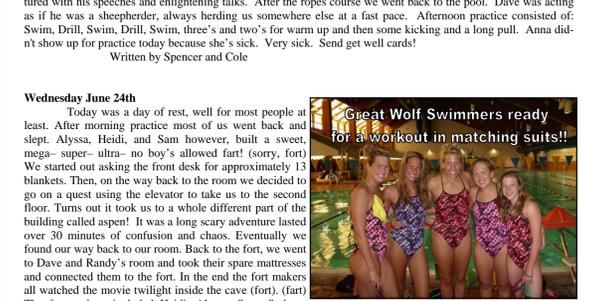


# Arizona 2009

Updated July 5th, 2009

Our story begins at the MSPAIA short for Minneapolis St. Paul International Airport. Spencer of course was late and looked about ready to take somebody's head off. The adventure started out promising, everyone got through the metal detector fine, except Nick and Dave who both had to get their bag's searched. Cole and Alberto were betting that Nick would have to get a strip search. Unfortunately that didn't happen. After that whole fiasco was over everyone went to Caribou and got some very interesting drinks, every one gave Cole brain freezes. Yes he nuchked out there. A very high snacks game ensued that ended with Tessa taking a close victory. Then everyone got on the plane and traded seats with everyone else. It was pretty much like musical chairs on a plane. That should be a movie. Anyway there was some really good views and Alyssa kept taking Cole's (her) hat. As we flew low over Phoenix everyone noticed how big of a city it is. And as we touched down Katie used her complimentary barfbag for what it's supposed to be used for. As soon as we got outside we noticed how hot it was. If you stood in the sun for two minutes you would get a sunburn that you would never get rid of. Actually we were only outside for about thirty seconds because the bus didn't get to the airport for like another hour. But we had some fun team bonding stuff. Like sitting in a corner and talking. Then we had a fun three hour ride to Flagstaff, AZ. More pretty mountain scenery and lots of popped ears and pressure changes. But that just showed us that we were closer. When we finally got to Flagstaff we all ready for some personal space. But first we had to get our all-access buffet passes (meal passes) and high tech room keys. Then to the pool for a little lesson that consisted of two hundreds and some kicking. Then off to bed. Quite a full day. Participants on this trip: Spencer, Bre, Katie, Sydney, Anna, Alberto, Blake, Donna, Heidi, Caleb, Ana, Nick, Tessa, Kayla, Sam, Alyssa, Randy, Cole, and last but not least, Dave.

This journal was written by Cole and Nick (sort of)



Jumping rope at the Challenge course (note the Marfan spaceship landing in the background)

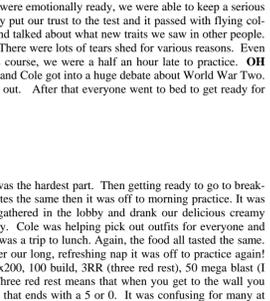
## Tuesday June 23rd

Was a really busy day for everyone. Well it was the first of the morning practices most people were eager to start and to try out the familiar pool. Of course everyone swam well. After swimming practice we all walked back to the dorms and got ready for our first ropes course challenge. As we walked to the destination of fun there was excitement in the air and everyone could feel it. It wasn't exactly what we expected it would be. Most of us thought it would be a big obstacle course with ropes. Instead it turned out to be a big field with lots of games and team building activities, most of them involved blindfolds. We had this one activity that had the whole team stand on these four thin boards that were REALLY wiggly. We had to do these different tasks that the head guy, Eli who has pretty interesting hair that kept bugging Spencer, had us do. Eli really has a way with words. Dave was enraptured with his speeches and enlightening talks. After the ropes course we went back to the pool. Dave was acting as if he was a shepherd, always herding us somewhere else at a fast pace. Afternoon practice consisted of: Swim, Drill, Swim, Drill, Swim, three's and two's for warm up and then some kicking and a long pull. Anna didn't show up for practice today because she's sick. Very sick. Send get well cards!

