

30 North Dakota
Roughrider
Health Conference 30

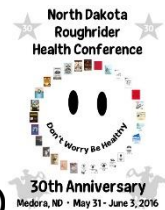


30th Anniversary

Medora, ND • May 31 - June 3, 2016



Roughrider "30" Schedule 2016 (All Times Are Mountain Time)



Monday May 30, 2016

6:00 p.m. - 8:00 p.m. Check-In for Monday Arrivals-Rough Riders Conference Center
6:00 p.m.- 9:00 p.m. Personal Wellness Inventory Assessment for Monday Arrivals (**Dr. Strand**) Old Town Hall

Tuesday May 31, 2016

6:30 a.m. - 7:30 a.m. Check-In Tuesday Arrivals - Rough Riders Conference Center
6:30 a.m. - 8:30 a.m. Personal Wellness Inventory Assessment for Tuesday Arrivals (**Dr. Strand**) Old Town Hall
8:30 a.m. -10:00 a.m. Opening Ceremony (**R. Volk**) Rough Riders Conference Center
10:00 a.m. -12:00 p.m. Keynote (**Terry Eckmann**) Rough Riders Conference Center
12:00 p.m. - 1:00 p.m. Lunch (On Own)
1:00 p.m. - 2:00 p.m. Breakout Session #1 (**Terry Eckmann**) Rough Riders Conference Center
2:00 p.m. - 3:00 p.m. Team Meeting (**R. Volk**) Chuckwagon
3:00 p.m. - 4:00 p.m. Breakout Session #2 (**Terry Eckmann**) Rough Riders Conference Center
4:00 p.m. - 5:00 p.m. Breakout Session #3 (**Terry Eckmann**) Rough Riders Conference Center

Wednesday June 1, 2016

7:00 a.m.- 9:00 a.m. Personal Wellness Inventory-Teddy Walk (**R. Volk**) Rough Riders Conference Center
9:00 a.m.- 9:30 a.m. Breakfast (On Own)
9:30 a.m.-10:30 a.m. Breakout Session #1 (**Dr. Berry /Tootsie G/ Moseman**) Medora Room / Little Missouri Room / Old Town Hall
10:45 a.m.-11:45 a.m. Breakout Session #2 (**Dr. Berry /Tootsie G/ Moseman**) Medora Room / Little Missouri Room / Old Town Hall
11:45 a.m.-12:30 p.m. Lunch (On Own)
12:30 p.m. - 2:00 p.m. Personal Wellness Inventory (**R. Volk**) Rough Riders Conference Center
2:00 p.m.- 3:00 p.m. Team Meeting (**R. Volk**) Chuckwagon
3:00 p.m. - 4:00 p.m. Breakout Session #3 (**Dr. Berry /Tootsie G/ Moseman**) Medora Room / Little Missouri Room / Old Town Hall

Thursday June 2, 2016

7:00 a.m. - 8:15 a.m. Personal Wellness Inventory (**Messer/ Volk /Lucas**) Medora Room / Little Missouri Room / Old Town Hall
8:15 a.m. - 9:00 a.m. Breakfast (On Own)
9:00 a.m. -10:00 a.m. Breakout Session #1 (**Pastizzo/ Myers /Vettel**) Medora Room / Little Missouri Room / Old Town Hall
10:15 a.m.- 11:15 a.m. Breakout Session #2 (**Pastizzo/ Myers /Vettel**) Medora Room / Little Missouri Room / Old Town Hall
11:15 a.m.- 12:15 p.m. Lunch (On Own)
12:15 p.m. - 1:15 p.m. Breakout Session #3 (**Pastizzo/ Myers /Vettel**) Medora Room / Little Missouri Room / Old Town Hall
1:30 p.m. - 2:45 p.m. Personal Wellness Inventory (**Messer/ Volk /Lucas**) Medora Room / Little Missouri Room / Old Town Hall
2: 45 p.m.- 4:00 p.m. Personal Wellness Inventory (**Messer/ Volk /Lucas**) Medora Room / Little Missouri Room / Old Town Hall
4:00 p.m.- 6:00 p.m. Team Meeting -Working Picnic Celebration (**R. Volk**) Rough Riders Conference Center

