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7:00 AM	BREAKFAST / NETWORKING				
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7:30 AM	Workshop 1: PEDIATRIC MSK ULTRASOUND - A HANDS-ON WORKSHOP	PHYSICAL ACTIVITY / NETWORKING			
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8:35 AM				TRANSITION	
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9:05 AM	Instructional Course Lecture (ICL) 1: OPTIMIZING YOUTH DEVELOPMENT THROUGH PHYSICAL LITERACY				
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10:00 AM	BREAK				
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10:30 AM	Instructional Course Lecture (ICL) 2: MOVING TOWARDS THE FUTURE: THE ROLE OF MOCAP, WEARABLES AND AI IN THE EVALUATION AND ASSESSMENT OF YOUNG ATHLETES				
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11:20 AM	TRANSITION				
11:25 AM					
11:30 AM			LUNCH	What I Wish I Knew Earlier in my Career (senior mentoring junior)	PRISM Committee Meetings (Awards, Communications, Diversity, Education, Membership, Research, Scientific Program)
11:35 AM					
11:40 AM					
11:45 AM					
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12:20 PM	TRANSITION				
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1:05 PM	RIG Sessions
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7:00 PM	Day 1 ends at 7:00 pm