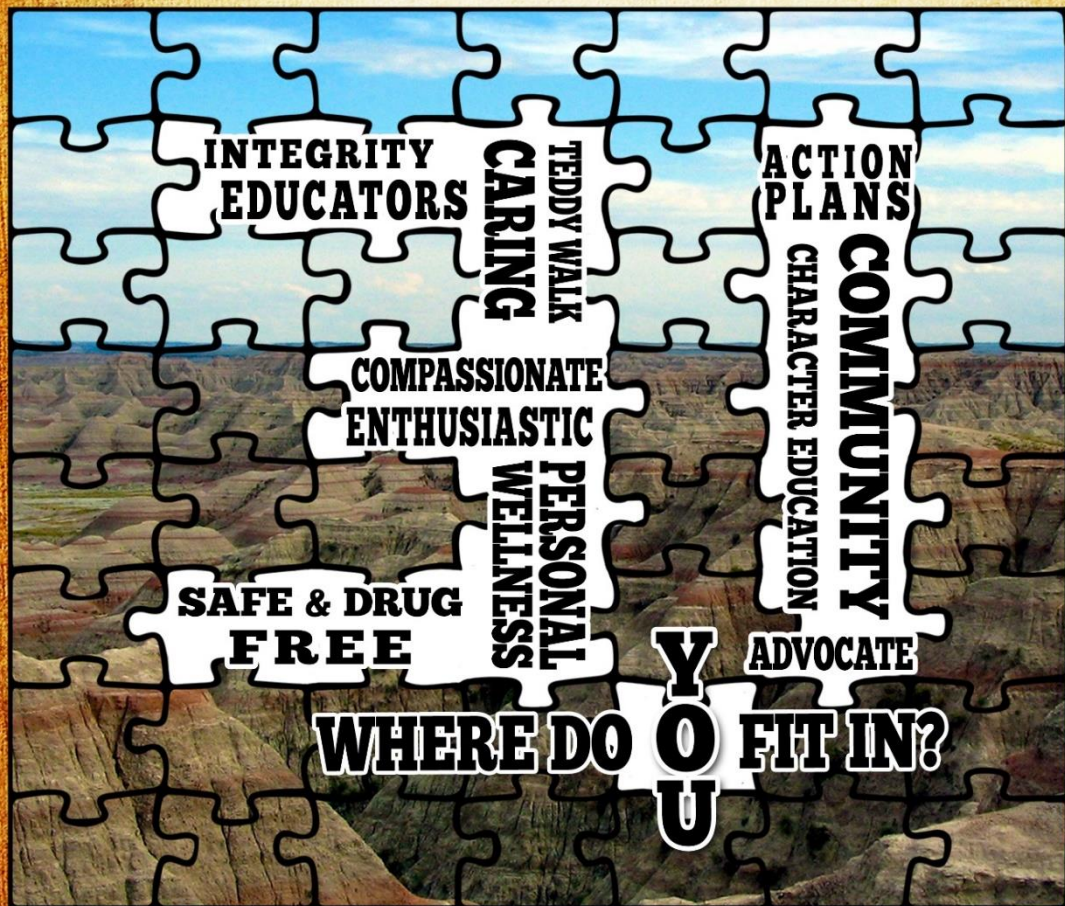
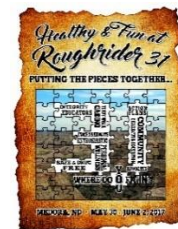
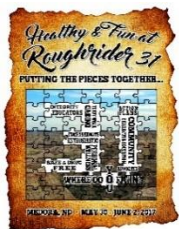


Healthy & Fun at Roughrider 31

PUTTING THE PIECES TOGETHER...



MEDORA, ND • MAY 30 - JUNE 2, 2017



Roughrider "31" Schedule 2017 (All Times Are Mountain Time)

Monday May 29, 2017

6:00 p.m. - 8:00 p.m.
6:00 p.m.- 9:00 p.m.

Check-In for Monday Arrivals-Roughrider Conference Center
Personal Wellness Inventory Assessment for Monday Arrivals (**Dr. Strand**) Schafer Center

Tuesday May 30, 2017

6:30 a.m. - 7:30 a.m.
6:30 a.m. - 8:30 a.m.
8:30 a.m. -10:00 a.m.
10:00 a.m. -12:00 p.m.
12:00 p.m. - 1:00 p.m.
1:00 p.m. - 2:00 p.m.
2:00 p.m. - 3:00 p.m.
3:00 p.m. - 4:00 p.m.
4:00 p.m. - 5:00 p.m.

Check-In Tuesday Arrivals - Rough Riders Conference Center
Personal Wellness Inventory Assessment for Tuesday Arrivals (**Dr. Strand**) Rough Riders Hotel
Opening Ceremony (**Volk**) Rough Riders Conference Center
Keynote (**Deb Tackmann**) Rough Riders Conference Center
Lunch (On Own)
Breakout Session #1 (**Tackmann / Balistreri / Strand**) Medora Room / Little Missouri Room / Chuckwagon
Team Meeting (**Volk**) Chuckwagon
Breakout Session #2 (**Tackmann / Balistreri / Strand**) Medora Room / Little Missouri Room / Chuckwagon
Breakout Session #3 (**Tackmann / Balistreri / Strand**) Medora Room / Little Missouri Room / Chuckwagon

Wednesday May 31, 2017

7:00 a.m.- 9:00 a.m.
9:00 a.m.- 9:30 a.m.
9:30 a.m.-10:30 a.m.
10:45 a.m.-11:45 a.m.
11:45 a.m.-12:30 p.m.
12:30 p.m. - 2:00 p.m.
2:00 p.m.- 3:00 p.m.
3:00 p.m. - 4:00 p.m.

Personal Wellness Inventory-Teddy Walk (**Volk**) Rough Riders Conference Center
Breakfast (On Own)
Breakout Session #1 (**Mauch / Delzer / Inniger**) Medora Room / Little Missouri Room / Chuckwagon
Breakout Session #2 (**Mauch / Delzer / Inniger**) Medora Room / Little Missouri Room / Chuckwagon
Lunch (On Own)
Personal Wellness Inventory (**Volk**) Rough Riders Conference Center
Team Meeting (**Volk**) Chuckwagon
Breakout Session #3 (**Mauch / Delzer / Inniger**) Medora Room / Little Missouri Room / Chuckwagon

Thursday June 1, 2017

7:00 a.m. - 8:15 a.m.
8:15 a.m. - 9:00 a.m.
9:00 a.m. -10:00 a.m.
10:15 a.m.- 11:15 a.m.
11:15 a.m.- 12:15 p.m.
12:15 p.m. - 1:15 p.m.
1:30 p.m. - 2:45 p.m.
2: 45 p.m.- 4:00 p.m.
4:00 p.m.- 6:00 p.m.

