Cocoa Beach XC Orlando-Epic Universe 2025

- Trip Details & Sign-Up Info!

🎢 **Get Ready for an Epic Adventure!**

This summer, the Cocoa Beach Cross Country team is heading to Orlando & Epic Universe for an unforgettable overnight trip! This will be one of the highlights of our upcoming season. More than just a getaway, trips like this are where the team bonds, goals are set and lifelong memories are made. We hope every XC athlete can join us for this awesome experience!

🗓️ **Trip Dates**

- **Thur, July 17 – Fri, July 18**

💵 **Cost**

- The cost depends on participation in the **Air Show Parking Fundraiser** (7/12 & 7/13):
  - **2 shifts worked**: $50; **1 shift worked**: $100; **0 shifts worked**: $150
  - This contribution helps cover the hotel, travel, Thur dinner, activities, etc. The XC Booster Club and air show parking fundraiser will cover the remaining balance. **All payments are nonrefundable**.
  - Air Show Parking Fundraiser participation sign-up will be available in the upcoming weeks.
- **Epic Universe Ticket** – Purchased separately by the athlete.
  - Epic Universe 1-Day Ticket (1 Park) for Fri, July 18 (~$190)
- **Meals** – Athletes will need to bring money for several meals.
  - Thur Lunch at Disney Springs. Friday Lunch and Dinner at Epic Universe.
- Additional Spending Money is optional.

📋 **Sign-Up & Payment**

- **Sign-Up Google Form** - The **sign-up deadline is Thur, July 10.**
  - *If the trip fills up, priority will go to athletes who complete their form and payment first.*
- **Payment is Due by Tue, July 15** - Cash or checks (payable to “CB Cross Country Booster Club”)

🏨 **Hotel**

- Home2 Suites by Hilton - 2800 Destination Pkwy, Orlando, FL 32819

👥 **Chaperones**

- Cross Country coaching staff

🚌 **Transportation**

- Provided by adult chaperones

✅ **Requirements to Attend**

- **Cross Country Athlete** - All attendees must commit to participating in cross country.
- **Summer Conditioning** - You must attend at least 66% (2 of 3) of the summer practices leading up to the trip. If you are not able to attend practice (out of town), you must communicate with Coach and follow the summer training. It is recommended that you log your training on Strava.
- **Academically & Behaviorally Eligible** - Athletes must be in good standing with the Student Code of Conduct/Student Discipline Code & have an unweighted grade point average of at least 2.0.
- **Coaches Discretion**
- **All attendees are expected to adhere to the Cocoa Beach High School rules and policies.**

- Itinerary
- Packing List

Itinerary 2025

Thu, July 17th	
Morning	**7:00 AM - Arrive at CBHS** Depart for Orlando Run
Afternoon	Lunch & Explore - Disney Springs Team Activity - Bowling at DS Hotel Free Time
Evening	Publix Trip (*Optional*) Dinner (*Pizza or Publix*) Running Education Team Activity
Fri, July 18th	
Morning	Run Breakfast (*Hotel or Publix*) Epic Universe
Afternoon	Epic Universe
Evening	6:00 PM - Depart Epic Universe 8:00 PM - Arrive at CBHS

Packing List

Clothing - *be weather conscious*

- ☐ 2 Running Outfits (wear one of them for travel on the way there)
- ☐ 1 outfit for Disney Springs
- ☐ 1 outfit for Thurs evening
- ☐ 1 outfit for Epic Universe
- ☐ 1 extra outfit
- ☐ 1 pair of pajamas
- ☐ 5 pairs of socks
- ☐ Undergarments
- ☐ Swimsuit

General Items

- ☐ At least 2 pairs of shoes (1 running, 1 for walking around Epic Universe & Disney Springs)
- ☐ Towel for Thur after the run
- ☐ Deodorant
- ☐ Toothbrush & toothpaste
- ☐ Running watch
- ☐ Water bottle
- ☐ Plastic garbage bag for dirty clothes
- ☐ Cell phone & charger
- ☐ Epic Universe ticket
- ☐ Money
- ☐ Personal Items

Optional

- ☐ Sunscreen
- ☐ Snacks
- ☐ Hat
- ☐ Sunglasses
- ☐ Poncho
- ☐ Cooling towel
- ☐ Backpack for Epic Universe
- ☐ Hand sanitizer