

BISON Girls Swim/Dive 2016

SUMMER TRAINING TRIP ITINERARY

****The details of this itinerary are subject to change.****

Tuesday, August 23rd

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 Game
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.
7:30 – 8:30	Dinner
8:30 – 10:00	Stretching, Drug Discussion (Coaches), Goals Discussion (Captains)
10:00 – 11:00	Free time
11:00	Lights out

Wednesday, August 24th

7:00	Rise and shine! ☺
7:15 – 8:10	Dryland
8:15 – 9:00	Breakfast
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
1:00 – 2:00	Lunch
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 and downtown Clear Lake!
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
8:30 – 10:00	Stretching & Team Builder Discussion (Coaches)
10:00 – 11:00	Free time
11:00	Lights out

Thursday, August 25th

7:00	Rise and shine! ☺
7:15 – 8:10	Dryland
8:15 – 9:00	Breakfast
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
1:00 – 1:45	Lunch
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	Activity with Mason City High School Girls Swim & Dive Team
4:40 – 4:50	Go to MCFAC
4:50 – 5:00	Arrive at MCFAC & get equipment out
5:00 – 6:30	Swim Practice
6:30 – 7:30	Clean-up, eat pizza at MCFAC, and pack bus
7:30 – 10:30	Travel back to Buffalo

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