Personal Wellness Inventory (**Messer / Volk / Lucas**) Medora Room / Flag Pole / Chuckwagon
Breakfast (On Own)
Breakout Session #1 (**Simonich / Brannan / Moseman**) Medora Room / Little Missouri Room/ Chuckwagon
Breakout Session #2 (**Simonich / Brannan / Moseman**) Medora Room / Little Missouri Room/ Chuckwagon
Lunch (On Own)
Breakout Session #3 (**Simonich / Brannan / Moseman**) Medora Room / Little Missouri Room/ Chuckwagon
Personal Wellness Inventory (**Messer / Volk / Lucas**) Medora Room / Flag Pole / Chuckwagon
Personal Wellness Inventory (**Messer / Volk / Lucas**) Medora Room / Flag Pole / Chuckwagon
Team Meeting -Working Picnic Celebration (**Volk**) Rough Riders Conference Center

Friday June 2, 2017

7:00 a.m. - 8:00 a.m.
8:00 a.m. - 8:30 a.m.
8:30 a.m. -10:30 a.m.
10:30 a.m.- 11:30 a.m.

Check Out Rooms
Team Meeting (**Volk**) Rough Riders Conference Center
Keynote Session (**Katie Dilse**) Rough Riders Conference Center
Closeout Activities and Awards (**Volk**) Rough Riders Conference Center



May 30 – June 2, 2017 Medora, ND



Sponsored by the Roughrider Health Promotion Association Inc.

WWW.NDROUGHRIDER.COM

HEALTHY SCHOOLS HEALTHY SELF HEALTHY COMMUNITIES

ROUGH RIDER MISSION: To promote healthy lifestyle concepts to North Dakota students, school personnel and community members in order to share, learn and develop plans of action for healthy schools and communities.

REGISTRATION: Go to **NDROUGHRIDER.COM** and click on the Registration Tab

A confirmation e-mail of individual acceptance will be sent to you with-in **72 hours**.

*If you do not receive your confirmation within this time call: **Rodney Volk at 701-412-3323**

Registration fee is **\$200** per person.

Payment must be received by **May 15, 2017**

Make payment out to: **Roughrider Health Promotion**

Send payment to: **Rodney Volk – Roughrider President**
302 12th Ave. North
Casselton, ND. 58012

Team size may consist of any number of individuals. If the conference fills up beyond capacity, we will ask teams to limit number of members to accommodate more schools to network with.

Each participant will attend every session offered so there is no list to pick from.

NOTE: The conference often fills before deadline as space is limited, so we encourage you to complete your registration and send your payment as soon as possible. **Registration and payment is necessary for your spot to be secured.**

CANCELLATIONS:

If cancellation request is received by May 1, 2017 a refund will be issued minus a \$50 service charge per team member. Substitutions will be accepted if possible at no charge. Cancellations requests must be made by calling Rodney Volk @ 701-412-3323

CONFERENCE GRADUATE CREDITS “Professional Development”:

Two (2) graduate credits “Professional Development” will be available for participants.

Registration for credits will be available starting **May 2nd, 2017**

A link to sign up for credit with the University System (NDSU, UND, Minot State) will be available through the Roughrider website at WWW.NDROUGH RIDER.COM

Participants are responsible for online payment of graduate credits “Professional Development”

Attendance will be taken at all sessions for documenting as required for credit.

Check-in for the conference will be held at:

Rough Riders Hotel and Conference Center, Medora, ND.

Monday, May 29th, 2017

6:00 p.m. to 8:00 p.m.

Tuesday, May 30th 2017

6:30 a.m. to 7:30 a.m.

Once checked in for the conference you will complete the fun, easy, and healthy Personal Wellness Inventory Assessment.

ROOMS: We have secured a super low Roughrider special rate of:

\$75.00 per night at the **Badlands Hotel** double occupancy

\$99.00 Rough Riders Hotel double occupancy.

Call and reserve your rooms early if you plan to attend. (1-800-MEDORA1) and ask for the **Roughrider Conference room block rate**. Please note that if you are **direct billing your room** to your school district, you will need to have this information set up with your school district and available when you make your reservation.

- **MEALS:** are on your own. The Maltese Cross Burger Grill and Medora Pizza Parlor will be open for lunch and dinner, along with other Medora establishments during the conference. Theodores Restaurant in the Rough Riders Hotel will be open for breakfast and evening meals. The Chuckwagon Dining Center will **NOT** be open this year so plan your eating as needed. The Medora Foundation policy states, “no outside food or beverages allowed in the meeting rooms at the Rough Riders Hotel.” They will allow you to bring in your own bottled drink as long as it has a cover, but no outside food source is allowed.

REASONS TO ATTEND THE CONFERENCE:

Personal and Professional Motivational and Educational Opportunities

Coordinated School Health (CSH) Strategies and approaches for Action Plans

After-School Programs

Personal Wellness/Healthy Living Skills

Networking Opportunities

Safe and Drug-Free Schools and Communities

School-to-Community Collaboration and Risk Prevention

Recreational Opportunities

Two Graduate Credits Available “Professional Development”

Character Education

School Assessment: School Improvement Plan

Positive Behavior Support

WHO SHOULD ATTEND:

Administrators, Educators, Counselors, School Staff, Kitchen Staff, Transportation Staff, School Board Members, School Nurses/Public Health Staff, After-School Program Staff Community Members (Extension Service, Parents, Pastors, Safety, Tobacco and Trauma Coordinators, Social Workers, Youth Workers)

OBJECTIVES:

Develop a realistic and attainable Healthy School and Community Action Plan.

Expand knowledge of research-based prevention curriculum, enhancement through after-school programming, and classroom behavior management strategies.

Expand prevention efforts specific to environmental strategies and evidence-based programs.

Share successful teaching techniques, prevention strategies and programs.

Expand knowledge of North Dakota health initiatives, resource and community programs for healthy students, schools and communities.

EXPECTATIONS OF CONFERENCE PARTICIPANTS:

Attend the entire conference/complete graduate credit requirements “Professional Development.”

Participate in conference activities.

Develop an attainable Action Plan to take back to your school and community.

Learn healthy skills for self, schools and community.

Be an enthusiastic “team player” and “conference networker.”

Submit team photo and press release to your local newspaper after the conference

Look at the conference photos/videos on the NDROUGHRIDER site following the conference.

Respect Medora and Roughrider Health Promotion Association, policies, rules and Laws.

OUTCOMES:

Provide data-driven decision-making choices.

Understand Coordinated School Health approach.

Realize healthy students make better learners.

Facilitate a sustained collaboration between schools and community.

Prevent substance abuse in all communities of North Dakota.

Understand how your local Rural Education Association (REA) can help your school.

PRIOR TO CONFERENCE:

Organize your team.

Complete registration online.

Secure payment of conference fees and send to name and address listed on page 1.

Professional Development Graduate credit registration at WWW.NDROUGHRIDER.COM linked to the University System payment of (2) Credits starting **May 2nd, 2017**.

Create a communication and support network.

Identify needs of individual and team events.

Secure a Silent Auction item – see Silent Auction link on website NDROUGHRIDER.COM

AFTER THE CONFERENCE:

Send copy of action plan to Roughrider Association

Submit press release to local paper with team picture.

