

KNIGHTS™

WELCOME TO JUNIOR DAY!

DECEMBER 8th, 2024

9:00-9:30 AM– Check In

Wayne Densch Center for Student Athlete Leadership

4465 Knights Victory Way; Orlando, Florida 32816

9:45-10:15 AM– Knights Leadership Academy

10:15-10:45 AM– Academic Success

10:45-11:15 AM– NCAA Compliance

11:15-11:45 AM– Sports Medicine

11:45-12:15 PM– Student Athlete Panel – Q&A

12:15-12:45 PM– Coaches Panel – Q&A

1:00 PM – Men's Basketball vs Tarleton State

**Men's Basketball game is optional, and you are free to leave any time after the Coaches Panel.*

Track & Field/Cross Country Staff:

Coach Boone, Head Coach
Sprints/Hurdles
Fun Fact: Held the state of VA
jump record for 30 years!!
Cell- 407-242-7014

Coach Harmon Assistant Coach
Cross Country/Distance
Fun Fact: Won a chicken wing contest
eating chicken wings at 20 years old
Cell- 407-408-3239

Coach Honeycutt, Assistant Coach
Jumps/Combined Events/Throws
Fun Fact: I've coached jumps for two
countries, and neither were Team USA
Cell-407-497-9560

Coach Jas, Assistant Coach/Dir Operations
Sprints/Hurdles
Fun Fact: I love fashion, I style my family
friends as a hobby
Cell-407-697-5821

SCHEDULE IS TENTATIVE AND SUBJECT TO CHANGE. PLEASE KEEP THE COACHING STAFF UPDATED ON YOUR TRAVELS
AND CALL/TEXT IF THERE ARE ANY ISSUES THAT ARISE.

Hotel Info:

Holiday Inn
500 Knights Way
Orlando, FL 32816

Clear Bag Policy:

The following bags, packages or
containers are allowed:

- Bags that are clear plastic, vinyl or pvc and do not exceed 12"x6"x12."
- 1 Gallon clear plastic freezer bag (Ziploc bag) and/or Small handleless clutch bags, (no larger than 4.5" x 6.5)