

SPRING TRAINING CAMP

MARCH 2010



Organized by:

**St. Thomas Legion TFC
and
Laurel Creek TC**

Departure: Friday, March 12th – 4:00 pm **Waterloo** (Waterloo Recreation Centre)
- 5:00 pm **London** (401 and Wellington Rd. at McDonalds)

Arrival Home: Sunday, March 21st, approximately 2:00pm – London, 3:30pm - Waterloo.

Training: Twice per day every other day with single workouts in between.

Training Facility: National Training Center, Clermont, Florida
www.usat-ntc.com

Accommodations: Award Vacation Homes
www.awardpoolhomes.com

Transportation: Ayr Bus Lines, 54 passenger coach
non-stop trip through the night

Side Trips: Universal or Disney World, Wet n' Wild, Adidas/Puma/Nike Outlet Mall,
trip to the beach (tentative).

Cost: \$650.00 (postdated cheques: \$300 - January 15th, \$350 – February 12th)
*both cheques must accompany registration form
(Spots available on a first come first serve basis)

Contact: To register or for more information contact Harry Stantsos at
519-649-4329 or hstantsos@sympatico.ca or visit our website at
www.stl-trackandfield.ca



NOTE: Everyone must have a valid passport to cross the US border.