

West girl's track and field "Spring Break 2010"

Let's go to Florida and have some fun for spring break! Train at the best facility! Compete with some of the best athletes! Learn from Brooks Johnson, one of the top coaches in the country, and have some fun at the same time. This is not a mandatory team trip. It is an opportunity to do something special, at a special place, with special people! Your teammates!

Dates: Saturday (March 27th)

1. Accommodations at Disney's All-Star Sport Resort. The Resort is 1.5 miles from the training facility.
2. 6 night's \$465.00 ea.
 - Four girls to a room
 - Laundry
 - Security
 - Dining facility
 - Pool
 - Refrigerator (fee)
 - Shuttle bus to theme parks
 - Shuttle bus to Disney Wild World of Sports Center
3. 3 - Day Park "Hopper" pass to four theme parks
(Magic Kingdom Park, Epcot, Disney-MGM Studios, and Disney's Animal Kingdom Theme Park)
4. Credential Access to Disney's Wide World of Sports Center

- 1. Airline ticket - TBA**
- 2. Meals - Fundraiser**

Appleton West Track & Field "Spring Break 2010" Permission Slip

Destination: Disney's Wide World of Sports Center in Celebration, Florida

Accommodations: Disney's All-Star Sport Resort

Contact Person: Carl Gardner (920) 832 - 6219 (Work) (920) 540-4599 (cell)

Date: Saturday March 27th 2010

Departure Time: TBA

Return Time: TBA

Expense: TBD

Field Trip information

Your child is planning to participate in a team field trip. Please complete the following information.

Parent/Guardian Information

My child _____ (DOB) _____ has permission to participate in this trip.

Parent/Guardian Name(s) _____

Home Phone _____ Work Phone _____ Cell Phone _____

In case of an emergency (only if parents cannot be reached) call:

Name _____ Relationship _____

Home Phone _____ Work Phone _____ Cell Phone _____

Child's Health Information

Please fill out the **Medical Treatment Consent Card** included with this packet.

Please Note:

1. It is understood that your child is subject to the guidance and instructions of the coaches and chaperones assigned to supervise the trip.
2. This trip is not mandatory. It is being provided as an opportunity for the participants to bond with teammates, train along side some of the country's best athletes and coaches. The fun of visiting Walt Disney World theme parks, and other exciting things.
3. Parents who do not wish their child to participate in the planned trip should write a note to coach Gardner. Your child is expected to obtain a training schedule from the coach if not participating in this trip.
4. If there is a financial concern related to this trip, please call coach Gardner at 832-6226 (Wilson MS), 739-0943 (H), or 540-4599 Cell

Agenda

Departure: **Saturday March 27th**
Destination: Orlando, Florida: Disney's All-Star Sport Resort in Kissimmee, FL
Arrival Time:
Free time: Girls must travel in groups of 2-4 when not with the team. Each group can get a communicator radio from one of the coaches.
In room: 10:30pm (Lights out by 11:30)

Sunday

Service: We will find out information about services
Lunch: 12:30pm and then fun activities
Dinner: 6:30pm to 7:30pm
Free time: 7:30pm to 9:00pm
In room: 10:30pm (Lights out by 11:30)

Monday

Training: 8:30am to 11:30am at Disney's Wide World of Sports Center (dress at hotel)
Lunch: 12:30pm and then go to theme park for the afternoon (Travel with groups of 2-4)
Weight room: 5:00pm to 6:00pm at center
Dinner: 6:30pm to 7:30pm
Free time: 7:30pm to 9:00pm
In room: 10:30pm (Lights out by 11:30)

Tuesday

Competition: 8:30am to 11:30am at Disney's Wide World of Sports Center (dress at hotel)
Lunch: 1:30pm lunch and then go to theme park for the afternoon. (Travel with groups of 2-4)
Weight room: 5:00pm to 6:00pm at center
Dinner: 6:30pm to 7:30pm
Free time: 7:30pm to 9:00pm
In room: 10:30pm (Lights out by 11:30)

Wednesday

Training: 8:30am to 11:30am at Disney's Wide World of Sports Center (dress at hotel)
Lunch: 12:30pm and then go to theme park for the afternoon (Travel with groups of 2-4)
Weight room: 5:00pm to 6:00pm at center
Dinner: 6:30pm to 7:30pm
Free time: 7:30pm to 9:00pm
In room: 10:30pm (Lights out by 11:30)

Thursday

Training: 8:30am to 11:30am at Disney's Wide World of Sports Center (dress at hotel)
Lunch: 12:30pm and then see the sights as a group.
Weight room: 5:00pm to 6:00pm at center
Dinner: 6:30pm to 7:30pm
Free time: 7:30pm to 9:00pm
In room: 10:30pm (Lights out by 11:30)

Fridays **Depart for Wisconsin on Friday April 2nd**

Checkout time: TBA Departure Time: TBD Arrival in Wisconsin:

Dear Parents and athletes,

It is NOT mandatory that the athletes attend this trip. Though not mandatory, it would be a wonderful bonding experience for everyone participating. We had girls participate in 1999, 2001, 2002, 2005, 2006 and 2008. We look forward to keeping the tradition by attending in 2010. In 2002 the track team took a bus to Disney. We intend to fly to Disney for the 2010 Spring Break training trip. The cost of air fair is estimated at \$280 to \$350. The cost for a room with four athletes is roughly \$400 per athlete. It is my goal to have most of the fees paid for by doing fundraisers. This is the responsibility of the athletes.

If you intend to go on the trip, you will be asked to put down a deposit of \$150.00 to secure your room for the trip. We are also seeking the attendance of adult female chaperones. Our goal is to have approximately 15 to 20 athletes participating. We will gladly accept more athletes as long as we are able to have group numbers of four.

We will have a formal meeting during July for any girls interested in participating. Once I pay the \$500 Registration fee to Disney. We will then be committed to this opportunity.

If you have ANY concerns about this trip or you are interested in being a chaperone and assist with the planning of the trip, please contact Carl Gardner at (cell) 920.540.4599 or (W) 920.832. 6226

Thank you!

Coach Gardner

Note: If you have any doubts about attend the trip. You can lose \$100 of your deposit for the room.

Disney Activities

- On the track coaching clinic with USATF National coach and Hall of Fame inductee Brooks Johnson
- Possible Olympians will be there to work with and speak to athletes.
- Training table lunch and dinner
- Discounted activities: mini-golf, watercraft activities, etc.
- Community service program (In 2008, we spent the day at a adult special needs school)
- Many more activities to be announced at a later date.