PM	Catered BBQ Dinner At Hotel (Uncle Kenny's BBQ)
	7:30 - 9:30 PM	Teambuilding Activities, Snacks and Recap
	9:30 PM	Lights out!
Wednesday	6:15 AM	Breakfast at hotel
	6:45 AM	Walk to NTC
	7:00 - 8:00AM	Yoga/Dryland/Light Weights with NTC Instructor
	8:30 - 10:30AM	Pool Workout - Short Course Lanes
	10:30 AM	Second Breakfast at Pool (egg/meat/cheese sandwiches - catered from Sky Top)
	11:00 AM	Return to Hotel for Rest
	12:45 PM	Meet in Hotel Lobby
	1:00 PM	SkyTop Cafe Boxed Lunch (wraps, veggies, fruit, beverage)
	1:30 PM	Board charter bus and travel to Orlando
	2:00 - 9:00 PM	Field trip and dinner at Wet 'n Wild, Orlando (dinner from Buffalo Wild Wings, snack later from Dairy Queen)
	9:00 to 9:30 PM	Board bus, travel to hotel and lights out
Thursday, June 26	6:15 AM	Breakfast at hotel
	6:45 AM	Walk to NTC
	7:00 - 8:00AM	Yoga/Dryland/Light Weights with NTC Instructor
	8:30 - 10:30AM	Pool Workout - Short Course Lanes
	10:30 AM	Second Breakfast at Pool (chaperones' choice)
	11:00 AM	Return to hotel to pack and check out
	11:45 AM	Meet in hotel lobby
	12:00 PM	Lunch at NTC Classroom (hot sandwiches, veggies, dessert, fruit catered by SkyTop) <i>(note: M Kohrell, Sisto, Iotte, Anguilli, Bonick depart for airport at 12:15; take Flt 1161 at 3:25pm; picked up at Milwaukee airport for travel home)</i>
	1:00 - 2:30 PM	Pool Workout - Long Course Lanes
	3:15 PM	Board bus for airport; snack bags provided by NTC
	4:15 PM	Check in for flight, purchase dinner or snacks at airport if desired
	6:15 - 8:05 PM	Southwest flight 1047 Orlando to Milwaukee
	8:15-10PM	travel to Neenah Shopko via Kobussen charter bus