



A STEP UP 2023
HILTON UNIVERSITY PLACE HOTEL, CHARLOTTE NC

MONDAY, MAY 22, 2023

1:00 pm – 4:15 pm	Basketball Skills Clinic (Johnson C. Smith, Brayboy Gymnasium)
	1:00 pm – 1:05 pm Welcome
	1:05 pm – 1:50 pm Speaker 1: Joy Smith (Clemson) Topic: Man to Man Defense
	1:50 pm – 2:35 pm Speaker 2: Kevin Sutton (Kansas State) Multiple Effort Skill Development Drills
	10 Minute Break
	2:45 pm – 3:25 pm Speaker 3: Bob Starkey (LSU) Topic: Post Skill Work
	3:25 pm – 4:05 pm Speaker 4: C.Y. Young (Missouri)
	4:05 pm – 4:15 pm Closing Remarks
4:30 pm – 6:00 pm	Break
6:00 pm – 6:15 pm	Welcome
6:15 pm – 6:20 pm	Introductions of Hall of Fame Candidates Class of 2023
6:20 pm – 7:20 pm	Presenters: Hall of Fame Candidates Panel Sponsors: BOA, Visit Charlotte, Worth Advisors
7:20 pm – 7:30 pm	<i>Instructions for following Morning</i>
7:30 pm – 8:45 pm	Meet & Greet Reception Hilton Waterfront



TUESDAY, MAY 23, 2023

7:00 am – 10:00 am

Registration (Hilton Hotel)

7:30 am – 8:00 am

Breakfast Buffet Open

8:00 am – 9:35 am

Assistant Coaches HOF Induction Ceremony

15 Minute Break

Sessions

9:55 am – 10:55 am

ROOM

Sessions I - A & B (20 minutes rotations)

Building a Championship Team in Today's Culture

Presenters: Tom Moore (UConn MBB) and Bob Starkey (LSU WBB)

5 Minute Break

11:00 am – 12:00 pm

ROOM

Session II - C & D

TOPIC: Recruiting Strategies that Help Determine 'When to Portal and When Not to Portal' - Microwave and Conventional Ways to Achieve Success

Presenters: Jan Jensen (Iowa WBB) and C.Y. Young (Missouri MBB)

12:00 pm – 1:25 pm

Lunch: On Your Own

1:30 pm – 1:45 pm

ROOM

Session III

TOPIC: Creating Your Financial Game Plan

Presenter 15: Glen Wright (Worth Financial Group)

1:45 pm – 2:45 pm

ROOM

ROOM

Session IV - E & F

TOPIC: Practice Planning and Player Development that Yield Winning Results

Presenters: Ryan Kruger (Yellow Brick Basketball) and Kate Pave (Stanford WBB)

5 Minute Break

2:50 pm – 3:50 pm

Session IV-G

Session V - G & H

TOPIC: The Unofficial First Responder's Mental Health Toolkit

Dr. Gill (Athlete Talk) and Dr. Mori Ross (UNC Charlotte Student Affairs)

5-minute Break

3:55 pm – 4:45 pm
ROOM Session VI-E
TOPIC: Coaching' ~ The Next Level Professional Development Support and Supplement to Peer Coaching and Mentors
Presenters: Bev Kearney (In Pursuit of Dreams) and Maren Walseth (Coach)

5 Minute Break

4:50 pm – 5:40 pm
Session VII
ROUND TABLE DISCUSSIONS – Topics of Choice for 25 minutes
Small Group Coaching Sessions
Recruiting
Team Building
Practice Planning
Mental Health
Coaches Worth ~ Worth Advisors
Executive Coaching

5:40 pm – 5:50 pm
Pop Out/Take Aways

5:50 pm - 6:00 pm
Check Out/ Dinner- On Your Own

9:00 pm – 10:30 pm
Session VIII
Basketball after Dark (*Optional*)
Presenters: Bob Starkey, Kevin Sutton, and C.Y. Young

WEDNESDAY, MAY 24, 2023

General Session

7:00 am – 8:30 am
Opening - Breakfast

7:00 am – 7:45 am
ROOM Session IX
TOPIC: Christian Conversation (*Optional*)
Kevin Sutton, Kansas State MBB

15 Minute Transition

8:00 am – 8:05 am
Opening – Frame the Day

8:05 am – 9:15 am
ROOM Session X:
TOPIC: Helping the Next Gen Win: How to Engage and Develop the Most Anxious Generation of Athletes in the Era of Social Media
Speaker: Tim Elmore, Growing Leaders

10 Minute Transition

9:25 am – 10:25 am
ROOM Session XI
TOPIC: Discover Mental Conditioning Strategies to Tap Into the Full Potential of Your Student-Athletes
Presenter: Collin Henderson, Master Your Mindset

5 Minute Break

10:30 am – 11:30 am
ROOM Session XII
TOPIC: Head Coaches' Perspective ~ How Assistant Coaches Add Value and Impact the Program's Success
Presenters: Rob Lanier (SMU MBB) and Alex Simmons (Memphis WBB)

11:35 am – 11:55 am
Free Agents Introduce Themselves

11:55 pm – 12:20 pm
Take Aways/Check Out

12:20 pm – 12:30 pm
Closing Remarks