

BAD SUMMER TRAINING TRIP – MIDDLEBURY TO MONTREAL

MONDAY, JUNE 24 - SUNDAY, JUNE 30

WHERE:

Monday 6/24 – Friday 6/28

[Middlebury College Natatorium](#)

[Peterson Athletic Center](#)

219 S Main St, Middlebury, VT

Friday 6/28 – Sunday 6/30

[Montreal Centre Sportif Claude Robillard](#)

1000 Avenue Émile-Journault

Montréal, QC H2M 2E7, Canada

PRACTICE TIMES:

In **Middlebury** – two sessions/day, beginning Monday afternoon.

In **Montreal** – three sessions/day, with dry-land

COST:

Cost is \$100.00/day open to all divers.



WHAT TO BRING TO POOL: One or two suits, gym shorts, T-shirt, sneakers or sandals.

HOUSING: In **Middlebury:** The Middlebury Inn is holding 7 rooms (two full or queen beds, some with sofa-beds) at a discounted rate of \$119.00. You must book by Friday 6/21 and mention Boston Area Diving. There are also many houses for rent on Airbnb and Homeway.

In **Montreal:** We suggest getting a hotel in the downtown or financial area or Airbnb in the downtown area. Lots of people have had great luck recently with Airbnb.

TRAVEL TO & FROM CANADA:

All US residents ages 16 & up will need a passport to cross the border. Here is info on kids 15 & Under from [US State Department website](#). U.S. citizen children ages 15 and under arriving by land or sea from a contiguous territory may present an original or copy of his or her birth certificate (issued by the Vital Records Department in the state where he or she was born).



LUNCH BREAKS & TEAM DINNER:

Parents may want to organize shopping trips to buy food for lunch. Middlebury has plenty of reasonably priced restaurants and sandwich shops in the downtown area.

OTHER NOTES:

- **All divers need a parent or other adult to be responsible for them including timely drop off and pick up at pool**
- Drive from Boston to Middlebury is approximately 3 ½ hours
- Drive from Middlebury to Montreal is approximately 2 ½ hours
- Drive from Boston to Montreal is approximately 5 ½ hours
- AAU and US Diving insurance will not cover accidents outside of the US. All divers should have some sort of alternative health insurance in place.
- Canadian healthcare is cash or credit card.
- All divers need a parent or other adult to be responsible for them including timely drop off and pick up at pool