Friday June 3, 2016

7:00 a.m. - 8:00 a.m. Check Out Rooms
8:00 a.m. - 8:30 a.m. Team Meeting (**R. Volk**) Rough Riders Conference Center
8:30 a.m. -10:30 a.m. Keynote Session (**Frank Pastizzo**) Rough Riders Conference Center
10:30 a.m.- 11:30 a.m. Closeout Activities and Awards (**R. Volk**) Rough Riders Conference Center



May 31 – June 3, 2016 Medora, ND



Sponsored by the Roughrider Health Promotion Association Inc.

WWW.NDROUGH RIDER.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 **NDROUGH RIDER.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 23, 2016**

Make payment out to: **ND 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.

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

NOTE: The conference often fills and 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, 2016 a refund will be issued minus a \$50 service charge per team member. We will accepted Substitutions 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, 2016** and run through **June 2nd, 2016**.

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**

Participant is 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 CONFERENCE: Rough Riders Hotel and Conference Center, Medora, ND

Monday, May 30th, 2016 6:00 p.m. to 8:00 p.m.

Tuesday, May 31th 2016 6:30 a.m. to 7:30 a.m.

After check in for the conference you will complete the fun and easy Personal Wellness Inventory Assessment.

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

\$69.00 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**. 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: Meals are the responsibility of each participant. The Chuckwagon Dining Center, Maltese Cross Burger Grill, Medora Pizza Parlor, and other Medora establishments are available during the conference.

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, 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 NDROUGH RIDER site following the conference.
Respect Medora laws and Roughrider Health Promotion Association policies and rules.

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.NDROUGH RIDER.COM linked to the University System payment of (2) Credits starting **May 2nd, 2016** and ending **June 2nd 2016**
Create a communication and support network.
Identify needs of individual and team events.
Secure a Silent Auction item – see Silent Auction link on website NDROUGH RIDER.COM

AFTER THE CONFERENCE:

Submit press release to local paper.
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:

Rough Riders Hotel - Thursday, June 2nd, 2016
Final Bidding, Pick-up and Payment: 5:30 p.m.
The Silent Auction is a Roughrider Health Promotion Association Fundraising Tradition!
Each individual is encouraged to participate by bringing a Silent Auction item. Drop off at check-in.
The “Silent Auction” format is paper bidding of items on display; Each “shopper” outbidding the prior bidder.

NOTE:

Conference dress is casual. Comfortable clothes for 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.

Professional Development Graduate Credit will be available from NDSU, UND and Minot State beginning Monday May 2nd, 2016 and will close Thursday June 2nd, 2016 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, June 1st 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 8:30 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 2nd, 2016 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 30th, 2016 at 6:00 p.m. to 8:00 p.m. for those arriving on Monday.

