

	<h1 style="text-align: center;">Eclipse49</h1> <p style="text-align: center;">United States Coast Guard Academy April 4-6, 2024 www.uscga.edu/eclipse IMPROVEMENT: At the Core + For the Corps</p>	
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Thursday, April 4th, 2024

Time	Topic/Event	Audience	Speaker	Location
1730-1800	Inter-Academy Affinity Summit (IAAS) Welcome Aboard	IAAS Delegates	IAAS Coordinators	McAllister Auditorium
1900-2015	Opening Keynote	All Hands	Ms. DeDe Halfhill	Leamy Auditorium

Friday, April 5th, 2024

Time	Topic/Event	Audience	Speaker	Location
0800-0910	My CGA Story	All Hands	Cadets	Leamy Auditorium & Streaming
0925-1000	My CGA Story Debrief	All Hands	Community	Various
1015-1115	Morning Sessions	All Hands	Various	Manifestations of Insecurity Session 1: Perfectionism Session 2: Judgementalism Session 3: Overcompensation Session 4: Resentment/Hate
1130-1230	Connection & Reflection Lunch	All Hands	Community	Cadet Wardroom & Alumni Center
1245-1345	Afternoon Sessions	All Hands	Various	Practices of Self-Respect Session 5: Forgiveness Session 6: Curiosity Session 7: Gratitude Session 8: Kindness/Generosity
1400-1435	Cadet Session Debrief	All Hands	Community	Various (Same Locations as My CGA Story Debrief)
1450-1550	Afternoon Keynote	All Hands	Dr. Maria Sirois	Leamy Auditorium & Streaming
1730-1930	IAAS Dinner	By Invitation	Various	Leamy Ballroom
2000-2200	Eclipse Talent Show	All Hands	Various	Leamy Auditorium & Streaming

Saturday, April 6th, 2024

Time	Topic/Event	Audience	Speaker/POC	Location
0800-1030	Mentoring Breakfast	By invitation & excusal	Various	All Hands Wardroom
0915-1115	IAAS Opening Session	By invitation & excusal	Various	Henriques Room
0930-1115	“The Torch” Basketball Tournament	All Hands	1/c Alyssa Parker	Roland Hall Alumni Gym/3 rd Deck
1130-1215	IAAS Lunch	By invitation & excusal	Various	All Hands Wardroom
1200-1400	Eclipse Awards Luncheon	By invitation & excusal	Superintendent	CDR Merle J. Smith Club and Streaming
1230-1530	IAAS Workshop & Conclusion	By invitation & excusal	Various	Henriques Room
1500-1700	Alumni Connection Mixer	CGA & Conn. College Alumni	N/A	Unity House, Conn. College

Uniform
<p>Friday Military: Tropical Blue with Garrison Covers Civilian: Business Casual</p> <p>Saturday Mentorship Cadets: Study Hour Gear with optional Affinity Council Shirts All others: Civilian attire</p> <p>Awards Luncheon Military: Service Dress Blue (Bravo) with Combination Covers Civilian: Business Attire</p>