Written by Spencer and Cole

## Wednesday June 24th

Today was a day of rest, well for most people at least. After morning practice most of us went back and slept. Alyssa, Heidi, and Sam however, built a sweet, mega-super-ultra-no boy's allowed fart! (sorry, fart) We started out asking the front desk for approximately 13 blankets. Then on the way back to the room we decided to go on a quest using the elevator to take us to the second floor. Turns out it took us to a whole different part of the building called aspen! It was a long scary adventure lasted over 30 minutes of confusion and chaos. Eventually we found our way back to our room. Back to the room, we went to Dave and Randy's room and took their spare mattresses and connected them to the floor. In the dorm the fort makers all watched the movie Twilight inside the cave (fort). (fart) The fort makers included Heidi, Alyssa, Sam, Sydney, Donna, and Kayla.



Great Wolf Swimmers ready for a workout in matching suits!!

After the long naps that Dave made us take, we headed to afternoon practice. Blake couldn't make it to practice because he got a bad case of altitude sickness. Practice went fine, it was our first legit "hard" workout. Some of the girls wore the exact same suit. (posted above) Katie, Bre, Spencer, Kayla, and Alberto. After practice is always a rush to dinner because we only have 15 minutes to take a shower and get to dinner. Practice ends at six ten and dinner ends at six thirty. So you do math.

After dinner we went to the dorms and watched an educational film that Dave felt was critically important! The whole team was crowded in a little meeting room. We were shocked when Dave turned the TV on and WE WATCHED ROCKY! :) Of course, the theme song would be stuck in our head for the rest of the week. After the long busy day we headed to bed to prepare for the next practice.

This journal was written by Heidi, Alyssa, and Samantha

## Thursday June 25th

Today everyone woke up at a refreshing six thirty, or at least most of us did. Some of us, Nick, Cole, Heidi, stayed in bed till like six forty five when we are supposed to be going to breakfast. But with exception of the lazy three everyone was up and ready to go in the van to another great, non boring NAU Union breakfast! After a health inspector approved breakfast, we headed to the pool. Today the distance group ten three hundreds on the one thirty base. It was a good practice.



Preparing to Lift



Lifting all the way up



Daves trusts his swimmers

After swimming we went to a very philosophical ropes course that was focusing on trust. (Notice Alyssa in the first picture, isn't it bootiful?) The last exercise was one that pushed some of us to our limits. We had to lift a person who volunteered to be lifted by the team. There were the lifters, six each time each person. Then there had to be a person controlling the head. This person supported the neck, gave directions to the lifters, and asked the necessary questions. The person being lifted was asked by the head person how high they wanted to go. They could go to the knees, waist, shoulders, or all the way above our heads. Afterwards if they wanted to get down they were feathered down, which many people said was their favorite part. But if they chose to keep going they were brought back to a two step ladder we called the platform. Once on the platform the person could choose to step down or fall back to the group's waiting hands. Everyone had a part, especially Cole who was usually the head person, a job he took seriously and did incredibly well with comforting and keeping people calm. After picking up the gauntlet our counselor Eli had thrown down when he said he didn't think we were emotionally ready, we were able to keep a serious face, even when lifting Dave. Surprise, Surprise! We really put our trust to the test and it passed with flying colors! After we did all the trust stuff, we went into a circle and talked about what new traits we were lifting on people. Everyone had something good to say about someone else. There were lots of tears shed for various reasons. Even Dave's "allergies" kicked in. (He got teary.) After ropes course, we were a half an hour late to practice. **OH DARN!** All in all, it was a great day. After practice, Nick and Cole got into a huge debate about World War Two. Alberto just sat there and tried to look smart. Didn't work out. After that everyone went to bed to get ready for practice tomorrow!

This journal was written by Nick and Cole  
P.S. PEACE OUT!  
P.P.S I Like Waffles!