Present action plan to your school and/or community.

Lead and plan activities in your area to accomplish goals determined at conference.

Organize team meetings to monitor accomplishments of the team action plan.

SILENT AUCTION:

The Silent Auction is a Roughrider Health Promotion Association Fundraising **Tradition!**

Each individual is encouraged to participate by bringing a Silent Auction donation.

Auction proceeds support special conference events.

Items should be at least \$5.00 in total value.

Items should not have a school name or logo.

The “Silent Auction” format is paper bidding of items on display;

Each “shopper” outbidding the prior bidder.

Your bidding participation is the key to the success of this event!

The winning bidders pays and claim items when auction is closed.

Individuals can drop off Silent Auction items at Conference check-in @ the Rough Riders Hotel

Silent Auction Agenda: (Rough Riders Hotel)

Thursday, June 1st, 2017

Final Bidding, Pick-up and Payment: 5:30 p.m.

NOTE:

Conference dress is casual. Comfortable clothes for light exercise, shoes for walking.

Video or still pictures may be used for future promotional materials for North Dakota Roughrider Health Promotion Conferences.

All activities listed on the schedule are required to attend if taking the conference for credit.

All outside activities including the traditional Teddy Walk are rain or shine events.

NOTICE OF NONDISCRIMINATION: The Roughrider Health Promotion Association Inc. does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The North Dakota Roughrider Health Promotion Association Inc. does reserve the right to refuse registration to any individuals who are felt to pose a safety threat to others. The North Dakota Roughrider Health Promotion Association Inc. and the Board of Directors reserves the right to dismiss from the conference any individuals with unfavorable behavior not deemed suited in the best interest of the conference or the other participants. The North Dakota Roughrider Health Promotion Association Inc. Board of Directors is not liable for any injuries to person or property sustained at the conference.

The Equal Employment Opportunity law has been amended to include genetics, meaning applicants and employees and their families are protected from discrimination based on genetic information (includes information about genetic tests, the manifestation of diseases or disorders in family members, and requests for or receipt of genetic services).

Professional Development Graduate Credit will be available from NDSU, UND and Minot State beginning Tuesday May 2nd, 2017 and will close Thursday June 1st, 2017 at 3:00 p.m. MT. Time.

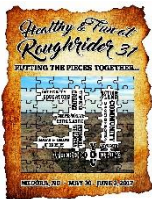
- NDSU scores with a letter grade (A-F) system.
- UND scores with a letter grade (A-F) or (S) Satisfactory (U) Unsatisfactory option.
- Minot State scores with a (S) Satisfactory (U) Unsatisfactory grade only.

Click on university icon below to direct you to their on-line credit registration.



Grading will be assessed on the following criteria:

- 1.) Participation in all activities.
- 2.) Completion of all written assignments satisfactorily.
- 3.) Preparation of an action plan.
- 4.) Evaluation and implementation of materials.
- 5.) Attendance at all required sessions.
- 6.) Submit conference team picture and press release to newspaper.



If you have any questions please contact Rod Volk
701-412-3323 or volkr@fargo.k12.nd.us





For those of you that would like to play a round of golf, Bully Pulpit Golf Course has set aside tee times on Wednesday, May 31st from 4:15 – 6:30. The Roughrider group rate of \$55.00 includes a seat on a golf cart, 18 holes of golf or until dark at approximately 9:00 p.m. **Beginning April 1st**, call 701-623-4653 and let them know you would like to book a tee time under the **Roughrider Health Conference tee time block**. They will hold that block of tee times **until May 27th**. We will also offer several contest prizes throughout your round – long putt, long drive and closest to the pin.

For more information about Bully Pulpit Golf course visit our web site at www.medora.com If you have any troubles with making a tee time at the above listed number please contact Rodney Volk @ 701-412-3323





Silent Auction

The Silent Auction is a Roughrider Health Promotion Fundraising Tradition!

Each individual is encouraged to bring a Silent Auction donation

Silent Auction Agenda: (Rough Riders Hotel)

Thursday, June 1st, 2017 Starting at 4:00 p.m.

Final Bidding, Pick-up and Pay: 5:45 p.m.

- Auction proceeds support special conference events.
- Items should be at least \$5.00 in total value.
- Items should **not** have a school name or logo.
- The “Silent Auction” format is paper bidding of items on display.
- Each “shopper” outbidding the prior bidder.
- Your bidding participation is the key to the success of this event!
- The winning bidder pays and claim items when auction is closed.

Individuals may drop off silent Auction item during check-in

Monday, May 29th, 2017 at 6:00 p.m. to 8:00 p.m. for those arriving on Monday.

or

Tuesday May 30th, 2017 at 6:30 a.m. to 7:30 a.m. for those arriving on Tuesday.

or

Any time prior to the silent auction on Thursday afternoon.

Thank you for your support of the Roughrider Health Promotion Association Conference!



The color on your name-tag designates where you start your sessions on Wednesday and Thursday. We will rotate one room down!

Break-Out Sessions: Wednesday & Thursday

GREEN - Medora Room

BLUE - Little Missouri Room

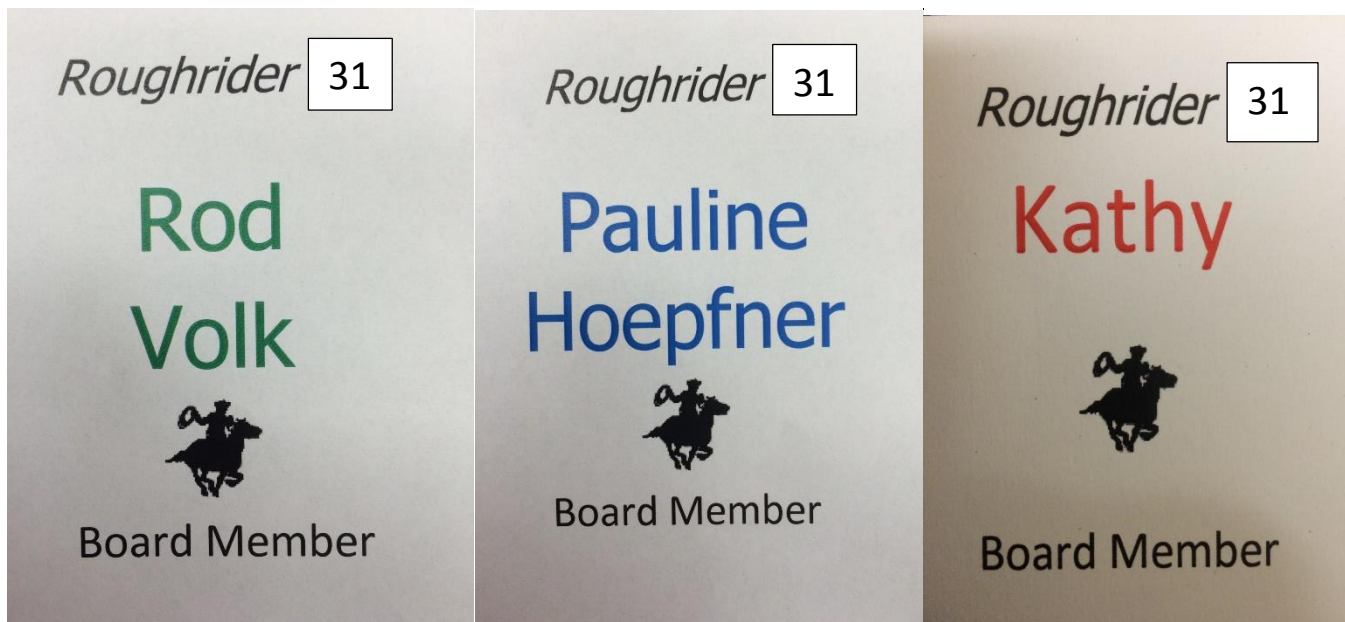
Red - Chuckwagon

Thursday's Personal Wellness Inventory:

