

**13 & Over Training Trip Itinerary (subject to change)**  
**-- last updated May 12, 2025 --**

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**Sunday, June 22**

- Meet at YMCA, 8501 Campus Drive in Mt. Pleasant at 3:00 AM
- Depart as soon as possible
- We'll be stopping for breakfast/lunch/dinner as needed on the trip down, probably a good idea to pack some snacks/drinks
- We will stop at Exit 205 in Alabama for some of the best peaches in the world
- Arrive around 8:00 PM
- Unpack
- Lights out by 11:00 PM

**Monday, June 23**

- Rise and shine, 8:00 AM (plan on getting up earlier if you need more time for breakfast)
- Depart for morning practice, 8:30 AM, morning practice 9-11 AM
- Grocery shopping after practice
- Return home, unpack groceries, unpack some more? – hit the beach, nap?
- Lunch at home
- Depart for afternoon practice at 3:30 PM, afternoon practice 4-6 PM
- Dinner at home, Pasta Night
- Relax
- Lights out by 11:00 PM

**Tuesday, June 24**

- Rise and shine, 8:00 AM (plan on getting up earlier if you need more time for breakfast)
- Depart for morning practice, 8:30 AM, morning practice 9-11
- Dryland on the beach after morning practice
- Lunch at home
- Depart for afternoon practice at 3:30 PM, afternoon practice 4-6 PM
- Dinner at home, Girls Choice
- Relax
- Lights out by 11:00 PM

**Wednesday, June 25**

- Rise and shine, 8:00 AM (plan on getting up earlier if you need more time for breakfast)
- Depart for morning practice, 8:30 AM, morning practice 9-11 AM
- Stop at Thomas Donuts after practice
- Lunch at home
- Depart for afternoon practice 3:30 PM, afternoon practice 4-6 PM
- Dinner at home, Boys Choice
- Lights out by 11:00 PM

**Thursday, June 26**

- Rise and shine, 8:00 AM (plan on getting up earlier if you need more time for breakfast)
- Depart for morning practice, 8:30 AM, morning practice 9-11 AM
- Dryland on the beach after morning practice
- Lunch at home
- Depart for afternoon practice at 3:30 PM afternoon practice 4-6 PM (we will leave for dinner after practice)
- Dinner at The Red Bar in Grayton Beach – expect a wait so bring snacks if you need to
- Lights out by 11:00 PM

**Friday, June 27**

- Rise and shine, 8:00 AM (plan on getting up earlier if you need more time for breakfast)
- Depart for morning practice, 8:30 AM, morning practice 9-11 AM
- Return home – hit the beach, nap?
- Lunch at home
- Depart for Pier Park outdoor mall, will head to practice from the mall at 3:30 PM, afternoon practice 4-6 PM
- Dinner at home, Taco Night
- Pack
- Lights out by 11:00 PM

**Saturday, June 28**

- Rise and shine, 6:00 AM (plan on getting up earlier if you need more time for breakfast and to pack-up)
- Depart for swim meet, 6:30 AM, warm-ups begin at 9:30 AM, meet begins at 10:30 AM
- Depart for home after the meet, we will stop at a hotel on the way home, TBD

**Sunday, June 29**

- Rise and shine, TBD
- We'll be stopping for lunch/dinner if/as needed on the return trip home
- Return to the YMCA at TBD (athletes will text/call when we are in Chicago)

**Contact Numbers**

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