

## Jody Urquhart



### **CLOSING KEYNOTE: "Follow Me I'm Right Behind You"**

The key to success in a multi-generational school environment is using influence, and not authority. With today's rapidly evolving generations, strong education leaders must work harder than ever to influence and engage all generations. Great education leaders consistently ignite the fires of hope in others. Daily leaders muster the nerve to serve in a complex and challenging environment. Educators today need tools to influence, energize and engage others, yet keep their own fires of hope burning. Through humor, insight, and inspiration, "Follow Me I'm Right Behind You," provides a lively, interactive look at how to inspire a spirited and resilient workforce that stays focused and productive. In this gut-splitting hilarious motivational presentation, you will learn; how to alter your message to inspire and influence others, integrate the generations by getting commitment from Millennials & Generation Y, avoid complacency and entitlement traps, motivate the media savvy generation to acknowledge others without turning them off, understand how people who play together stay together; and with humor help build a solid yet resilient workforce, increase purpose and vision for students and staff, yet while creating a sense of involvement and belonging at schools.

### **Biography Jody Urguhart:**

Jody is a motivational speaker, a former comedian, and best-selling author. With over 18 years of experience, Jody Urquhart delivers savvy, uplifting, funny presentation to help audiences develop a buoyant, meaningful perspective in the midst of stress and change. Jody is the 2008 Bronze Winner of the 29th Annual Telly Awards and the author of the syndicated column the Joy of Work. Jody has a Marketing/Management Diploma from the Southern Alberta Institute Technology, a professional speaking diploma from Mount Royal College, graduate of the leadership Vancouver Program. She is the communications chair for the Canadian Association of Professional Speakers, Co-Chair of Canadian Association of Professional Speakers Annual Convention, founding board member for the Calgary chapter, the Canadian Association of Professional Speakers, Coordinator for the Leadership Vancouver Program Leaders of Tomorrow. Her hobbies include Stand-up Comedy, Yoga, Renovating her house.

## Joe Wiegand (AKA) Teddy Roosevelt



**OPENING KEYNOTE: "BULLY" The 26<sup>th</sup> President of the United States, Theodore Roosevelt in Medora making your school and community stronger.**

Our speaker was born in New York City, New York on October 27, 1858. Graduated Phi Beta Kappa and Magna Cum Laude from Harvard University, he was elected the youngest member of the New York General Assembly. In the years to follow, he became a cattle rancher in the Dakota Territory and ran unsuccessfully for the New York mayoralship. He served as a United States Civil Service Commissioner, President of the Police Commission of New York City, Assistant Secretary of the United States Navy, Colonel of the 1<sup>st</sup> United States Volunteer Cavalry, Governor of New York, Vice-President and President of the United States, all by the age of 42. He was the father of six children and the author of over thirty books. He was a big game hunter, a leading ornithologist and the founder of Boone & Crockett, the nation's first fair hunting and conservation organization. During his Presidency, he declared some 230 million acres of national parks, national forests, wildlife refuges and national monuments. He was indeed, the great conservation president. Ladies and gentlemen, the 26<sup>th</sup> President of the United States, Theodore Roosevelt.

### Biography Joe Wiegand:

Joe Wiegand is the nation's premiere re-creator of Theodore Roosevelt. Joe is a political science graduate of Sewanee, The University of the South, in Sewanee, Tennessee, and a former graduate assistant at the Center for Governmental Studies at Northern Illinois University, in DeKalb, Illinois. A former President of the American Legion Boys Nation program, Joe is a Harry S. Truman Scholar and a Thomas J. Watson, Jr. Fellow. Joe is a twenty-five year member of Rotary International and a member of the National Association for Interpretation. A former county commissioner in DeKalb County, Illinois, Joe & his family now reside in Manitou Springs, Colorado. Prior to portraying Theodore Roosevelt, Joe had a twenty-five year stint in politics & public policy in his native Illinois, managing gubernatorial and presidential campaigns at the height of his political career. In 2008, Joe set out with his wife, Jenny, daughter, Sam, and golden retriever, Faith, on a fifty state tour celebrating TR's Sesquicentennial birthday and the Centennial of TR's final year in office. The highlight was a performance at the White House for President & Mrs. George W. Bush on TR's 150<sup>th</sup> birthday.

