

The following e-mail and winter break travel itinerary is shared by Coach Byrne, an assistant coach at Notre Dame University, to a group of High School Coaches.



In our ongoing plan to give you all access to our program (NDLU, Open Practices, Free Coaching Clinics, etc.), check out the attached document. It is the travel itinerary that Coach Corrigan and Coach Dugan, our Director of Lacrosse Operations assembled for our participation in the Champion Challenge at Disney Sports Complex in Orlando.

A few things to notice: no Space Mountain at Disney for our team. We typically build in a lot of free time and sightseeing on our trips but this is a business trip since we have re-match with Duke in less than a month. Check out the number of practices, meetings and the time we will be away from campus. See how much we eat with snacks, sandwiches and Giordano's Chicago Deep Dish when we return to Chicago airport.

What you don't see is that we travel with our strength and conditioning coach, academic advisors, 3 managers, 1 trainer, 2 videographers and additional support staff and technology. You don't see that we typically set aside a few rooms as study rooms for quiet areas for our guys to go to as needed. What you don't see is that whoever is in charge of the DVD Collection on the bus is CRITICAL.

We are sharing this so you can share this with your players who aspire to play lacrosse collegiately. The more you understand the better you can advise your players. The commitment in the classroom, weight room, nutrition, sleep, film, study hall, stretching, scouting and so on is significant. Lots of time and work before we dance under the ESPN lights. Share as you see fit.

Coach Byrne

Following is their travel plan and team schedule....

Orlando Travel Itinerary

Friday, January 28, 2011

- 8:00 Those with meal plans must be at breakfast in North Dining Hall by 8am.
8:45 AM Load Bus
9:15 AM Bus Departs
 Snack bags handed out for **POST** flight/before practice
10:15 AM (EST) Arrive at Chicago Midway Airport
 Lunch at Midway (Potbelly's- after security, Gate B1, **(P)** 773-582-1234,
 (F) 773-582-1001)
12:10 PM (CST) SOUTHWEST AIRLINES FLIGHT 406
 CHICAGO MIDWAY TO ORLANDO, FL
3:45 PM(EST) Arrive Orlando, FL
 Bus departs for Sports Complex (30 min. travel time)
5:00 PM Practice at ESPN Wide World of Sports Complex (Field #18)
 700 S. Victory Way
 Kissimmee, FL 34747
 TEAM LIAISON: April Logan - 410-916-7028
 US Lacrosse Event Contact: Stacie Wentz - 717-515-1577

Bus departs for hotel (15 min. travel time)

- TBD Check into hotel: *Courtyard Orlando Lake Buena Vista at Vista Centre*
 8501 Palm Parkway
 Lake Buena Vista, FL 32836
 Telephone: 407-239-6900
7:30 PM Olive Garden Pasta Dinner at hotel provided by US Lacrosse
TBD Team meeting

Saturday, January 29, 2011

- 7-8:00 AM Breakfast (walk down on your own, complimentary hotel breakfast,
 Everyone will get vouchers; make sure you eat by 8:00 AM)
9:15 AM Bus departs for Sports Complex (15 min travel time)
10:00 AM Practice (Field # 18)
 Put laundry on loop after practice for laundry!
12:30 PM Panera Boxed Lunch delivered by ND Club of Orlando at the hotel

Free Time

- 4:30 PM Practice (Field # 19)
 They have shower facilities on site including soap & towels for us.

Depart for dinner (20 min. travel time)

- 6:45 PM Dinner at Maggiano's Little Italy: 9101 International Dr Ste 2400
 Orlando, FL 32819
 Phone: 407-241-8650
 Banquet Phone: 407-241-8655

Sunday, January 30, 2011

10:00 AM Breakfast (Pre-game Meal) / Team meeting
TBD Bus departs for Disney Wide World of Sports Complex
1:30 PM NOTRE DAME VS. USA NATIONAL TEAM
3:30 PM Post-game Meal supplied by US Lacrosse
TBD Depart for Orlando Airport
7:05 PM (EST) SOUTHWEST AIRLINES FLIGHT 210
ORLANDO, FL TO CHICAGO MIDWAY
8:55 PM (CST) Arrive at Chicago Midway

Load Bus for South Bend

Pick-up Giordano's Pizza: 6314 S. CICERO
CHICAGO, IL 60638
Phone: 773-585-6100
Fax: 773-585-6700

11:55 PM (EST) Arrive at Arlotta Stadium, Notre Dame

