

Today began the pre-training-trip training. We arose at 8:30 to go to the pool after getting a disappointing 4-6 hours of sleep. We arrived at the pool and went through the usual routine warm up

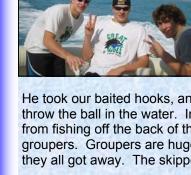
Day -2: Gone Fishin'

(SDSDS, 15x100s with a descending interval, and of course, cycle-4). Dave insisted that we swim for 3 hours instead of doubles to allow an optimum amount of free time in the sun. The practice, which Dave claimed was for recovery, ended up being exactly 9,000 meters. Some recovery... On the way back from the recovery practice we stopped at the local trading post to gather food munitions for our up and coming deep-sea-fishing trip, which Dave Stacy had planned for us. Before we could embark on our adventure, we had to return to base to get other necessities, such as hats, sunglasses, sweatshirts, and sun-tan lotion. We also picked up Leisl "kitchen slave" Stacy, as she

would form trio with Coach Dave and Randy and go to Miami to go grocery shopping while we fished for dinner. We were dropped off at the fishing dock where we met our captain and skipper. For those of you who were on the trip last year, we went to the same dock where we rented the kayaks last year, and probably will again this year. We brought our sandwiches, water, and IBC root beer aboard the ship and loaded it in the fridge. At about 1:00 we pushed off the dock and headed out to sea. We were riding a

47ft long fishing boat: the Isle Morada Lady II. (The Isle Morada Lady I sank...) During the ride out to the fishing spot, our skipper, Ja-

son, informed that the boat was a drug runner in the 70s. The boat company bought it in an auction after it was repossessed by the government. A year after it was bought from the government the captain found a kilo of cocaine and a loaded uzi hidden in a secret compartment. After about 20 minutes of boating out to sea, we arrived at the reef dropoff. We anchored the ship and began the interesting fishing process.

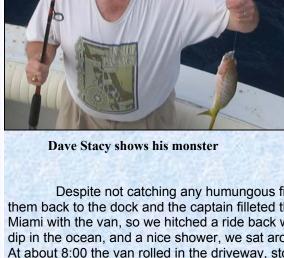


attract the Yellow-tails (which are the good eatin' ones), we threw a mixure of oats, sand, and thawed chum about 20 feet behind the boat. We would let our lines out in the cloud of oats/sand/fish chunks and let them float in the current until a fish mistook our bait for some oats or fish chunks. To quicken the process, the skipper would make us "oat balls." He took our baited hooks, and packed the fish-oatmeal around them like a snow ball. Then he would throw the ball in the water. In the matter of seconds, a fish would be on the line, and reeled in. Apart from fishing off the back of the boat, we also had two lines in the bottom, which were set for catching groupers. Groupers are huge fish that live on the bottom. During the trip, we had a few on the line, but they all got away. The skipper had one on the line that he said was probably about 100 lbs.

Two bricks of chum (frozen fish guts) were suspended behind the boat in nets, leaving a trail of fish chunks as it thawed. This attracted entire schools of fish, and they swarmed around the back of the boat. Then, to

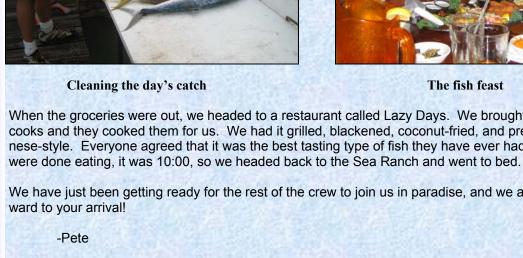






the groceries out!





practice. Total meters: 10,600.



