



# STUDENT AMBASSADOR NATIONAL SUMMIT

Friday  
4.24.09

## THE SUMMIT BEGINS

We hope that you had a great first night in New York City! Today is the first full day of the 2009 *Fuel Up to Play* Student Ambassador Summit. It's time to get started, and we have a lot of great things in store for you throughout the course of the day.

After a brief welcome in the morning, you'll begin working on your first Challenge by designing your very own *Fuel Up to Play* obstacle course. Your team will have a variety of materials to use as you build your obstacle course, which should include three stations covering the four Food Groups to Encourage, Play 60, and general nutrition and fitness.

Once you've had a chance to work on your obstacle course, then we'll go on a brisk walk to Central Park. (Make sure to meet with the group at the loading dock around the corner from the hotel!) If the two-mile walk to Central Park isn't enough exercise for you, don't worry. Once there, you'll spend the next hour and a half participating in an NFL Youth Clinic. After the clinic, we'll stay in the park for a picnic lunch before walking back to the hotel.



The day will continue for half of the attendees as they move into research sessions. The research sessions are a great opportunity to share your opinions on *Fuel Up to Play*, and your input will help shape the *Fuel Up to Play* initiative in the future. The other half of the attendees will either continue work on their obstacle courses or tackle the second challenge of the weekend. Are you ready for your 60 seconds of fame? We hope so—in Challenge two, you'll be creating your own video commercial for *Fuel Up to Play*!

The fun will continue with the ultimate snack break, where celebrity Chef Jon Ashton will show you some simple, healthy recipes that you can bring home and share with your friends. You'll have a slight break after Chef Jon's session, and then you'll climb aboard a bus, where you'll get to see New York City's sights and nightlife from the top deck. Dinner will be served at John's Pizzeria. And then, to top off today's events, the night will close with an optional trip to the Empire State Building!

We hope you have fun today, and make sure to get some sleep, because Saturday is filled with even more great events!

## HAVE FUN TODAY!

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# SCHEDULE OF EVENTS



Friday, April 24, 2009	Time	Location
Wake Up & Breakfast***	7:15 a.m.	Hudson Room III
Opening Remarks & Welcome	8:00 a.m.	Hudson Room (6 <sup>th</sup> floor on-site)
Challenge #1: Obstacle Course	8:30 a.m.	Hudson Room (6 <sup>th</sup> floor on-site)
Snack Break (Walking)	10:00 a.m.	Central Park (off-site)
NFL Youth Clinic	10:00 a.m.	Central Park (off-site)
Picnic Lunch	Noon	Central Park (off-site)
Research Sessions	2:00 p.m.	Times Square Room (6 <sup>th</sup> floor on-site)
Challenge #2: 60 Seconds of Fame*	2:00 p.m.	Hudson Room (6 <sup>th</sup> floor on-site)
Nutrition Activity	4:00 p.m.	Hudson Room III
Dinner & City Bus Tour	6:15 p.m.	New York City
Optional: Empire State Building	9:30 p.m.	Note: This is an optional excursion – advisor and student must agree to attend together
In Room / Lights Out**	10:00 p.m. / 11:00 p.m.	Hotel
Saturday, April 25, 2009	Time	Location
Wake Up & Breakfast***	7:15 a.m.	Hudson Room III
Behind the Scenes Nutrition & Fitness	8:00 a.m.	Hudson Room (6 <sup>th</sup> floor on-site)
Fitness Activity	9:00 a.m.	Time Square Room (6 <sup>th</sup> floor)
Snack Break w/ NFL Player	10:00 a.m.	Hudson Room (6 <sup>th</sup> floor on-site)
Challenge #3: Capture Cube	11:00 a.m.	Hudson Room (6 <sup>th</sup> floor on-site)
Advisor Free Time	11:00 a.m.- noon	New York City
Lunch	Noon	Hudson Room III
Research Sessions	1:00 p.m.	Times Square Room (6 <sup>th</sup> floor on-site)
Challenge #2: 60 Seconds of Fame*	1:00 p.m.	Hudson Room (6 <sup>th</sup> floor on-site)
NFL Draft Time	3:00 p.m.	Radio City Music Hall (off-site) Ambassadors and <i>Fuel Up to Play</i> chaperones only
Advisor Free Time	3:00 p.m.-6:00 p.m.	New York City
Pre Banquet: Social/Mingle Time/Obstacles	7:00 p.m.	Off Broadway Room
Dinner/Banquet/Key Speaker	7:30 p.m.	Off Broadway Room
In Room / Lights Out**	10:00 p.m. / 11:00 p.m.	Hotel
Sunday, April 26, 2009	Time	Location
Wake Up & Breakfast***	7:30 a.m.-8:30 a.m.	6 <sup>th</sup> floor on-site
Fuel Up to Play Forward	8:30 a.m.-9:30 a.m.	Hudson Room (6 <sup>th</sup> floor on-site)
Hotel Check Out	9:30 a.m.-11 a.m.	Hotel
Ground Transfers to Airport	9:30 a.m.- 2 p.m.	Hotel - Airport

Let your family and friends see the Summit by inviting them to visit [www.2009StudentAmbassador.org](http://www.2009StudentAmbassador.org)!



**FUEL UP**  
NATIONAL DAIRY COUNCIL



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