

STUDENT SCHEDULE

SESSIONS 1-3

SETTING SAIL

DAY ONE

8 a.m.
Check-in
York River Hall

9 a.m.
Welcome
Diamonstein Concert Hall
Your official welcome to CNU from University leadership!

10 a.m.
Conversation About College
Gaines Theatre, Freeman Center
Learn what you can expect from your CNU experience and how you can prepare to begin classes in August.

10:45 a.m.
Crew Time
Crew Time Room
Get to know your Crew Leader and fellow crew members.

11:45 a.m.
Lunch
Commons

1 p.m.
Campus Life
Gaines Theatre, Freeman Center
Living on campus? Commuting? Want to get involved on campus? Hear from campus partners about life in the residence halls and opportunities and resources available to you at CNU.

1:45 p.m.
Crew Time
Fieldhouse, Freeman Center
Work alongside your crew to test your leadership skills through various challenges.

2:45 p.m.
Academic Experience
Gaines Theatre, Freeman Center
Learn about the academic curriculum and what it means to pursue a degree at a liberal arts institution.

3:45 p.m.
Crew Time
Crew Time Room
Talk with your Crew Leader about academic life.

4:15 p.m.
Breakout Sessions
Various Locations

The 411 on the 757
Ballroom, David Student Union
Finding Your Community
Crow's Nest, David Student Union
Smooth Sailing
Washington, David Student Union
Silver, Blue & You
Boardroom, David Student Union
Varsity Athletics
Harrison, David Student Union

Fit at the Freeman
Trieschmann Pavilion, Freeman Center
Tour the Torggler
Torggler Fine Arts Center

5 p.m.
Dinner
Regattas, David Student Union

6:15 p.m.
Break
Head to the Crow's Nest in the David Student Union to meet fellow peers from other crews!

7:15 p.m.
Crew Show
Diamonstein Concert Hall
Sit back and relax as the Crew Leaders share some tips about college and what it means to be a Captain.

8:30 p.m.
Evening Activities
Various Locations, Freeman Center
Paint n' Sip, Auxiliary Gym
Open Gym, Fieldhouse
Fireside Lounge, Freeman Courtyard
Think Tank, Freeman 101
Video Games, Freeman 102

BREAKOUT SESSIONS

The 411 on the 757 — Welcome to the 757! There are a ton of fun things to do, service opportunities, and great places to eat in the local community. Come learn more about the area and how to make this your home away from home!

Finding Your Community — Learn about various opportunities, organizations, and support available to help you find your place on campus.

Smooth Sailing — College can be stressful and it's important to take care of yourself. Come to this session to learn different ways to stay healthy and take care of your wellbeing during college!

Silver, Blue & You — We have a lot of fun traditions at CNU! Come learn about some of those traditions and how you can make the most of your time as a Captain.

Varsity Athletics — Students playing a varsity sport should attend this session to learn about expectations and resources for our student-athletes.

Fit at Freeman — Check out our fitness facilities and learn more about opportunities, such as campus recreation, group fitness classes, and more!

Tour the Torggler — Join some of the Crew Leaders to check out the galleries in the Torggler Fine Arts Center!

STUDENT SCHEDULE

SESSIONS 1-3

SETTING SAIL

DAY TWO

8 a.m.

Breakfast

Commons

8:30-10 a.m.

Breakout Sessions

Various Locations, David Student Union

8:30-10 a.m.

Resource Tables

Breezeway

Talk with different campus offices about resources available to you during your time at Christopher Newport.

9-9:30 a.m.

Accessibility and Care Team Support

Ballroom

Learn about the process for requesting accommodations as well as resources for students with disabilities. *This session is open for families to attend.*

10 a.m.

Officially a Captain

Gaines Theatre and Freeman 101,
Freeman Center

Receive your first semester schedule! Students participating in the Honors Program should report to Freeman 101. Students not participating in the Honors Program should head to Gaines Theatre for this session.

10:30 a.m.

Crew Time

Crew Time Room

Wrap up your Setting Sail experience with your Crew Leader.

11:15 a.m.

Community of Honor

Diamonstein Concert Hall

The honor code is key to campus life. Learn about our community of honor and our expectations to live an honorable life.

Following the Closing

Marching Captains Interest Meeting

If you are interested in participating in the Marching Captains, stay in Diamonstein after the closing for a brief conversation to receive information and answer questions about our marching band experience.

Residence Hall Showrooms:

There will be a showroom available in each of the three first-year residence halls (York River, Potomac River and Santoro Hall) for you to see during your time on campus. These rooms will be available from 12-1:30 p.m.

Captains Card Photos

Incoming students are required to submit a photo for their student identification card by July 31, 2026. If you would like to take your photo at the conclusion of Setting Sail, the Welcome Center in the David Student Union will be open to take photos until 5 p.m.

President's Leadership

Program (PLP) Students

PLP students staying for Leadership Adventure will need to eat lunch before check-in. Lunch is provided for PLP students in Regattas. Guests are able to join their students for lunch in Regattas but will need to pay for lunch separately. Check-in for Leadership Adventure will begin at 2 p.m. on the first floor of the David Student Union.

Please note that there are no sessions for parents during Leadership Adventure. Student pickup at the conclusion of Leadership Adventure will be at the Gaines Theatre in the Freeman Center from 11:30 a.m.-12 p.m. Parking will be available in the visitor lot.