## Friday June 26

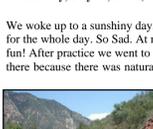
It started out as any other day, getting out of bed was the hardest part. Then getting ready to go to breakfast and dragging our butts there. The breakfast tastes the same then it does in the morning. After breakfast we were basically a recovery practice which was nice. Then we gathered in the lobby and drank our delicious creamy chocolate milk. The bookstort was the next stop of our day. Cole was helping pick out outfits for everyone and was very feminine about it. After our trip to the bookstore was a trip to lunch. Again, the food all tasted the same. Then everyone was ordered to go take a nap by Dave. After our long, refreshing nap it was off to practice again! Warm up was long and easy as usual. Our main set was 4x200, 100 build, 3RR (three red rests), 50 mega blast (I still don't know what that means yet), 50 min and easy. Three red rest means that when you get to the wall you take ten seconds rest then you have to do the next set. The wall means that ends with a wall. It was confusing for many a first but we all got the hang of it. Then some kicking and a cool down finished off our last practice of the day. After our boring, bland dinner, we watched the second part of our "educational video", Rocky II. Everyone really enjoyed Rocky's rematch against Apollo Creed. The fight was very suspenseful and riveting. Spencer again, stated throughout the whole movie that she loves Rocky. Everyone kept quoting Rocky from the first movie when he loses against Apollo when he says "ADRIANE". In the second movie he says "ADRIANE I DID IT." After Dave got us to stop quoting Rocky we had our team meeting. We talked about many different aspects of being a team like teamwork, trusting one another, goals, and pushing ourselves and each other to do our best. The team meeting took awhile as usual and Heidi was really in depth. Once the team meeting was over we all went to bed to rest up for another day ahead of us.

Written by Kayla and Tessa

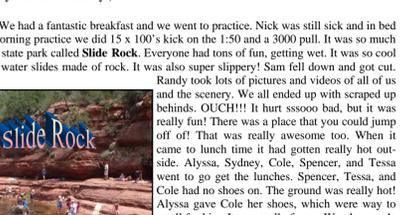
## Saturday June 27th

The first Saturday we were here we all woke up at 6:30 to go to breakfast. We went to practice and after practice we went to our third day of the ropes course. After talking about trust the other days we finally tested our own trust in each other. The instructors stressed about the safety of all the swimmers before we started. So, they made us put on safety harnesses and hard headed helmets. The first thing we did was tight roped to the center of three steel cables with a partner and go down the last cable helping each other. That took so long by the time we all had finished it was time for lunch we shall skip that though to get back to the fun stuff. After we got back from lunch we did the rickety bridge, Alyssa and Donna decided to be daredevils and sprint across the bridge that was moving all over the place and they set record time for 7 seconds and then we moved on to the CONFIDENCE POLE dah dah dah a 30 foot off the ground we had to climb to the top stand on it and.....JUMP OFF!!!!!!!, it may sound painful but that's what the harness is for, anyway moving on to the balance beam. The balance beam is a log that was 35 feet up from the ground and connected by two logs. Blake and Kayla was the best at it by going blindfolded. Blake was the first to go blindfolded and then Kayla was the first one to go backwards blindfolded. After finishing the high ropes course we had to go to practice. After a hard workout we went to dinner and then went back and watched Rocky 3. Later in the evening we all sat in a circle and had a team meeting about the lessons that were taught in the movie. Then we choose 5 things we thought we needed to be a team. We came up with trust, positive attitude, friendship, hard work, and team unity. We all got very tired after the meeting and all went to bed! (Most of ours favorite time of the day)

Caleb, Donna, and Blake



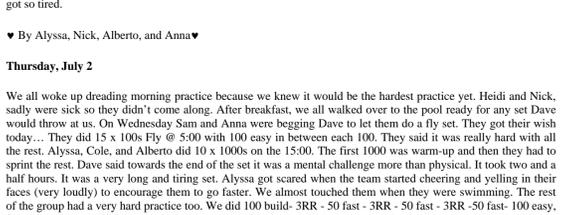
Randy Buggess Shows us how it is done on the Confidence Pole



Katie, aka "Karate Kid" on the Confidence Pole



Heidi Jumps Off the Confidence Pole



Kayla "Wallonda" Peterson walks backwards on the balancing pole 30 feet above ground while blindfolded

## Sunday June 28th

Sunday started out like any other day, woke up for early morning breakfast then practice. Thankfully it was still the first week, so practice wasn't too hard. But the fun really began after swimming. Dave and the chaptrons decided that it would be very beneficial for the team to go church. After much deliberation Dave decided on a church that he didn't know much or anything about. We thought it was a non-denominational church, however it turned out to be an extreme Baptist church. When we arrived it started off normal with a choir singing, that changed very quickly. Four families were baptized in front of the whole congregation, it went on for at least forty five minutes. After the pastor preached a very long sermon about baptism. The pastor was very opinionated and many swimmers found their faith tested. Overall most of us were glad we went, and had a new story to tell about our trip. When all was said and done we all went and got lunch and then came back to our dorms and relaxed. We continued our educational video watching with Rocky 3. Most of the swimmers thought this one was the best one so far. When the movie was over we talked about tough times in swimming and what helps you through your struggles. Later on that night most of the team watched Twilight but some or almost all of the girls weren't too interested in the movie. We almost finished when Dave came and turned off, or almost were crushed because they were almost all gone and was very disappointed. Of course we sadly had to go back to the dorms to pack up our feet and giggling and running in dorms all night. The END.