or

Tuesday May 31st, 2016 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

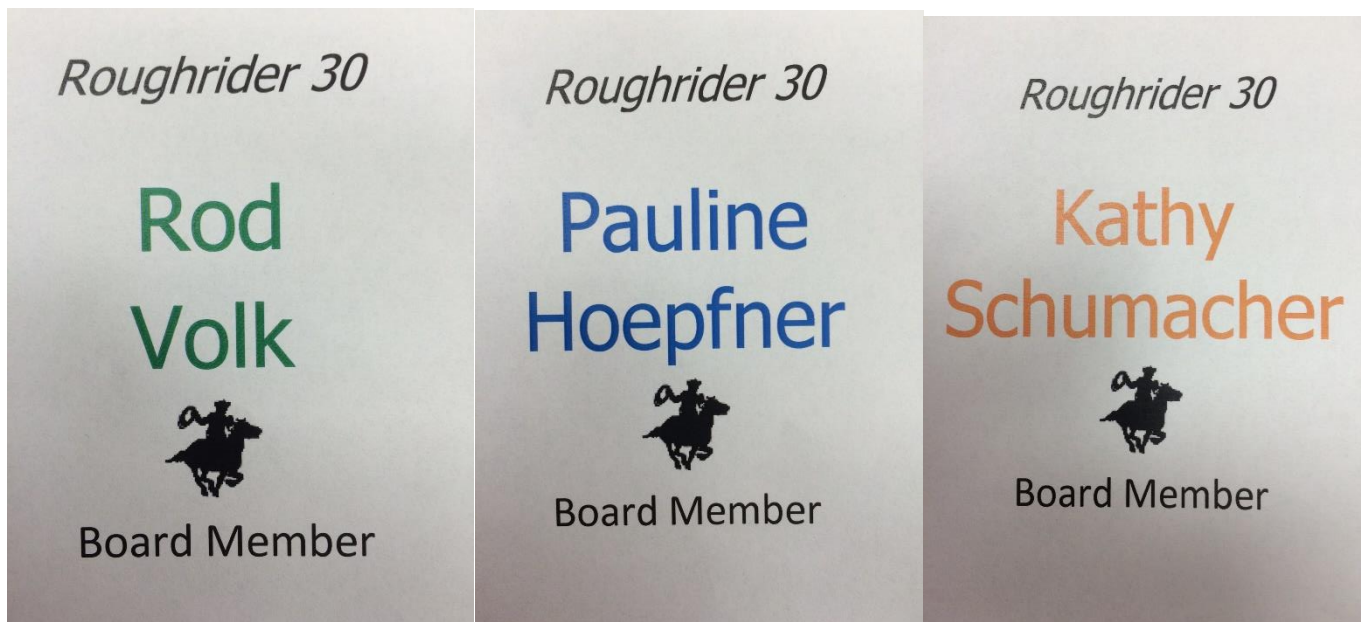
ORANGE-Old Town Hall

Thursday's Personal Wellness Inventory:

7:00 a.m.-8:15 a.m. **Green** - Medora Room / **Blue**- Flag Pole / **Orange** - Old Town Hall

1:30 p.m.-2:45 p.m. **Green** - Flag Pole / **Blue**- Old Town Hall / **Orange** - Medora Room

2:45 p.m.-4:00 p.m. **Green** - Old Town Hall / **Blue**- Medora Room / **Orange** - Flag Pole



ROUGH RIDER "30" Don't Worry Be Healthy 2016



- 1.) Greetings! You have registered for the 2016 Roughrider Health Promotion Conference being held in Medora, North Dakota **May 31st - June 3rd 2016**
- 2.) 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.
- 3.) Your conference registration check-in will depend on your travel arrangements and whether your arrival day is Monday the 30th or Tuesday the 31st. 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.
- 4.) 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.
- 5.) A tradition of Roughrider is to have fun with our theme, which this year is **"Don't Worry Be Healthy"** 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.
- 6.) 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 2nd** 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 Chuckwagon Dining Center will be open each day with Breakfast, Lunch or Dinner for about \$10.00. The Chuckwagon will always be able to serve you within the hour time frame you have until the next session starts. The Maltese Cross Burger Grill, Medora Pizza Parlor and other Medora establishments are available during the conference. 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, June 1st 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 "30th 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

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).

Dr. Terry Eckmann



SESSION INFORMATION:

Tuesday May 31st, 2016

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

“Teacher Survival Kit”

Teaching is the most challenge career you’ll ever love. Embrace the many demands of a teacher with a perspective that can enhance teaching and learning and your life! Survive the ups and downs of the teaching world with tools and strategies that can help you make the most of every day. This session is “you time”! A humorous and thoughtful presentation based on good health and happiness research.

Tuesday May 31st, 2016

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.

“Brain Boosters To Go”

Help your students to grow dendrites and neurons with 10 easy-to-use research-based Brain Booster “Minute Movers” and “Minute Minds”. You will teach your students how to live a brain healthy lifestyle, while providing them with easy to remember brain facts. These Brain Boosters are simple to integrate into your daily classroom schedule to engage your students and get them in “ready to learn” mode.