Day -1: The Christmas-Eve in Key West

The guys wandering the streets of Key West

After practice, we came back to the Sea Ranch. Leisl started off her duties as our chef with an "F." Breakfast was not ready, and there was no milk. We are exited for Judy Carlson to arrive. We hope

Today was our Key West Christmas-Eve. We woke up at 6:20. Breakfast was muffins, bagels,

fruit snacks, juice, and fruit (not snacks). We were actually on time to practice; We beat the lifeguard to the pool. The Canadians from the University of Waterloo were also at the pool bright and early. Dave made us do another 3 hour practice so we were able to free up the rest of the day. The Waterloo team only practiced for 2 hours, so the last hour we had the pool to ourselves. Canadians are wimps. Practice was alright, until Dave made us do a 3,000 "recovery" pull. Boring...This was at the end of the hard

she will do a better job, and keep Leisl in line. Everyone was forced to eat cereal. But we forgive her for By 11:30 we were off to the southern-most point of the Continental United States: Key West. On the way, Leisl had to make a "quick" stop at Winn-Dixie to get "laundry detergent." A half hour later, Zack and she called Dave on his cell phone and asked him to come in the store to help them. They did not need help with anything related to laundry detergent. Dave went in, and they emerged from the store with armfuls of pans, pots, and other various kitchen utensils. This detour did not set us back for more than an hour. We continued south with Dave's Jimmy

Buffet CD blasting on the stereo over the 7 mile bridge and through all the Florida Keys. The transport vehicle arrived in downtown Key West at around 2:30. We parked and headed straight for the famous

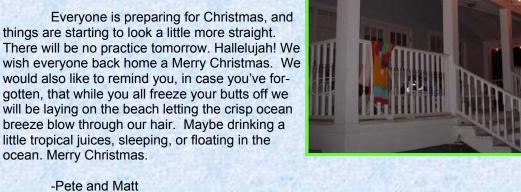
Sloppy Joe's bar, where we all ate sloppy Joes, cheese fries, and pickles.

Everyone split into groups after lunch and went shopping. Dave, Dave, Leisl, and Randy went



Lunch at Sloppy Joe's

Earnest Hemmingway's favorite bar



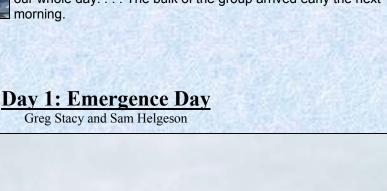
Day 0: Christmas Day
Zack and Matt

Today we all got to sleep in! When we lazily arose at about 930, we went to the fire place only to find

morning.

to a church service at St. James the Fisherman Church. The church had red doors and all of us were very underdressed. The service had the same message as all other church services do, God loves us all equally. Following the church service we took over the upstairs room at the Sea Ranch and headed out to the beach for a swim. For dinner, our chauffer Dave Stacy, brought us down to Whale Harbor for an all you can eat seafood buffet. That was about our whole day. . . . The bulk of the group arrived early the next

that Santa did not make it to the Sea Ranch. Obviously the lights weren't bright enough. We ate a Christmas breakfast and were off





sent the new moving picture: "Doom Island/Hurricane Treasure" - A motion picture of discovery, colonization, savagery, violence, conflict, and of poor production values. The movie will be released in its edited and non-edited form as soon as somebody has the attention span to sit down and think how they

Kyle waiting patiently for his luggage. (His was the last to arrive)

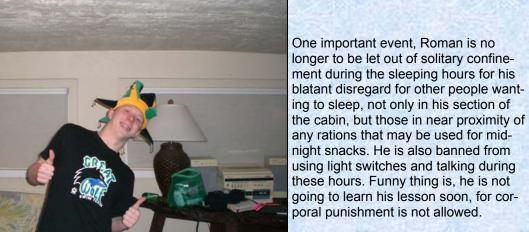
After lunch, out of need for a group activity, the Great Wolf Swim team is proud/ashamed to pre-

Behind the scenes of "Doom Island/Hurricane Treasure" about practice other than the fact that the new-new arrivals (those who left on the 26th, whom we will with some team-building speeching

lunch

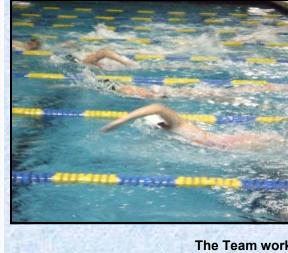
can change this masterpiece.

