



STUDENT AMBASSADOR NATIONAL SUMMIT

Thursday
4.23.09

WELCOME TO THE 2009 SUMMIT

Welcome to New York City and the 1st annual Fuel Up to Play Student Ambassador Summit! You're part of an exciting pilot program, and this event is sure to be a great kickoff to the Fuel Up to Play initiative. Events are planned to take place in Times Square, Central Park, and Radio City Music Hall. Over the next few days, you'll also tackle 3 Challenges on nutrition and fitness concepts, meet other

Student Ambassadors from across the nation, help shape the future of Fuel Up to Play, and much more!

There will be 20 Student Ambassadors and 20 Program Advisors in attendance, and there are also special guests scheduled to offer some amazing presentations. The next few days are jam-packed with fun events, and we hope you



have a great time while you're here at the Summit. Once again, welcome to the Fuel Up to Play Student Ambassador Summit.

REGISTRATION CHECKLIST

Notes for the Weekend:

- You will receive expense reports for your stay. Please maintain records to receive reimbursement.
- You will receive goodie bags tomorrow morning, along with photo ID badges. Please wear these badges at all Summit functions.
- You will receive wristbands at registration to identify yourself as Student Ambassadors and Program Advisors. Please keep these wristbands on for the duration of the event, so you can be recognized by security.
- Lights-Out will be at 11:00 PM every evening. You must be in your room an hour before Lights-Out (10:00 PM).
- For all events in which we will leave the DoubleTree Hotel, we will meet by the loading dock outside of the hotel. To get to the loading dock, exit the hotel on the ground floor and turn right. Make a right around the corner. The loading dock is located about 200 feet down on the right. Stand in front of the large garage door.
- The general phone number for the event is (865) 388-7852.

At Check-In:

- Receive roommate information
- Thursday dinner (\$25 to explore Times Square)
- Schedule of Events (additional copy on back page)
- Give cellular phone information (for security reasons)
- Hand in research homework
- Allergies/health issues?

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SCHEDULE OF EVENTS



Thursday, April 23, 2009	Time	Location
Arrival & Registration	3 - 8 p.m.	6 th floor outside the Hudson Room
In Room / Lights Out**	10:00 p.m. / 11:00 p.m.	Hotel
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 th floor on-site)
Challenge #1: Obstacle Course	8:30 a.m.	Hudson Room (6 th 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 th floor on-site)
Challenge #2: 60 Seconds of Fame*	2:00 p.m.	Hudson Room (6 th 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 th floor on-site)
Fitness Activity	9:00 a.m.	Time Square Room (6 th floor)
Snack Break w/ NFL Player	10:00 a.m.	Hudson Room (6 th floor on-site)
Challenge #3: Capture Cube	11:00 a.m.	Hudson Room (6 th 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 th floor on-site)
Challenge #2: 60 Seconds of Fame*	1:00 p.m.	Hudson Room (6 th floor on-site)
NFL Draft Time	3:00 p.m.	Radio City Music Hall (off-site) Ambassadors and Fuel Up to Play 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 th floor on-site
Fuel Up to Play Forward	8:30 a.m.-9:30 a.m.	Hudson Room (6 th 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



FUEL UP
NATIONAL DAIRY COUNCIL

A PROGRAM OF
Play60

THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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www.2009studentambassador.org