Biography

Dr. Terry Ferebee Eckmann:

Terry is a professor at Minot State University. Terry presents internationally and writes for a variety of health/fitness publications. She has been active in the fitness industry for 30 years. She has received the NDAHPERD Honors Award, NDAHPERD University Instructor of the Year Award, MSU Regents Award for Research and Scholarship, ND Picture of Health Award, IDEA Make Fitness Happen Award, and the Industry Enhancement Award from Club Industry. Dr. Eckmann serves on the advisory board of the International Council on Active Aging. She hosts KXMC TV Eye on Fitness, a fitness segment on the noon show for the Minot viewing region.

Dr. Brad Strand



SESSION INFORMATION:

Monday May 30th, 2016

Personal Wellness Inventory: 6:00 p.m. - 9:00 p.m.

OR ALTERNATIVE TIME

Tuesday May 31st, 2016

Personal Wellness Inventory: 5:30 a.m. - 8:30 a.m.

Fitness Assessment: The benefits of being fit apply to people of all ages, sizes, races and abilities, and so each Roughrider participant will participate in the Tri-Fit 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 results will be entered into the state of the art Tri-Fit program. By understanding and incorporating fitness into the classroom and our lives, we help to stimulate minds and encourage regular participation in 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 class room setting for school aged children. As part of the fitness assessment activity, each participant will step outside their comfort zone of working and associating only with people on their own 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 “30” 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 180 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 named Teacher of the Year in the Department of Health, Physical Education and Recreation at Utah State University; received the Distinguished Alumni Award from his alma mater, Mayville State University.

Dr. Spencer Berry



BREAKOUT SESSION INFORMATION:

Wednesday June 1st, 2016

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.)

"The Science of Sugar "

This breakout is a community outreach program designed to enlighten the public about the dangers of too much sugar consumption to our overall health and its driving role in the obesity and diabetes epidemic. Dr. Berry specializes in the treatment of obesity and obesity related medical and psychological conditions. He subscribes to the guidelines of the American Board of Bariatric Medicine in caring for his patients, and his goal is to provide compassionate understanding care combined with modern weight loss medicine. Dr. Berry talks honestly with the patient to develop and implement realistic goals and maintenance plans when the goal is obtained or weight loss efforts plateau. If no weight loss is obtained, Dr. Berry and his staff will work with the patient to determine what other life factors may be affecting the patient's progress toward a healthier weight.

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.

Tootsie Gasparini (M.S.)



BREAKOUT SESSION INFORMATION:

Wednesday June 1st , 2016

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.)

"Lifestyle Plus "

Lifestyle Plus will talk about the history in terms of "what is a healthy lifestyle" as well as the impact on society. Changes in society, advances in medicine, information on the benefits of exercise and good nutrition have revolutionized some of our former beliefs. Longitudinal studies have long been gathering information on lifestyles as we learned what people should do in determining a long life: eat breakfast, sleep 7-8 hours a night, exercise, maintain a normal weight, no smoking, drink alcohol in moderation (if any), use seatbelts, eat vegetables & fruits daily, no illegal drugs, drink water, stress management, and get regular checkups. All these listed "lifestyle habits" are current, recommended and promoted but, this presentation will add a new twist to our understanding on how to live long and well. Ironically, the information presented today will also be from a longitudinal study that was eight decades in the making called, The Longevity Project. This study measured things like personality traits, marriage, family relationship, religion, experiences, career paths, and a major point is that of consciousness. Attendees will be able to do some "selfies" (self-assessments) and see how they score. Lifestyle Plus will be a learning event that is relevant and fun as participants learn about the characteristics of a healthy lifestyle, while actually living and experiencing a healthy environment. Secondly, while participants are submerged in this setting, they along with their colleagues, develop plans of action on how to transfer this information to their classrooms and communities. This breakout session contain methodology and creative strategies for educators to use in their curriculum. Medicine and health has changed considerably since the Roughrider Conference inception 30 years ago, and we need to constantly insert new information and ideas.

