

BE THE CHANGE



New and existing IL HPP chapters are invited to join us for this three-day experience! Participants will have the opportunity to hear from keynote speakers, engage with other student leaders and chapter advisors, plan and prepare for the upcoming school year, and develop new skills and knowledge to grow personally as well as a chapter!

JUNE 22- 24

IL HPP SUMMER CONFERENCE

\$20 per person

ILHPP.ORG/BETHECHANGE



KEYNOTE SPEAKERS



M&P PRESENTATIONS

Stepping up to Break the Ice



BAILEY JONES

Foundations of Nutrition

We are so excited to have several different keynote and guest speakers joining us for our conference! Visit our website to learn more!



OMNI

DAY 1

9:00 AM - 3:30 PM

CANTIGNY PARK | WHEATON, IL

DRESS: CHAPTER/SCHOOL ATTIRE

We have a jam-packed day prepared for all participants with our two keynote speakers, hands on activities, lunch, chapter planning and goal setting, as well as a session from your very own IL HPP Team!

DAY 2

9:00 AM - 11:00 AM

VIRTUALLY ON ZOOM

DRESS: PAJAMA DAY

We are going to be kicking today off with a fun, interactive session led by guest speaker, Tim Woodrome! There will be time for chapters to network with one another and then we'll be closing with guest speaker, Annemarie Sampson!

DAY 3

9:00 AM - 11:00 AM

VIRTUALLY ON ZOOM

DRESS: IL HPP APPAREL

We will wrap up our conference with another activity led by Tim! Chapters will have another opportunity to network and plan for the upcoming school year and we will end with our last guest speaker, John Woods!

FREQUENTLY ASKED QUESTIONS

1. How do I register?

You can register for the Be the Change conference by completing this **form**. If you are a student wanting to attend, a parent/guardian will need to also sign your registration paperwork.

2. When is the deadline to register?

All participants (both students and faculty/staff) will need to complete the registration form by Thursday, June 10th.

3. What should I bring to the first day?

You will not need to bring anything with you on the first day of our conference. We will be supplying IL HPP face coverings/masks, hand sanitizers, and all materials needed to enjoy the day! Dress comfortably in your chapter or school gear as we will be up and moving!

4. Where is Cantigny Park?

Cantigny Park is located at 1 S 151 Winfield Road, Wheaton, IL 60189.

5. Where am I supposed to park and is there a cost?

The IL HPP Team will be renting two pavilions - Picnic Pavilion and First Division Pavilion. Participants can park in either the North or South parking lot. It is free to park as long as you mention you are attending the conference.

6. How much does it cost to attend and what does that cover?

The cost for all participants to attend is \$20.00 per person. This helps us cover costs for meals, supplies, venue costs, etc.

7. What is being done to be sure this event is safe due to COVID-19?

Participants will be required to wear masks if within less than six feet from another participant. Hand sanitizers will be provided to all participants and we will also have stations as well. Health screenings will take at the registration table to check for COVID-19 symptoms and potential risk of exposures. We will do all that we can to ensure this event is safe for all participants, however; in the registration form there is a waiver stating that participants take on the risk and responsibility of exposing themselves to COVID-19 by attending this event and IL HPP/OMNI are not responsible or liable.

8. Where should I submit my \$20 registration fee?

If participant's are responsible for covering their costs to attend, please discuss with your chapter advisor or attending staff as they will be responsible for collecting payments.

9. What is the plan if there is inclement weather?

The pavilions are covered, so if there is rain - we will do our best to stay underneath the pavilions for the duration of the event. If there is significant inclement weather, we will make arrangements to attend virtually.

10. How do I attend the two virtual dates?

IL HPP will send an e-mail to all registered participants prior to the conference with a Zoom link to attend both dates.

Any additional questions, please contact us at training@ilhpp.org.

KEYNOTE AND GUEST SPEAKERS



M&P PRESENTATIONS

Matt and Phil are a nationally known motivational speaking duo who bring energy and positivity like no other! They are proud to work towards their life-changing mission daily and spread their message to audiences across the entire nation. M&P's official mission is to model a healthy lifestyle, promote lifelong learning and education, spread positive energy, and lift up people's successes through presentations, social media and the "Train of Positivity" short films.

BAILEY JONES

Bailey Jones is a Registered Dietitian and Certified Specialist in Sports Dietetics. Her mission is to empower athletes to use food to fuel athletic and academic success. In her role as the Assistant Director of Performance Nutrition at Indiana University, she is responsible for team and staff education, meal planning, individual nutrition counseling, and supplement safety initiatives. In her free time, Bailey enjoys being outdoors, running, cooking, and spending time with her friends and family.



TIM WOODROME

Tim is a youth pastor for middle and high school students at a church in St. Louis, MO. He studied sport management in college and worked for the Cardinals for five years, but ultimately he decided that his greatest purpose in life is to invest in the lives of students. His passion for the next generation also inspired him to start a YouTube show for kids called Timmy Bow Ties!



ANNEMARIE SAMPSON

Annemarie has been proudly serving the Chicagoland fitness community for 35 years. A manager of The Chicago Sweat Shop, one of Chicago's first aerobic studios, started her love for group exercise before opening her own gym Second Wind. Realizing a growing trend for Personal Trainers, she received her certification and has worked with professional athletes and corporate business leaders. 35 years later she is coaching high school cross country and spending her days educating on environmental and digital wellness.



JOHN WOODS

John has been an Athletic Director for 18 years. He was the AD at Champaign Central High School for 15 years and is currently in his third year as the AD at Libertyville High School. Prior to, John spent 16 years coaching various sports such as basketball, track and field, and volleyball. John has also held various roles within IADA (Illinois Athletic Director Association).



CANTIGNY PARK

TRAIL & PATH TYPES

Asphalt	
Brick	
Gravel	
Wood Chip	
Grass Path	
Service Road	
Ceremony Sites	
Restrooms	

CLOSED
for Renovation

MUSEUMS

- First Division Museum D6
- McCormick House C2

GARDENS

- Upper Display Gardens E2
- Lower Display Garden D2
- Rose Garden E2
- Idea Garden C4
- Perennial Border D3
- North Scallop Garden D/E3
- South Scallop Garden D/E4
- Fountain Garden D3
- Green Garden D3
- Octagon Garden D3
- Rock Garden D4
- Gravel Garden D4
- Logarium D4
- Keyhole Garden D4
- Hosta Garden E4

VISITORS CENTER

- Bertie's Bistro E3
- Cantigny Shop E3
- Le Jardín Restaurant E3

PLAY AREAS

- Red Oaks Playground G/H2
- Tank Park D/E5

NATURAL & OPEN AREAS

- The Allée C4
- Butterfly Hill E7
- East Lawn C2
- Gold Pond D/E2
- Parade Field F/G4
- Picnic Grove F2
- Prairie View B3-4
- Oak Colonnade E3-5
- South Grove E4

OTHER

- Administration A1
- Bandshell H5
- Education Center B3
- Exedra B2
- First Division Pavilion E6
- Picnic Pavilion H3
- Pond Pavilion -A1
- Greenhouse -A1
- North Parking P F3
- Security I3
- South Parking P F5