

Time	Session 1	Session 2	Session 3	Duration
8:30 AM	Registration & Check In			30 minutes
9:00 AM	Event Opening/Welcome			15 minutes
9:15 AM	Head to Break Out Sessions			5 minutes
9:20 AM	Kolby Cordingley Room 309	Ben Scott Periodization in your training plan: The What, Why and How Room 302	Taylor Elizondo Using MyJumpLab to Coach with Data - Simple Metrics for Informed Coaching Decisions Room 227	40 minutes
10:00 AM	Head to Break Out Sessions			5 minutes
	Dr. Janette Olsen Coaching to Facilitate Positive Body Image Room 309	Dr. Elaine Foster <i>Building Character in Sports: Role Models, Environment, and Education</i> Room 302	Dr. Michael Meyers Optimizing Player Safety: Fields, Cleats, and Sports Drinks Room 204	40 minutes
10:45 AM	Tour of Labs and Testing Equipment			30 minutes

11:15 AM	Dr. Karen Appleby Building a Mental Toolbox to Support High School Athletes Room 309	Shad Robinson <i>From the Weight Room to the Field: Practical Strength & Conditioning for High School Coaches</i> Room 302	Dr. Sean Dahlin Coach as a Leader Room 204	40 minutes
11:55 AM	Head to Break Out Sessions			5 minutes
	Dr. Karla Judge Room 309	Natalie Christensen Performance Nutrition Pillars Room 302	Jay Wadley Preparing for the Next Level: Lessons from a Two-Sport Collegiate Athlete Room 204	40 minutes
12:40 PM	Event Closing/Feedback			20 minutes
1:00 PM	See you next year!			