

2022 MIHS GIRLS SWIM & DIVE
FALL RETREAT INFO & ITINERARY

Friday, 8/26 to Saturday, 8/27

We are excited to head to the eastern side of the state for a quick one-night trip as a team! In the past, we have done trips to Kennewick later in the season – our goal is to still get the girls together and give everyone a chance to really prep for the upcoming season as one all prior to school starting! This trip is not required, but strongly encouraged for all members of the team.

Cost per athlete is expected as \$160* and includes dinner on Friday, breakfast on Saturday and lunch on Saturday. Athletes will be encouraged to pack a lunch for the Friday bus trip, and we will stop as a team for dinner TBD on the way home on Saturday.

ALL athletes are invited regardless of whether they swim or dive or if this is their first year on the team or senior year on the team. Chaperones for the trip will be Chauntelle Johnson (chauntelle.johnson@mercerislandschools.org) and Kyle Moline (kyle.moline@mercerislandschools.org) from the coaching staff and Shannon Cruzen, one of our team parents.

**The amount does not cover the full cost of the trip – fundraising throughout the season will be used to help off-set the remaining costs! In prep for this event, we planned a few small fundraisers to try and drive the cost down for the overnight trip, but timing did not work for completion prior to the trip.*

In order to attend this trip, the following needs to be completed by each athlete:

- FULL athletic packet turned into school/clearance for participation on the fall girls swim and dive team
- Field Trip Permission Packet Completed and returned to Chauntelle (electronic!)
 - Permission to Participate Form
 - Field Trips/Extracurricular Trips Student Behavior Agreement
 - Medical Authorization Form
- Payment of \$160 received to MIHS Girls Swive Boosters
 - For E-Check or Card Payments send via Paypal to: migirlsswive@gmail.com
 - Venmo to: @MIHS-SWIVE

Tentative Schedule

Friday, August 26th:

11:00 am – Girls finish practice and depart from MIBC

Noon – Bus stops for lunch in North Bend (athletes bring or pay for their own lunch)

2:30 pm – Approx arrival to Residence Inn

3:00-5:30pm – Team Session #1 (season expectations, bonding, goal setting workshop)

5:30pm-6:30pm – Dinner

6:30 pm-8:00pm – Team Session #2

8:00pm-10:00pm – Free Time

10:00 pm – Leave for Cosmic Bowling

10:30 pm-Midnight – Cosmic Bowling at Eastmont Lanes

Saturday, August 27th:

9:00 am – WAKE UP call/Breakfast at Residence Inn

10:45 am – Girls meet in lobby for check-out/leave for practice

11:00am-1:00pm – Practice at Wenatchee HS

1:30pm – lunch in park/team building session – Riverfront Park

3:30 pm – Bus leaves Wenatchee to return to MIHS/Stop for dinner at location TBD

7:00 pm – Bus arrives back at MIHS (Girls will call on their way to let parents know their ETA).

WHAT TO BRING:

- Swim bag, suit, goggles, team t-shirt and towels – **Theme for bowling TBA!!**
- PJ's
- Toiletries, extra clothes and socks for bowling
- Water bottle
- Sunscreen (forecast is usually warm this time of the year)
- Something comfy for the bus ride home (maybe a blanket or sweats?)
- Sack lunch for Friday afternoon or money for fast food/grocery store stop
- Money for dinner on Saturday (suggested \$20)