

# USA Wrestling Ohio Freestyle International Wrestling Tour 2016



## USA / RUSSIA OFFICIAL TRIP ITINERARY

**Some notes and reminders for the following pages:**

We will be walking A LOT. Wear comfortable shoes everyday. Wear comfortable clothes in layers, as weather in Russia can change suddenly.

Always safeguard your passport and drivers license. **DO NOT LOSE EITHER. GUARD THESE WITH YOUR LIFE.** Keep a photocopy of your passport in your room in the off-chance you lose it and will have to travel to the consulate in Moscow to be able to leave the country. We **REALLY** don't want you to have to do that. Always carry the same bag with you through the whole trip and always put your passport in the same part of the bag every time you use it. And constantly ask yourself, "Where is my bag?"

Always carry toilet paper or tissues in case you find your self in need to use the restroom and no toilet paper is available.

Pay attention to directions. You don't want to find yourself lost somewhere only knowing how to say hello. It wont get you very far.

Keep an eye out for each other. If traveling in a group, don't stray far as you are liable to get lost. If you do get lost and can't find the group, there isn't much you can do but to enjoy Russia alone, find the appropriate train stations, and get back to the hotel. If you do get lost, don't panic. Russia is not a dangerous country, and the Russians are typically more than willing to help you out.

We discourage you from drinking excessive amounts of alcohol on this trip, we have little control over what you do when we have no plans at night. Remember that you will enjoy this experience a lot less with a hangover. Also realize that alcohol impairs judgment, and in a country in which you A. don't know the language, B. can't read the language C. don't know the layout, and D. don't know anyone, you need all your cognitive resources available to negotiate the challenges of finding your way around.

You are representatives of USA Wrestling and the United States America. Do nothing to offend anyone on this trip that would reflect poorly on us as ambassadors of our country or USA Wrestling. You are a guest in their country. Treat the entire country as you would the house of a respected friend, and not a frathouse friend, a respectable house friend.

There will be many points during this trip in which you will be frustrated by something – you can't figure out how to use the subway, you don't know where to find a money exchange, etc. That's the nature of travel. Enjoy it! It is supposed to be frustrating! Look at these points of frustrations as opportunities to ask a Russian person for help. You will find that most Russians will go out of their way to aid and assist you.

This trip can be a life-changing experience that you will remember fondly for the rest of your lives. Let's do everything in our power to accomplish this goal!!!

## **Sunday June 5<sup>th</sup> - Travel Day**

- ~ 2:00 PM - Meet at Sergei's House  
6061 Sunlawn Dr. Westerville Ohio 43081  
740 972-8212
- ~ 6:00 Wrestling Practice Marion Harding HS

## **DAY 1 & 2 – MONDAY JUNE 6 & TUESDAY JUNE 7 COLUMBUS→NEW YORK→MOSCOW Looong Flight**

### **JUNE 6 (MON)**

- ~ 8:00 AM Depart For CMH Airport
- ~ 9:00 Arrive at Columbus International Airport (CMH)
- ~ 11:10 DEPART COLUMBUS #DL5394.
- ~ 12:57 ARRIVE NEW YORK (JFK)  
We will change airports and once we arrive at JFK we will have a long lay over do not stray far from International Terminal where our flight to Russia will depart! Make sure someone knows where you are at all times – you don't want to be left behind.
- ~ 7:10 DEPART FOR MOSCOW #DL417

### **JUNE 7 (TUE)**

- ~ 12 NOON ARRIVE MOSCOW
- 2: 00 LUNCH (Downtown Moscow)
- 4:30 MEET WRESTLERS FROM OREGON
- 5:00 CHECK INTO MOSCOW HOLIDAY APARTMENTS
- 6:30 DINNER (Downtown Moscow)
- 8:00 RELAX

## **DAY 3 - JUNE 8 (WED). MOSCOW→MINSK**

- ~ 9:30 BREAKFAST
- ~ 11:00 WRESTLING PRACTICE
- ~ 12:30 LUNCH
- ~ 2:00 ACTIVITY (Tour of the Red Square/ Downtown Moscow)
- ~ 5:30 DINNER
- ~ 8:00 TAKE TRAIN TO MINSK

**DAY 4 - JUNE 9 (THUR).**  
**Minsk, Belarus**

- ~ 8:00 CHECK INTO OLYMPIC SPORTS COMPLEX  
(Stayki Olympic Village, Minsk 223065, Belarus +375 291 370 975)
- ~ 9:00 BREAKFAST
- ~ 10:30 WRESTLING PRACTICE
- ~ 12:00 LUNCH
- ~ 2:00 RELAX
- ~ 4:30 WRESTLING PRACTICE
- ~ 7:00 DINNER
- ~ 8:30 MINSK NIGHT LIGHTS

**DAY 5 - JUNE 10 (FRI).**  
**MINSK, BELARUS**

- ~ 9:00 BREAKFAST
- ~ 10:30 LIGHT WRESTLING PRACTICE
- ~ 12:00 LUNCH
- ~ 2:00 RELAX
- ~ 4:30 DUAL MEET WITH MINSK
- ~ 7:00 HALL OF FAME TOUR (Medved Club)

