



Winter 2018 Sports Speaker: **WILLIAM HARRIS**

~Mr. Harris was an All-American back in 1978 and is one of the leading motivational speakers in the country. Hear him talk about the experience of being a student-athlete, the leadership an athlete should bring and how an athlete should present themselves.~

NOVEMBER 1st, 2018

8-8:30 AM

Activities Building

Presentation for Captain's Council

5:30-6:15 PM

Orchestra Room A156

Presentation for Student-Athletes, Families, Coaches, & Community Members

6:30-7:15 PM

Fuel For Performance

Ainsley Lovejoy, IHS Athletic Trainer

Presentation about meal timing, replenishing fluids, and foods that can fight injuries