Joe's live performances have been featured at hundreds of historic places associated with TR's life and legacy, including TR's New York City Birthplace, his Buffalo New York Inaugural Site, and beloved home, Sagamore Hill, in Oyster Bay, Long Island. Joe has been featured at the American Museum of Natural History in New York City, and served as the body model for the new Roosevelt bronze sculpture located in the Roosevelt Memorial Hall at the museum. The White House Historical Association, the National Park Service, and the United States Fish & Wildlife Service attest that Joe's Theodore Roosevelt is based on solid scholarship and delivered with Rooseveltian showmanship. Today, Joe performs in all fifty states and internationally. He has been featured in film and television, most recently in "The Men Who Built America" on the History Channel, and in "National Parks Adventure," an IMAX film about America's National Parks currently playing in theaters throughout the country. Joe's TR Tour is sponsored, in part, by the Theodore Roosevelt Medora Foundation of Medora, North Dakota, and Joe is featured every summer in Medora, gateway to Theodore Roosevelt National Park. More information is available at [www.teddyroosevelts.com](http://www.teddyroosevelts.com)

## Jerry Balistreri (M.S)



### **BREAKOUT SESSION: "Reading the Tells Part II – Detecting Lying & Deception for School Employee"**

Many school personnel come across students, parents, faculty, staff, and community members that may be less than honest with their interactions. This training is specialized and targeted to address body language, the science of lying, and examination of the content and structure of acquaintances that may be deceptive. This training will have utility and value for all employees in the school setting. Participants will be able to identify behavior indicators associated with tension, stress, and deception. Identify the three components in detecting lying and deception in most any situation, and recognize the components in the science behind the two.

#### **Biography Jerry Balistreri:**

Jerry Balistreri is a professional educator, school administrator, trainer and author. His training on how to read body language leaves participants wanting more and creates a memorable experience. Jerry gets the participants involved with fun learning experiences that leave them with concrete knowledge of how to read body language and what the "tells" mean. Jerry and his wife currently live in Anchorage Alaska with ties to North Dakota.

## Dr. Brad Strand



### **BREAKOUT SESSION: Tuesdays with TED: Ideas Worth Sharing**

T.E.D. fashions itself as “ideas worth spreading”. It is presumed that T.E.D. talks can produce ideas that we can spread through our own circles of influence to make each of us better at what we do. In this session, Brad will present thoughts on leadership, motivation, affirmation, and much more that have been learned through the TED talks from around the world.

### **Fitness Assessment:**

The benefits of being fit applies to people of all ages, sizes, races, abilities, and so each Roughrider participant will participate in the health assessment and health risk appraisal. Each individual will complete a set of basic exercises that will establish a baseline of aerobic, anaerobic, strength and flexibility. The participants will enter the results into the Tri-Fit program. By understanding and incorporating fitness into the classroom and our lives, we help to stimulate minds and encourage regular participation in Physical activity. Beneficial goals of participating in regular fitness programs include: improved cardiovascular endurance and activity tolerance, increased muscular strength and improved flexibility, reduction of body fat and improved weight control, improved self-image, reduced risk of disease and premature death, decreased stress and reduced feeling of anxiety and depression, improved bone strength and an overall improved “sense of well-being”. Participants will be able to list three benefits of fitness and the guidelines for fitness, and will learn fitness activities they can incorporate in a classroom setting for school-aged children. As part of the fitness assessment activity, each participant will step outside their comfort zone and associate with people from other schools team. Participants will meet and greet other participants as they are randomly placed on a mini-golf team. The mini-golf team will play eighteen holes of best ball score. The best ball format will ensure all members work as a collaborative group for the final goal. The mini-golf team members will build dialogue and report early in the week, resulting in collaboration on health reform in their communities at a much faster pace. This entire fitness assessment event will start Roughrider “31” Conference off with a “Hole-In-One”.

