

Glenbrook South Swimming 2018 Training Trip Itinerary

Saturday, December 29

7:30-9:30 am Practice @ GBS
10:00 am Leave for Indy
Eat Lunch on the way
3:30 pm Arrive IUPUI
3:30-6:00 pm Practice #1 @ IUPUI (Short Course)
6:30 pm Arrive Fairfield Inn-Check In
Team Dinner-Indianapolis

Sunday, December 30

7:00-9:00 am Practice #2 IUPUI (Long Course)
9:00 am Team Breakfast
Team Activities
5:00-8:00 pm Practice #3 IUPUI (Long Course)
Team Dinner-Pizza @ Hotel

Monday, December 31

7:30 am Check out of Hotel/breakfast
8:00-10:30am Practice #4 IUPUI (Long Course/short)
11:00am Leave Indy/Eat Lunch on way home
3:00 pm Arrive home –GBS Pool

Team Hotel

Fairfield Inn-501 W. Washington St. Indianapolis #317-636-7678

DETAILS

-We will be training at the Indiana University-Purdue University Natatorium. This is one of the fastest pools in the world and has held U.S. Olympic Trials 4 times.

-We will be taking two GBS Mini bus.

- Chaperones/coaches- Dave Lieberman-Contact 773-841-2032 Keith MacDonald contact # 847-791-3522, Brittany Ethington

-We will have 3-4 swimmers per room and each swimmer must pay \$200.00 to cover expenses of room/pool rental/Mini Bus expense. Money needs to be paid to the GBS Bookstore by Dec. 20 (check payable to Glenbrook South).

-Each swimmer should have spending money for 4 meals(3 lunch one dinner). Breakfast is included and we will provide pizza for Sunday night.

-Swimmers:KANG/PERROTT/SCHULTE/SPALDING/ BECKER/ DALE/ CHEN HADJIIVANOV/ZUIKER/IIDA/LOUGHRAN/KHATKOVYY\MOUSSALLY/HOUGE / RAAB/DALES/SOCHOWSKI/LIKIT/RUGEN/ALKHAS/VUONG/WEISENSEL