

TRAINING TRIP I

Saturday May 1st

Miami University

Itinerary:

9:50 AM **Arrival Please gather by door that we entered for Ohio LSC short course championships. Please use 10 minutes to execute CAC flex program. You will also receive drink and small snack practice.**

10 AM **Enter pool area and report to assigned end and lane.**

10:05 AM **Practice begins – Swimmers will start in their normal training group**

12:35 **Water practice ends**

12:40 **Lunch outside in the commons**

1:00 **Pick up**

There is NO use of locker rooms except to use the bathroom. Please make sure athletes arrive in suits and have water bottles filled.