

Teiken Academy Schedule

Monday, Aug. 17

Time	Session
8:00–8:30	Continental Breakfast
8:30–9:00	Welcome & Daily Theme Introduction
9:00–9:50	Leadership
9:50–10:20	Pre & Post Fueling
10:20–11:20	Weight Training
11:20–11:50	Lunch
11:50–12:30	Equipment Handout
12:30–1:00	Leadership
1:00–2:30	Football Practice

Tuesday, Aug. 18

Time	Session
8:30–9:00	Continental Breakfast & Theme Introduction
9:10–9:40	Money 101
9:45–10:45	Media Day
9:45–10:45	Mock Interviews
10:45–11:45	Weight Training
11:45–12:15	Lunch
12:15–1:00	Public Speaking & Intro to Fundraising
1:00–2:30	Football Practice

Wednesday, Aug. 19

Time	Session
8:30–9:00	Continental Breakfast & Theme Introduction
9:00–9:30	Confidence
9:30–10:00	Car Information Stations
10:00–11:00	Fundraising
11:00–12:00	Weight Training
12:00–12:30	Lunch
12:30–1:00	Making Good Decisions
1:00–2:30	Football Practice

Thursday, Aug. 20

Time	Session
8:30–9:00	Continental Breakfast & Theme Introduction
9:00–10:00	Hard Work
10:00–11:30	GellyBall
11:30–12:00	Lunch
12:00–1:00	Teamwork
1:00–2:30	Football Practice

Friday, Aug. 21

Time	Session
8:30–9:00	Continental Breakfast & Theme Introduction
9:00–10:30	Teiken Academy Olympics
10:30–10:40	Gear Handout
10:40–11:20	Panel Discussion
11:20–12:20	Lunch
12:20–12:45	Football Trivia – Teams
12:45–1:00	Week in Review
1:00–2:30	Football Practice