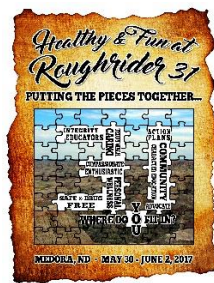
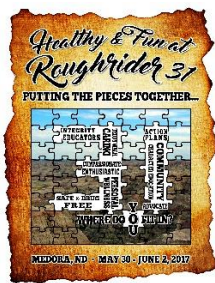
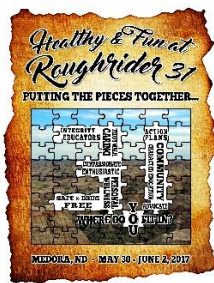
7:00 a.m.-8:15 a.m. **Green** - Medora Room / **Blue**- Flag Pole / **Red** - Chuckwagon

1:30 p.m.-2:45 p.m. **Green** - Flag Pole / **Blue**- Chuckwagon / **Red** - Medora Room

2:45 p.m.-4:00 p.m. **Green** - Chuckwagon / **Blue**— Medora Room / **Red** - Flag Pole



ROUGH RIDER "31" Putting The Pieces Together 2017



Greetings! You have registered for the 2017 Roughrider Health Promotion Conference being held in Medora, North Dakota **May 30th - June 2nd 2017**

- 1.) Go to **NDROUGH RIDER.COM** and at the top you will see a large tab labeled **(PRINT FULL CONFERENCE BROCHURE)** Do so and bring it with you to the conference. The brochure will have the schedule and forms you will need for the week.
- 2.) Your conference registration check-in will depend on your travel arrangements and whether your arrival day is Monday the 29th or Tuesday the 30th. If arriving on Monday, the conference registration check-in will take place at the **Rough Riders Hotel** from **6:00-8:00 p.m. Mountain Time**. If arriving on Tuesday morning, the registration check-in will be from **6:30-7:30 a.m. Mountain Time**. You will be receiving your name badge, t-shirt, waiver forms, etc. This registration check-in time is for the Roughrider Conference only, as your hotel check-in arrangement is a separate matter. If you are **direct billing** your room to your school district, you will need to have this information set up with the hotel before the conference.
- 3.) After on-site registration check-in, you will complete the **VERY EASY** 30 year traditional **Roughrider Personal Wellness Assessment**. This assessment will be led by Dr. Brad Strand of NDSU. The President's Challenge-Adult Fitness Test will require assessing some very simple and basic physical tasks. i.e., height, weight, blood pressure, stretching, body measurements, etc. The assessment is **not intensive** so no need to worry. If there is an assessment you feel you are unable to participate in, please talk to Dr. Strand or Rod at that time. After the physical assessment you will answer some basic health inventory questions for your own records. The assessment will conclude with a Mini-Golf team activity which is part of the credit requirement. The final piece of the assessment is the traditional **"Teddy Walk."** The President's Challenge Assessment tool requires a 1 mile walk time (at your own pace) on **Wednesday morning** (rain or shine) while we take in the beautiful Medora surroundings. The President's Challenge assessment will calculate your health appraisal data when you enter the results. We ask that **each team** have access to at least one laptop or smartphone device, to use during the week for this activity and our action plan work.
- 4.) A tradition of Roughrider is to have fun with our theme, which this year is **"Putting The Pieces Together-Where Do You Fit In?"** A team spirit award is given at the end of the conference to the team who brings the most positive Roughrider energy. We encourage you and your team to bring your team spirit and some fun/crazy dress attire that matches the "Don't Worry Be Healthy" Theme. If you need ideas, go to **NDROUGH RIDER.COM** and click on the past conference pictures or video tab and see what other teams have done in past years. Also, Wednesday is "Wear Your Conference T-Shirt and picture day," so plan your attire accordingly.
- 5.) If taking the Roughrider Conference for credit, starting **May 2nd** you are able to go to our site **NDROUGH RIDER.COM** and click on the **GRADUATE CREDIT** tab. In this tab you click on your choice of university (**NDSU, UND, Minot State**) from which to receive conference credit. This tab will take you directly to

that university's site where you will make your payment for credit. You will receive two credits for \$100. There is **NOT** a one credit option. You have until 3 p.m. Mountain Time Thursday, **June 1st** to register for these credits. NDSU uses a letter grade system (A-F), UND offers a choice of either a letter grade or Satisfactory / Unsatisfactory, and Minot State uses a Satisfactory / Unsatisfactory.

- a.) There is **no** prior assignment work that must be done before the conference.
- b.) You will have completed all necessary paperwork for your credits when you leave the conference. One person on the team will need to submit your Roughrider Conference team photo and press release to your local newspaper. After the conference, it is up to each team or individual to take back the completed action plan for implementation as your district deems appropriate.
- **MEALS** are on your own. The Maltese Cross Burger Grill and Medora Pizza Parlor will be open for lunch and dinner, along with other Medora establishments during the conference. Theodores Restaurant in the Rough Riders Hotel will be open for breakfast and evening meals. The Chuckwagon Dining Center will **NOT** be open this year so plan your eating as needed. The Medora Foundation policy states, "no outside food or beverages allowed in the meeting rooms at the Rough Riders Hotel." They will allow you to bring in your own bottled drink as long as it has a cover, but no outside food source is allowed.
- **Bully Pulpit Golf Course** has tee times set aside on Wednesday, May 31st from 4:30-6:30 for the annual Roughrider Conference **Bully Blast Golf Outing**. The rate of \$55.00 includes a seat on a golf cart. Call 701-623-4653 to book a tee time under the Roughrider block. The reserved block will be held **until May 27th**. If you decide last minute to golf, we have always been able to get more on the course. We will have a long putt, long drive and closest to the pin contest, with prizes for the winners.
- The **Silent Auction** is another Roughrider tradition that has been a big hit over the years with participants. We are encouraging **each participant to bring a silent auction item** worth at least \$5.00. Participants may bid on the items at our "31st Anniversary Celebration", as this will be a working lunch with a burger and brat picnic style cookout for you to purchase. The Roughrider Association has tried to give you the best facilities and presenters for this conference. The money raised from the silent auction has allowed us to offer you top presenters with low registration fee.
- **Specific items to bring:** Have a pen with you throughout the week. A set of **exercise clothes** is not mandatory, but we will have some activities where this attire will suit you better. You will need a good pair of **walking shoes**, as we will be moving on our feet for some of the sessions. **Raingear** could be valuable, as the "Teddy Walk" and the other outside scheduled activities are rain or shine events. Feel free to bring some **snacks** to keep in your room as well. Finally, there is **cell phone** service in Medora, so bring your **charger**.