Biography Tootsie Gasparini

Kathleen “Tootsie” Gasparini was born to teach! She aspired from an early age that teaching was her passion and calling. Tootsie (nicknamed at birth) graduated from the University of North Dakota in 1970 and began her teaching career the following fall. Later, she received her Master’s in Curriculum which became the impetus to become a trainer. She became a local, state, and nation trainer as her interests are numerous and varied. She started the CPR program in Grand Forks Public Schools. She was an integral part of developing the HIV prevention skills training; which was required for all North Dakota teachers. Tootsie developed teaching strategies workshops/courses on tobacco, alcohol and drugs prevention as well as the components of health education. She taught classes for the Division of Continuing Education at UND for many summers. Known for interactive, fast paces, and pragmatic approaches, her classes were in high demand and filled quickly. For seven years, she taught School Health 401 in evenings at UND; a required course for Physical Education/Health majors. Other departments soon recommended the popular class as a requirement for other disciplines. The “Employee Wellness” program in Grand Forks Public schools was first developed by Tootsie and a colleague. When teachers needed continuing credits, she put together fifteen hours of interaction and activities and facilitated book studies with lots of learning and laughing.

Tootsie was selected to be an examiner for the National Drug Free Schools Commendation Awards and traveled to various sites in the United States to evaluate effective programs. She was a member of the National Board for Professional Teaching Standards in Washington, DC. Tootsie was a national trainer for the Hazelden Foundation throughout the nation that taught “Project Northland” prevention curriculum” as a result. Volunteering is an extension of her interest in health; Tootsie has been a board member for Valley Health Women’s’ Clinic for nine years, and chairperson for the last six years. She also writes for the REDCENT, a publication of the Grand Forks Public Schools Foundation.

Tootsie has been awarded the ND Health Teacher of the Year, finalist for the ND Teacher of the Year, Award from “Tobacco Free” for teaching cessation classes to students, and Service to Special Education Award. She is most proud of being the recipient of the annual award given at Grand Forks Central: “The Heart and Soul Award”, given to the employee who consistently gives their heart and soul to the promotion of the history and traditions of Grand Forks Central. She and her husband Gino, have three sons and seven grandchildren.

Don Moseman



BREAKOUT SESSION INFORMATION:

Thursday June 2nd, 2016

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.)

Emergency Operations for School Staff

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.

Kori Messer



SESSION INFORMATION:

Thursday June 2nd, 2016

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 three exercise formats (tai chi, yoga and pilates) 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 (www.resolutionwellness.com) a total wellness company: mind, body & soul, which currently offers personal training, group fitness services and 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 is CPR certified and a certified personal trainer through the Aerobics & Fitness Association of America. She possesses certifications in many fitness areas. All inquiries can be sent to (support@resolutionwellness.com)

Bill Lucas (M.S.)



BREAKOUT SESSION INFORMATION:

Thursday June 2nd, 2016

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.)

“Healthy Habits Start with Laughter”

There is a reason why this year's theme is "Don't Worry-Be Healthy". Science has proven that laughter can help us to live a healthier life and let's face it--Laughing until your stomach hurts is fun. When you are involved in a workshop with Bill Lucas you will be excited by the "infectious" joy he sees everywhere and shares with you the laughter. You will laugh and learn so much that you will know you have never felt healthier. The energy and enthusiasm of everyone in the workshop becomes "contagious"-- but in a healthy way. You will learn about yourself and many fun ways to work with others in this breakout session. So join right in, get involved, laugh a lot, and --Don't Worry, Be Healthy!!

Biography Bill Lucas

Bill holds a Master's Degree in Educational Administration and retired last spring after 30 years of teaching. 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.

Rod Volk (M.S.)



SESSION INFORMATION:

Tuesday May 31st, 2016 (8:30 - 10:00 a.m.)

