LCST Phoenix 2022 Summer Training Trip Information and Intent to Participate

**Who:** LCST Senior group swimmers who will be entering 9th grade or above in the fall of 2022. Due to the nature of the trip, the intensity of the training and the altitude, swimmers will need to have attended 80% of their scheduled practices by early June.

**What:** Senior Group Training trip to Flagstaff, Arizona where we will train and stay on campus at Northern Arizona University.

**When:** Depart from Milwaukee (Gen. Mitchell) airport at xx:xx on Tuesday, June 28th .  
 Return to Milwaukee airport at xx:xx on Wednesday July 6th.

**Where:**  Northern Arizona University

**Why:** Fun, team-building, training long course and at 7,000ft! Though we will be training mainly indoors, outdoor activities are endless!

**How:** Return the attached INTENT TO PARTICIPATE FORM by **Monday, February 14th** and please declare your intent on the sign-up page on our website. Submission of a completed INTENT constitutes authorization to bill your family’s account for a deposit of $200 that will be billed in March. Flight cost will be billed in June and the remainder of the trip will be billed following our return. The total trip cost is currently estimated at $850-1,050 following a subsidy applied from the team TRAVEL FUND. Unlike trips in the past, the cost of the trip **INCLUDES** meals. In the past, athletes needed to bring an extra $250-350 for just meals and many brought extra spending money for various activities. The benefit of going with a University is that the package deal with NAU is pool space, weight room access, meals and lodging. We are currently looking at one activity that will be included in the cost of the trip.

**Chaperones:** We need at least two or three. Please let me know ASAP if you are interested and available. Chaperones will have their airfare and lodging paid for as part of the trip expenses.

**Coaches:** Coach MJ, Coach Whitney, Coach Tom

If you have any questions, please e-mail Coach MJ at phoenixcoachmj@gmail.com

**Trip Meeting:** There will be a mandatory meeting for parents of swimmers participating in this trip. The meeting will be scheduled for late June 2022, and the meeting time and date will be announced in May.

**LCST 2022 Summer Training Trip- INTENT TO PARTICIPATE**

**DUE: Monday, February 14th, 2022**

**YES, I intend to participate in this trip. Swimmers Name**:

**Swimmers Signature**: **Date**:

**Parent/Guardian Signature**: **Date**:

**Telephone**: **Emergency Telephone**:

**Yes, I am interested in CHAPERONING THIS TRIP. NAME:**