If you have any further questions please look at your complete conference brochure or you may contact me at **701-412-3323** or e-mail volkr@fargo.k12.nd.us Rod Volk-Roughrider President

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Deb Tackmann (M.S)



SESSION INFORMATION:

Tuesday May 30th, 2017

Opening Keynote 10:00 a.m. - 12:00 p.m.

OPENING KEYNOTE: "Wellness Education in the 21st Century: Are We Ready for the Challenge?"

The children of today live in a world vastly different from that of a few years ago. The risks of teen sexuality, obesity, experimentation with tobacco, alcohol and other drugs, school violence and bullying, and suicide are but a few of the issues facing today's young people. We know the health of young people is strongly linked to their academic success and that schools have direct contact with more than 95% of our nations young people ages 5-17. The question is how can we as educators empower our youth with the knowledge and skills they need to make healthy decisions? How can we strengthen our school programs and policies to be the most efficient means to prevent or reduce risk behaviors and prevent serious health problems? This high-energy presentation will help you understand youth trends in the 21st century, identify essential elements that are necessary for effective school health and physical education as well as motivate and inspire you as a professional educator!

Tuesday May 30th, 2017

Breakout Session - #1 1:00 p.m. - 2:00 p.m.

Breakout Session - #2 3:00 p.m. - 4:00 p.m.

Breakout Session - #3 4:00 p.m. - 5:00 p.m.

BREAKOUT SESSION: "Outrageous Teaching Techniques in Health Education"

This high energy, interactive, and hands-on health session will empower professionals with the knowledge and skills necessary to engage learners in the 21st century. Using cotton balls, hair gel, fishing lures and a plethora of other modalities, these cutting edge teaching activities are kid tested and approved. Participants will engage in a dozen lessons and activities that will demonstrate critical thinking, differentiated learning, brain-based learning and other relevant and up to date teaching methods and ideas. These lessons are all based on the National Health Education Standards. **Join in the fun as you learn dynamic teaching techniques that are relevant and exciting for both the teacher and the learner!**

Biography Deb Tackmann

Deborah Tackmann is an exemplary health and physical education instruction instructor in Fall Creek, WI. She has received six national awards for her work in health education and in 2012 was the only teacher from Wisconsin, as well as the only health educator that has ever been inducted into the National Teacher Hall of Fame. Deborah received a standing ovation for her keynote at the National SHAPE America Convention in 2014 and has since keynoted for a plethora of other state SHAPE conventions. Her presentations will make you laugh, make you cry and inspire you to be the best educator you can be.

Katie Dilsie



Friday June 2nd, 2017

Keynote 8:30 a.m. - 10:30 a.m.

CLOSING KEYNOTE: "Your Fire Within....."

Do you dream of a school with kind, respectful, and responsible children? Are you wanting the streets of your community to have the same kind of integrity? Yet, kids are wired to push our buttons and stretch the boundaries on a daily basis! Does this fact overwhelm you, confuse you, frustrate you and still propel you to grow! Well, it should! Are you looking to balance your job as school referee with your call to nurture? Are you aware how the fire within your heart - the spark of your gifts, talents, and skills - will change the heart of everyone you meet? Katie will help you understand how the spark of YOU can light the world. We will set firm values and uphold them with solid perimeters to establish long-lasting, honest relationships. Understand better how to cherish the growth in your own life, and others, by learning from life's toughest lessons and the cozy re-assurance of rooted loved. Embrace the craziness and chaos of your day, inviting your best self to love your imperfections, and let your soul dance! We are going to follow your moral compass, trust your nudges, listen to the music of your heart and jam to your crazy life! It is time for some new AWESOMESAUCE!!!!!!

Biography Katie Dilsie

Katie is a Midwest farmer's daughter, a piano teacher, and referee – a spunky, sensitive storytelling MOM. She leads audiences nationwide to live with gusto and grace. She sang on "Good Morning America," starred in "Great American Wheat Harvest" documentary, and teachers always said she "tended to talk too much in class!" She now travels nationwide talking... sharing stories of encouragement, inspiration, and dedication to our personal homes and communities. Affecting homes, businesses, and communities with a down-home approach to everyday living. Katie and her husband Stuart raise four sons on their farm near Scranton, North Dakota.

Jerry Balistreri (M.S)



Tuesday May 30th, 2017

Breakout Session - #1 1:00 p.m. - 2:00 p.m.

Breakout Session - #2 3:00 p.m. - 4:00 p.m.

Breakout Session - #3 4:00 p.m. - 5:00 p.m.

BREAKOUT SESSION: "Reading the Tells – Learning How to Read Body Language"

Reading the Tells is a powerful training seminar that gives you practical techniques, tools, and strategies for understanding and using non-verbal communication for the highest impact and effectiveness. Become a highly respected, highly influential, and highly successful communicator! Whether you are a teacher, counselor, principal, or supervisor of any kind, the degree of career success you enjoy is virtually dictated by your skills in communicating with others on the job.

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



Tuesday May 30th, 2017

Breakout Session - #1 1:00 p.m. - 2:00 p.m.

Breakout Session - #2 3:00 p.m. - 4:00 p.m.

Breakout Session - #3 4:00 p.m. - 5:00 p.m

BREAKOUT SESSION: "Leading Fast and Slow"

The purpose of this session is to explore the concepts presented in "Thinking Fast and Slow in relation to leadership." In 2011 Nobel Memorial Prize winner in Economics Daniel Kahneman wrote a book titled Thinking, Fast and Slow. This book was recognized with the National Academy of Sciences Best Book Award in 2012. As leaders we are often required to lead fast and slow by thinking fast and slow. In this breakout session we will share specific examples of leadership system 1 and thinking system 2. Participants will understand the importance of using fast and slow thinking in their individual work situations and will understand the limitations when making important decision.

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 rapport 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.

Lois Mauch (M.S)



Wednesday May 31st, 2017

Breakout Session #1 (9:30-10:30 a.m.)

Breakout Session #2 (10:45-11:45 a.m.)

Breakout Session #3 (3:00 - 4:00 p.m.)

