



April 18, 2011

Dear student:

I would like to thank you for your commitment to the Spring Training trip to Langley, British Columbia. In preparing for your trip please utilize the following checklist as a packing and organizational guide.

**Bus to Langley** - I would like to have everyone meet at 7:30am for loading of the bus. Please be advised that the bus will leave St. Francis Xavier High School at 8:00am. You will be transported to the Sandman Hotel in Langley. Contact information for the hotel is as follows: (604) 888-7263 and in the event that you can not get in contact with anyone please call Mark at (780) 267-4755.

**Medical Insurance** – The students are covered by the Catholic School Board insurance. If you do have additional insurance then please send a photocopy and give it to Mark prior to leaving Edmonton.

**Bring Health Insurance Cards**, eye prescriptions and medicines to get you through 5 days.

**Bank Cards**, It is my suggestion that you travel with around \$100 CDN currency and a Bank Card with you that has a PLUS and/or CIRRUS Logo on the back so you can access money from an ATM machine.

**Equipment** - You will be required to bring all St. Francis Xavier Merchandise including uniform top issued in the fall, grey pants, shorts, dry fit t- shirts, both jackets, baseball bag and baseball cap. Be sure to bring Glove, Spikes, Personal Bats, Personal Helmets, Catchers Gear if you have gear and Running Shoes as well as the following that were not supplied to everyone going on the trip.

1. Baseball Gear including 2 Uniforms and pants (Grey and potentially white)
2. Batting Helmet, Batting Gloves & Catchers Equipment

**Clothing Checklist**

1. Baseball attire as mentioned above
2. No tank tops outside the hotel
3. Walking shorts and gym shorts
4. Sneakers and walking shoes
5. Leave torn or ragged jeans at home - well conditioned
6. Toiletries and shower shoes
7. No T-Shirts with profanity

**You're Costs** – You will need some pocket money for dinner's, entertainment, souvenirs and any additional snacks or items not covered in the cost of the trip. **Breakfast and Lunches** will be taken care of by the Academy.

1. The hotel phones will not be turned on for out - going calls unless a credit card deposit is left at the front desk.
2. You will also be responsible for any other incidental costs at the hotel room.

**ST. FX. Contacts**

**Mark Randall**  
Phone: 780-267-4755

**Team Hotel**

**Sandman Hotel Langley**  
8855 202<sup>nd</sup> Street  
Langley, British Columbia V1M 2N9  
Phone: 604-888-7263 / Fax: 604-888-7271  
Hotel Contact: **Tamaira**

Please feel free to contact me at the office should you have any further questions or concerns. I look forward to the trip to Langley.

Thanks,

**Mark Randall**

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