



### 3-DAY SAMPLE ITINERARY

#### **MONDAY**

12:00 – 1:30 PM	Travel to CSOPTC
1:30 – 2:45 PM	Check-in/ Lunch/ Settle into rooms
3:00 PM – 3:30 PM	<b>Official Welcome</b> – Project Overview
3:30 – 5:00 PM	<b>Behind the Scenes VIP Tour of the CSOPTC</b>
5:00 – 6:00 PM	<b>Sport Experience</b> – Sports Center I
6:00 – 7:00 PM	Dinner
7:00 – 10:00 PM	Group work

#### **TUESDAY**

7:30 – 8:15 AM	Breakfast
8:30 – 9:15 AM	<b>Educational Session</b>
9:30 – 10:15 AM	Educational <b>Session</b>
10:30 – 11:15 AM	<b>Educational Session</b>
11:30 – 12:15 PM	<b>Educational Session</b>
12:15 – 1:15 PM	Lunch
1:30 – 2:15 PM	<b>Educational Session</b>
2:30 – 3:15 PM	<b>Educational Session</b>
3:30 PM	Depart for downtown
3:45 – 5:15 PM	<b>Educational Session</b>
5:30 PM	Depart for CSOPTC
5:30 – 10:00 PM	Dinner and Group work

#### **WEDNESDAY**

7:30 – 8:15 AM	Breakfast
8:30 – 10:30 AM	<b>Presentations</b>
10:45 – 11:30 AM	<b>Educational Session</b>
11:45 – 12:30 PM	<b>Educational Session</b>

12:30 – 1:15 PM	<b>Lunch</b>
1:30 – 2:15 PM	<b>Educational Session</b>
2:30 – 3:15 PM	<b>Educational Session</b>
3:30 – 4:15 PM	<b>Educational Session</b>
4:30 – 5:00 PM	<b>Debrief</b>
5:00 – 5:30 PM	Lounge and Relax
5:30 PM	Depart for hotel