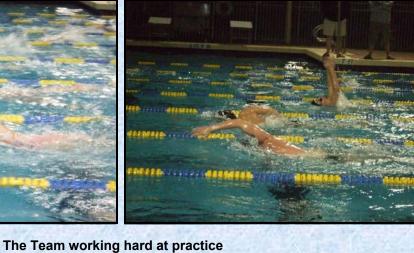




Roman entertains himself during solitary confinement.

the alarm, woke up at a refreshing 5 AM. It was off to the main house for breakfast while everyone else in the girls' room stirred in their beds. Then Alie kindly went back for the rest of the sleepyheads. Dave showed up with the second wolf-mobile and drove us off to the morning practice of doom!!!!!!!!!!!! At practice, the distance swimmers did 12 x 400s, and the SPRINTERS!!! Did 12 x 300s (some did FLY. CRAZY!!)

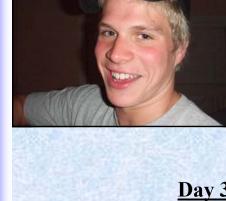




Then on the jaunt home, Liz misheard a conversation in the back seat about literacy, and thought they were talking about "confederacy." When we returned home Julie was sleeping and the kitchen

slaves of the week, Judy and Leisl, made wonderful pancakes and bacon it was AMAZING!!! After breakfast, we had our first TEAM MEETING we worked on communication and creating a positive atmosphere at practice. It got to be a bit extended, but it was GREAT for the team. Then we split up. Cori got the best burn in town. Alie lasted 5 min in the sun. Liz was the only beach go-er that slept on

the beach. Chelsea (the newbie) got to know us all a little better. Zack, Sam, Pete, and Elijah (who now has "Hilary 08" burnt in to his skin thanks to Roman), went to bask in the glorious sun rays and tried to catch some z's. The others, (Julie, Jenny and Luke) are now dubbed the sleeping masters of the world since took record long 5 hour naps! Then we all stuffed our faces one more time before PM practice. Then some of the ladies went on a shopping spree! Cori, Liz, Alie, Chelsea, Matt, and Zack visited Shell Shack. After getting bored the girls broke off and went to CVS to get ICE CREAM!!!!! Soon after their exhausting 1/2 mile walk back they hit the hay, and slept for a refreshing 2 hours. PRACTICE AGAIN!!!! It was fun due to the positive attitudes of everybody working hard and going fast on a sprint set. During practice, due to Matt's astonishing 57.4 100 meter free-



phone time after dinner! Go Matt! Then we all came home and had a glorious fest of ham, green beans, and fruit. After the wonderful dinner we all went to bed, and chilled out and watched a movie, because we were so wiped out from practice. Matt Stewart, hero of the day.

style, Dave gave us the privilege of having 15 minutes of cell

Day 3: Public Enemy Number One Anton & Joe

Kyle's alarm softly starts beeping, and slowly gets louder and louder until it crescendos into a roar. When the alarm turns off, the sounds of cussing, groaning, and tripping over objects (t-shirts, jester hat, bananas, bubble wrap, tinsel, and kid vitamins) that Roman has left strewn about the room. We then

realize we woke up half an hour early and cry ourselves back into an uneasy sleep. We awake to the sound of Dave's muttering because we now have 3 minutes to pack our bags, eat yogurt, and run to the

van, which whisks us off to practice— a much needed recovery. After our happy practice, we headed back to our Sea Ranch where French toast awaited us. We were going to have a meeting, but didn't. Instead we decided to take advantage of the sunniest day yet. The girls went into their cabin to do something lame probably. Kyle, Roman and Elijah also went inside to play pool, while Anton and Joe decided to change from their pajamas and sit out in the sun. See-



unrelenting, so we had to bring in a specialist.

