



## 2026 Training Trip Information

**Dates:** January 2 - 9, 2026

**Cost:** \$1,260 per athlete

- 1st Payment Due June 15, 2025: \$60 - non-refundable, will reserve your spot.
- 2nd Payment Due Sept. 15, 2025: \$600 - non-refundable, plane ticket purchase
- 3rd Payment Due Nov. 15, 2025: \$600 - refundable if needed

An online payment link will be emailed out for each payment. Checks are accepted and should be made out to CSB Swim & Dive (Training Trip in the subject line). Other payment plans can be accommodated. Email Mandy separately to set up separate plan.

**Swimmers: Location:** College of Saint Benedict campus and San Juan, Puerto Rico.

- Meet on campus on Monday, Dec. 29, 2026 for pre-trip practices.
- Leave on Friday, Jan. 2, 2026 as a team for the airport.
- Practices in Puerto Rico begin on Saturday, January 3, 2026

**Hotel:** [Courtyard Marriott Isla Verde Beach Resort](#)

7012 C. Avenue Boca de Cangrejos, Carolina, 00979, Puerto Rico

Direct Phone: [787-791-0404](tel:787-791-0404)

**Four athletes per room.**

**Airlines: Sun Country Airlines**

<u>Departure Date</u>	<u>Departure City</u>	<u>Flight #</u>	<u>Departure Time</u>	<u>Arrival City</u>	<u>Arrival Time</u>
01/02/2026	Minneapolis/St. Paul (MSP)	SY761	8:48AM	San Juan, Puerto Rico (SJU)	04:13 PM

01/09/2026	San Juan, Puerto Rico (SJU)	SY762	5:08PM	Minneapolis/St. Paul (MSP)	9:12 PM
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**Pool:** TBD (requested Natatorium) twice a day, pool training with dryland workouts

**Food:** Courtyard Marriott provides a free buffet breakfast every morning. Lunch and dinner is on your own. Restaurants and grocery stores are within walking distance. Mini fridge and microwaves are provided in each room.

**Daily Schedule** (subject to change):

DATE	LOCATION	PRACTICE	PRACTICE	LIFT
Mon. Dec. 29	CSB Pool		1 pm - 3 pm	11:30-12:30
Tues. Dec. 30	CSB Pool	8:30 - 10:30am	2:30 - 4:30pm	
Wed. Dec. 31	CSB Pool	8:30 - 10:30am		
Thurs. Jan. 1	CSB Pool	1:30 - 3:30 pm		Dryland
Fri. Jan. 2	Travel Day	Travel Day	Travel Day	
Sat. Jan. 3	Natatorium	6 am - 8 am	2 pm - 4 pm	Dryland
Sun. Jan. 4	Natatorium	6 am - 8 am	2 pm - 4 pm	Dryland
Mon. Jan. 5	Natatorium	6 am - 8 am	2 pm - 4 pm	Dryland
Tues. Jan. 6	Day Off	Day Off	Day Off	Team Activity
Wed. Jan. 7	Natatorium	6 am - 8 am	2 pm - 4 pm	
Thurs. Jan. 8	Natatorium	6 am - 8 am	2 pm - 4 pm	
Fri. Jan. 9	Natatorium	6 am - 8 am	Travel Home	
Sat.-Sun Jan. 10-11		Weekend Off		
Mon. Jan. 12-Fri, Jan.16	CSB Pool	Practice TBD	Practice TBD	Practice TBD
Sat. Jan. 17	CSB/SJU vs Gustavus @ GAC			