**DAY 6 - JUNE 11 (SAT).**  
**MINSK, BELARUS**

- ~ 9:00 BREAKFAST
- ~ 10:00 WRESTLING PRACTICE
- ~ 11:00 SAUNA
- ~ 12:00 LUNCH
- ~ 2:00 ACTIVITY (Victory Square/Library/Cathedral)
- ~ 5:30 DINNER
- ~ 7:00 RELAX

**DAY 7 - JUNE 12 (Sun).  
MINSK→SMOLENSK**

- ~ 9:30 BREAKFAST
- ~ 11:00 LIGHT WRESTLING PRACTICE
- ~ 12:00 LUNCH
- ~ 2:00 RELAX
- ~ 4:00 DUAL MEET WITH BELARUS
- ~ 6:30 DINNER
- ~ 9:00 TAKE TRAIN TO SMOLENSK
- ~ 11:45 ARRIVE AT SPORT HOTEL  
Smolensk State Academy of Physical Culture, Sport and Tourism  
214018, Smolensk , pr . Gagarina , 23 (4812) 62-89-59, 62-89-32

**DAY 8 - JUNE 13 (MON).  
SMOLENSK , RUSSIA**

- ~ 9:30 BREAKFAST
- ~ 11:00 WRESTLING PRACTICE
- ~ 12:00 LUNCH
- ~ 2:00 ACTIVITY (Kremlin Walls)
- ~ 4:30 WRESTLING PRACTICE
- ~ 6:30 DINNER
- ~ 8:00 ACTIVITY (Eternal Flame)

**DAY 9 - JUNE 14 (TUE).  
SMOLENSK, RUSSIA**

- ~ 9:00 BREAKFAST
- ~11:00 WRESTLING PRACTICE
- ~ 1:00 LUNCH
- ~ 2:00 ACTIVITY (Assumption Cathedral)
- ~ 5:30 WRESTLING PRACTICE
- ~ 7:00 DINNER
- ~ 8:00 ACTIVITY (City Center)

**DAY 10 - JUNE 15 (WED).  
SMOLENSK, RUSSIA**

- ~ 9:00 BREAKFAST
- ~ 11:00 LIGHT WRESTLING PRACTICE
- ~ 1:00 – LUNCH
- ~ 2:00 ACTIVITY (Gromov Tower)
- ~ 4:00 DUAL MEET
- ~ 6:00 SUANA
- ~ 7:30 SHISH KABOB DINNER
- ~ 10:00 RELAX

**DAY 11 - JUNE 16 (THUR).  
SMOLENSK, RUSSIA**

- ~ 9:00 BREAKFAST
- ~ 11:00 WRESTLING PRACTICE
- ~ 1:00 LUNCH
- ~ 2:00 ACTIVITY (Russian Hero City Tour)
- ~ 4:30 WRESTLING PRACTICE
- ~ 7:00 DINNER
- ~ 8:00 RELAX

**DAY 12 - JUNE 17 (FRI).  
SMOLENSK→ORSHA→ALEXANDRIA→ST. PETERSBURG**

- ~ 9:00 BREAKFAST
- ~ 10:30 LIGHT WRESTLING PRACTICE
- ~ 12:00 TAKE TRAIN TO ORSHA, BELARUS
- ~ 1:00 LUNCH
- ~ 2:00 DRIVE TO ALEXANDRIA
- ~ 4:00 WRESTLING DUAL WITH ALEXANDRIA
- ~ 7:00 DINNER
- ~ 8:00 TAKE TRAIN TO ST. PETERSBURG, RUSSIA

**DAY 13 - JUNE 18 (SAT).  
ST. PETERSBURG, RUSSIA**

- ~ **9:00 ARRIVE**
- ~ **10:00 BREAKFAST**
- ~ **11:00 ACTIVITY (Peter Goff)**
- ~ **1:00 – LUNCH**
- ~ **2:00 ACTIVITY (Tour of Downtown)**
- ~ **5:30 DINNER**
- ~ **7:00 ACTIVITY (Nevsky Prospekt)**

**DAY 14 - JUNE 19 (SUN).  
ST. PETERSBURG→MOSCOW**

- ~ **9:00 BREAKFAST**
- ~ **11:00 ACTIVITY (Mariinsky Palace)**
- ~ **1:00 – LUNCH**
- ~ **2:00 ACTIVITY (Summer Palace of Peter the Great)**
- ~ **5:30 DINNER**
- ~ **7:00 ACTIVITY (Peter and Paul Fortress)**
- ~ **8:00 TAKE TRAIN TO MOSCOW**

**DAY 15 - JUNE 20 (MON).  
MOSCOW → NEW YORK → COLUMBUS**

- ~ **8:00 AM: ARRIVE MOSCOW/BREAKFAST**
- ~ **10:00 AM TRAVEL TO SHEREMETYEVO (SVO) AIRPORT**
- ~ **1:45 DEPART FOR U.S. DELTA AIRLINES #DL 217**
- ~ **4:50 – ARRIVE IN U.S. LA GUARDIA (LGA) AIRPORT**
- ~ **8:45 – DEPART FOR COLUMBUS #DL3305**
- ~ **10:46 – ARRIVE AT COLUMBUS (CMH) AIRPORT**