

Cocoa Beach is right around the corner! We wanted to send a few reminders, please review also with swimmers:

1. Swimmers need the following: One small bag for carry on (Speedo bag is ok and is bag size limit), Mesh Bag with all REQUIRED EQUIPMENT (fins, snorkel, paddles, buoy, board, cap, goggles, water bottle– if you are missing anything, BUY IT NOW, there is plenty of time! If it is broken, you do not have it, get it!). Also, one weeks luggage including toiletries, that will be stored under the bus.
2. MONDAY night you may begin to meet at Bryan YMCA as early as 8:30pm, no later than 9:00pm. We will be checking ALL bags/luggage this year before departing. There will be 2 tables set up in the lobby, one for girls and one for boys. Female coaches and/or chaperones will be checking the female luggage/bags, male chaperones/coaches will be checking the male luggage and bags. Parents that would like to check their own swimmer bags may do so at tables, any parents that would like to help please let us know!
3. Please ensure all forms have been completed if you have not done so – we are going through them now to double-check; they will also be available at time of departure if we see anything missing.
4. Room assignments and itinerary have been posted on the EVENT PAGE, both subject to change at coach/chaperone discretion. Please remember swimmers, we will all be together all of the time, you will only be sleeping in your rooms, you will be with all of your Mako friends no matter what room!
5. Start trip with a FULLY CHARGED mobile phone and any other electronics you may be planning to use on the bus. We will have limited access to charging spots until after 4pm on Monday, December 30th.
6. Get plenty of sleep before the trip, and make no major plans on the Sunday or even Monday after the trip. You will be your most sleep deprived on Tuesday, the first day, and Sunday, when we return. Our training plans already take that into account. We suggest a Monday afternoon nap on December 28th, and plan for another nap on Sunday, January 3rd.
7. Please review the NUTRITION PLAN, and remember we have a scheduled trip to Wal-Mart on Wednesday, Dec. 29th. If you'd like to go ahead and pack no more than one bag of groceries (brown bag), to get the kids started, that would be fine, there should be plenty of room.
8. All rooms have a refrigerator and microwave. Washer and Dryers are also available, although detergent and dryer sheets are not. We suggest 2-3 swim/beach towels only, no more.

As always, if you have any concerns or if you'd like the coaches or chaperones to watch for anything in particular, please let us know, my mobile number has been posted on the event page.