Written by: Bre, Katie, and Ana.

## Fun-Day-Monday, June 29<sup>th</sup>, 2009

Monday morning we got the pleasure of sleeping in until after eight. We were thankful for amazing Scott for setting up a hike to Oak Creek Canyon (West Fork). After changing our liners, we headed off to our destination. It was delicious! While piloting into the hot sweaty van, we picked up our lunches which we later found out had a special treat inside, OREOS!! Twenty minutes into our drive we stopped at a scenic overlook. After taking a group photo many of the kids got souvenirs from a really interesting tribe called the Navajo Tribe. Cole and Alberto got these really unique wooden recorder-instruments and played from a lot. When we got to the Canyon we walked for what felt like hours in the blazing hot sun! On our way to the Creek we visited a cool little cave that got very warm when the whole team was in it. There was also a little run down chicken coop built into the side of a rock. Scott pointed out that poison ivy looked like and right after that Alberto stepped in some - of course - then he died - just kidding!! Before we reached our destination we had to cross the creek multiple time trying to stay dry. The scenery was amazing! The color and texture of the rocks were so cool that they looked like they were from a movie set. When we got to the water location Anna had picked out we all got in and started playing. It was very slippery. Some of the group went on a walk/swim and were going to jump off a cliff but it was way too shallow. All of the girls got their hair braided by Kayla, it looked really cool. Thanks Kayla!! After and during the hair braiding everyone was sliding down a slide made out of rock (rock slide) it was super fun and slippery! During lunch we got a ham and turkey sandwich, an apple, water, chips, and OREOS! We were all very happy and excited to eat the OREOS, because we hadn't had any sweets since the first Wednesday when we got here. After lunch the kids got in and were playing on the rock slide again. Caleb found a long sharp tree branch and started trying to catch little fish. If you squinted your eyes, the light was just right, and you turned your head, he almost looked like a Native Indian hunting wild game in the tall Ponderosa pine forest.

When you opened your eyes you realized he was just a skinny white Scandinavian kid from Minnesota catching bugs. Katie decide to try to catch minnows with her hands and show everybody that she could do it. (and she did it!) Anna tried also but could never catch one. Alberto, Spencer, Cole, and Heidi were playing colors in the water. It was funny watching the boys get dunked! Bre, Scott, and Blake went out exploring on their own. Then it started raining GIGANTIC RAINDROPS! The rain actually felt really good on our hot skin. The walk there and back together was very tiring since the beginning of the trip. When we got back to the dorms some of the kids rested. Later we went to practice to find out that it was recovery after the long hike. After practice we headed over dinner, and ate together as a team! Back at the dorms at night we watched Rocky IV in Spencer and Tessa's room. Then we all went to bed!! @

♥ Anna and Sydney ♥

## Tuesday June 30th

On a sunny beautiful Tuesday we woke up to Nick not feeling so great. We all still made it to a group of kids and then to the pool. Practice was a hard workout and everybody tried their best effort. After practice a break of kids decided to go to Target to spend the parents money. The group came back with a ton of fun, getting wet. It was so cool there because there was natural water slides made of rock. It was also super slippery! Sam fell down off and got cut. Randy took lots of pictures and videos of all of us and the scenery. We all ended up with scraped up behinds. OUCH!!!! It hurt ssoooo bad, but it was really fun! There was a place that you could jump off! That was real awesome too. When it came to lunch time it had gotten really hot outside. Alyssa, Sydney, Cole, Spencer, and Tessa went to go get the lunches. Spencer, Tessa, and Cole had no shoes on. The ground was really hot! Alyssa gave Cole her shoes, which were way too small for him. It was really funny. We, the people who did not wear shoes, got blisters from the hot tar. It really hurt. Our bag lunch today was different than the day we went to Oak Creek Canyon. We had the choice of a ham or turkey sandwich on a round bun with cheese, lettuce, and tomatoes on it. The treat today was two oatmeal - raisin cookies. YUMMY! There was also an apple and two little mints. After we finished eating our lunch some of us went on an adventure to a different part of the creek. Spencer found a little mermaid rock. She started singing the little mermaid song. It was so cool. We also jumped off a little cliff into water. The day got very hot, and tiring. The ride home was very long, but the scenery was awesome! When we got back to the dorms we had about 10 minutes to chill then we went to practice. Dave kept counting down the minutes. During afternoon practice our butts hurt like heck! It was so hard to swim! After practice we all went to dinner. We had a great day, but we all got so tired.

