

The Great Wolf Swim Team

Presents

Training Trip 2007-08



*As our story opens Coach Dave, aka "Grinch," has spirited away
11 wonderful swimmers from their families at Christmas time.*

Day 1-ish

At the MSP airport, we first got through security, then walked to our gate. We were then set loose to do whatever until we were called to be back. Dani and Hannah went to Caribou, like they do every Friday, and everyone else went and got Quiznos subs. When we boarded the plane we found our seats and got situated. The plane ride felt like forever. Some of us didn't get up once.



When we landed, we all had a mix of feelings; we were excited, tired, exhausted and happy to be here. The Albuquerque Airport had very Hispanic feel to it, or as Alie would call it "strange". We found a huge statue of a man in loin cloth and a bird on its head and we decided to take a team picture with him. It took forever to get our luggage, then we went outside to wait for our van to pick us up and bring

us to our hotel for the night. We had to take a mini-van, and a shuttle van to bring all of our luggage. We reached the hotel around 12:00 a.m. We got our room assignments and got settled for the night.

We got up at 8:00am, packed up everything again and headed to Los Alamos. It took us an hour and 45 minutes to drive the distance, which included an hour and 44 minutes of Zack's beautiful, song bird singing voice. The van ride was more than a little packed. Poor Greg



had a suitcase in his neck almost the entire ride, and the Gatorade cooler had a tendency to maul Hannah everyone once in a while. When we got here we discovered that the B&B is a palace; it is so gorgeous! We had our first practice, which consisted of long and smooth swimming. Everyone was grateful for Dave's "merciful kindness" as we adjust to the altitude.

Now Dani and Hannah are trying to hook up a portable DVD player to the TV, the rest are watching "Little People, Big World" and Dave is softly (sort of) snoring in the recliner chair. So far it looks like this training trip is going to be magnificent.

By Spencer, Dani, and Hannah

Day 2

We started our day at a refreshing 6:30. (Last year we were up and out at 5:30 everyday) The crew then ventured into the kitchen, some a little later than others due to the snooze button. Practice consisted of a somewhat longer 3000



swim. We then came back for our second breakfast, with an array of delicious foods. Dan and Ann are great we couldn't have asked for better hosts.

Soon after the ladies and the men split up. The ladies went to Santa Fe to do a little shopping. It was fun, but a few of us (me included) were a bit

crabby. All we wanted to find was a Target, but instead we found this nationally known Plaza with shops containing ethnic things such as bracelets, headdresses, etc. The other ladies had a blast, and really enjoyed seeing the culture of the town. On the ride home we slept, but we were often interrupted either by the Tom Tom "turn left in 200

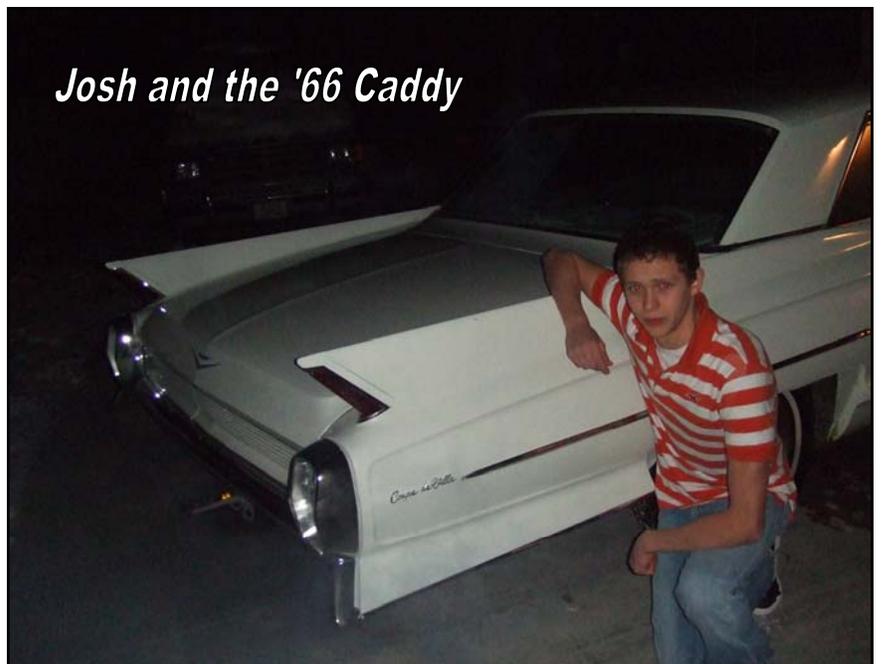
yards" or Dave saying, "look take a picture."