BREAKOUT SESSION: "Integrating Health-Related Fitness Education"

Experience how to integrate your physical fitness youth program with a purposely built program to measure the effectiveness of your PE program. Experience the PYFP 8 step approach of engaging your students with challenge, novelty, and moderate to vigorous physical activity strategies to collect data that will prove to be valuable measurements for state wide funding. Participants will review a purpose built program to collect data and to improve learning outcomes as supported by the research supported. We will Share and discuss updated research that indicates the need and importance for physical activity and core fitness to support academic improvement. Participate in strategies to integrate a year of engaging your students with challenge *strategies*. Experience a purposely build program for collection of data and the President Youth Fitness Program 8 step approach to build fitness in your students.

Biography Lois Mauch

Lois has her Master's Degree from Virginia Tech in Health and Physical Education. She has published 2 books, and various articles published in the National Journal for Sport and Physical Education. Lois was National Association for Sport and Physical Education Teacher of the Year both at the State Levels for Elementary in 1990 and as the Middle School Teacher of the Year at the State and Central District Levels in 1998. Lois has been project coordinator for two North Dakota Foundation Grants that were awarded to the Fargo Schools which focused on 4th grade obesity. Lois has been instrumental in the development and application of standards, benchmarks, assessments and standard based report cards. She has implemented technology across the United States and in foreign countries. Lois has been honored to present at five National Conventions along with several district and state conventions. Lois has now retired from the public school system and is working full time as an instructor at Minnesota State University Moorhead teaching curriculum development courses along with methodologies and activity courses. As a Physical Education Specialist, Lois is a leader in curriculum development, assessment, fitness and technology. Lois along with two other cohorts are co-founders of the company Be Fit 2 Learn in which they conduct 2 day research based workshops across the country on strategies which seek to improve academic achievement through physical activity for all children through instruction on curriculum design, teaching behavior and creating connections.

Kayla Delzer (M.S.)



Wednesday May 31st, 2017

Breakout Session #1 (9:30-10:30 a.m.)

Breakout Session #2 (10:45-11:45 a.m.)

Breakout Session #3 (3:00 - 4:00 p.m.)

BREAKOUT SESSION: Reimagining Learning Spaces

This session is based off of Kayla's Blog Column, **Why the 21st Century Classroom May Remind You of Starbucks.**

If we take a look at classrooms over the past 100 years, we are seeing the same type of learning environments, year after year. The world is changing, yet our classrooms are remaining much the same. Revitalizing space is a straightforward way to let students exercise choice in the learning environment and find academic success on their own terms. Leave this session with a good idea about how to turn your classroom into a flexible seating, student led "Starbucks for Kids" learning space.

Biography Kayla Delzer:

I graduated from UND with a double major in Elementary Education and Early Childhood Education in May of 2008. I also hold a Master's Degree from UND with a MS Elementary Education. I get to speak to future teachers on campus, and it's always one of my favorite days. I have two crazy, funny, sweet, and sometimes naughty dogs that are spoiled rotten! Madi Mae is a Schnoodle and Dudley aka Duds is a Shorkie. They love kids as much as I do! I have played golf since I was old enough to drive the cart, and all the way through college. I don't have enough time to play golf like I used to, which can be frustrating for a competitive golfer like me! I am honored to be a columnist for the leading educational technology website in the United States, EdSurge.com. I know I was created and put on this earth to teach. I can't imagine doing anything else in the whole world. My mom was my kindergarten teacher, and I knew since then I wanted to teach! My dad was my music teacher from grade 5 until I graduated high school. Teaching kids is my passion in life, and I am blessed beyond words to be able to do what I do every single day. My job is to help kids love learning, what's better than that!? The hardest part of my job is that it matters every day. That's also the best part of my job! I think kids should love where they get to learn, and I love designing classrooms! We recently moved back to North Dakota to teach, and we are loving the big town! We feel very fortunate and blessed to be where we are now! This is my seventh year of teaching in Mapleton. I love dogs, chevron patterns, and coffee. I have a lot of energy, and people always ask me how I do it, and the secret is I drink a lot of coffee! My kids at school ask me why I like coffee so much, and I tell them I drink it so I can keep up with them!

Holly Inniger (M.S)



Wednesday May 31st, 2017

Breakout Session #1 (9:30-10:30 a.m.)

Breakout Session #2 (10:45-11:45 a.m.)

Breakout Session #3 (3:00 - 4:00 p.m.)

BREAKOUT SESSION: "The Creative Classroom: Using websites, QR Codes and iPads in Classrooms"

This session will focus on educational websites that many teachers are using to help students learn, and engage these 21st Century learners. The website will be shown, as well as a time to collaborate on them and how they could be useful to YOU. QR codes will be made, along with activities and ways to incorporate them into ANY classroom. Apps are the hottest thing in education today, so there will be many shared, as well as projects and activities that have been used in various ways in Barnesville's 1:1 MOVE 21 Initiative!

Biography Holly Inniger

Holly earned her Master's Degree in Curriculum and Instruction with an emphasis in Technology from the University of St. Thomas in St. Paul, MN. She integrates technology resources in her classroom practices. She applies strategies to the applications of the Smartboard, iPad and iPod touch. Holly uses several web applications in her classroom to engage students, which include Accelerated Reading, Accelerated Math, Study Island to help enhance curriculum and student learning. Holly has been incorporating technology to promote academic achievement. She has implemented GeoMotion mats, Polar activity watches, and Be Fit 2 Learn brain break activities which all encourage 60 minutes of activity required per day for elementary aged students. Holly is a native of Barnesville, Minnesota, Holly attended Concordia College in Moorhead and has taught in Barnesville, MN for the past 11 years.

Don Moseman



Thursday June 1st, 2017

Breakout Session #1 (9:00 - 10:00 a.m.)

Breakout Session #2 (10:15 - 11:15 a.m.)

Breakout Session #3 (12:15 - 1:15 p.m.)

BREAKOUT SESSION: "Emergency Operations for School Staff Part 2"

Teachers will learn the best practices and the dos and don'ts of conducting a lockdown drill. We will discuss what happens if a gunman or intruder gains access to the school classroom and some of the best practices from around the country in emergency preparation for staff members. The North Dakota Safety Council was selected by the North Dakota Department of instruction to be the administrator of the statewide school safety and assessment grant from the U.S. Department of Education.

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



Thursday June 1st, 2017

Breakout Session #1 (9:00 - 10:00 a.m.)

Breakout Session #2 (10:15 - 11:15 a.m.)

Breakout Session #3 (12:15 - 1:15 p.m.)

BREAKOUT SESSION: "How to turn your body into a fat burning machine. 80% nutrition + 20% exercise = 100% health"

Educating 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.

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 Airforce. 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 is married to her wonderful husband Scott for 16 years and has three sons; Beau, Truitt, and Rocco.

Heather Simonich (M.S.)



Thursday June 1st, 2017

Breakout Session #1 (9:00 - 10:00 a.m.)

Breakout Session #2 (10:15 - 11:15 a.m.)

Breakout Session #3 (12:15 - 1:15 p.m.)

