

Start Time	End Time	Event	Speaker
August 12th Monday: Habits and Best practices			
	8:00	8:45 Continental Breakfast	
	8:45	9:15 Welcome+ Daily theme intro	Teiken Family/Joel
	9:15	10:15 Equipment Handout	MussleMan
	10:15	11:00 Meet the Team- Speed Dating (greeting)	Joel/Coaching Staff
	11:00	12:00 Lunch	
	12:30	1:00 Social Media Safety	Jamal Omar
	1:00	2:30 Football Practice	Coaching Staff
Tuesday 13th: Lifestyle Choices and healthy living			
	8:30	9:00 Continental Breakfast + Theme intro	
	9:00	10:00 Fundraising	
	10:00	11:00 Basics of Banking	Bell Bank
	11:00	12:00 Lunch	
	12:00	12:30 Making good decisions	Michael Bloom
	12:30	1:00 School Work+ Eligibility	MHS Counselor- Merrit
	1:00	2:30 Football Practice	Coaching Staff
Wednesday 14th: Personal Organization and accountability			
	8:30	9:00 Continental Breakfast + Theme intro	
	9:00	9:30 Mental Health	Larissa Marsh
	9:30	10:00 Hold/ finish speech	
	10:00	11:00 Life Hacks	SH Team
	11:00	12:00 Lunch	
	12:00	1:00 Lift	Mussleman
	1:00	2:30 Football Practice	Coaching Staff
Thursday 15th: Life skills amd planning			
	8:00	8:30 Continental Breakfast + Theme intro	
	8:30	9:00 Nutrition	Erin Walters
	9:00	10:00 Weight Training	MussleMan
	10:00	11:00 Hunter Pinke	
	Message:	No bad Days	
	11:00	12:00 Lunch	
	12:00	12:30 Agile Life planning	Lucas Paper
	1:00	2:30 Football Practice	Coaching Staff

Friday 16th: Characteristics of Successful Teams

8:00	8:30 Continental Breakfast + Theme intro	
8:30	Mock Interviews	Nathan Aamodt
	10:00	
10:00	10:30 Recap of the week- what you did!	
10:30	11:00 Importance of Mentorship	Upperclassmen/Unity counsel
11:00	12:00 Lunch	
12:00	1:00 Lifting	Mussleman
1:00	2:30 Football Practice	Coaching Staff

Themes:

Habits and Best practices

Lifestyle choices and healthy living

Personal Organization and accountability

Life skills and planning

Characteristics of Successful teams

Green = Confirmed

Blue= Need contact info

Yellow = waiting responses

Life Hacks Stations:

Tie a Tie

Tie a bowline

Check your oil

Check air pressure

Use Ratchet Strap

Polo Sizes Ordered

Mens:

(8) 2XL

(8) XL

(10) L

(8) M

(5) S

((5) - Female M

(5) - Female L