## **Biography Dr. Brad Strand**

Dr. Brad Strand graduated with a BS in 1978 from Mayville State University, ND; MS in 1984 from North Dakota State University, ND; and Ph.D. in 1988 from The University of New Mexico, NM. He is currently a professor in the Department of Health, Nutrition and Exercise Sciences at North Dakota State University. He has conducted over 200 national, regional, and state presentations, workshops and demonstrations related to physical education, fitness education, technology in physical education, sport specialization, ethics and sportsmanship, and confrontations in sport. Dr. Strand is the lead author of three books: *Assessing and Improving Fitness in Elementary Physical Education*, *Fitness Education: Teaching Concepts-based Fitness in the Schools*, and *Assessing Sports Skills*, and the Co-author of two booklets on fitness education: *Fitness Education: Ideas and Applications for Secondary Schools* and *The Fitness Education Pyramid*. Dr. Strand has published over 90 professional articles and abstracts on physical education, fitness education, and technology in physical education, and has served on a number of national boards: President, American Alliance for Health, Physical Education, Recreation, and Dance; President, National Association for Sport and Physical Education; NASPE Nominating committee; NASPE Finance committee; President for the North Dakota Alliance for Health, Physical Education, Recreation and Dance; Vice president for Sport and Physical for the Central District AAHPERD; Executive Committee of the College and University Physical Education Council; Chairman of the National Council on Facilities and Equipment; Board of Directors of the American Association for Active Lifestyles and Fitness; and planning committee for the National Standards Conference. Dr. Strand has received a number of professional honors including: Scholar of the Year Award for the Central District of the American Alliance for Health, Physical Education, Recreation and Dance; twice awarded Exceptional Contributions to Scholarly Activity from the NDSU College of Human Development and Education; twice named Teacher of the Year in the Department of Health, Physical Education and Recreation at Utah State University; received the Distinguished Alumni Award from my alma mater, Mayville State University.

## Joel Vettel (M.S)



### **BREAKOUT SESSION: "Leading With Passion"**

Leadership is not about emulating a role model or trying to imitate someone famous. Your leadership style must be who you are and what you believe. Leadership needs to be rooted in your core values and your passion for the mission. No matter what role you play in your organization, you can help lead the way to success. In this presentation, Joel talks about how by following your core values and finding the passion in your life, you can find greater success. Joel shares life lessons of his career as a police commander for the largest law enforcement agency in North Dakota and his transition to leading the largest park district organization in the region. He will share 10 simple leadership lessons that will help bring forth your leadership potential. Come join this energetic talk on how leading starts with you.

### **Biography Joel Vettel:**

Joel Vettel grew up on a farm near Hillsboro, ND and attended Hillsboro High School. He received a Bachelor of Science degree from North Dakota State University. He received a Master's degree in Management from the University of Mary. He is a 2009 graduate of Northwestern University's Center for Public Safety "School of Police Staff and Command". He is a 2013 Graduate of the 253<sup>rd</sup> class of the FBI National Academy. Joel served 19 years in law enforcement with the Fargo Police Department. He held a variety of positions including District Patrol Commander, Investigations Unit Commander, and Department Spokesperson. In 2016, Joel took on a new professional challenge and currently serves as the Executive Director of the Fargo Park District. Joel continues to lecture extensively on the issue of leadership and legacy, workplace violence and dealing with physically aggressive people. Joel lives in Fargo with his wife and two daughters. He is active with area youth athletic programs at both the high school and the college level. He serves as a board member for the United Way of Cass Clay and the FBI National Academy Association. He has also served as an elected member of the Fargo Park Board of Commissions, a Site Liaison for ESPN GameDay and the Director of Operation for USA Wrestling Asics National Wrestling Tournament, the largest wrestling tournament in the world. In his spare time he works as announcer for NDSU Athletics, volunteer strength coach for Fargo Public Schools, and is an experienced adventure racer and obstacle course racer.

## Dr. Spencer Berry



### **BREAKOUT SESSION:** The Science of Sugar Part II

The Science of Sugar Part II is a presentation designed to educate and inform the public regarding the impact of excess sugar intake on the health of individuals and our nation as a whole. The increasing obesity and diabetes epidemics in the U.S., and worldwide are being driven in large by our over consumption of sugar. The presentation provides insights into the process by which this is occurring and provides insights into what can be done to reverse this disturbing trend. Dr. Berry is board certified in family practice and in obesity medicine and has been a practicing physician for over 30 yrs. He sits on the national Board of Directors for the Obesity Medicine Association (OMA), The largest organization of clinicians treating patients affected by overweight and obesity, and speaks nationally to physicians and clinical providers regarding the diagnosis, treatment, management and reversal of this disease.

