

**Baltimore Youth Sports Clinic presented by  
Visit Baltimore and CIAA Local Organizing Committee  
Saturday, February 18, 2023  
8:00 a.m. – 3:00 p.m.  
Middle Branch Fitness and Wellness Center  
201 Reedbird Ave, Baltimore, MD 21225**

CIAA 2023, Visit Baltimore will return with its Youth Sports Clinic for student athletes hosted at the state-of-the-art facility-Under Armour House. Students are welcomed with a healthy breakfast, and then escorted to orientation to learn about opportunities and discuss longevity in collegiate sports and the sports industry, from CIAA leadership and some local and national sport legends. After orientation, a team of local coaches and trainers work with the students on their physical sports development and soft skills through a series of workshops. The sports clinic offers a holistic approach to athletic development, so special guest speakers also touch on topics like mental health and wellness. The day is filled with fun, work, and education to help develop a well rounded athlete.

To view flier, click [here](#)

To register, click [here](#)

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**The Black Mermaid Youth Cheer Clinic presented by  
Visit Baltimore and CIAA Local Organizing Committee  
Saturday, February 18, 2023  
8:00 a.m. – 3:00 p.m.  
Middle Branch Fitness and Wellness Center  
201 Reedbird Ave, Baltimore, MD 21225**

The Black Mermaid Cheer Clinic will introduce basic cheer movements, sideline cheers and chants, some dance and unique movements, discuss the mental and health aspects of cheering, and show career opportunities in the sport. The Black Mermaid Cheer Clinic presents the opportunity to engage with young people using the power of a sport as excellence defined and

practiced to build a sense of accomplishment.

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**Health & Mental Wellness Summit presented by  
Visit Baltimore and CIAA Local Organizing Committee  
Thursday, February 23, 2023  
10:00 a.m. – 3:00 p.m.  
Reginald F. Lewis Museum  
830 E Pratt St, Baltimore, MD 21202**

The Health and Wellness Summit is a series of panel discussions focused on mental health and health disparities within the African American community. Tapping some of our local athletes and medical professionals to lend their expertise, the panels will delve into a variety of topics that affect our student athletes and our community, like mental health, COVID-19, nutrition, diabetes and more.

To view flier, click [here](#)

To register, click [here](#)

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**Tech Summit House presented by  
Visit Baltimore and CIAA Local Organizing Committee  
Friday, February 24, 2023  
10:00 a.m. – 5:30 p.m.  
Rita Rossi Colwell Center (formerly Columbus Center)  
701 E Pratt St, Baltimore, MD 21202**

The Tech Summit House has become a staple at CIAA Tournament Week.

Attracting some of tech's brightest minds from the African American Community, our panel discussions foster conversations around growing ecosystems, career opportunities, digital equity, and upcoming innovations. Our Summit has showcased exhibitions by Google, Dell, plus local emerging tech companies. This event convenes tech creatives and celebrates tech, music & culture.

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To register, click [here](#)

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**Money Moves: Financial Summit presented by  
Bank of America  
Saturday, February 25, 2023  
10:00 a.m. – 2:00 p.m.  
Rita Rossi Colwell Center (formerly Columbus Center)  
701 E Pratt St, Baltimore, MD 21202**

The Health and Wellness Summit is a series of panel discussions focused on mental health and health disparities within the African American community. This year we have moved the panels into the Baltimore City Convention Center to grow our reach to a more diverse audience. Tapping some of our local athletes and medical professionals to lend their expertise, helps the panels delve into a variety of topics that affect our student athletes and our community, like mental health, COVID 19, nutrition, diabetes, etc.

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To register, click [here](#)

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