

CGTI AGENDA OVERVIEW

This is a breakdown of what a typical day looks like at CGTI.

Time	Activity
7:00 - 7:45 am	Sunrise Stroll
8:00 - 8:45 am	Breakfast
9:00 - 10:00 am	General Session
10:15 - 11:15 am	Workshops
11:30 am - 12:30 pm	Lunch
12:45 - 1:45 pm	Workshops
2:00 - 4:00 pm	Free Time
4:15 - 5:15 pm	Discussion Group PALS Meeting Mentor Meeting
5:30 - 6:30 pm	Dinner
6:45 - 7:45 pm	Action Team Meeting
8:00 - 10:00 pm	Night Time Activity
10:00 - 10:30 pm	Dorm Floor Free Time
10:00 - 10:45 pm	Youth Staff Meeting
10:30 - 10:45 pm	Floor Meeting
10:45 - 11:00 pm/11:00 pm	Room Checks and Lights Out

Go for a morning walk or run with CGTI Staff

This is our daily motivational keynote speaker. They'll speak to the entire camp!

You can bowl, hang outside, play games, take a rest and more!

Each night we have a camp-wide activity!

Staff on your floor will give reminders for the next day before checking that everyone is in the right room for the night.

All meals will take place in our dorm dining hall! Meal overviews can be seen below!

You'll get to preference workshops you want to see ahead of time!

This is time to focus on team building and leadership training with other students. Mentors will get to network and have their own learning sessions!

This is when you'll meet with your school, club, Snowball Team or students from your local area to talk about creating positive change!

We'll have pizza, snacks and apparel for sale before you go up to your dorm rooms!

SUNDAY, JULY 14

Time	Activity
1:00 - 3:00 pm	Registration
3:00 - 3:30 pm	Welcome & Energizers
3:30 - 4:15 pm	Opening Ceremony
4:15 - 5:15 pm	General Session Speaker: De'Marco Fomby
5:30 - 6:30 pm	Dinner
6:45 - 7:45 pm	Discussion Group PALS Meeting Mentor Meeting - IABH Staff
8:00 - 9:00 pm	Action Team Meeting
9:00 - 10:00 pm	Dorm Floor Free Time
9:15 - 10:00 pm	Youth Staff Meeting
10:00 - 10:15 pm	Floor Meeting
10:15 - 10:30 pm	Room Checks
11:00 pm	Lights Out

MONDAY, JULY 15

Time	Activity
7:00 - 7:45 am	Sunrise Stroll
8:00 - 8:45 am	Breakfast
9:00 - 10:00 am	General Session Speaker: Dr. Julia Garcia
10:15 - 11:15 am	Workshops
11:30 am - 12:30 pm	Lunch
12:45 - 1:45 pm	Workshops
2:00 - 4:00 pm	Free Time
4:15 - 5:15 pm	Discussion Group PALS Meeting Mentor Meeting - Brent Swolsky
5:30 - 6:30 pm	Dinner
6:45 - 7:45 pm	Action Team Meeting
8:00 - 8:15 pm	Group Photo
8:30 - 9:30 pm	Monday Night Entertainment
9:30 - 10:00 pm	Free Time/Youth Staff Meeting
10:00 - 10:15 pm	Floor Meeting
10:15 - 11:00 pm	Room Checks and Lights Out

TUESDAY, JULY 16

Time	Activity
7:00 - 7:45 am	Sunrise Stroll
8:00 - 8:45 am	Breakfast
9:00 - 10:00 am	General Session Speaker:
10:15 - 11:15 am	Round Robin Session 1 Speaker 1: Brent Swolsky Speaker 2: Nicki Joiner
11:30 am - 12:30 pm	Lunch
12:45 - 1:45 pm	Round Robin Session 2 Speaker 1: Brent Swolsky Speaker 2: Nicki Joiner
2:00 - 4:00 pm	Free Time
4:15 - 5:15 pm	Discussion Group PALS Meeting Mentor Meeting - Raymundo Galarza
5:30 - 6:30 pm	Dinner
6:45 - 7:45 pm	Action Team Meeting
8:00 - 9:30 pm	Tuesday Night Live
9:30 - 10:00 pm	Dorm Floor Free Time
9:30 - 10:00 pm	Youth Staff Meeting
10:00 - 10:15 pm	Floor Meeting
10:15 - 11:00 pm	Room Checks and Lights Out

