



## NCAC SENIOR SECTIONAL TEAM ITINERARY

### Tuesday March 19

4:20pm: All swimmers meet Chaperone Laurie Macmillan in main parking lot across street from Koury with main suit case to be transported via van. (See pack expectations attached)

4:45pm: Chaperone Laurie Macmillan departs for Geneva, Ohio.

4:30-6:00pm: practice

9:00pm: Go to bed early!!

### Wednesday March 20

6:30am: Michael, Will, Rory, and anyone else that interested swim full meet warm up at Koury with Coach Sean. Plan for 45 minutes.

12:30pm: First wave; Madison, Mia, Justin, Noah, Samantha, Anabelle, Julie, Sam, Claire, Coach Chip and Coach Sean arrive at RDU United Terminal for flight check in. (see pack expectations attached)

2:35pm: First wave depart UA4734. Boys khaki pants and tie. Girls dress or business casual.

4:15pm: Arrive Cleveland, Ohio and head to rental care location on site to pick up ground transportation.

4:45pm: Second wave; Rory O'Dell, Will Macmillan, Michael Wohl, and Coach Kathy meet at RDU United Terminal for flight check in. (see pack expectations attached)

5:00pm: First wave Depart Cleveland Hopkins International Airport for competition site for meet check in, credential pick up, and meet warm up.

6:40pm: Second wave depart UA4757. Boys khaki pants and tie. Girls dress or business casual.

7:15pm: First wave depart pool for condos for dinner, unpacking, and shaving.

8:20pm: Second wave arrive Cleveland, OH picked up by chaperone Laurie Macmillan.

9:45pm: Brief team meeting; "wave one" and "wave two" change call sign to "NCAC Senior Sectional Team" Discuss schedule for tomorrow and goals for first day of competition.

10:15pm: Lights out! Big day tomorrow!!

## Thursday March 21

6:25am: Wake up and get moving- Team Breakfast (see meal outline)at Coach's Condo

7:00am: Depart for pool. Confirm with coaches you have suit, goggles, and water bottle.

7:15am: Arrive at Spire- change into warm up suit and establish team area

7:25am: Dynamic Stretch routine

7:40am: Warm-up- plan for pace work with Sean or Kathy no later 8:30am. Pool cleared at 8:45am

9:00am: Prelims start- 200Bk,50Fr,200Br,800Fr(girls),1500(male)

11:45am: Estimated session completion time.

12:00pm: Lunch at Spire (see meal outline)

1:15pm: Rest time at condo- nap, do homework, watch a movie, etc but must be restful and respectful to teammates who may be napping.

3:40pm: Depart for pool. Confirm with coaches you have suit, goggles, and water bottle.

3:50pm: Arrive at Spire- change into warm up suit and establish team area

4:00pm: Dynamic Stretch routine

4:15pm: Warm-up- plan for pace work with Sean or Kathy no later 5:00pm. Pool cleared 5:15pm

5:30pm: Finals start-200Bk,50Fr,200Br,800Fr(girls),1500(male)+Girls 800 Free Relay

7:45pm: Estimated session completion time. Head home for big dinner(see meal outline), hydrate, and stretch.

8:45pm: Team meeting to review tomorrow's schedule and goals.

9:30pm: Go to bed!

## Friday March 22

6:25am: Wake up and get moving- Team Breakfast (see meal outline)at Coach's Condo

7:00am: Depart for pool. Confirm with coaches you have suit, goggles, and water bottle.

7:15am: Arrive at Spire- change into warm up suit and establish team area

7:25am: Dynamic Stretch routine

7:40am: Warm-up- plan for pace work with Sean or Kathy no later 8:30am. Pool cleared at 8:45am

9:00am: Prelims start- 200Free,100Fly,400IM

11:30am: Estimated session completion time.

12:00pm: Lunch at Spire (see meal outline)

1:15pm: Rest time at condo- nap, do homework, watch a movie, etc but must be restful and respectful to teammates who may be napping.

3:40pm: Depart for pool. Confirm with coaches you have suit, goggles, and water bottle.

3:50pm: Arrive at Spire- change into warm up suit and establish team area

4:00pm: Dynamic Stretch routine

4:15pm: Warm-up- plan for pace work with Sean or Kathy no later 5:00pm. Pool cleared 5:15pm

5:30pm: Finals start-200Free,100Fly,400IM+ 400Free Relay

7:45pm: Estimated session completion time. Head home for big dinner(see meal outline), hydrate, and stretch.

8:45pm: Team meeting to review tomorrow's schedule and goals.

9:30pm: Go to bed!

## Saturday March 23

6:25am: Wake up and get moving- Team Breakfast (see meal outline)at Coach's Condo

7:00am: Depart for pool. Confirm with coaches you have suit, goggles, and water bottle.

7:15am: Arrive at Spire- change into warm up suit and establish team area

7:25am: Dynamic Stretch routine

7:40am: Warm-up- plan for pace work with Sean or Kathy no later 8:30am. Pool cleared at 8:45am

9:00am: Prelims start- 100Bk,400Fr,100Br,200Fly

11:30am: Estimated session completion time.

12:00pm: Lunch at Spire (see meal outline)

1:15pm: Rest time at condo- nap, do homework, watch a movie, etc but must be restful and respectful to teammates who may be napping.

3:40pm: Depart for pool. Confirm with coaches you have suit, goggles, and water bottle.

3:50pm: Arrive at Spire- change into warm up suit and establish team area

4:00pm: Dynamic Stretch routine

4:15pm: Warm-up- plan for pace work with Sean or Kathy no later 5:00pm. Pool cleared 5:15pm

5:30pm: Finals start-100Bk,400Fr,100Br,200Fly+ Boy's 800 Free Relay

7:45pm: Estimated session completion time. Head home for big dinner(see meal outline), hydrate, and stretch.

8:30pm Coaches/Chaperone inspect condo units for cleanliness and packing status.

8:45pm: Team meeting to review tomorrow's schedule and goals.

9:30pm: Go to bed!

## Sunday March 24

6:25am: Wake up and get moving- Team Breakfast (see meal outline)at Coach's Condo

7:00am: Pack main suit case in Chaperone Laurie Macmillan's van bound for Chapel Hill. Depart for pool with swim bag/carry on only.

7:15am: Arrive at Spire- change into warm up suit and establish team area

7:25am: Dynamic Stretch routine

7:40am: Warm-up- plan for pace work with Sean or Kathy no later 8:30am. Pool cleared at 8:45am

9:00am: Prelims start- 200IM,100Fr,1500Fr(women),800Free(male) +400 Medley Relay (Timed Finals)

11:45am: Estimated session completion time.

12:00pm: Depart Spire and Geneva bound for Cleveland Hopkins International Airport. Will stop for lunch and potential educational opportunity in route.

2:50pm: Arrive Cleveland Hopkins International Airport for flight home.

4:50pm: Depart UA4757

6:16pm: Arrive RDU parents meet swimmers at baggage claim.

## Monday March 25

4:30-6:30pm: Practice at Koury and main suitcase pick up from Chaperone Laurie Macmillan