



L.I.F.T. TIMELINE

THURSDAY, APRIL 4TH, 2024

Note: exact order and time of events are subject to change

TIME:	ACTIVITY:
8:00 A.M.	Students arrive at UAPC
8:30 - 9:15 A.M.	Strive Leadership Workshop
9:15 - 9:55 A.M.	Guest Speaker, John Harbaugh Head Coach, Baltimore Ravens
10:05 - 10:55 A.M.	Ravens Staff Member Panel
11:00 - 11:40 A.M.	Workout: Led by Kaelyn Buskey Assistant S&C Coach, Baltimore Ravens
11:45 AM - 12:30 P.M.	Lunch
12:35 - 1:15 P.M.	Guest Speaker, Sarah Snyder Director of Nutrition, Baltimore Ravens
1:15 - 2:00 P.M.	Guest Speaker, Marissa Coleman NCAA National Champion, WNBA All-Star
2:05 - 3:00 P.M.	Group Photo & Team Building Activity