♥ By Alyssa, Nick, Alberto, and Anna ♥

## Thursday, July 2

We all woke up dreading morning practice because we knew it would be the hardest practice yet. Heidi and Nick, sadly were sick so they didn't come along. After breakfast, we all walked over to the pool ready for any set Dave would throw at us. On Wednesday Sam and Anna were begging Dave to let them do a fly set. They got their wish today... They did 15 x 100s Fly @ 5:00 with 100 easy in between each 100. They said it was really hard with all the rest. Alyssa, Cole, and Alberto did 10 x 100s on the 15:00. The first 1000 was warm-up and then they had to sprint the rest. Dave said towards the end of the set it was a mental challenge more than physical. It took two and a half hours. It was a very long and tiring set. Alyssa got scared when the team started cheering and yelling in their faces (very loudly) to encourage them to go faster. We almost touched them when they were swimming. The rest of the group had a very hard practice too. We did 100 build-3RR - 50 fast - 3RR - 50 fast - 3RR - 50 fast - 100 easy, five times through. 3RR means 3 red rests (rest 10 seconds and then leave on the next number that ends with a 5 or 0). All and all, everyone was glad that Dave had us do the hard sets today. After, we got dressed and went to lunch because practice went over, so lunch already started. We were the first people there. @ After lunch, we all went back to the dorms and had a hang out day. Heidi, Nick, and now Sam were sick so they didn't go to practice. Bre left early to go to the doctor's office. This is a very medical trip! After practice we wrote journals and fast it was meeting after dinner. We gave Sydney some walking lessons because she kept tripping over her own feet. After Sydney and Alyssa ate Sam's Chex Mix, some people decided to watch Twilight again. The Twilight geeks were Heidi, Sydney, Alyssa, Sam, Katie, and Nick. We watched it in the CAVE!! AKA HEIDI'S AND KAYLA'S FORT. While we were doing that the rest of the team went to a star lab called Lowell Observatory. It's a Registered National Historic Landmark! We each had to pay \$3, but Dave had to pay \$6. There are telescope viewing areas, exhibits, science center, historic walking tours, multimedia shows, the John V. McAllister space theatre, the 555-pound Verkamp Meteorite, and all our favorite's Astronomy Gift shop. It was SOOOO COOL!! We got to look through two telescopes. The first one was focused on two stars that are 78 light years away, apparently that is even farther away than Minnesota. The second telescope was the biggest one at the observatory, the 24 inch Clark telescope which is over 100 years old and still works great. We viewed the moon which was really cool. At the end of this little journey we were jumping on little circles on the ground! There were two circles very close together and Cole jumped from one to the next and MISSED!! I was told it was so funny. Over all it was such a funny and fun day.