### **Biography Dr. Spencer Berry**

Dr. Berry MD is the Medical Director of Medical Weight Loss Specialists and is an AOA graduate from the Baylor College of Medicine in Houston, Texas. He graduated from the University of Minnesota Family Practice program in 1987 and has worked in both family practice and urgent care for nearly 25 years. He is board certified by the American Board of Family Practice, the American Board of Obesity Medicine, and is a member of the American Society of Bariatric Physicians (ASBP), as well as the North Dakota Medical Association. Dr. Berry's experience includes 9 years of full spectrum family practice including obstetrics, gynecology, pediatrics, internal medicine, geriatrics, inpatient, outpatient, emergency medicine and critical care. For 15 years Dr. Berry practiced urgent care medicine in Fargo, ND. Dr. Berry received training in bariatric medicine through the American Society of Bariatric Physicians (ASBP) and Medical Bariatrics America (MBA). Dr. Berry also has spent time working with Dr. Allen Rader, founder and president of MBA. Dr. Rader was the ASBP national bariatrician of the year in 2007.

## Don Moseman



**BREAKOUT SESSION:** "Social Media, the Impact on School Safety"

"In this session, we will look at research from the Killology Group on the use of social media by school shooting suspects. We will also look at some of the ways students now use social media and the effect it may have on the overall safety of the school to include cyber bullying. We will then conclude with some suggested best practices for teachers and administrators to consider in mitigating their risk of social media being used as a tool for violence in their school."

### **Biography Don Moseman:**

Don, his wife Angie, and their daughter Annabelle, are originally from Rapid City, South Dakota and he holds a Bachelor's Degree in Criminal Justice. After serving in the U.S. Air Force, He was employed as a State Trooper for 20 years. He had many duties for the state including accident reconstruction expert and the state training director for defensive driving programs. In 2003, he was recognized as the Law Enforcement Education Officer of the Year for the United States by the BATF (Bureau of Alcohol Tobacco and Firearms) for his work in educating young people. He served the National Safety Council for 2 years as the Director of Government Programs. He has been teaching young drivers in the Alive at 25 Program for 17 years. He has been a certified instructor in more than 20 state, federal and National Safety Council programs. In total, he has taught more than 1,000 law enforcement and safety courses to more than 20,000 people. He came to the North Dakota Safety Council in February of 2013.



# Renita Brannan



**BREAKOUT SESSION:** "Turn your body into a fat burning machine 80% nutrition + 20% exercise = 100% health"

We either live or die as humans at a cellular level. What do our cells need for optimal health? We will educate you on the homeostasis of our body, and what that means for overall health and energy. Participants will learn the importance of balancing of blood sugar along with proteins, fats, and carbohydrates like a baby does, and how calorie restriction can actually make you add body fat. We will talk about the importance of exercise and show you how a 10-minute LIVE exercise session can change your life. Renita's purpose in this session is to educate and inspire others, to properly care for their health by giving them real life action plans with nutrition and fitness. By doing so, they are able to live life with energy and vitality. Renita will motivate and inspire you to tap into your innate potential to gain control of your health and fitness. Today we will focus on Macro nutrients- Protein, Fat Carbohydrates, Micro nutrients- Vitamins, minerals, trace minerals, Phyto nutrients- Antioxidants in brightly colored fruits and veggies, Healthy fats- Omega 3, Fish Oil, Chia, Flax and WATER! We will review Homeostasis of keeping your blood sugar between 80-120 for optimal health, weight loss, and energy! PFC every 3 like a baby. Eat PFC 5-7 X a day to turn your metabolism on! If this sounds foreign you are about to learn a new language that will change your life.

## **Biography Renita Brannan:**

Renita is a clinical exercise specialist, nutrition coach, and health educator with over 20 years of wellness experience. Renita has been the health and wellness expert on NBC ND Today hosting Wellness Wednesday. She led the charge for North Dakota to get healthy, with those participating having lost 60,000 lbs. and 500,000 inches of fat! She Assisted NY Times Best Selling Author Mark Macdonald in the creation of the RVLUTION 90-day program to educate individuals on how to stabilize blood glucose to help them look and feel their best. She Created R3Game On 90 day workout system for all fitness levels which includes 8 workouts, a 65 page manual, and a wall calendar to track progress. Renita is a Monavie distributor sharing a tremendous opportunity to help families improve their health, which is a "pay it forward" health movement. She has presented over 1500 statewide, nationwide, and international health education conferences. Owner of Renew Health Coaching she has led hundreds to a healthier life and closer relationship to those that matter in their life. Renita works with University of Mary, Bismarck State College, Bismarck Public Schools, Mandan Public Schools, Girl Scouts of America, American Lung Association, the US National Guard and Air force. She has her B.A. degree from Dickinson State University in Business and Physical Education. She has been published in Cosmopolitan Magazine, BE Magazine, R3Game on Playbook, and City Magazine. Renita has been married to her wonderful husband Scott for 16 years and has three sons; Beau, Truitt, and Rocco.

