

Day #1	Youth Participants			Ages 10-18
6:00-7:30am	Vendor Setup- Security Walk Through: Team Huddle			
7:45- 10:00	Check-In for First Aid CPR AED Training Session #1 (For Providers)			
10:15-11:45	Guest Arrival/Registration: Pre-Conference Networking Vendor rotations- Light Lunch			
11:55-12 noon	Prep for Opening Remarks Conference Kickoff			
12:15- 12:45pm	Opening Remarks			
1:00 pm	Break Out Sessions (Youth and families split from Providers to flow through conference learning sessions; not to exceed 30 minutes: Light Refreshments Offered)			
2:00-2:30	Choosing A Sport	Sportsmanship	Developing a Scholar Athlete	
2:00-2:30	Group A (youth/Family)	Group B (youth/Family)	Group C (Providers)	
2:30-3:00	Group B (youth/Family)	(Group A (youth/Family)		
3:15 pm	Break- Light Lunch Provided			
3:45-4:30pm	Vendor Highlight, Youth Spotlight, Culminating Conference Message, Call to Action (Youth and Providers to sign Legacies United Youth Sports Pledge)			
4:45-7pm	YOUTH PARTICIPANTS ARE SPLIT INTO TEAMS TO PREPARE FOR FRIENDLY COMPETITION (WAIVER VERIFICATION FOR BIG AIR TRAMPOLINE PARK)			
4:45-7pm	• PULL UP STATIONS	*PUSH-UP STATIONS	*SHUTTLE RUNS	
4:45-7pm	• ROCK CLIMBING WALL	*ROPES/OBSTACLE COURSE	*BATTLE BEAM AND MORE	
7:30pm	WRAP FOR 2023 YOUTH SPORTS CONFERENCE			