

Scottsdale Aquatic Club

La Jolla Rough Water Swim

August 27, 2008

Swimmers and Parents,

The 2008 La Jolla Rough Water Swim is quickly approaching!! The group that is traveling with the team will be leaving Friday afternoon, September 5, at 5:00pm. We will meet and leave from Cactus Pool. We will return to Cactus Pool on Sunday evening. The swimmers will call you on Sunday and let you know of our arrival time.

The Team will be traveling with two coaches (Kevin and Steve) and two chaperones. The team will be traveling on a coach bus. We will be staying at the Best Western Mission Bay Hotel, 2575 Clairemont Drive, San Diego, California 92117. Phone number is 800-457-8080. Travel costs for each swimmer will be \$175 (for Hotel and Bus costs) plus money for food (approximately 6 meals).

There will be approximately 4 swimmers per room. If you are uncomfortable sharing a bed, bring a sleeping bag to sleep in.

Hopefully everyone mailed their entries in prior to the deadline. If not, you can register for the race at the check-in on Saturday morning. Please see the entry form for more info on registering at check-in.

Below is a brief itinerary for the weekend.

Friday, September 5	4:00pm	meet/leave from Cactus Pool
	11:00pm	arrive in San Diego (eat along the way) check-in to hotel and go to bed
Saturday, September 6	9:00am	wake-up and eat at hotel (breakfast included)
	10:00am	go to La Jolla Cove to check-in for race, see course, etc.
	12:00pm	lunch
	1:00pm	go to beach
	5:00pm	to dinner
	7:00pm	to hotel— STUDY TIME (bring your homework!!)
	9:00pm	in room
	10:00pm	lights out
Sunday, September 7	7:00am	wake-up and eat at hotel
	8:00am	leave for La Jolla Cove
	9:00am	competition begins!! eat lunch at La Jolla before or after swim
	3:00pm	leave for home
	9:30pm	approximate arrival to Cactus Park

SAC Coaching Staff

***IF ANY PARENTS WOULD LIKE TO TRAVEL WITH THE TEAM ON THE BUS, YOU MAY DO SO ON A FIRST COME FIRST SERVE BASIS UNTIL THE BUS IS FULL. THE COST WILL BE \$100 PER PERSON TO RIDE THE BUS. PLEASE EMAIL THE OFFICE (SAC6coach@aol.com) TO RESERVE A SPOT ON THE BUS.

(If traveling with the team on the bus, I recommend you call and make a reservation at the same hotel)