

Towson University
TU Sport for Life in Colorado – Performance and Play Across the Lifespan
Summer 2023
(subject to change)

Tuesday, June 6	Depart Baltimore Arrive Denver, Colorado Check in to hotel On-site orientation and tour of downtown Denver Group welcome dinner Overnight in Denver
Wednesday, June 7	Breakfast at the hotel Visit the University of Denver Guest speakers: Brian Gearity (Sport Coaching) and Bill Tierney (Men's Lacrosse) Strength and conditioning staff with tour of facilities; training session and review with the coaches Group meeting – initial impressions Overnight in Denver
Thursday, June 8	Breakfast at the hotel Visit the Colorado Rapids Youth Development Academy Guest speaker: Academy Technical Director (or similar); tour of facilities and assist in a youth training session Visit Colorado Adaptive Sport Guest speaker: Academy Technical Director (or similar); tour of facilities and assist in a youth training session Group meeting [Drs. Bustad and Leppert] – Systematic youth development Overnight in Denver
Friday, June 9	Breakfast at the hotel Visit Red Rocks Amphitheatre Activity – yoga, running Free rest of day Overnight in Denver
Saturday, June 10	Breakfast at the hotel Visit Kent Denver School Athletics (or similar) Guest speaker: Athletic Director (or similar) Group meeting [Drs. Bustad and Leppert] – Academy vs. scholastic sports Overnight in Denver
Sunday, June 11	Breakfast at the hotel Visit UC Boulder Applied Exercise Science Laboratory Guest lecture: Altitude Physiology & Sport in Colorado Visit Revolution Sports Physiotherapy Cycling Biomechanical Assessment demonstration Guest speaker: S&C, Physical Therapy for Mountain Sports, Group S&C Session Group meeting [Drs. Bustad and Leppert] – Private vs Collegiate/Team-based Sport Performance Services, Business Overnight in Denver

Monday, June 12	Breakfast at the hotel Visit the US Olympic & Paralympic Facilities and participate in a service-learning activity (coordinate w/ USOPC) Group meeting [Drs. Bustad and Leppert] - Olympic and National Teams, Elite Athlete Development Overnight in Denver
Tuesday, June 13	Breakfast at the hotel Excursion to Pike's Peak Free rest of day Overnight in Denver
Wednesday, June 14	Breakfast at the hotel Visit the US Olympic & Paralympic Training Center Guest speaker: Coach Education, Athlete Development Models Tour of Facilities and sample athlete testing or training activity Group meeting [Drs. Bustad and Leppert] - Role of National Governing Bodies for Sport, Value of Athlete Development Models Overnight in Denver
Thursday, June 15	Breakfast at the hotel Private bus to state or national park Backpacking/camping excursion Lunch and dinner at camp Camping overnight
Friday, June 16	Breakfast and lunch at camp Backpacking/camping excursion Private bus back to Denver Overnight in Denver
Saturday, June 17	Breakfast at the hotel Visit Colorado Adaptive Sport Guest speaker: Director, Adaptive Sport Programs Service-learning activity (lunch included) Group meeting [Drs. Bustad and Leppert] – Parting impressions Overnight in Denver
Sunday, June 18	Breakfast at the hotel Professional sport venue tour Attend professional sporting event Farewell group dinner Overnight in Denver
Monday, June 19	Breakfast at the hotel Return to Baltimore