The group soaking up the sun Joe and Anton came back outside ready to enjoy the sun, when an ominous cloud fell over the sun. Someone disobeyed the sacred unwritten law of "quacking" and blatantly snatched the hammock. Despite various pleas and methods. Sam refused to give up the spot. We tried negotiation- that didn't work. We tried bringing the hammock to the ground, but instead we brought the ground to the hammock- by piling up sand, we raised the hammock to an uncomfortable standstill. It was clear Sam was

ing as we trusted our teammates, we decided to claim a hammock un-

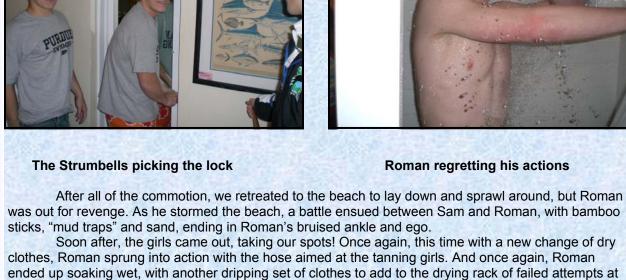
der a palm tree. However, Sam had other intentions.

troops" to the sound of the battle didgeridoo (didgeridoo!). Joe and Anton sat back watching as the Strumbells picked the lock with an unruly mob standing by with hoses, shampoo, and bamboo sticks. Roman's attempts at claiming he was Matt Stewart didn't really help, as the door was soon forced open, and Roman found himself fully clothed, dripping wet in the shower.

tation, Roman drowned Sam in the hammock, despite Sam's pleading yelps. This meant war.

'Sure, I'll do it", said Roman, with a giggle and a twinkle in his eye. However, we were unprepared for Roman's unpredictable behavior. Grabbing the hose with a hit man-like efficiency without hesi-

Roman, fleeing to the basement, locked himself in the bathroom, while Sam was "gathering the



rested for the evening's practice, where we had a specialist come in- this specialist actually knew what

asserting his territory.

The rest of the day was pretty uneventful, with not much else going on. We sat around and

Roman regretting his actions

he was doing. Sabir Muhammad, ten time American record holder, went over a lot of dry land activities, mostly involving insane hand eye coordination skillz. The girls had the brilliant request of working on abs, which Sabir was glad to fulfill. We then worked on sprinting, starts, and sprinting off of starts.



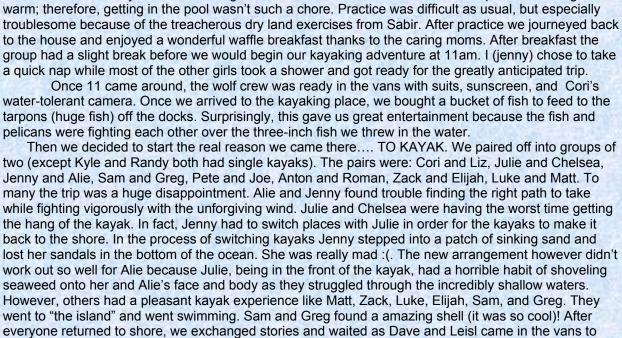




tice. Then at 5:20 they woke the other girls who value the extra 15 minutes of sleep. This morning was



pick us up.



Some of the group taking a break Matt and Luke prepare to enter the caves

great with milk.

minutes. Yay! Cori was happy.

Liz helps steer through the narrow canal

bers had to toss three quarters and get three heads or three tails. After everyone all had their gifts we had the opportunity to steal them too if we got three heads or three tails in round two. Some presents included sodoku, picture frames, body spray, holiday boxers, Madgab (a game), Frisbee, action figures, and of course, candy. The stockings hanging up looked very cute, too. In the holiday spirit, Dave's heart grew three times bigger and decided to give everyone their cell phones for a few Anton shows off his new Pro-wrestler action figure

arise from their slumber and leave the barracks for the mess hall and then the mobile command units. We are off to morning practice (the pain and misery). Any way, lets get to the real part of the day. We came back to the hut to find ourselves in front of a wonderful feast consisting of scrambled eggs, bacon and caramel cake. Upon receiving rations, those worthy enough to go jet-skiing, did. The others were lame-os and de-

cided that sleep, movies, tanning, or playing internet flash games/ updating facebooks were more important than partaking in activities that couldn't be done at this time of year back in the Motherland. To quote one who ventured into the Great Wide Open on a