Meanwhile, the men stayed to do the cleaning and cooking.. JK. Three certain individuals slept and watched TV. Luke, the wonderful whipper-snapper he is, shoveled the drive way for Dan.

Then Josh and Greg the adventurers decided to

take on the sledding hill. They started their trip with a ride in Ann's

Josh and the '66 Caddy



amazing 1966 Cadillac. They had a good sledding trip, although there was very little snow and a lot of rocks. The other men played Mexican dominos with Dan.

The ladies then arrived home to get swept off to evening practice. Over all it was a good practice but not the “long and easy” we were promised. We did a lot more sprinting than the other practices, but over all it was good.

After practice we were greeted with another wonderful meal from the kitchen of Dan and Ann. It consisted of meatloaf and mashed potatoes. While we were eating dinner Alie pointed out that meatloaf was a bad name for such a great food, it is now referred to as fantastic-loaf.



By: Liz and Josh!

Day 3 Christmas Eve

Christmas Eve, a special day of the year. Time to be with family and reflect on all the joys in life..... psh yeah right that was our alarm clock going off at 6:15. Time for another wonderful meter workout. We did lots of backstroke and came back to a delicious breakfast of waffles and oatmeal.



Christmas Eve Dinner

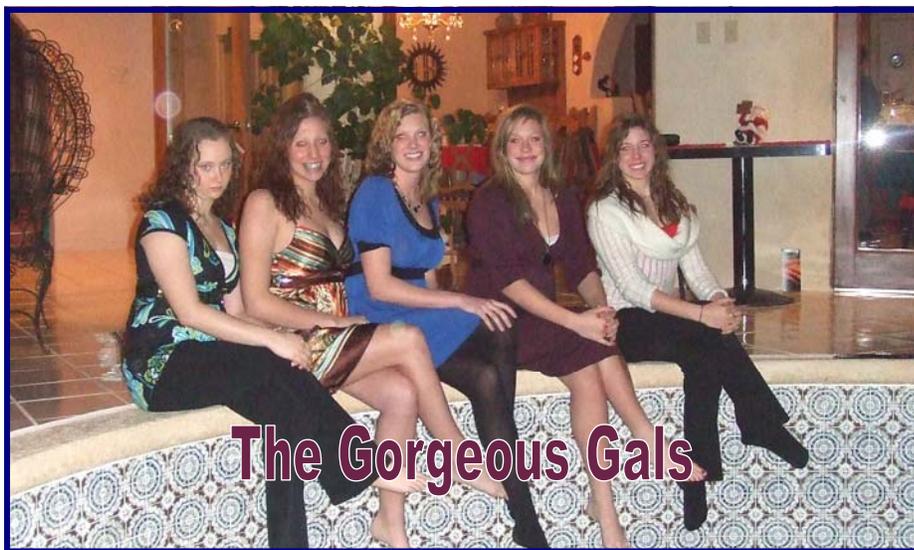
After breakfast everyone took a much needed nap; some longer than others. Greg, Josh, Spencer, and Hannah all decided to go sledding on a nearby hill. The hill was more rocks than snow but they still had fun.