## Mike Berg (M.S.)



**BREAKOUT SESSION:** "Beyond the Scoreboard -Promoting Healthy & Respectful Relationships For High School Athletes."

Athletic coaches play an extremely influential and unique role in the lives of young men and woman. Because of these relationships, coaches are poised to positively influence how these young individuals think and behave, both on and off the field. Coaching Boys into Men" and "Student Leaders & Athletic Youth" are evidence-based prevention programs that train and motivate high school coaches to teach their young athletes healthy relationship skills, and that violence never equals strength. As leaders themselves, athletes are given the tools and vocabulary they need to stand up for respect and influence their school's culture. As influencers and role models, coaches are uniquely poised to teach and model healthy behavior. Sports have tremendous influence in our culture and in the lives of young people. The principles of teamwork and fair play make sports an ideal platform to teach healthy relationship skills.

### **Biography Mike Berg:**

A native of Pasadena California, Mike is a graduate of Black Hills State University with a Master's degree from the University of North Dakota. He began his coaching career in 1972 as head football coach at St. Regis, Montana; followed by three years in Baker, Montana; three years in Mandan, North Dakota; and twenty-eight years at Central High School in Grand Forks. He is a Hall of Fame member of the National High School Athletic Coaches Association, the North Dakota High School Coaches Association, Black Hills State University, and Grand Forks Central High School. He was named NFL High School Coach of the Year in 2007. He has since retired from coaching, but serve as the radio color analyst for UND football, and as a coach specialist for the Community Violence Intervention Center. Mike is also a regular presenter at coaching clinics and seminars, and an active speaker at various faith based events.

# Kate Shirado



## **BREAKOUT SESSION: Sun Exposure: Friend and Foe**

This session will provide an understanding of the importance and benefits of sunlight and sun exposure for our mental and physical health, as well as the risks associated with over exposure to the sun's rays through ones lifespan. An overview will be given on Ultraviolet (UV) radiation that comes from the sun and man-made sources like tanning beds, and North Dakota laws associated with their use. Information will be shared on student and staff exposure to the sun's rays during physical education class, recess, extracurricular activities, fundraisers, schools celebrations, etc. We will also discuss sunscreens and recommendations for Vitamin D. and the tools and resources available for schools educate others about sun exposure and safety.

### **Biography Kate Shirado:**

Kate Schirado graduated with a B.S. in Dietetics with a minor in Child Development and Family Science from North Dakota State University and is a Licensed Nutritionist. She has 25 years' experience working in health care and various segments of public health, including, NDSU Extension Service, Head Start, and Standing Rock Sioux Tribe WIC and Diabetes Programs. She has worked with the state as the Department of Health Maternal and Child Health Nutrition Services Director in the Nutrition and Physical Activity Division, where she was the lead of the ND Healthy Weight Council, in writing and publishing "Weighing and Measuring Students in School Settings: A Position Paper". She also was with the Family Health Division in the Oral Health Sealant Program in data collection/data entry. Kate is currently the Education Program Administrator at the Department of Public Instruction, in the Safe and Healthy Schools Unit, working in many health and safety topic areas. Half of her time is spent under the Department of Health 1305 grant working in school health nutrition and physical activity initiatives. Kate enjoys time with her family and being the youngest in a family of 14, where there are a many family members to enjoy! Kate is also a step mom and step grandma. Kate loves sports and the outdoors and has many hobbies including gardening, hiking, bow hunting, golfing, and fishing with her husband.

