



## 2025 GEORGIA TRAINING TRIP: DETAILED OUTLINE

### Saturday, March 15th 2025

8:00am	Team Van Leaves the Long Center
3:00pm - 5:00pm	Training at Morcom Aquatic Center
5:30pm	Drive to Walmart for Supplies
6:00pm	Drive to Seminole State Park, GA
7:00pm	Unload into Team Cottages
7:45	Camp Fire & Team Building Games
9:00	Lights Out

### Sunday, March 16th 2025

8:00am	Team Breakfast
9:00am	Drive to Florida Caverns State Park
10:00am	Private Tour of Florida Caverns
11:00am	Lunch at Jersey Mikes
12:00pm	Drive to FSU Morcom Aquatic Center
1:00 - 4:00pm	Pool Training with FSU College Team
4:30pm	Return to Seminole State Park
6:30pm	Dinner at the Team Cottages
7:30pm	Team Building Games & Video Session
9:00pm	Lights Out

**Monday, March 17th 2025**

7:00am	Team Breakfast
8:00am	Drive to Falling Waters State Park
9:00am	Quick Hike & Platform at Falling Waters State Park
10:00am	Drive to FSU Morcom Aquatic Center
11:00am - 1:00pm	Pool Training with FSU College Team
1:30pm	Lunch at Jersey Mikes
2:00pm	Drive to Chipley River Adventures for Team Kayaking Expedition
6:00pm	Return to Seminole State Park
7:00pm	Dinner at the Team Cottages
9:00pm	Lights Out

**Tuesday, March 18th 2025**

7:00am	Team Breakfast & Pack Up Cottages
8:00am	Drive to FSU Morcom Aquatic Center
9:00am	Watch FSU College Team Scrimmage
10:00am	Final Scrimmage of Trip
11:30am	Begin Return Journey Home
7:00pm	Estimated Return to The Long Center

**Addresses:**

**Seminole State Park:** 7870 State Park Rd, Donalsonville, GA 39845

**FSU Morcom Aquatic Center:** 2560 Pottsdamer St, Tallahassee, FL 32310

**Chipley River Adventures:** 4781 Magnolia Rd Marianna, FL 32448

**Florida Caverns State Park:** 3345 Caverns Rd, Marianna, FL 32446

**Falling Waters State Park:** 1130 State Park Rd, Chipley, FL 32428