We left early for practice to get a few groceries, but really we left early in hopes that we could play on the inflatable obstacle course we have seen every practice so far. Much to our disappointment, it was gone! There was weeping and gnashing of teeth on the boys side. The girls on the other hand were thrilled to be on time to

practice! Practice consisted of lots of kicking and a long pull. The Grinch told us if we got in on time we could get out early, not a chance. Even though we did not get out early everyone seemed to be in a cheery mood after practice.

We were all excited to have Ann's specialty for dinner—Chicken Enchiladas!

We got back to camp and the girls rushed upstairs to pretty up. Everyone had to wait for Alie, Liz, and



The Gorgeous Gals



The Boys

Spencer, but it was worth it because everyone looked amazing. It was nice to see each other in nice clothes and dry. Dinner was stellar. EXCEPT for when Dave forced beans down Alie's throat. It was one of the worst experiences of her life. After dinner the rest of Dan and Ann's family arrived adding ten more people to the house.

The team then decided it was time to take lots of pictures. Well, ok, the girls decided. We have lots of cute pictures to bring back; even some of the boys! After no one could see because of all the flashes, we played Retarded Deer. The game consists of much clapping, animal symbols and laughing. After Retarded Deer we played Psychiatrist, which is a very complicated game. Then we got into all Santa's cookies and the reindeer's carrots. We are all super excited to have Christmas day off. We are all off to bed to wait for Santa and all of his happy little reindeer. Merry Christmas to all the families back in frigid Minnesota; we hope that you don't miss us too much! :)

By: Alie and Greg



Day 4, Christmas

So this morning we woke up at 6:10 a.m. for practice....NOT. Dave's heart grew five-sizes bigger, and he gave us the day off. So we woke up at a leisurely 9:00 to another fantastic waffle/cereal/bagel/fruit/hot oatmeal breakfast prepared by our new biggest fans, Dan and Anne, whose family of 8 also spent the night at the Adobe Pines with us. The rest of their family went off to church early as we finished our breakfast. After we were done eating, we piled in the van and went to a later church service.

Everyone at the church service was very friendly, and about half of them were from Minnesota. One sweet old woman even invited us over for dinner at her house, worrying that we had nowhere to eat for Christmas dinner, but we had to refuse because Dan and Anne had an amazing turkey dinner waiting for us when we got back to the house.



After we ate we did our fun little gift exchange. However, it took Josh and Pete about a half hour



to roll double ξ on the dice. But eventually, we all were able to open our gift ξ .

At about 2:30 in the afternoon, we got in the van again and headed over to Beverly' ξ house, who coaches the Los Alamos High School Team. She had invited us over to spend the afternoon with her and her daughter, Kara. We arrived and started on a 4-6 mile hike through the mountains, before it got dark outside.



We hiked down a mesa, and through a canyon. We saw some interesting plants, and a family of foxes. We



also saw some fantastic scenery. After the hike, we hung out at Beverly's house and watched movies and ate pasta, pizza, and Christmas goodies. Some of the swimmers went with Kara to feed their

horses at the stable down the road. While we were watching movies, we played with their pet lizard. At one point it got startled and ran across Alie's legs and then up Liz's arm. Alie was so scared that she cried, and Liz screamed and knocked



Alie & her new boyfriend

the lizard on the floor. Luke and Pete spent the rest of the night taunting the girls with the lizard. We even almost got Alie to give it a kiss! After watching two movies, we went back to the Adobe Pines to go to sleep and

get rested for another early morning workout the next morning.



Pete Alie and Zack surviving in the wilderness with their shelter and fire.