Opening Ceremony's: To set the energetic tone for Roughrider Conference 30 "Don't Worry Be Healthy" 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 valid 30 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 31st, 2016 (2:00 - 3:00 pm)

Wednesday June 1st, 2016 (2:00 - 3:00 pm)

Thursday June 2nd, 2016 (4:00 - 6:00 pm)

Friday June 3rd, 2016 (8:00 - 8:30 am)

Team Meetings for Action Plans: In preparation for the 2016 Roughrider 30 Conference, all schools should be prepared to develop an action plan including goals, objectives and outcomes for their team's focus at school during the 2016-2017 school year. To prepare for the assembly of this action plan, school teams are encouraged to review their present school documents and data to determine the best focus of their time and efforts for attainable action. This document has been prepared to assist schools in identifying key goals, objectives and outcomes 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 June 1st, 2016 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 June 1st, 2016 (12:30 - 2:00 p.m.) Personal Wellness Inventory

Heart Rate Scavenger Hunt: Participants will be on a one hour fast paced 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 and identify a target heart rate zone and use a target heart rate zone that will meet their personal fitness goals.

Thursday June 2nd, 2016 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 will interact with new 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 3rd, 2016 (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 be used to reflect on the positive energy was captured during the week in what seemed like just moments ago the start. Before we dismiss we will unveil the Roughrider "31" 2017 conference theme with our traditional participant skit.

Biography Rod Volk:

Rod is a lifelong North Dakotan growing up in Lisbon and graduating from Mayville State University with a degree's in both elementary education and physical education. Rod received his master's degree from North Dakota State University in Educational Administration. Rod wrestled and ran track for the comets as a four year letter winner. This is his 24th 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. Rod 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.

Frank Pastizzo



SESSION INFORMATION:

Friday June 3rd, 2016

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

Warm Up The Workplace & *CHERISH™*

In a program that is presented around the nation, Frank Pastizzo uses a wonderful mix of music, comedy, and storytelling from his diverse career to capture his audiences and help them find ways to warm up school workplaces and be supportive of one another, while embracing learning and *the sponge state*. Exploring the dynamics of diverse workplaces, Frank presents clear and concise directions on how all of us can contribute to making our jobs rich with humor, humanity, and joy. Often, people are not comfortable with the prospect of learning a new skill and facing initial human ineptness. Frequently, people want to retreat into the familiar and stay with what they know. Unfortunately, if this attitude is modeled and becomes predictable in a school, a place for learning can become a place of guarded ignorance, where students and even faculty members tout what they know and are afraid to admit what they don't. Using proven techniques, Frank helps his faculty audiences once again discover the excitement of *the sponge state* and leads them, without embarrassment, into activities like juggling, proficiency during improvised confusion, and song. After his presentations, his groups are more supportive of each other, and they display their own willingness to jump into an unknown arena to learn something new, consequently modeling excellent teaching behaviors, where students themselves feel safe. Using the acronym from his book *CHERISH*, Frank presents clear and concise directions on how all of us can contribute to making our environments rich with humor, humanity, and joy.

BREAKOUT SESSION INFORMATION:

Thursday June 2nd, 2016

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.)

Listening With Enthusiasm

When you want to be on a person's positive side, you encourage your conversation's direction toward celebrating their homes, families, travels, achievements, etc. Don't be a one-upper, a Tit-for-tat or a dismissive who hasn't done that type listener. You must have good responses ready that are "Wow with a Smile", show

sincere appreciation, sympathy, admiration, and awe, are grand habits for us to practice. We must learn to help others speak about themselves. As Stephen Covey said “Seek to understand before being understood.” In this breakout session participants will engage each other as they give an account of a positive life experience. The listener will actively encourage some “detail giving” by asking questions relative to the experience—e.g. “Who else was with you?” How did you travel?” The listener will be responsible for making the other person’s story his/her own. We will then re-tell the other’s story to a new listener with our own enthusiastic twist and a few stories will be told to the large group. Hang on the fun has just begun.

Synergy and avoiding our preconceptions

The best way to have a good idea is to have a lot of ideas. If we embrace diversity of experience and how experiential learning has formed us, we should be excited about *floating* an idea to a group and let them give input and examine and critique and add upon or take away from or change to ... then it can become a more comprehensive and *wise* action.

