

	FRIDAY	SATURDAY	SUNDAY
Time			
8:00 AM			
8:30 AM			
9:00 AM		Arrival and Check-in	
9:30 AM			
10:00 AM		Team Competitions (@ field)	
10:30 AM			
11:00 AM			
11:30 AM		Team Chants	
12:00 PM		Lunch (12-12:45p - Chick-fil-a Sandwiches)	
12:40 PM			
1:00 PM		Session 2	
1:30 PM			
2:00 PM			Arrival and Check-in
2:30 PM		Small Groups	Team Competitions (@ field)
3:00 PM			
3:30 PM		Free Time (3:30-5p)	
4:00 PM	Registration (3:45 - NSCA Students)		Free Time (4-5p)
4:30 PM			
5:00 PM	Dinner (5-5:45p- Turkey Sandwiches & chips)	Dinner (5-5:45p- Sonic Burgers)	Dinner (5-5:45p- Papa John's Pizza)
5:30 PM			
6:00 PM	Session 1 (5:45-8:30p)	Session 3 (5:45-8:30p)	Session 4 (5:45-8:30p)
6:30 PM			
7:00 PM			
7:30 PM			
8:00 PM			
8:30 PM	Dismissal/Pick-up	Dismissal/Pick-up	Dismissal/Pick-up
9:00 PM			