

Glenbrook South

Swimming

2019 Training Trip Itinerary

Saturday, December 28th

7:30 am	Leave for Madison, Wisconsin
12:00 pm	Swim Meet vs. Middleton HS
2:00 pm	Post meet workout
4:00 pm	Check in to Hotel
5:00 pm	Team Dinner in Madison

Sunday, December 29

8:00-10:30 am	Practice @ UW-Madison pool
11 am	Return to hotel
11:30 am	Lunch and Team Activities
5:00-7:30pm	Practice @ UW-Madison pool
8:00pm	Team Dinner-Pizza @ Hotel

Monday, December 30

8:30 am	Check out of Hotel/breakfast
9:30-12:00	Practice @ UW-Madison pool
12:30	Leave Madison and eat lunch on way home
4 pm	Arrive home –GBS Pool

Team Hotel

Hampton Inn-
440 W. Johnson St.
Madison, WI 53703// (608) 2555-0360

DETAILS

- We will be training at the University of Wisconsin-Madison Natatorium.
- We will be taking a GBS Mini bus.
- Chaperones/coaches- Keith MacDonald contact # 847-791-3522
- We will have 3 swimmers per room and each swimmer must pay \$134.33 to cover expenses of room/Mini Bus expense. Money needs to be paid to the GBS Bookstore by Dec. 20 (check payable to Glenbrook South or parents can go online and pay credit card)
- Each swimmer should have spending money for 3 meals (one dinner and two lunches) Breakfast is included and we will provide pizza for the team on Sunday night.