WEDNESDAY, JULY 17

Time	Activity
7:00 - 7:45 am	Sunrise Stroll
8:00 - 8:45 am	Breakfast
9:00 - 10:00 am	General Session Speaker: Lasada Pippin
10:15 - 11:15 am	Workshops
11:30 am - 12:30 pm	Lunch
12:45 - 1:45 pm	Workshops
2:00 - 4:00 pm	Free Time
4:15 - 5:15 pm	Discussion Group PALS Meeting Mentor Meeting - Lasada Pippin
5:30 - 6:30 pm	Dinner
6:45 - 7:45 pm	Action Team Meeting
8:00 - 10:00 pm	Celebration Dance and Games
10:00 - 10:30 pm	Dorm Floor Free Time
10:00 - 10:45 pm	Youth Staff Meeting
10:30 - 10:45 pm	Floor Meeting
10:45 - 11:00 pm	Room Checks and Lights Out

THURSDAY, JULY 18

Time	Activity
7:00 - 7:45 am	Sunrise Stroll
8:00 - 8:45 am	Breakfast
9:00 - 10:00 am	Discussion Group PALS Meeting Mentor Meeting - IABH Staff
10:15 - 10:45 am	Dorm Clean Up
11:00 - 11:45 am	Closing Ceremony
12:00 pm	Check Out
12:30 - 1:30 pm	Volunteer & Youth Staff Lunch

MEAL OVERVIEW

Below you'll find the meal schedule for Sunday-Thursday's CGTI event. Any items in blue font are vegetarian options. All attendees are able to share dietary restrictions and allergies on their applications and will be contacted further for more info by IABH Staff and the Nurse if necessary.

Note - All breakfast buffets will contain the following: vanilla & strawberry yogurt, two types of cut fruit, two types of fresh fruit, cottage cheese, hard boiled eggs, salsa, shredded cheese, cream cheese, ketchup, butter and honey butter, margarine and peanut butter.

All lunch and dinner salad and fruit buffets will contain the following: iceberg lettuce and spring mix or spinach, carrots, broccoli, cucumbers, green and red peppers, black olives, onions, celery, tomatoes, shredded cheddar cheese, two types of fresh fruit, two types of cut fruit, macaroni salad, cottage cheese, potato salad, vanilla and strawberry yogurt, beans, margarine, salad dressing, croutons, bacon bits, jello and pudding.

SUNDAY MEALS

Time	Activity
Dinner 5:30 - 6:30 pm	Chicken Fried Steak, Vegetarian Lasagna , Mashed Potatoes, Pepper Gravy, Green Beans, Fresh Salad Buffet/Whole Fruit, Brownies

MONDAY MEALS

Time	Meal
Breakfast 8:00 - 8:45 am	Donuts, Scrambled Eggs, Sausage Links, Crispy Cubes Seasoned, Cereal, Breads/Bagels, Fresh Fruit, Breakfast Buffet
Lunch 11:30 am - 12:30 pm	Chicken Philly Sandwich, Cheese Tortellini with Marinara, Malibu Burger , Party Potatoes, Capri Blend Vegetables, Fresh Salad Buffet/Whole Fruit, Chocolate Chip Cookies
Dinner 5:30 - 6:30 pm	BBQ Pork Sandwich, Chicken Strips, Veggie Nuggets , Macaroni & Cheese, Broccoli Cuts, Fresh Salad Buffet/Whole Fruit, Rice Krispy Treats

TUESDAY MEALS

Time	Meal
Breakfast 8:00 - 8:45 am	Mini Danish, Scrambled Eggs, Bacon, Potato Round Coins, Cereal, Breads/Bagels, Fresh Fruit, Breakfast Buffet
Lunch 11:30 am - 12:30 pm	Hamburger with Condiment Buffet, Garden Burger , French Fries, Corn, Fresh Salad Buffet/Whole Fruit, Sugar Cookies
Dinner 5:30 - 6:30 pm	Spaghetti with or without Meatballs, Malibu Burger , Breadsticks, Green Beans, Fresh Salad Buffet/Whole Fruit, Chocolate Pie

WEDNESDAY MEALS

Time	Meal
Breakfast 7:00 - 7:45 am	Apple Strudel, Scrambled Eggs, Sausage Patty, Potato Rounds, Cereal, Breads/Bagels, Fresh Fruit, Breakfast Buffet
Lunch 11:30 am - 12:30 pm	Lemon Pepper Baked Chicken Breast, Black Bean Burger , Italian Beef Sandwich, Macaroni & Cheese, Mixed Veggies, Fresh Salad Buffet/Whole Fruit, Chocolate Chip Cookies
Dinner 5:30 - 6:30 pm	Mexican Rice Bowl with Chicken or Steak, Veggie Nuggets , White Rice, Mexican corn, Fresh Salad Buffet/Whole Fruit, Brownies

THURSDAY MEALS

Time	Meal
Breakfast 8:30 - 8:45 am	Donuts, Scrambled Eggs, Bacon, Crispy Cubes Seasoned, Cereal, Breads/Bagels, Fresh Fruit, Breakfast Buffet