



Daily Itinerary Sunday 3/30/08



Today's Events/Reminders

- ❖ No Swimming Today
- ❖ Any grocery runs???.
- ❖ Are you drinking enough water??
- ❖ Today is a great home work day//Journals

Schedule of the Day

Wake-Up 5:20am Arrive at pool	Meet in hall 5:40am 6am	Depart 5:45am Swim 6-7:30am	2 vans
Breakfast at Hotel	7:45am	Restaurant	
Depart for Registration Have any \$\$ in order to buy t-shirts. Y card	10:45am	Yankee Trader	
Lunch	12:15pm	Restaurant	
Team Meeting Team Dinner tonight Thought of Day Steph Kinsey/Emily Weaner	2:15pm	Team Meeting Room	
Depart Hotel for Swim	2:50pm	Swim 3:15-4:30pm	
Team Dinner at Hotel	Location TBA		
In rooms by 9pm	Lights out by 9:30pm		

Thought of the Day at meeting

Steph Kinsey/Emily Weaner

***The strength of the group is the strength of
the leaders.***

-- Vince Lombardi