

Hello Swimmers and Parents,

Email 3 of 4 - we are getting close! These emails serve as great reminders only; we cannot cover every scenario, but have tried to post everything on the [Cocoa Beach Event Page](#). One recent hint from a Cocoa Beach veteran - portable charger! Helps alot especially on the first day and last day - remember all swimmers are expected to have phones with them, a charged phone is always best!

Aside from that, this email addresses the following:

Cocoa Beach Rooming List - The rooming list is complete and now posted. I know we are a little tight on space, but the rooms are 10% larger than the ones we had at Comfort Inn last year, and the Sheraton 4 Points are known for higher quality beds and rooms in general. We've been assured that even the rooms with 6 swimmers there will be ample space; each room has 2 queens, 1 pull-out double, plus we have several rollaway beds reserved should we need them (girls rooms have first priority, staff indicates space is there for this if needed). We hope to keep the swimmers busy enough so that when we are in the rooms it will be rest/sleep/eat time only. The vast majority of this trip is spent outside of the rooms, and with the early practice/late practice sequence we'll have more time between practices to get out and about vs the leisure and lounging time before/after practice like last year (an updated itinerary will be out next email, but most practices are 6:30am-8:30am and 5:30pm-7:30pm, aside from first day/new years day/last day). I'm VERY confident that issues will arise but even MORE confident that we will deal with any issues appropriately and fairly and make this a great trip!

Daily Bread Volunteer Application - An update, we have always looked for a volunteer opportunity while we are in Florida, and we think we may have found it. We don't have all details yet, but we may be doing some light food serving, sealing envelopes, and doing some hand written "thank

you's" on New Year's Day with the Daily Bread, an organization near Cocoa that helps to feed/clothe/educate the homeless, poor, and the hungry in the area (they have had a lot of donors over holidays/near end of year that they need to thank). We need all swimmers to fill out the application, sign, and parents sign on the "witness" line in case this opportunity happens! We have made our availability for 2 hours only during New Year's Day AFTER our morning practice. At minimum, the swimmers will get a brief tour and explanation of what this organization does for the community.

Cocoa Beach Meeting (before leaving) - We are going to have a brief meeting before we leave just detailing the trip, why we take it, purposes and goals, that kind of thing – like last year! It will be short and sweet; we'll take a 15-minute break during bag checks and loading, then get right back to business in getting ready for the trip! Look for our most updated and detailed itinerary at this time as well as distribution of the Training Trip Handbook.

GCY vs YCF Dual Meet Confirmation – All though I think this year we are 100%, if there is anyone leaving the trip early for any reason who will not make the YCF vs GCY dual meet, I need to know now, as we are sending that information to YCF Monday morning. Everyone swims all events offered and you can tell me the 100 stroke the day of the meet. The entry report is on our Cocoa Beach Event Page.

If you missed the earlier email, you may see it AND all details on the Cocoa Beach Event Page – the link below take you straight to there where you will see all items mentioned in this email at the bottom under forms/documents.

[CLICK HERE FOR THE COCOA BEACH EVENT PAGE](#)

Thanks everyone!

Coach Brad