

Get SSET - Get Sports, Science, Engineering and Technology DAILY SCHEDULE Summer 2006

	Wed, Aug. 9	Thur, Aug. 10	Fri, Aug. 11	Sat, Aug. 12
7:00 AM		Rise-N-Shine (7:00-8:00)	Rise-N-Shine (7:00-8:00)	Rise-N-Shine (7:00-8:00)
7:30				
8:00	Check In, USD campus (8:00-9)	Breakfast: (8:00-9:00)	Breakfast with local Executives (7:30 -9:00)	Breakfast: (8:00-9:00)
8:30				
9:00	Welcome, Orientation & Introductions (9 -9:45) Say goodbye to parents	Motion Capture and Analysis 9-12PM	Intro to Triathlon and Footwear (9- 10)	Create final presentations and practice (9-12)
9:30				
10:00				
	Icebreaker activity with faculty/RA's (10-11)		Interview Shoe Designers and Athletes (10-11)	
10:30	Intro to Biomechanics (11-12)			
11:00			Shoe Design (11-12)	
11:30				
12 PM	Lunch (12-1)	Lunch (12-12:45)	Lunch (12-1)	Lunch (12-1)
12:30				
1:00	Travel to Titleist Performance Institute (1-2)	Aerodynamics Lecture (12:45-1:45)	Helmet Design (1-3:00)	Pack (1-2)
1:30				
2:00	<u>Titleist Performance Institute</u> Tour (2-4)	Helmet Design (1:45- 2:30) Prokids (2:30-5:30) including travel Golf stroke practice Motion capture of stroke Computer analysis of golf stroke	Wind Tunnel Test including Travel (3-5:30)	Check Out of dorm (2-3)
2:30				
3:00				
3:30				
4:00	Travel to USD (4-5)			Parents invited for presentations – build big audience (3 – 4:15)
4:30				Refreshments Goodbyes (4:15 -
5:00	Unpack/Downtime (5-6)			
5:30		<u>San Diego Hall of Champions</u> Dinner and interactions with athletes and team building activities. (5:30-9 – includes travel time)	Dinner & Recreation	
6-7:00	Dinner (6-7)			
7:00-9PM	Career Panel and Refreshments (7:00-9).			

Lead Instructor: Jani Macari Pallis, Ph.D. founder/creator of GET SSET Program
Also: Jill McNitt-Gray, Ph.D., USC