BREAKOUT SESSION: "Mental Health in Trauma Sensitive Schools: A Perspective on Student Behavior Learning"

One in four children have been exposed to a traumatic event that may have a lasting impact on the well-being and functioning of students and their families. By understanding how trauma impacts students and adopting a trauma-informed approach, educators can play a crucial role in mitigating both the short and long term effects of trauma. This workshop will leave you with a renewed commitment to reach some of the most vulnerable students and their families. Participants will be presented with new trauma-focused professional development curriculum. Educators will understand the term child traumatic stress and know what types of experiences constitute childhood trauma. We will review the impact of trauma on brain development and behavior of children in schools, and also learn how the impact of traumatic stress can be prevented by the use of trauma-informed responses and strategies.

Biography Heather Simonich

Heather Simonich, M.A., earned her Master's Degree in Counseling Psychology from Ball State University in Muncie, Indiana. She Joined P.A.T.H. in May of 2015 and currently serves as an Operations Director for North Dakota. Prior to her work with P.A.T.H., Heather spent 14 years with the Neuropsychiatric Research Institute in Fargo and served as the program coordinator and trainer for treatment collaborative for traumatized youth. She routinely provides trauma-informed care training and consultation to child serving organizations across the state of North Dakota. Most Recently, Heather collaborated with the ND Department of Public Instruction to create a professional development curriculum for elementary educators which is now being provided to school districts across the state. Heather has published professional manuscripts on topics related to child traumatic stress. She is a 2012 Bush Leadership Fellow and a licensed professional counselor. Heather lives in Moorhead, MN with her husband Mike and three sons.

Bill Lucas (M.S.)



Thursday June 1st, 2017

Breakout Session #1 (9:00-10:00 a.m.)

Breakout Session #2 (10:15-11:15 a.m.)

Breakout Session #3 (12:15 -1:15 p.m.)

BREAKOUT SESSION: "Life is a Puzzle: Let's figure it out together"

During his workshops Bill's activities seem to be puzzle pieces that don't fit. After experiencing each one you see how he puts them together into a beautiful picture as everyone in the workshop works and plays to help put this puzzle, we call life, together. Through movement, laughter, and personal experiences Bill is able to bring together any group in ways that let them all be successful and learn to help others with their puzzle too. A puzzle is nothing more than a common goal that everyone can reach if they are working (playing) together. Join Bill as he shows what a puzzle master can do with all the pieces even when they are jumbled and we struggle to put them where they belong. This workshop is for everyone who wishes to achieve better health through movement, mental exercise, and laughter. Bill has a unique (okay, most people may say "puzzling"—He prefers unique :) way of looking at the world which you will experience through physical activities, mental exercises, and laughter until your stomach hurts.

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 aaaacreations. 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



Thursday June 1st, 2017

Personal Wellness Inventory - 1 hour repeated

7:00 a.m. - 8:15 a.m.

1:30 p.m. - 2:45 p.m.

2:45 p.m. - 4:00 p.m.

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:

Tuesday May 30th, 2017 (8:30 - 10:00 a.m.)

Opening Ceremony's:

To set the energetic tone for Roughrider Conference 31 "Putting The Pieces Together 2017-Where Do You Fit In? 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.

Tuesday May 30th, 2017 (2:00 - 3:00 pm)

Wednesday May 31st, 2017 (2:00 - 3:00 pm)

Thursday June 1st, 2017 (4:00 - 6:00 pm)

Friday June 2nd, 2017 (8:00 - 8:30 am)

Team Meetings for Action Plans:

In preparation for the 2017 Roughrider "31" 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 2017-2018 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.

Wednesday May 31st, 2017 7:00 a.m. - 9:00 a.m. **Personal Wellness Inventory**

"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 to formulate individual results entered from a physical health history and a personal family health risk appraisal.

Wednesday May 31st, 2017 (12:30 - 2:00 p.m.) Personal Wellness Inventory

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.

Thursday June 1st, 2017 Personal Wellness Inventory - 1 hour repeated

7:00 a.m. - 8:15 a.m.

1:30 p.m. - 2:45 p.m.

2:45 p.m. - 4:00 p.m.

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.

Friday June 2nd, 2017 (10:30 - 11:30 a.m.) Closing Ceremony's

Closing Ceremony's:

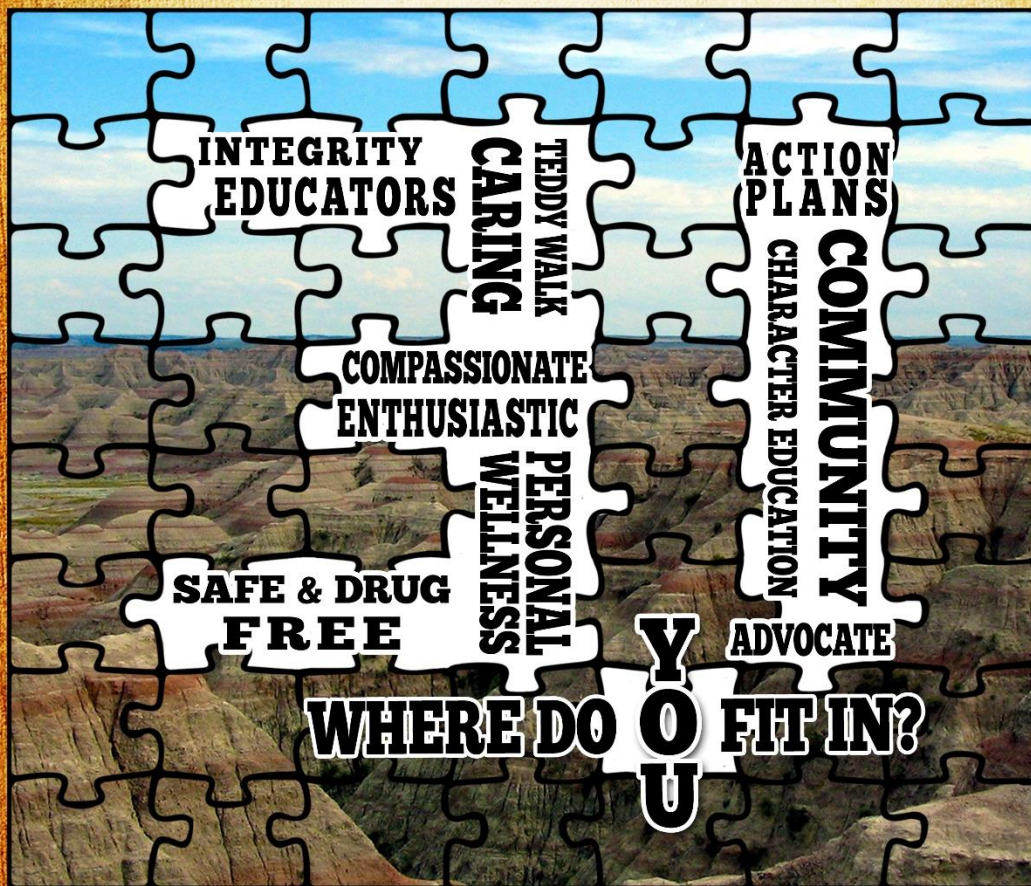
After a week of fun fast pace engaged learning, Rod will wrap up the week in review with final paperwork, awards, and the traditional closing video of all participants. This time will reflect on how so much positive energy was captured in what seemed like just moments ago the to the conference start. Before we leave for home, we will unveil the theme for Roughrider "32" 2018 with the traditional participant skit.

