

# FLORIDA SPRING TRAINING CAMP

## MARCH 2020



**Organized by:** *St. Thomas Legion TFC*

**Departure:** Friday, March 13<sup>th</sup> - 4:00 pm \*London (401 and Wellington Rd. at McDonalds)

**Arrival Home:** Sunday, March 22<sup>nd</sup>, approximately 1:00pm – \*London  
\*additional pick up and drop off locations may be added based on registered Participants, and at the discretion of the organizers

**Training:** Morning practices every day, afternoon practices every other day

**Training Facility:** National Training Center  
Clermont, FL  
[www.usantc.com](http://www.usantc.com)

**Accommodations:** Contempo Florida Vacation Homes  
[www.contempovacationhomes.com](http://www.contempovacationhomes.com)

**Transportation:** Ayr Coach Lines, 56 passenger coach  
non-stop travel through the night



**Side Trips:** Theme Parks, Shopping (Orlando Premium Outlets)  
Trip to the beach (tentative).

**Cost:** \$900.00 (**postdated cheques:** \$450.00 – January 17<sup>th</sup>, \$450.00 – February 14<sup>th</sup>)  
\*both cheques must accompany registration form  
(Spots available on a first come-first serve basis)

**Fee includes:** Transportation, accommodation, training fees & facility rental, coaching  
(not included – meals/groceries, side trips/social activities)

**Contact:** To register or for more information contact  
Harry or Sylvia Stantsos at:  
519-649-4329, [hstantsos@sympatico.ca](mailto:hstantsos@sympatico.ca)  
or visit our website at [www.stl-trackandfield.ca](http://www.stl-trackandfield.ca)



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