By: PETE AND ZACK



Day 5: As the sun slowly peered over the mountain tops the Great Wolf pack finished their breakfast and clamored into the van. The wolves did not know what they had in store as we gazed out the window with our beady eyes. As we walked into the pool the cool blue waters awaited us with some lanes already filled with local mad scientists doing their morning swim. The “Grinch” showed no mercy on our aching muscles as he gave us 8 X 300 100 fast stroke (which was not a favorite for the flyers who did it all) followed by 200 long and strong. After some time in the therapy pool, we



relaxed in the warm steamy showers. After returning to the deck we found Dave in a deep discussion with Phil (local coach and pool manager) about the benefits of wheatgrass. We were once again welcomed home by our wonderful hosts Dan and Ann where they provided our great morning spread. After breakfast Liz decided to play

coach and seek revenge on the “Grinch” by forcing him into a Bataan like 2 mile death march in the high mesas of Los Alamos. Despite the high altitude, hilly jagged terrain and constant

threats and bullying by coach Liz the “Grinch” survived. Meanwhile back at the B&B the others enjoyed the delicacies of the left over Christmas dinner. Following the feast a rousing game of Mexican Train was played with our host Dan, his family, and a few wolves. Be-



fore late evening practice a recovered “Grinch” led the cherubs in a team meeting. During this meeting we talked about things like team building, and how we can make practice more fun and interesting.

After the meeting most of the team members watched the worst/best Harry Potter movie so far. Others didn’t waste their time and decided to sleep instead. The practice was already outlined for us in the team meeting so we knew what to expect; a grueling sprint set.

There was a lot of energy building up for the set as shouts of encouragement were heard throughout the pool. Towards the end, there was a challenge presented to Liz.



The challenge was to go under her best time so far (30.9) in the 50 fly. The reward was Peter would shave his hideous rat nest off of the front of his face and we would also get out 15 minutes early to relax in the therapy pool. We all crowded

around Liz’s lane and suddenly the “Grinch” turned into a southern Baptist minister and told us to all shout “We Believe!” Then Liz proceeded to finish the set as we all cheered her on. Her time in the end (28.8) was far better than all of the times earlier that night. We were all happy and tired but we still went to the grocery store for some chocolate milk. After all of the hard sprinting even the “Grinch” fell right to sleep.



By: Liz and Luke and Alie

Day 6 & 7

The daily activities mainly consist of eating, sleeping, and of course swimming, but to add variety the Grinch takes us on “educational” side trips. Yesterday, after lunch, we went to the Bradbury Science Museum right here in good ol’ Los Alamos. It was interesting to learn about the town as it had been during the Manhattan project and the years afterward. There was also exhibits on current research being done in the Los Alamos National Laboratory. Everything from DNA to global warming to foam (yay!) was there. By reading the guest book, we also discovered that two other families from The Frozen Tundra (a.k.a. Minnesota) had visited the museum that day. How cool! Pete even found an entry by his chemistry teacher, who was there in the summer. Overall, it was an exceptional educational experience. The rest of the day consisted of relaxing, eating, and Dani, Hannah, Liz, Josh, Spencer, and Zack played the ever exciting Mexican Train. The game was not finished until after practice around 9:30 pm when Zack was declared the winner, and Dani and Josh had dropped out due to exhaustion. Practice was ok, but the 8 x 300s pull @ 3:30 were a little psychotic. Speaking of psychotic practices, this morning faired no better.

(Commencement of Day 7) The Grinch decided that Hannah is going to be a 200 butterflyer, much to her dismay. She joined in with Liz and Dani in a set of 8 x 200s butterfly

(METERS!!!!!!!!!!!!!!!!!!!!) Josh and Randy did the same set backstroke. The rest didn’t get it any easier, they did a set of 3 x 800 on the 10:30 followed by 6 x 400 on the 4:45. According to the Grinch, everyone was cooked “well done.” In my opinion, we were more than well done, we were burned to a crisp. However, being the strong, enduring Wolves we are, we got through it. Activities after breakfast consisted of napping, relaxing, and Dave, Zack, Hannah, Alie, Spencer, and Liz went to reliable

napping, relaxing, and some movie watching took place. We also had an exhilarating team meeting. We discussed plans for New Year's, which have not been finalized, and plans for a few kids from the Los Alamos Hilltoppers swimming with us on Saturday night. Following our dismissal from the meeting, more napping, relaxing, and movie watching took place. The Grinch was also so kind to offer surprisingly decent massages to anyone who wanted one. Evening practice was recovery-Grinch style. A set of underwater dolphin kick 25s just about took the lives of several swimmers.



