

# 2019 Camp Elevate Schedule

## Tuesday, May 28, 2019 -- Gather!

12:00 – 5:00 pm

**Registration and Dorm Check- In**  
**12:30pm Shuttle leaves Denver airport for UCCS**



3:00 – 5:00

**Pre-Camp Workshops for Head and Assistant Coaches (Cucharas 105 and 103)**

5:30 – 6:00

**Group Gathering, Networking and Meet Your Wolfpack! (Cucharas 105)**

6:00 – 7:30

**Dinner Campus Dining (Roaring Fork) "Jeffersonian Dinner"**



7:30 – 9:00 pm

**Opening Keynote -- Camp Kick Off with Celia Slater (Kettle Creek)**

## Wednesday, May 29, 2019 -- Day of WOW!

6:00 am – 7:00 am

**Vitality Bucket:** Exercise, meditation with Holly or sleep in!

7:00 – 8:00

**Breakfast (Roaring Fork)**

8:15

**Welcome! (Celia) (Cucharas 105)**

8:30 – 10:00

**The Coach's Toolkit – Celia, Tree, Becky, Holly**

10:00 – 10:15

**Break**

10:15 – 12:00

**Chad Hymas one of the 10 Most Inspirational Speakers in the World!**



12:00 – 1:00

**Lunch (Roaring Fork)**

1:00 – 1:45

**Chad Hymas: Part 2 and Book Signing**



1:45 – 3:15

**Nevin Caple on Diversity & Team Culture**

3:15 – 3:30

**Break**

3:30 – 4:45

**Dr. Tiffany Jones: Training & Developing Emotional Control**

5:00 – 6:00

**Becky Burleigh: Dare to Lead Intro**

6:00 – 7:30

**TrueFood Dinner: An Introduction to Fueling Athletes the Ethical Way**



7:30 – 9:00

**Cassia Cogger and DJ Burleigh - "Late Night Art" (Kettle Creek)**

## Thursday, May 30, 2019 -- Dare to Lead Training Day!

6:00 am – 7:00 am

**Vitality Bucket:** Exercise, meditation with Holly or sleep in!

7:00 – 7:45

**Breakfast (Roaring Fork)**

7:45

**All Aboard the Bus!**

8:00 – 10:00

**Hike in the Garden of the Gods with Ret USAF Major General Barbara Faulkenberry**

10:30 – 12:30

**Becky Burleigh, Dare to Lead part 1 (Kettle Creek)**

12:30 – 2:00

**Lunch (Roaring Fork)**

2:00 – 5:30

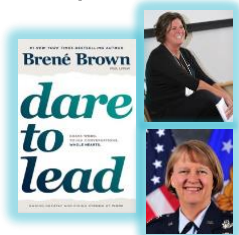
**Becky Burleigh: Dare to Lead part 2 (Kettle Creek)**

5:30 – 6:00

**Prep for Evening Coaching Idea Sharing**

6:00 – 7:00

**Dinner (Roaring Fork)**



7:00 – 8:30

**Theresa Beeckman & Holly Hesse: Coaching Idea Sharing Lab & Reception (Kettle Creek)**



Friday, May 31, 2019 – Coming Full Circle!

6:00 – 7:00	<b>Vitality Bucket:</b> Exercise, meditation with Holly or sleep in!
7:00 – 8:00	<b>Breakfast</b> (Roaring Fork)
8:15 – 9:45	<b>Brett Ledbetter – Author of What Drives Winning</b>
9:45 – 10:00	Break
10:00 – 11:00	<b>Wolfpack Reflection Circles</b>
11:00 – 12:30	<b>Closing Circle</b> (Celia & Staff) (Kettle Creek)
12:30– 1:30	Lunch (Roaring Fork) Depart for Home!
1:00 pm	<b>Shuttle Leaves for Denver Airport</b>