The Diversity Game™

Differences in thinking style preferences cross the traditional boundaries of race, gender, age, cultural, sexual orientation, and handicaps. People who appear to be the same discover mental differences. People who appear different often discover they have common thinking style preferences. From there, people go on to explore the possibilities a rainbow of mental preferences offers as they work together. The Diversity Game we will play quickly gives participants a picture of their mental preferences and avoidance patterns and invites people to talk about ways they might work together more effectively and synergistically. Everyone's strengths will come into play and differences become an asset, not a liability.

Biography Frank Pastizzo:

Frank is the Author of Warming up the Workplace and Cherish. He earned his BS in Education, Theatre, English and Communications from the University of Maine. In 1991 he became the Founder and CEO of Frank Pastizzo Presentations – Warm Up the Workplace. Combining his theatrical expertise for creating and delivering award- winning, engaging, interactive presentations with his corporate experience in Communications, Mr. Pastizzo regularly presents seminars and workshops on Communication to corporate as well as educational and health care audiences across the country. It is his special flair for story telling mixed with fun and memorable exercises that participants learn how they may apply the principles of Warm Up the Workplace to their business environment. Frank has worked side-by-side with doctors in air force emergency rooms, teaching high school English and Drama in England, touring as a stand-up comedian and professional actor in Europe and the U.S., and working as a health care administrator and marketing executive for various agencies in New York. Through an eclectic mix of music, comedy and poignant story telling from his diverse background, Frank Pastizzo forges a connection with his audiences. Seeing the workplace as an extension of our lives where we spend the majority of our time, Frank inspires us to bring the qualities we hold most ideal in our family lives, into our schools, businesses and organizations. Through the modeling and practice of his C.H.E.R.I.S.H., we are able to attain an environment where we feel a sense of loyalty and trust, and it shows. The result is an establishment where we feel a sense of belonging, direction, and comfort.

30 North Dakota
Roughrider
Health Conference



30th Anniversary

Medora, ND • May 31 - June 3, 2016

Graduate Credit Summary ND Roughrider 2016

As part of the graduate credit process, you must complete and turn in this conference summary at the end of the conference on Friday June 3rd, 2016. Complete this summary form for each session.

Tuesday May 31st, 2016

Personal Wellness Inventory Assessment: 6:00-9:00 p.m. or 6:30 – 8:30 a.m. (Dr. Strand)

Summary: _____

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

Summary: _____

Keynote Speaker: 10:00 a.m. – 12:00 p.m. (Dr. Terry Eckmann)

Summary: _____

Breakout Session #1: 1:00 – 2:00 p.m. (Dr. Terry Eckmann))

Summary: _____

Team meeting #1: 2:00 – 3:00 p.m. (R. Volk M.S)

Summary: _____

Breakout Session #2: 3:00 – 4:00 p.m. (Dr. Terry Eckmann)

Summary: _____

Breakout Session #3: 4:00 – 5:00 p.m. (Dr. Terry Eckmann)

Summary: _____

Wednesday June 1st, 2016

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

Summary: _____

Breakout Session #1: 9:30 – 10:30 a.m. (Dr. Berry /Tootsie G/ Don Moseman)

Summary: _____

Breakout Session #2: 10:45- 11:45 a.m. (Dr. Berry /Tootsie G/ Don Moseman)

Summary: _____

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

Summary: _____

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

Summary: _____

Breakout Session #3: 3:00 – 4:00 p.m. (Dr. Berry /Tootsie G/ Don Moseman)

Summary: _____

Thursday June 2nd, 2016

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

Summary: _____

Breakout Session #1: 9:00 – 10:00 a.m. (Frank Pastizzo/ Jane Myers /Joel Vettel)

Summary: _____

Breakout Session #2: 10:15 – 11:15 a.m. (Frank Pastizzo/ Jane Myers /Joel Vettel)

Summary: _____

Breakout Session #2: 12:15 – 1:15 p.m. (Frank Pastizzo/ Jane Myers /Joel Vettel)