We had to convince Zack not to follow the light. The Grinch also imposed a kick set of 3 x 100s on the 1:25, which was tremendously fast, but most made it, YAY! Now we are back at Adobe Pines, well fed, and are off to bed. In fact, everyone seems to be asleep besides the two of us writing the journal. Even the Grinch is tucked into bed and softly snoring behind us. You stay classy, Planet Earth.

Today's journal brought to you by Dani and Hannah

Days 8-12

We have had some exciting days in the past week. On **Sunday** seven of the swimmers got massages. They were amazing for some people and others had not so amazing feelings afterwards, due to the released toxins. It was very intense. The sports physical therapist was large and had very interesting hair. He worked a lot on pressure points and the sore spots. Those who did not get a massage had to go to evening practice, where they worked on technique and drills. **Monday** was New Year's Eve, which was celebrated by swimming, sleeping and eating. One person (Hannah) actually stayed up till midnight, the others went to bed. On New Year's Day (**Tuesday**) the Grinch blessed us with only one practice. After practice we ate breakfast at Adobe Pines and then Pete, Zach, Liz, Luke, and



Alie all went to Bev's house to hang out and watch movies. Josh, Greg, and Randy went skiing/snowboarding at Ski Santa Fe. They had a blast being at 10,000- 12,000 feet. Meanwhile, off the mountain in Santa Fe, Dani, Hannah, and Spencer shopped till they dropped while Dave followed behind. The shoppers were given the mission to find Peter decorative souvenir spoons for his mother and friend. When

Dave went to pick up the skiers, he dropped off Dani, Hannah, and Spencer at the Plaza to go and get spoons.

Luckily they found some in a little unique New Mexican gift shop.

Spencer and Hannah took a detour from spoons and found the cowboy hats and leather cowboy jackets. After putting them on, they

decided it would be a good idea to take a picture. While they were putting everything on, a store employee] came over to greet them.

He knew that they were taking a picture so he found cool fake

shotguns and offered them as a prop. The pictures turned out fabulous. **Wednesday** after morning practice Dani, Pete, Greg, and Josh packed up and loaded the van because they were leaving in order to get back to school. Hannah and Spencer went along for the ride to the airport and to keep Dave awake on the



drive home from Albuquerque. It was sad to see our four teammates leave. On the way home from dropping off the early leavers, Dave and his companions ate at P.F. Changs. It was a terrific experience. Spencer and Hannah felt awkward because they matched Dave in their Wolf Wear.

During the drive to Los Alamos Dave grilled Spencer and Hannah on the subjects of boys.

Thursday was a day of adventure and excitement. The Grinch took all the wolves except for Zack to **Bandelier National Monument**. They had a great time hiking and exploring the homes and lifestyles of pre-Colombian Native Americans. They even took a walk on the wild side (as

Luke would say) by going around the “Do Not Enter” signs in order to climb to the top of the famous 140 foot Alcove House. The group explored little caves in the canyon that served as homes for An-

cestral Pueblos. It was a lot of fun. The wolves soaked up lots of knowledge.

Luke was our “tour guide” and read from the informational pamphlet. Dave and Spencer also had an argument about the use of kivas. Everyone else walked along and found new sites for



Luke to read about. When all was finished at Bandelier everyone got into the van and drove to the White Rock Overlook. It was beautiful. All that could be seen for miles were mountains, hills, valleys, and the Rio Grande River. It was absolutely breath taking. When everyone was done there they all were extremely tired. The Wolf Pack packed into the van and went back to the house. Lunch was eaten and the

wolves trekked to practice. Earlier, Dave said that we wouldn't do a kick set because our legs were dead from hiking. Do you think that would stop the Grinch from giving us a hard kick set? Of course it didn't. After practice the team went to Bev's house and ate fantastic meat-loaf. At nine o'clock the girls got really tired so Kara brought them home while the boys stayed there and played video games until it was time for them to leave as well.