



**U.S. AIR FORCE ACADEMY  
TRACK & FIELD | CROSS COUNTRY  
OFFICIAL VISIT ITINERARY**

**ALLISON FERNSTROM  
ROGERS, AR**



*Allison,*

*We're very pleased to have you visit the United States Air Force Academy and to evaluate joining our program.*

*If you are looking for the best opportunity to challenge yourself academically, athletically, and militarily as you prepare for life beyond college, the Air Force Academy is the perfect place for you.*

*Hope you enjoy your visit,*

*Coach Ryan Cole  
United States Air Force Academy*



**KATIE THOMPSON**

Hometown: Lincoln, NE  
Class: Junior  
Squadron: 07  
Event: Jumps

Address: 1170 Interquest Pkwy,  
Colorado Springs, CO 80920  
Roommate: Anna Lindsley



**DRURY INN AND SUITES**

# OFFICIAL VISIT ITINERARY

## THURSDAY



- 2:52pm Arrives at DIA on UA 4883
- 5:30pm Welcome Dinner at the Golf Course

## FRIDAY

- 6:30am Hosts have recruits at the base of the core vaules ramp
- 7:30am Breakfast and USAFA Overview at Drury Inn
- 7:45am Depart hotel to Arnold Hall
- 8:30am Park at Arnold Hall
- 9:00am Academic Briefing in Lectinar 2 (Fairchild Hall)
- 10:00am Parents Tour while the recruits are in class
- 11:23am Observe Noon Meal Formation
- 11:30am Recruits eating in Mitchell Hall  
Parents eat at Subway in Arnold Hall
- 12:30pm Meet at Arnold Hall and drive to Visitor's Center
- 1:00pm Watch A Year In The Blue at the USAFA Visitor's Center
- 1:45pm Depart to Field House
- 2:00pm Tour the Falcon Athletic Center and Cadet Field House
- 3:00pm Air Force T&F Nike Experience
- 4:00pm Observe practice
- 5:30pm Dinner at the Cadet Outdoor Track
- 7:00pm Recruits leave with host and parents depart for hotel
- 10:00pm Recruits at hotel

# OFFICIAL VISIT ITINERARY

## SATURDAY

- 7:00am Breakfast at hotel
- 7:30am Leave for Airfield
- 8:00am Tour the Airfield
- 8:45am Depart for FAC Weight Room
- 9:00am XCTF Strength and Conditioning
- 10:00am Q&A and Wrap-Up
- 1:25pm Departs from DIA to XNA on UA 5523



# COACHING STAFF



Ryan Cole

Director of the Program



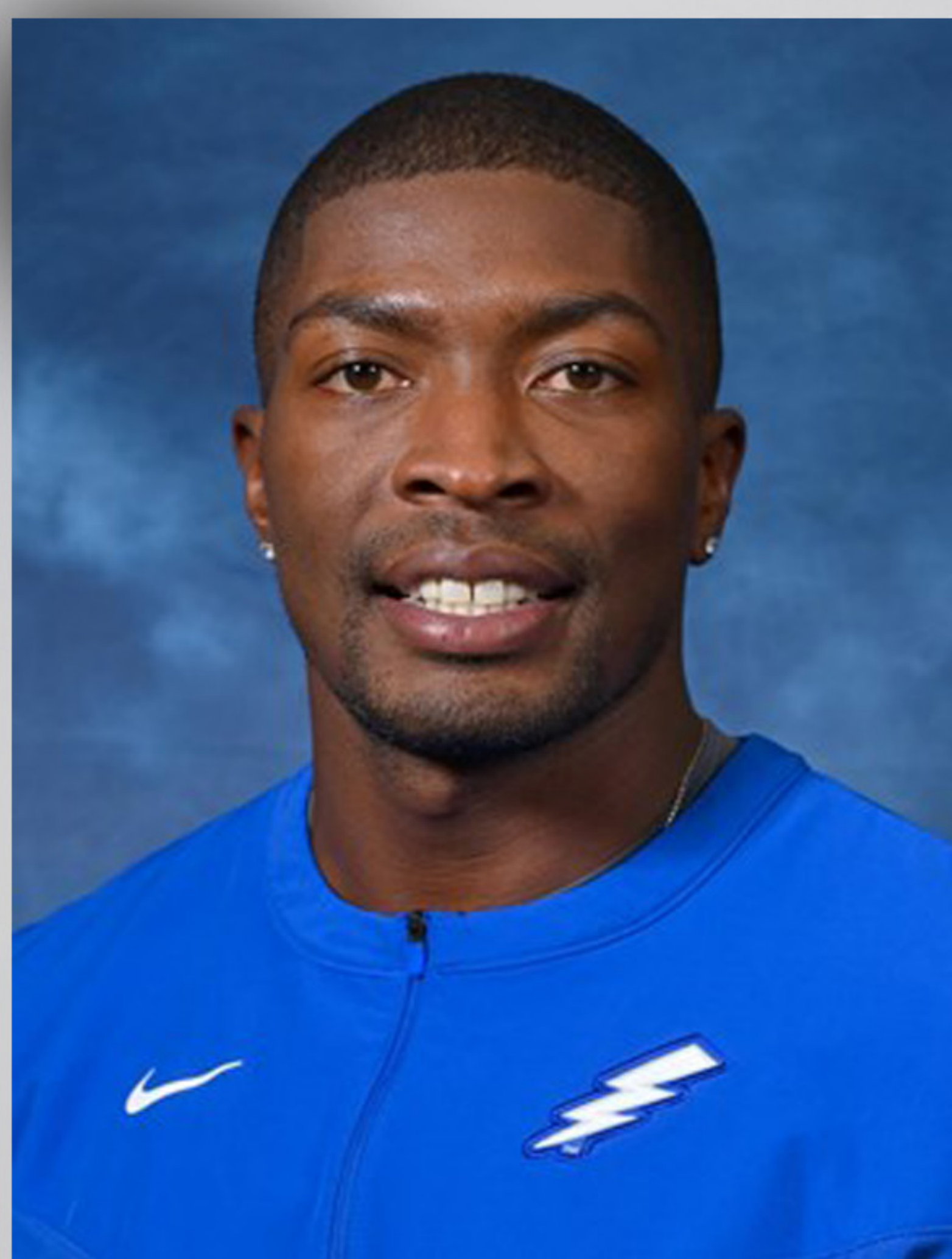
Scottie Steffan

Head Track & Field Coach



AJ Kedge

Volunteer XC Coach



Dave Hightower

Assistant Coach



Dustin Imdieke

Assistant Coach