We got there and we had to take a test for our jet-skiing

license. It was probably one of the most pathetic things we have ever taken. One of the questions was "Alcohol blank" and one of the answer choices was "improves balance and vision." It was really stupid, anyone with common sense could have passed this test. Alas, during the test we were debating a few "hard" questions and Sam was reading a question and he didn't see the "NOT" part off the question and he kept telling us that he was right on that question, but he was

When we got back to Base Camp 01 we found everyone else either watching Donnie Darko or lay-

wrong and he looked kind-of stupid in the process when he didn't get 100% on his test. Then it was off into the ocean. The first 15 minutes we just got to fool around about 400 yards off of the shore. The pairs were Kyle and Greg, Sam and Chelsea, Randy, and Joe and Anton. We had a lot of fun hitting waves and getting the jet-ski completely out of the water. Then the guide came and we were off on some site seeing. He took us to a sand bar first and we had to walk our jets across so we wouldn't hit bottom. Then we switched rider and drivers. Then we cranked up the speed, some off us got up to 50 mph. We would follow the guide and swerve when he did and it was a lot of fun. Then we went through the mangrove cave and we then got out of them and drove some more like we did after the bridge. Then we switched drivers again and were off back to the dock. It took awhile to get there, but it was fun. At one point Kyle and Greg were going 40 mph over 3 to 4 foot waves. Everyone else was following and

jet-ski, "T'was fun and enjoyable".

The pool early in the morning.



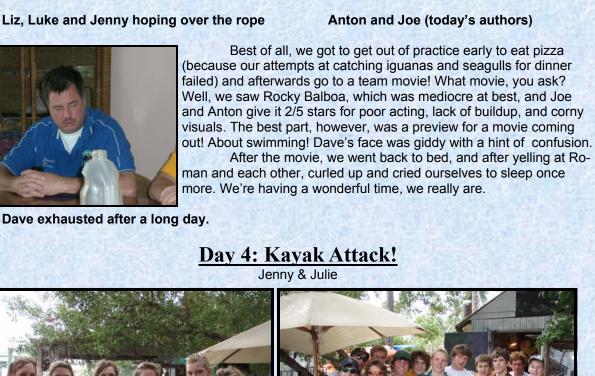
we got back in what seemed like a short time and we didn't want to go back in.

The group soaking up the sun once more

practice it was.



Pete, peeking out of the hammock



Upon return to the cabin, we all came in for another team meeting to visualize and discus with partners their best race and how they felt. Many fell asleep during the visualization again, but we are getting better. Dave taught us how to relax when sitting in a chair or being in a crowded environment such as swimming. He also taught us two different ways of preparing for our races. It was interesting to hear what our team mates had to say! After the meeting the girls lay out in the sun, while who knows what the boys did. When practice came it was pretty sunny out for 5 o'clock. Some wore two piece trainers to make sure they didn't get the ugly tan lines. Practice was very fun because we did a backstroke set under the moonlight. We liked to see the moon when we were swimming backstroke. There was a current in the middle of the pool so many swimmers came home with soar and scratched arms and shoulders. Luckily Sabir came to our house to give massages in a nice quiet room. Dave offered massages too, but there weren't a lot of takers. Dinner was so good. The pasta tasted great and it was fun to see some macaroni noodles in there too. The cookies baked with Leisl were gooey and We finally had our gift exchange!! In order to get a present mem-