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 24 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.

Healthy & Fun at RoughRider 31

PUTTING THE PIECES TOGETHER...



MEDORA, ND • MAY 30 - JUNE 2, 2017



PD Credit Summary ND Roughrider 2017

Name _____ School _____

As part of the professional development graduate credit process, you must complete and turn in this conference summary in full on Friday June 2, 2017 at the end of the conference.

Tuesday, May 30, 2017

Personal Wellness Inventory Assessment: 5:30 – 8:30 a.m. (Dr. Strand)

Summary: _____

Opening Ceremony: 8:30 – 10:00 a.m. (R. Volk)

Summary: _____

Keynote Speaker: 10:00 a.m. – 12:00 p.m. (Tackmann)

Summary: _____

Breakout Session #1: 1:00 – 2:00 p.m. (Tackmann / Balistreri / Strand)

Summary: _____

Team Meeting #1: 2:00 – 3:00 p.m. (R. Volk)

Summary: _____

Breakout Session #2: 3:00 – 4:00 p.m. (Tackmann / Balistreri / Strand)

Summary: _____

Breakout Session #3: 4:00 – 5:00 p.m. (Tackmann / Balistreri / Strand)

Summary: _____

Wednesday, May 31, 2017

Personal Wellness Inventory Assessment: 7:00 - 9:00 a.m. (R. Volk)

Summary: _____

Breakout Session #1: 9:30 – 10:30 a.m. (Mauch / Delzer / Inniger)

Summary: _____

Breakout Session #2: 10:45- 11:45 a.m. (Mauch / Delzer / Inniger)

Summary: _____

Personal Wellness Inventory: 12:30 – 2:00 p.m. (R. Volk)

Summary: _____

Team Meeting #2: 2:00 – 3:00 p.m. (R. Volk)

Summary: _____

Breakout Session #3: 3:00 – 4:00 p.m. (Mauch / Delzer / Inniger)

Summary: _____

Thursday, June 1, 2017

Personal Wellness Inventory Assessment: 7:00 - 8:15 a.m. (Messer / Volk / Lucas)

Summary: _____

Breakout Session #1: 9:00 – 10:00 a.m. (Simonich / Brannan / Moseman)

Summary: _____

Breakout Session #2: 10:15 – 11:15 a.m. (Simonich / Brannan / Moseman)

Summary: _____

Breakout Session #3: 12:15 a.m. – 1:15 p.m. (Simonich / Brannan / Moseman)

Summary: _____

Personal Wellness Inventory: 1:30 – 2:45 p.m. (K. Messer / R. Volk / B. Lucas)

Summary: _____

Personal Wellness Inventory: 2:45 – 4:00 p.m. (K. Messer / R. Volk / B. Lucas)

Summary: _____

Team Meeting #3: 4:00 – 6:00 p.m. (R. Volk)

Summary: _____

Friday, June 2, 2017

Team Meeting #4: 8:00 – 8:30 a.m. (R. Volk)

Summary: _____

Keynote Session: 8:30 – 10:30 a.m. (Katie Dilse)

Summary: _____

Closeout Activities & Awards: 10:30 a.m. – 11:30 a.m. (R. Volk)

Summary: _____

Name: (please print) _____

Signature: _____

Address: _____

Summer Phone Number: (____) _____

Institution Recording PD Credit: (please circle)

NDSU

Minot State

UND

Please hand this form in at the collection table in the Lobby at the conclusion of conference 31.

Presenter Feedback ND Roughrider 2017

Tuesday May 30th, 2017

Personal Wellness Inventory Assessment: Monday p.m. or Tuesday a.m. (Dr. Brad Strand)

(A B C D F)

Comment: _____

Opening Ceremony: 8:30 – 10:00 a.m. (R. Volk)

(A B C D F)

Comment: _____

Keynote Speaker: 10:00 a.m. – 12:00 p.m. (Tackmann)

(A B C D F)

Comment: _____

Breakout Session #1: 1:00 – 2:00 p.m. (Tackmann/Balistreri/Strand)

(A B C D F)

Comment: _____

Team Meeting #1: 2:00 – 3:00 p.m. (R. Volk)

(A B C D F)

Comment: _____

Breakout Session #2: 3:00 – 4:00 p.m. (Tackmann/Balistreri/Strand)

(A B C D F)

Comment: _____

Breakout Session #3: 4:00 – 5:00 p.m. (Tackmann/Balistreri/Strand)

(A B C D F)

Comment: _____

Wednesday, May 31, 2017

Personal Wellness Inventory Assessment: 7:00 - 9:00 a.m. (R. Volk)

(A B C D F)

Comment: _____

Breakout Session #1: 9:30 – 10:30 a.m. (Mauch/Delzer/Inniger)

(A B C D F)

Comment: _____

Breakout Session #2: 10:45- 11:45 a.m. (Mauch/Delzer/Inniger)

(A B C D F)

Comment: _____

Personal Wellness Inventory: 12:30 – 2:00 p.m. (R. Volk)

(A B C D F)

Comment: _____

Team Meeting #2: 2:00 – 3:00 p.m. (R. Volk) (A B C D F)

Comment: _____

Breakout Session #3: 3:00 – 4:00 p.m. (Mauch/Delzer/Inniger) (A B C D F)

Comment: _____

Thursday, June 1, 2017

Personal Wellness Inventory Assessment: 7:00 - 8:15 a.m. (Messer/Volk/Lucas) (A B C D F)

Comment: _____

Breakout Session #1: 9:00 – 10:00 a.m. (Simonich/Brannan/Moseman) (A B C D F)

Comment: _____

Breakout Session #2: 10:15 – 11:15 a.m. (Simonich/Brannan/Moseman) (A B C D F)

Comment: _____

Breakout Session #3: 12:15 a.m. – 1:15 p.m. (Simonich/Brannan/Moseman) (A B C D F)

Comment: _____

Personal Wellness Inventory: 1:30 – 2:45 p.m. (K. Messer/R. Volk/B. Lucas) (A B C D F)

Comment: _____

Personal Wellness Inventory: 2:45 – 4:00 p.m. (K. Messer/R. Volk/B. Lucas) (A B C D F)

Comment: _____

Team Meeting #3: 4:00 – 6:00 p.m. (R. Volk) (A B C D F)

Comment: _____

Friday, June 2, 2017

Team Meeting #4: 8:00 – 8:30 a.m. (R. Volk) (A B C D F)

Comment: _____

Keynote Session: 8:30 – 10:30 a.m. (K. Dilse) (A B C D F)

Comment: _____

Closeout Activities & Awards: 10:30 a.m. – 11:30 a.m. (R. Volk) (A B C D F)

Comment: _____