Marlins Swimming & Diving
South Dakota TRAINING TRIP
Spearfish ~ Deadwood ~ Lead
June 9 ~ 17, 2011

LODGING:  POOL:
Black Hills State University (BHSU)  Deadwood Recreation Center (DRC)
1200 University Street  105 Sherman Street
Spearfish, SD 57799  Deadwood, SD 57732-1316
(605) 642-6343  (605) 578-3729

WHO:
Athletes:  Coaches/Chaperones:
Beau Anderson  Pat Anderson
Breah Anderson  Ronnie Hehn
Lauren Arnold  Kari Joachim
Connor Bjellum  Ann Schuler
Joseph Joachim  Jared Norton
Josh Joachim  Emily Stevenson
Lauren Arnold  Quillan Oak
Cody Johnson  Joshua Olson
Connor Bjellum  Brady Spiering
Carter Krengel

Tentative Itinerary ~ South Dakota Training Trip ~ Subject to Change

June 9
Thursday:
6:30am  practice at Moorhead High School (out at 8:30am)
9:00am  depart Moorhead High School (NORTH parking lot)
12:00pm lunch in Bismarck, ND
3:00pm Theodore Roosevelt National Park (hiking in ND badlands)
6:00pm depart for Spearfish, ND (dinner??)
9:30pm arrive Black Hills State University (BHSU, check into dorms)
12:00am lights out

June 10
Friday:
6:30am  breakfast @ BHSU
7:00am  depart for swimming practice @ Deadwood, SD Rec Center (DRC)
7:30am  swimming practice @ DRC
10:30am BHSU dorms
11:00am lunch @ BHSU
12:30pm depart for DRC (mountain biking/swimming)
1:00pm  mountain biking
3:00pm swimming practice @ DRC
6:00pm dinner/hiking (team activity)
10:00pm BHSU dorms
12:00am lights out
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June 11
Saturday:
7:00am breakfast @ BHSU
7:30am depart for DRC
8:00am swimming practice @ DRC
11:00am lunch @ BHSU
12:30pm depart for DRC (mountain biking/swimming)
1:00pm mountain biking
3:00pm swimming practice @ DRC
6:00pm dinner/hiking (team activity)
10:00pm BHSU dorms
12:00am lights out

June 12
Sunday:
7:00am breakfast @ BHSU
7:30am depart for DRC
8:00am swimming practice @ DRC
11:00am lunch @ BHSU
12:30pm depart for DRC (mountain biking/swimming)
1:00pm mountain biking
3:00pm swimming practice @ DRC
6:00pm dinner/hiking (team activity)
10:00pm BHSU dorms
12:00am lights out

June 13
Monday:
6:30am breakfast @ BHSU
7:00am depart for DRC
7:30am swimming practice @ DRC
10:30am BHSU dorms
11:00am lunch @ BHSU
12:30pm depart for DRC (mountain biking/swimming)
1:00pm mountain biking
3:00pm swimming practice @ DRC
6:00pm dinner/hiking (team activity)
10:00pm BHSU dorms
12:00am lights out
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June 14
Tuesday:
6:30am    breakfast @ BHSU
7:00am    depart for DRC
7:30am    swimming practice @ DRC
10:30am   BHSU dorms
11:00am   lunch @ BHSU
12:30pm   depart for DRC (mountain biking/swimming)
1:00pm    mountain biking
3:00pm    swimming practice @ DRC
6:00pm    dinner/hiking (team activity)
10:00pm   BHSU dorms
12:00am   lights out

June 15
Wednesday:
6:30am    breakfast @ BHSU
7:00am    depart for DRC
7:30am    swimming practice @ DRC
10:30am   BHSU dorms
11:00am   lunch @ BHSU
12:30pm   depart for DRC (mountain biking/swimming)
1:00pm    mountain biking
3:00pm    swimming practice @ DRC
6:00pm    dinner/hiking (team activity)
10:00pm   BHSU dorms
12:00am   lights out

June 16
Thursday:
6:30am    breakfast @ BHSU
7:00am    depart for DRC
7:30am    swimming practice @ DRC
10:30am   BHSU dorms
11:00am   lunch @ BHSU
12:30pm   depart for DRC (mountain biking/swimming)
1:00pm    mountain biking
3:00pm    swimming practice @ DRC
6:00pm    dinner/hiking (team activity)
10:00pm   BHSU dorms
12:00am   lights out
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June 17
Friday:

6:30am    breakfast @ BHSU
7:00am    depart for DRC
7:30am    swimming practice @ DRC
10:30am   check out BHSU dorms
11:00am   lunch @ BHSU
12:00pm   depart for Aberdeen
5:30pm    arrive in Aberdeen for meet start

Dinner will be on the road almost every night...Mrs. Joachim will be cooking dinner for us.

Hiking/climbing/team activities:

...some places we are planning on visiting...the daily schedule may be adjusted to accommodate our team activities/hiking/climbing...

- Lake Sheridan
- Sylvan Lake
- Mt. Rushmore
- Hot Springs
- Needles Hwy
- Devils Tower
- Water slides

Aberdeen Meet:
Swimmers that have parents in Aberdeen will be turned over to parents at the meet unless you would like them to stay with teammates from trip...swimmers that do not have parents in attendance will stay with coaches/chaperones at Northern State University for $15.00 per night/per person (not included in deposit for trip). Please let coaches know if your swimmer will be staying with you in Aberdeen or coaches/chaperones.

Entry fees for the Aberdeen Meet are NOT included in trip...please sign your swimmer up to attend the meet if they will be on the trip and send entry fees to the pool with your swimmer.

IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CONTACT
PAT ANDERSON, HEAD COACH AT 701-261-9144 CELL/TEXT