Summary: _____

Personal Wellness Inventory: 1:30 – 2:45 p.m. (Kori Messer / Rod Volk / Bill Lucas)

Summary: _____

Personal Wellness Inventory: 2:45 – 4:00 p.m. (Kori Messer / Rod Volk / Bill Lucas)

Summary: _____

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

Summary: _____

Friday June 3rd, 2016

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

Summary: _____

Keynote Session: 8:30 – 10:30 a.m. (Frank Pastizzo)

Summary: _____

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

Summary: _____

Name: (please print) _____

Signature: _____

Address: _____

Summer Phone Number (Not School) Your grade may depend on me getting a hold of you:

(VERY IMPORTANT) (_____) _____ - _____

Institution Recording Grad Credit: (please circle) **NDSU** **MiSU (S/U only)** **UND**

This form must be handed in at the end of the Conference!

Speaker Evaluations ND Roughrider 2016

Monday May 30th or Tuesday May 31st, 2016

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. (Rod Volk) (A B C D F)

Comment: _____

Keynote Speaker: 10:00 a.m. – 12:00 p.m. (Dr. Terry Eckmann)) (A B C D F)

Comment: _____

Breakout Session #1: 1:00 – 2:00 p.m. (Dr. Terry Eckmann)) (A B C D F)

Comment: _____

Team meeting #1: 2:00 – 3:00 p.m. (Rod Volk) (A B C D F)

Comment: _____

Breakout Session #2: 3:00 – 4:00 p.m. (Dr. Terry Eckmann) (A B C D F)

Comment: _____

Breakout Session #3: 4:00 – 5:00 p.m. (Dr. Terry Eckmann) (A B C D F)

Comment: _____

Wednesday June 1st, 2016

Personal Wellness Inventory Assessment: Teddy Walk 7:00 - 9:00 a.m. (Rod Volk) (A B C D F)

Comment: _____

Session #1: 9:30-10:30 a.m. (Dr. Berry /Tootsie G/ Don Moseman) (A B C D F)

Comment: _____

Session #2:10:45-11:45 a.m. (Dr. Berry /Tootsie G/ Don Moseman) (A B C D F)

Comment: _____

Personal Wellness Inventory: Team Scavenger Hunt 12:30 – 2:00 p.m. (Rod Volk) (A B C D F)

Comment: _____

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

Comment: _____

Breakout #3: 3:00- 4:00 p.m. (Dr. Berry /Tootsie G/ Don Moseman) (A B C D F)

Comment: _____

Thursday June 2nd, 2016

Personal Wellness Inventory Team Walk: 7:00 - 8:15 a.m. (Kori Messer / Rod Volk / Bill Lucas) (A B C D F)

Comment: _____

Breakout #1: 9:00-10:00 a.m. (Frank Pastizzo/ Jane Myers /Joel Vettel) (A B C D F)

Comment: _____

Breakout #2: 10:15-11:15a.m. (Frank Pastizzo/ Jane Myers /Joel Vettel) (A B C D F)

Comment: _____

Breakout #3: 12:15 – 1:15 p.m. (Frank Pastizzo/ Jane Myers /Joel Vettel) (A B C D F)

Comment: _____

Personal Wellness Inventory Team Walk: 1:30 - 2:45 p.m. (Kori Messer / Rod Volk / Bill Lucas) (A B C D F)

Comment: _____

Personal Wellness Inventory Team Walk: 2:45 - 4:00 p.m. (Kori Messer / Rod Volk / Bill Lucas) (A B C D F)

Comment: _____

Team Meeting #3-Working Picnic Celebration: 4:00 – 6:00 p.m. (Rod Volk) (A B C D F)

Comment: _____

Friday June 3rd, 2016

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

Comment: _____

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

Comment: _____

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

Comment: _____

****Please list below any presenters you have seen that would be a great fit for Roughrider.****

FEEDBACK AND EVALUATION FORM

| | | | |
|---------------------------|---------------------------|-------------------|----------------------|
| Course/Conference: | