

## LeaderSTATE Itinerary: June 3-7, 2019

<b>Monday</b>		
<b>Time / Location</b>	<b>Activity</b>	<b>Details</b>
11:30-12:45 Fresh Foods	Lunch	
1:00-2:30 Cresswell	Registration	<ul style="list-style-type: none"> <li>- Place luggage in rooms</li> <li>- Cadets change into given t-shirt</li> </ul>
2:30-3:00 Moseley	Team-Building	<ul style="list-style-type: none"> <li>- Ice-breakers / name-games</li> <li>- Ex: Follow the leader, Man-Overboard, Point &amp; Shoot, etc.</li> </ul>
3:05-4:05 Moseley	Pre-Camp Survey	<ul style="list-style-type: none"> <li>- Scantron pre-assessments: TOSRA + content</li> </ul>
4:10-4:35 Moseley	Introduction	<ul style="list-style-type: none"> <li>- Introduce counselors, instructors, and coordinators</li> <li>- Assign Groups</li> <li>- Distribute A/B stickers</li> <li>- Distribute Tour Stickers</li> </ul>
4:40-5:15	Campus Tour	<ul style="list-style-type: none"> <li>- Walking tour in counselor groups</li> </ul>
5:20-5:35 McCool Atrium	Tour Quiz	<ul style="list-style-type: none"> <li>- Quiz based on tour</li> </ul>
5:45-7:00 Butler Guest House Lobby	Dinner	<ul style="list-style-type: none"> <li>- Sit with counselor groups</li> <li>- Fishbowl Questions</li> <li>- Camp Rules/Expectations</li> </ul>
7:10-8:05 Moseley	STEM Instruction	
8:10-8:35 Moseley	Hygiene Discussion	<ul style="list-style-type: none"> <li>- Separate male cadets/counselors and female cadets/counselors</li> <li>- Discuss hygiene, showers, PT, wake-up call, and appropriate dress</li> <li>- Make missing-item list to ensure cadets have necessary items</li> </ul>
8:40-9:05 Moseley	Team-Building	<ul style="list-style-type: none"> <li>- Birthright; explore and strengthen skills in nonverbal communication</li> <li>- Bottle Challenge; strengthen counselor group teamwork</li> </ul>
9:10-9:30 Counselor's Choice	Reflection	<ul style="list-style-type: none"> <li>- Answer/discuss questions</li> <li>- Review next day's schedule</li> </ul>
9:30-9:45 Cresswell	Free Time	<ul style="list-style-type: none"> <li>- Cadets must remain on appropriate hall</li> <li>- Showers optional</li> </ul>
9:45 Cresswell	Lights Out; Room Check	
<b>Tuesday</b>		
4:45 Cresswell	Wake Cadets	<ul style="list-style-type: none"> <li>- Boxes labeled <b>Maroons</b>, <b>Bulldogs</b>, and <b>Cowbells</b> ready in lobby for water bottles to be loaded for transport to Sanderson</li> </ul>

## June 3-7, 2019

4:55 Cresswell Lobby	Roll Call	<ul style="list-style-type: none"> <li>- Counselors ensure all cadets in group are present</li> <li>- Lead cadets to lot behind Cresswell</li> </ul>	
5:00-5:15 Cresswell Lot	Stretches in Formation	<ul style="list-style-type: none"> <li>- Cadets lead set of dynamic and static stretches</li> <li>- Split into running ability groups</li> </ul>	
5:15-6:55 Sanderson Center, Studio B	PT		
7:00-7:45 Cresswell	Breakfast and Shower -Bring money for B&N and MAFES	<ul style="list-style-type: none"> <li>- <b>Group A:</b> <ul style="list-style-type: none"> <li>- 7:00-7:20: Breakfast</li> <li>- 7:25-7:45: Shower</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- <b>Group B:</b> <ul style="list-style-type: none"> <li>- 7:00-7:20: Shower</li> <li>- 7:25-7:45: Breakfast</li> </ul> </li> </ul>
7:50 Cresswell Lobby	Roll Call	<ul style="list-style-type: none"> <li>- Counselors ensure all cadets in group are present</li> </ul>	
	Snacks (move to outcrop after)	<ul style="list-style-type: none"> <li>- Use restroom</li> <li>- Refill water bottles</li> <li>- Distribute snacks to cadets</li> </ul>	<ul style="list-style-type: none"> <li>- 1 granola</li> <li>- 1 bag of chips</li> <li>- 1 sports drink</li> <li>- 2 fruits</li> </ul>
8:10-9:30 Parking lot behind Middelton	Outcrop/Weather	<ul style="list-style-type: none"> <li>- Find shells/fossils</li> <li>- Collect weather data</li> </ul>	
10:00-10:45 Moseley	Speaker: Corey Bailey	<ul style="list-style-type: none"> <li>- Steps to take after high school</li> <li>- How to determine best path</li> </ul>	
10:50-11:50 Moseley	STEM Instruction		
12:00-12:45 Fresh Foods	Lunch		
12:45-12:50 Fresh Foods Lobby	Roll Call	<ul style="list-style-type: none"> <li>- Counselors ensure all cadets in group are present</li> </ul>	
12:50-2:00 Counselor Choice	Free Time	<ul style="list-style-type: none"> <li>- Explore and experience campus</li> <li>- Visit: MAFES, Barnes &amp; Noble, etc.</li> </ul>	
2:15-4:00	STEM Instruction		
4:00-5:30 Moseley	Winning Colors	<ul style="list-style-type: none"> <li>- Explore one's personality and how to best interact with others</li> </ul>	
5:45-6:45 Butler Guest House Lobby	Dinner		
7:00-8:30 Moseley	STEM Instruction		
8:35-9:05 Counselor's Choice	Reflection	<ul style="list-style-type: none"> <li>- Answer/discuss questions</li> <li>- Review next day's schedule</li> <li>- Cadet reminders: checklist</li> </ul>	
9:10-9:45 Cresswell	Free Time	<ul style="list-style-type: none"> <li>- Cadets must remain on appropriate hall</li> <li>- Showers optional</li> </ul>	
9:45 Cresswell	Lights Out Room Check		

## June 3-7, 2019

Wednesday		
4:45 Cresswell	Wake Cadets	- Boxes labeled <b>Maroons</b> , <b>Bulldogs</b> , and <b>Cowbells</b> ready for water bottles to be loaded for transport to Sanderson
4:55 Cresswell Lobby	Roll Call	- Counselors ensure all cadets in group are present - Lead cadets to lot behind Cresswell
5:00-5:15 Cresswell Lot	Stretches in Formation	- Cadets lead set of dynamic and static stretches - Split into running ability groups
5:15-6:55 Sanderson Center, Studio B	PT	
7:00-7:45 Cresswell	Breakfast and Shower	- <b>Group A:</b> - 7:00-7:20: Shower - 7:25-7:45: Breakfast - <b>Group B:</b> - 7:00-7:20: Breakfast - 7:25-7:45: Shower
7:50-8:00 Cresswell Lobby	Roll Call	- Counselors ensure all cadets in group are present - Water bottles full
8:00-8:15 Mosely	Snacks	- Distribute snacks to cadets - 1 granola - 1 bag of chips - 1 sports drink - 2 fruits
8:15-9:30 Mosely	Meteorology	- Plan and collect weather data
9:30-9:45	Break	- Refill water bottles use restrooms - Move to Tours after finished
10:00-11:55	Campus Tours	- Rotation in tour groups
12:00-12:45 Fresh Foods	Lunch	
12:45-12:50 Fresh Foods Lobby	Roll Call	- Counselors ensure all cadets in group are present
1:00-3:05 Mosely	Leadership	- Stimulate leadership and followership skills
3:05-3:15 Mosely	Break	- Refill water bottles use restrooms
3:15-5:05 Moseley	STEM Instruction	
5:20-5:40 Cresswell	Break	- Change clothes for free time in Sanderson - Swimsuits + towels for pool - Tennis shoes
5:50-6:35 Butler Guest House Lobby	Dinner	- <i>No Speaker</i> - Review rules for Sanderson
6:35-7:00 Counselor Choice	Reflection	- Answer/discuss questions - Review next day's schedule - Cadet reminders: checklist
7:00-9:00	Free Time	- Basketball, Dodgeball, Rock Wall, Pool, etc.

**June 3-7, 2019**

Sanderson		- NO WEIGHTS OR MACHINERY
9:00-9:05 Sanderson, Outside	Roll Call	- Counselors ensure all cadets in group are present
9:15-9:45 Cresswell	Free Time	- Cadets must remain on appropriate hall - Showers optional
9:45 Cresswell	Lights Out; Room Check	- <b>Group A</b> Counselors: room check - Cadre assist to enforce lights out
<b>Thursday</b>		
4:45 Cresswell	Wake Cadets	- Boxes labeled <b>Maroons</b> , <b>Bulldogs</b> , and <b>Cowbells</b> ready for water bottles to be loaded for transport to Sanderson
4:55 Cresswell Lobby	Roll Call	- Counselors ensure all cadets in group are present - Lead cadets to lot behind Cresswell
5:00-5:15 Cresswell Lot	Stretches in Formation	- Cadets lead set of dynamic and static stretches - Split into running ability groups
5:15-6:55 Sanderson Center, Studio B	PT	- Run to Sanderson
7:00-7:45 Cresswell	Breakfast and Shower	- <b>Group A:</b> - 7:00-7:20: Breakfast - 7:25-7:45: Shower - <b>Group B:</b> - 7:00-7:20: Shower - 7:25-7:45: Breakfast
7:50 Cresswell Lobby	Roll Call	- Counselors ensure all cadets in group are present
7:50-8:00 Cresswell	Load Busses	
8:00-1:00	Off Campus Tours	- Tour in different Counselor Groups - Practice for Tour Presentations when back at MSU
1:20-1:45 Moseley	Tour Presentations	- Tour groups collaborate to create tour summary - Two cadets per counselor group present summary of tours
1:50-5:25 Moseley	STEM Instruction	- Instructor's Choice
5:45-6:45 Butler Guest House Lobby	Dinner	
7:00-9:15 McCool	Topic Presentations	- Distribute cadet evaluation forms to counselors - Distribute presentation grade sheet - Create PowerPoint - Practice presentation delivery - Scheduled mock presentation for feedback
9:15-9:30 McCool	Reflection	- Answer/discuss questions - Review next day's schedule - Cadet reminders: checklist
9:30-9:45 Cresswell	Free Time	- Cadets must remain on appropriate hall - Showers optional

## June 3-7, 2019

9:45 Cresswell	Lights Out; Room Check	
<b>Friday</b>		
4:45 Cresswell	Wake Cadets	- Boxes labeled <b>Maroons</b> , <b>Bulldogs</b> , and <b>Cowbells</b> ready for water bottles to be loaded for transport to Sanderson
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5:15-6:55 Sanderson Center, Studio B	PT	
7:00-7:45 Cresswell	Breakfast and Shower	- <b>Group A:</b> - 7:00-7:20: Shower - 7:25-7:45: Breakfast - <b>Group B:</b> - 7:00-7:20: Breakfast - 7:25-7:45: Shower
7:45-8:30 Cresswell	Pack & Load Luggage	- Room check - Key Collection
8:35 Cresswell Lobby	Roll Call	- Counselors ensure all cadets in group are present
8:40-9:25 Moseley	Post-Camp Survey	- Scantron post-assessment: TOSRA + content
9:35-9:55 Moseley	Counselor Evaluations	- Cadets complete counselor evaluations
10:00-11:30 Moseley	Topic Presentations	- Cut-off at 10 minutes for each
11:40-11:50 Moseley - Steps	Group Photo	- Whole group photo
12:00-1:30 TBD	Commencement Lunch and Ceremony	- Counselor group photos