## Joel Bickford (M.S.)



### **BREAKOUT SESSION: "Aging as an Educator – Taking Care of the Teacher In You"**

Getting older as a public employee is not the same as it used to be. We have tons of challenges facing us as educators, but what are we doing for ourselves? What strategies can we use that can translate to meaningful habits for the millennials? Are we doing all we can to prepare the millennials for the journey they will face as they become older adults? There are many things we can all teach the younger folks, and plenty we have learned from them in return. In this session, we will identify who we are and what we need to do as educators and how we ensure that the next generation and beyond can save the world...one person at a time.

### **Biography Joel Bickford:**

Joel is a 1988 graduate from Jamestown College and earned his Master's Degree from UND in 2009. He taught in Lehr and Wahpeton and was the Principal in Lamoure for five years before becoming the Principal in Bottineau. He and his wife Vicki have four children. Rachel is 25 and teaches in Lisbon, Kaia is a junior at Moorhead State University, Mackenzie is a freshman at DCB, and son Tanner is a junior at Bottineau High School. In his spare time, Joel likes to hunt, fish and ride bike. He spends his time off taking bicycle trips in the summer months. He enjoys education and working with students and faculty to improve education. The thing he loves about being a Principal at Bottineau is the great students and faculty that make his job so rewarding.

## Bill Lucas (M.S.)



### **BREAKOUT SESSION: "Roughrider Mission Control We Have Lift Off"**

You will lift off in this fast-paced fun-filled workshop led by Bill Lucas. No mission has ever been successful unless you look to the past for guidance, treasure what is so important right now, and work with others to shape a future that all of us can be proud to share. Bill's workshop deals with successes (along with some failures that make us who we are). Failure is not who we are, it is what happens when we take risks to make ourselves and those around us better. Bill's workshop will focus on the moment that all of you share at the time. He will let everyone realize that our past has made us what we are today, and today leads us to what we become in the future. Join Bill on his "mission" of laughter and learning throughout this workshop.

### **Biography Bill Lucas:**

Bill holds a Master's Degree in Educational Administration and retired after 30 years of teaching. Bill has written, produced, directed and acted in television, movies, commercials, live theatre, and has owned a comedy company. From these activities, along with teaching for 30 years, He has coached football and taught martial arts during those 30 years. As a Judo black belt holder, he has competed on an international level, including being the ND Judo Champion 1987. Bill was part of the Fulbright Program to Japan in 1996 where he worked with Japanese students in judo, and was chosen to speak to the Japanese delegation of Educators. As an educator, Bill "works" to bring laughter into every class, workshop, and seminar he leads. He understands and believes in the benefits of "laughter" for a healthier, happier, and more prosperous society. Bill has been a professional performer for over 30 years having done over 600 shows and has led seminars all over the United States. Bill is now full time with his entertaining production company aaacreations. His company specializes in workshops for educators and the corporate world. Because Bill will no longer be busy teaching, he will be available year round to perform for you, in leading seminars and/or performing for you and your company. Last, but not least, Bill is a dedicated Harley rider.

# Kori Messer



## **Yoga Blend-"Make today's fitness DREAMS tomorrow's GOALS & next week's ACHIEVEMENTS"**

An introduction into the history of exercise and goal setting within wellness industry standards will begin this session. Interaction with the audience will take place through general inquiry. Through this interaction, the audience will maintain audio and verbal involvement, which will heighten the awareness and cognitive skills presented. The objective is to educate participants on becoming empowered by establishing a healthier life scene for oneself, and thus setting a great example to those around us. The desired outcome is physical stimulation through exercise (Tai Chi, Yoga & Pilates) in a group setting, with cognitive development through audio, visual, and verbal cues. Statistical information from published medical research will be introduced as it relates to improvement of physical activities for each person's own healthy living. Participants will be shown proper posture, muscle groups, and techniques in promoting self-efficiency and the reduction of common intrinsic risk factors in our daily living. Participants will engage in a combination of the three exercise formats collectively referred to as "**yoga blend**". Tai Chi will assist in warming the body up to encourage a safe exercise environment and promote self-awareness. Yoga will allow an opportunity for education on strength and muscle groups and Pilates will allow an opportunity for core strengthening. To finish the yoga blend session there will be an adequate cool down comprised of both active and static stretching.

