

2016-2017 Cocoa Beach Travel Trip Itinerary

(All items on this itinerary are subject to change!)

Wednesday, December 28th

8:30pm – Bag Checks Begin

9:30pm – Bus Loading Begins Bryan YMCA **501 W Market Street Greensboro NC 27401**

10:00pm – Bus departs

Requesting 12am-6pm lights out/quiet time on bus for sleeping

Thursday, December 29th

6am-8am – Breakfast Stop

9:00am – Arrive at Cocoa Beach YMCA **1519 Clearlake Rd, Cocoa, FL 32922**

9:30am – 10:30am – Light Dryland Workout (early check-in for bus driver)

10:30am – 12:30pm – First Practice

12:30pm– Bus Arrives/Departs to head to hotel 3901 **N. Atlanta Ave. Cocoa Beach , FL 32931**

1:00pm -3pm – Lunch

3:00pm – 4:30pm – Check-In/Free Time

4:30pm – Bus departs for Second Practice (load at 4:15pm)

5:00pm – 6:30pm – Second Practice

7:00pm – Bus Departs to head to hotel - WALMART TRIP (SUBWAY)

8:00pm – 9:00pm Dinner/Hotel Time

9:00pm – Lights Out, EARLY FIRST NIGHT!

Friday, December 30th

5:30am– Wake-Up/Breakfast

6:0 am – Bus Departs for Practice (load as early as 6am)

6:30-8:30am – Third Practice

8:30am - Bus Departs to head to hotel

9:00am – 3:30pm – Beach and Free Time

4:00pm – Bus departs for Fourth Practice (load at 3:45pm)

4:30pm-6:30pm Fourth Practice

7:00pm – Bus Departs to head to hotel

7:30-10:00pm –Dinner

10:00pm - Lights Out

Saturday, December 31st

6:30am– Wake-Up/Breakfast

7:00 – Bus Departs for Practice (load as early as 6"am)

7:30am-8:30am – Fifth Practice

8:30am-9:30am – Dryland at Cocoa YMCA

10:00am - Bus Departs to head to Orlando, Florida for YCF vs GCY Dual in the Pool w/Rowdy Gaines

Orlando YMCA Aquatic Center 8422 International Drive Orlando, FL 32819

12noon-1pm Warm-up (Bus Drops off)

1pm-3pm – Swim Meet

3:00pm – Bus loads and heads to Downtown Disney

3:30pm-6:30pm –Free Time at Downtown Disney (Dinner)

7:00pm – Bus meets and loads, heads back to Comfort Inn Cocoa Beach

8:00pm – 12midnight - Midnight Dinner/Hotel Time/Board Games/ Team Time
12:05am (Jan 1, 2014) – Lights Out

Sunday, January 1st (Happy New Year)

7:30am – Wake-Up, head to beach 7:45am 2-mile run will begin (no picture)
8:30am –Breakfast (8:30-9am)
9:00am – Bus Departs for Practice (load no earlier than 9am)
9:30am – 11:30am – Sixth Practice
11:30am - Bus Departs to head to hotel
12noon – 4pm – Beach and Free Time
4:00pm – Bus departs for Second Practice (load at 4:00pm)
4:30-6:30pm – Seventh Practice
6:30pm – Bus Departs to head to hotel
7-10:00pm – 10:00pm – Dinner (PIZZA NIGHT provided by Comfort Inn)
10:00pm - Lights Out

Monday, January 2nd

7:30am – Wake-Up
8:30am – Bus Departs for Practice (load at 8:15am)
9am – 10am – Eighth Practice
10:30am - Bus Departs to head to hotel
10:30am-11:30am – Check Out/Load Bus with luggage
12pm – 5pm – FREE TIME
5:30pm – 7:30pm – Ninth Practice
7:30-8:30pm – Shower, prepare for drive home
8:30pm - Bus Departs from Orlando to Greensboro, NC
Eat around 9pm'ish TBA

Requesting 12am-6pm lights out/quiet time on bus for sleeping

Tuesday, January 3rd - 7:00am SHARP – Bus arrives at **Bryan YMCA 501 W Market Street
Greensboro NC 27401**

Swimmers to sleep/rest all day Tuesday, see you Wednesday as we resume school/normal schedules!