Written By Alyssa and Sydney

## TGIF, Friday, July 3

We got up at 6:15 A.M. sore from the sets we did yesterday. We headed over to breakfast and ate our yummy - yummy chow! At the pool some of the older kids did power racks (pulled weights while swimming. OUCH! Hard!) The younger and smaller kids (Anna, Sam, Alyssa, and Sydney) weren't allowed to do them. @ After our Swim, Drill, Swim, Drill, Swim, 3's and 2's warm up, we did 2,400 yards of IM. Then we did some kick/swim sets that were made up of 3 x 100's, 4 x 50's, and 1 x 200 ez. Two of the 50's were kick and the other two were swim. We went through that two times. Then we did a 500 cool down. After that morning swim, as usual, Danielle brought us chocolate milk to the pool. Cole decided to juggle his cup (with chocolate milk inside) and he dropped it and spilt it everywhere! LOL! Then we went back to the dorms and all worked on the journal and our goal sheets. Then we had lunch. After lunch Dave took a two minute nap (Are we hearing him out?) before some of us had our goal meetings with him. Practice started at 3:00 today and for our next two days because dinner ends at 5:30 because of the 4<sup>th</sup> of July. Only three days till we go home. Most of our crew is excited go home and sleep in their own beds and shower in their own showers. Practice was really fun together! Thanks Coach Dave! We split into silence, stroke sprint, and IM groups. At dinner, we all got to sit fight again! It's more fun than food! We sat at the dorms, we watched as a team a movie called WITHOUT LIMITS! It was a really good movie! We hung out after the movie for 20 minutes. Then it was bedtime!

♥ Sam & Anna ♥

Today, I guess you could say it was an eventful fun day. Surprisingly a day can be long and hard with no practice! We started out going to breakfast, then straight there we went to the Grand Canyon. It was amazing seeing the biggest hole in the ground. Dave thought it would be cool to hike a really hardy, and a half a day into the canyon... unfortunately he didn't think about the difficult consequence, hiking back up. Heidi and Spencer huddled up the canyon hearing everyone by half an hour, followed by Nick and Alyssa. The next group of swimmers didn't show up for an hour! We started getting worried because Dave was taking forever... Nobody thought he could make it. Honestly, we all figured he was on a stretcher being carried by a mule. When we finally saw him he was beat red and all drenched in sweat. Gross! He must've been delirious from the heat because he decided we could have sweets, except Sam who still couldn't have her skittles. We were all anxious to get out of the hot sun and get back to the dorms. After we ate in the dorms we decided to go on a fun and exciting adventure to Transomers! It was pretty amazing because Sha LeBoof is an amazingly gorgeous guy (Spencer wrote this sentence.) Sadly we all missed our Minnesota fireworks. We didn't see any fireworks here because of the lame fire hazards, so we ended up going straight to bed after our cinematic adventure.

This journal was written by Heidi, and Spencer's one s



Half way down the Grand Canyon we stopped for a group photo

Ana is so happy to see Dave come out of the Grand Canyon alive she gives him a high five even though he is all sweaty... Yeeech



Randy, Katie, Cole and Blake at the top of the mountain

## Sunday July 5th

Today was a rare day. We ALMOST missed practice. We waited for fifteen minutes outside the pool for someone to come open the pool door. Dave said we could leave the pool and miss practice at eight oh one. The guy showed up at seven fifty nine. There was much moaning and gnashing of teeth on all sides. When we all got inside we were greeted with a surprise after warm-up. Dave was feeling extra nice and let us all play the game we have been wanting to play since the beginning of the two weeks, wolves and rabbits or in other words sharks and minnows. After that we did a hard main set of 20 x 100's, while the special people (Blake, Bre, Katie, Spencer) got to do power racks. Once practice was finished everyone went back to the dorms and went to lunch, however after lunch all the people who did the power racks "special people", and Cole went on a hike in Snow Bowl. Blake, Katie, Cole, and Randy sprinted up a enormously steep mountain hill in order to win ice cream. When they returned Blake and Bre went on a hour and a half chair lift ride up the side of the mountain (it went up 11,700 ft). While they were gone Katie colored a pretty picture about being safe with fire and the waiter wanted to hang it up because he had never seen a picture so beautiful. As soon as the chair lift riders were done everyone had to bolt to the car in order to make it to practice in time. Fortunately they made it back just as everyone else was getting in the water. After practice we all headed off to dinner where Katie and Heidi thought it would be a good idea to sneak cookies for someone out of the dorms (cannibal) to eat later on the plane ride home. Dave unfortunately caught them in the act and was very disappointed. After dinner we sadly had to go back to the dorms to pack up our feet and mess room. Danielle a.k.a. drill sergeant, inspected every ones' rooms and made sure they were completely and spess before anyone else could do anything. Before bed all the girls had a glow stick party in Heidi and Kayla's room with the 150 glow sticks Heidi bought. It ended up being a very fun last day to the long trip.

By Katie, Bre, Cole, and Blake

Glow Stick party organized by the team trouble maker