## **Biography Kori Messer:**

Kori and her husband Tyrel reside in New Salem ND with their 1 year old son Noah. She is the founder of reSOULution wellness a total wellness company: mind, body & soul, which currently offers personal training, group fitness services, events fundraisers, life coaching, goal setting and motivational speaking to assist others in the achieving a life of total wellness. She is also employed by Sanford Health in Bismarck. Kori loves sharing the gift of wellness and has been in the industry since 2009 thoroughly enjoying and assisting others in pursuing a well-balanced, healthy and sustainable lifestyle. She works with all ages in using goal setting as a tool to differentiate the "why" from the "how." She believes when you know your "why" that you can work together with others as an effective and efficient team in achieving and exceeding your goals and expectations. Kori Messer is CPR certified and a certified personal trainer through the Aerobics & Fitness Association of America. She completed her group fitness instructor certification through the National Exercisers Trainer Association. She possesses specific credentials in Cycle, Zumba, Zumba Gold, Zumba toning, Aqua Zumba, Turbo Kick, Pilates, Silver Sneakers Yoga, Silver Sneakers Muscular Strength and Range of Motion, Insanity, and is a Level 1 CrossFit Trainer.

## Rod Volk (M.S.)



### **SESSION INFORMATION:**

#### **Opening Ceremony's:**

To set the energetic tone for Roughrider Conference 32 "Back To The Mission 2018. Rod will go over all the week's attractions, requirements and guidelines. Rod will cover in detail the Roughrider mission and the trends that make the mission so valid 31 years after it was adopted. The past, present, and future of the North Dakota Roughrider Health Promotion Association will be brought to a new light for participants in a super-fast paced opening.

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#### **Team Meetings for Action Plans:**

In preparation for the 2018 Roughrider "32" Health Promotion Conference, all schools should be prepared to develop an action plan including goals and objectives for their team's focus at school during the 2018-2019 school year. To prepare for the assembly of this action plan, school teams are encouraged to review their present schools documents and data to determine the best focus of their time and efforts for action. This document has been prepared to assist schools in identifying key documents that could assist schools in recognizing their school's focus and needs for inclusion in the plan. Your school administration, counselor, and/or business office staff should be able to direct your team to these documents.

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#### **"Teddy Hill" Presidential Challenge Fitness Walk:**

As part of the wonderful tradition of the Roughrider Conference, all participants will use the entrance of Theodore Roosevelt National Park for the "Teddy Walk" as part of their fitness results used for their personal wellness inventory assessment. This assessment is done by using some of the most current state of the art computer generated program software. The program will formulate individual results entered from a physical health history and a personal family health risk appraisal.

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**Heart Rate Scavenger Hunt:**

Participants as part of their Personal Wellness Inventory will be on a one-hour walk around the town of Medora looking for fitness items, while they collaborate with team members from other school district. Each participant will start out with their base resting heart rate. At the conclusion of the exercise session, the participants will be able to calculate a target heart rate zone and identify and use a target heart rate zone that will meet their personal fitness goals.

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**High Card Team Walk:**

Participants as part of their Personal Wellness Inventory will interact with other conference members from outside their own district team. The fitness activity will section off the city blocks directly adjacent to the Rough Riders Hotel and Conference center. The four quadrants will be used as the course. Each pre-set team will be given a playing card each time they finish as a group going around one of the four quadrants. The participants are not allowed to leave any member of their team's side during the activity. The outcome is to bond with other members of the conference to make the collaboration process easier when working on the action plans.

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**Closing Ceremony's:**

After a week of fun fast pace engaged learning, Rod will wrap up the week in review with final paperwork, awards, and the traditional closing video of all participants. This time will reflect on how so much positive energy was captured in what seemed like just moments ago the to the conference start. Before we leave for home, we will unveil the theme for Roughrider "33" 2019 with the traditional participant skit.

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**Biography Rod Volk:**

Rod is a lifelong North Dakotan growing up in Lisbon. Rod received his master's degree from North Dakota State University in Educational Administration and his undergraduate degree from Mayville State University with degrees in both elementary education and physical education. Rod wrestled and ran track for the comets as a four-year letter winner. This is his 25th year teaching where he is currently a middle school science and language arts teacher in Fargo. His teaching career started in Casselton as a 6th grade classroom teacher, and was also a physical education teacher and athletic director. Rod has been a head varsity football, wrestling, and track coach over the years. He has been involved with the Roughrider Conference for 25 years as a team member, facilitator, planning committee member, board member, and is currently the president of the Roughrider Association. He feels the Roughrider Conference is the best thing going for North Dakota's future in health education.