

Hello Swimmers and Parents,

I know a lot of us are preparing this weekend for the trip - here's a few reminders:

We leave Wednesday, December 28th:

Bus leaves at 10:00pm on Wednesday night, and bag checks take a while...every year there is someone that does not realize it takes time to load up and check baggage. If you show up at 10:00pm that is way too late, you should plan to arrive no earlier than 8:30pm and no later than 9:15pm.

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Now the new stuff...

One key (often overlooked) aspect of the way we are traveling:

IMPORTANT TIP OF THE TRIP:

TAKE A NAP on WEDNESDAY, DEC 28th AFTER OUR 9am-11am LC

Practice at the GAC. We have had swimmers mistakenly believe it'd be better to stay up for long periods of time PRIOR to the bus ride so that they will fall asleep on the BUS – BAD IDEA, take a NAP!

Also, we are essentially "homeless" the first day and will be going straight to practice first, at the Cocoa YMCA, **NOT the hotel.** Make sure your swim bag has a change of clothes, and both swim bags AND mesh bags are separated into one section when loading the bus. We need to get right to it! IF your swimming stuff or clothes to change into is in your main luggage...that's a very inconvenient problem for us! Make sure you will not need anything in your main luggage until 3:00pm Thursday afternoon! *HINT: Dress for the beach!* **PLAN ALSO TO TAKE A NAP ON TUESDAY WHEN WE GET HOME!**

This email covers 2 other important things:

1 Cocoa Beach Packing List

2 Financial/Meal Money Tips

3 Cocoa Beach 10-Day Weather Forecast

Cocoa Beach Packing List:

- Swimming: Water Bottle (or 2 or 3, no refills during practice), caps and extra pair of goggles, 2 suits (at least 1 back-up), at least 3 towels. Full equipment bag to include fins, kickboard, pull buoy, paddles, and snorkel. If you are missing anything, we need to borrow it from Bryan YMCA OR the blue GCY bin at the GAC, or better yet purchase this required equipment, IT'S DECEMBER!
- Dryland Clothes: Shorts, T-shirt, socks (6 sets minimum). Also shoes for dryland/leisure activities.
- (1-2) Sweat pants/long pants, maybe 1 pair of jeans. Enough underwear and socks for 6 days.
- Light Jacket/Parka/Hoodie's(2) – have something quick and easy to put on before/after (swimming that keeps you warm).
- Snacks/food (see below on how to save money).
- Toiletries (Including but not limited to toothpaste, toothbrush, deodorant,

shampoo, etc...)

- Beachwear (suit, sandals, hats, shades, towels, etc.)
- Sunscreen (waterproof, for practice and beach)
- Pajamas/sleepwear and other misc clothing for the duration of trip
- Cell phones, ipods, and any other entertainment items (board games, cards, etc.) are ok.
- BUS: Dress in layers, it sometimes gets cold, and have a pillow or light blanket for comfort!
- **Packing Expectations: 1 piece main luggage, 1 Speedo Bag, 1 Mesh Bag, and 1 Grocery Bag, and maybe 1 carry-on bag. That's what most will carry, but we have NEVER had a problem with packing things under the bus!**

Financial/Meal Money:

- **A record 7 meals are covered in the trip this year, but there are lots of other meals that kids will need \$\$ for!!!!**
- We suggest \$120-\$150 to buy meals, snacks, souvenirs, etc... on this trip. 2 Breakfasts, most are covered this year BUT many swimmers will need a SECOND breakfast, 4 lunches, 4 dinners that will have to be bought by kids. We suggest combination of visa gift card/cash and packing \$ into separate areas or separate bags (a little in your swim or carry on bag, a little in your main luggage, etc.) in case there is loss it will not be a total loss. The lunches/dinners can also be saved with groceries and by eating in rooms – each room has refrigerator and microwave. The coaches and I turn in receipts each year for all of our meals and it is almost always around \$100 for every coach, but the kids seem to spend more than we do....

More meal/eating details:

- The 4 breakfasts after each night in the hotel is hot/buffet style, but 2 of those mornings we will be rushing. The others will be eaten in a combination of on the road/hotel/beach. One is on the way to CocoaBeach, FL, and one on the way back to Greensboro, NC. All other breakfasts can be eaten at hotel – we suggest loading up on second breakfast items via grocery store at or prior to the trip for after practice snacking.
- **HIGHLY SUGGESTED:** Swimmers may save money and time and eat healthier by bringing light snacks/meals with them (things that do not have to refrigerated for the trip down). We suggest this option as each room has a mini-fridge, a microwave, dishes, and stove. A grocery store, Walgreens and CVS, are all within 1 block! Remember we take a trip to Walmart on the first night!
- **Area Restaurants:** There are several restaurants within walking distance from hotel, most directly across the street, literally 20 yards – these include I-HOP, Subway, Dairy Queen, New York Pizza, and McDonalds (Starbucks next door too). Further down, 1 1/2 blocks, is a Pizza Hut. We'd suggest these for maybe 1 meal per day, dinner probably, in the room for the other meal (more first day).

- GCY will be providing the New Year's Eve Meal on December 31st, Pizza during the YCF meet, AND Pizza again on Sunday night at the Comfort Inn, so 7 meals are covered this year! The cookout will be hot dogs and hamburgers (and vegi-burgers) as we've done in year's past, chips and sides. Also there is a pizza party provided by the GCY Swim Team DURING the meet vs YCF (a room with PIZZA, just like last year, we will not ask kids to contribute this time, we will cover).

[CLICK HERE FOR THE COCOA BEACH 10-DAY WEATHER FORECAST](#)