

Girls Swim/Dive Training Trip Details

Dates: Monday, Aug. 18 to Wednesday, Aug. 20, 2014

Location: Clear Lake, IA (Girl Scout Camp Tanglefoot for lodging) and Mason City, IA (Mason City Family Aquatic Center for training). We are going to Iowa because Coach Busch is from Mason City. Clear Lake is a neighboring town.

Purpose of the trip: Team building and training. We will discuss the many facets of being a successful team and an individual student-athlete. Team expectations will also be set. Team and individual goals will be set and *how* to achieve them will also be determined. This trip meets one of the district goals in regards to this type of activity: a unique out-of-state opportunity.

Girls Included: All high school girls and the middle-school girls that make Varsity, after the first week of time trials.

Cost: To be finalized. Lowest possible cost is a priority. Scholarships will be available through Boosters.

Fund raising: Two fundraising activities: (1) selling ads for our meet program, and (2) participating in the River Inn Pancake Breakfast by selling tickets and working at the event.

Adult Chaperones: (5 needed to fulfill the 12:1 ratio requirement, with 60 girls attending.)

- 1) Melissa Miller (612-205-8852)
- 2) Rachel Busch (641-420-0493)
- 3) Tanner Bauman?
- 4) ?
- 5) ?

Emergency Telephone Numbers:

- 1) Melissa Miller (612-205-8852)
- 2) Rachel Busch (641-420-0493)

Medical Insurance Needs:

Students do not need to purchase additional medical insurance. We will request medical insurance information from each student in case a student needs to be taken to the hospital (local hospital available in Mason City, IA).

Procedure for sending a student home in case of an emergency (medical, disciplinary, etc.):

We will first ask the student's parent/guardian to come to Iowa to pick up their child. If that

Itinerary: See attached sheet.

BISON Girls Swim/Dive SUMMER TRAINING TRIP ITINERARY

Monday, August 18th

7:30 – 9:30	Practice at BCMS in the AM
9:30 – 10:15	Shower, Pack-up, Load bus
10:15 – 1:30	Depart BCMS (Eat lunch on the bus. This time will also be used to discuss and make team expectations and goals and also individual goals.)
1:30 – 2:30	Arrive in Clear Lake at Girl Scout Camp Tanglefoot & set-up camp
2:30 – 3:30	Team Builder/Scavenger hunt
3:30 – 4:00	Free Time
4:00 – 4:45	Leave Girl Scout Camp to go to MCFAC w/ tour of Mason City.
4:45 – 5:00	Arrive at MCFAC & get equipment out
5:00 – 6:30	Swim Practice
6:30 – 7:00	Clean-up and leave
7:00 – 7:30	Travel back to Girl Scout Camp. Finalize team expectations while on bus.
7:30 – 8:30	Dinner (Prepare, eat, and clean-up.)
8:30 – 9:30	Yoga/team builder
9:30 – 11:00	Free time
11:00	Lights out

Tuesday, August 19th

7:00	Rise and shine! ☺
7:15 – 8:00	Breakfast (Prepare, eat, and clean-up.)
8:00 – 9:00	Run/dryland
9:10 – 9:45	Leave Girl Scout Camp & travel to MCFAC. Discuss goals.
9:45	Arrive at MCFAC
10:00 – Noon	Morning swim practice
12:00 – 12:30	Clean-up and leave
12:30 – 1:00	Travel to Girl Scout Camp (Snack on the bus.)
1:00 – 2:00	Lunch (Prepare, eat, and clean-up.)
2:00 – 2:30	Free time
2:30 – 2:50	Load bus and travel to the beach (Take practice equipment.)
2:50 – 4:10	Fun at the beach!
4:10 – 4:45	Leave beach and go to Mason City Family Aquatic Center
4:45 – 5:00	Arrive at MCFAC & get equipment out
5:00 – 6:30	Swim Practice
6:30 – 7:00	Clean-up and leave
7:00 – 7:30	Travel back to Girl Scout Camp.
7:30 – 8:30	Dinner (Prepare, eat, and clean-up.)
8:30 – 9:30	Yoga/team builder
9:30 – 11:00	Free time
11:00	Lights out

Wednesday, August 20th

7:00	Rise and shine! ☺
7:15 – 8:00	Breakfast (Prepare, eat, and clean-up.)
8:00 – 9:00	Run/dryland
9:10 – 9:45	Leave Girl Scout Camp & travel to MCFAC
9:45	Arrive at MCFAC
10:00 – Noon	Morning swim practice
12:00 – 12:30	Clean-up and leave
12:30 – 1:00	Travel to Girl Scout Camp (Snack on the bus.)
1:00 – 1:45	Lunch (Prepare, eat, and clean-up.)
1:45 – 2:45	Free time
2:45 – 3:15	Clean cabins and pack-up belongings
3:15 – 3:45	Leave and go to East Park in Mason City
3:45 – 4:40	Ultimate Frisbee with Mason City High School Girls Team
4:40 – 4:50	Go to MCFAC
4:50 – 5:00	Arrive at MCFAC & get equipment out
5:00 – 6:00	Swim Practice
6:00 – 6:30	Clean-up and leave
6:30 – 7:00	Travel back to Girl Scout Camp
7:00 – 7:30	Finalize cleaning cabins and pack-up the bus
7:30 – 10:30	Travel back to Buffalo (Dinner on the bus.)