The guys chilling out in the shade

Day 5: Astro-Blastin' With The Burnmaster

Kyle and Sam

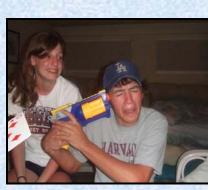
5:15 am: The battle rages on but we continue to fight the lack of sleep due to Roman's late

night antics. We must persevere though these hard times, for our foe is a cunning and devious one. The battle rages into the morning amid the curses and groans of the brave Great Wolf soldiers as they

When we got back we had either spaghetti or fettuccine alfredo or a wicked combo of the two (with meatballs as well). After the meal, we were summoned to a meeting of the council to discuss matters pertaining to the location and conditions of next year's training trip. It seems that the council has made an early decision that some place in the Mexican mountains would be a better choice than returning here or going to Hawaii. Final decision is pending.

Ending the meeting with the adding of ice to cream, the girl's cabin was taken by Sabir's massage service, many fell back to the confines of the lower level of the men's cabin to partake in cards, billiards,

Russian Roulette with Sam's nerf gun, and general tomfoolery. Upon discovery of his underlings having fun not related to swimming, the overbearing slave driver that is Dave dispelled those not worthy to sleep in the innards of cell block B. Although many had left and the commotion had died down, the night began for Roman and his escapades. Elijah's whining began as Roman played his new game of "Astro-Blasters" (a game consisting of his acquiring the billiards balls and throwing them across the pool table in an annoyingly loud, albeit funny manner). Elijah had enough of the madness and the copious amounts of bad cologne emitting from Roman, so he took the law into his own hands in a manner that forced the unbeatable Burnmaster into the fetal position. The sleeping commenced with limited sobbing.



Sam, hoping he doesn't lose





Roman cowers in the "fetal position"

Today was by far the hardest day to wake up, but we were happy because we all knew it would be our last travel to the pool in the early morning! We were all exhausted from the practice the night before,

Day 6: The Last Day in Paradise

and Dave graciously decided to give us a REAL recovery workout! After practice we went back to the house and had a wonderful breakfast prepared by Judy and Leisl. We all had a little time to relax, and then Randy and we girls (Julie, Jenny, Liz, Judy, and Alie) headed out on a shopping adventure! There's an old stereotype about girls loving to shop and boy did we prove this! We went to the Sandal Outlet, Shell World, a water sports store, and a few other cute little shops. We were very sneaky

was great! When we were at the water sport shop we went surfing on a fake wave! Julie catching a wave Alie Shows her form

and were able to buy gifts for Dave, Judy, and Leisl even though Judy was there! She had no idea! It







We read in his bible that it would be "anti-recovery." That did not sound so good. The practice started pretty standard.... SDSDS 300/100. Mom, (Jennifer Schirmers) that is warm up lingo that I am sure you do not understand, but that is okay. We ended up having a sprint practice where we raced each other from the blocks. I would say we all did very well, especially considering how extremely exhausted we all were. It was a bitter-sweet feeling to finally be done with the training trip. TRAINING 2006 IS OVER! Now we could go party! Before we could do anything else, we were told to pack as much as we could to avoid any missed flights... We then had a lovely dinner of an array of leftovers. We gave Dave, Leisl, and Judy the presents after dinner. We are so thankful for all that they do for us!

We left the house around 3:30 for our last practice in paradise. Everyone was extremely nervous because Dave was so nice to us in the morning, he couldn't possibly do it twice in a row. Or could he?







sleeping and I'm guessing that they were not to happy with us, but hey! It was New Years Eve! At midnight, we went to stand on the edge of the dock and watch the big fireworks.

cool! We were all so tired and decided to go and get at least 4 hours of sleep. We had to wake up early this morning. OH! I almost forgot the most exciting part of the day! During evening practice, Dave finally shaved off his mustache! And then, the girls wanted to take a "picture" with Dave. He was too smart for this and knew we were going to push him in, but nonetheless, we succeeded. We all miss our families very much and are excited to come back to the tundra in Minnesota! HAPPY NEW YEAR!

There were multiple shows going on at once. It was pretty





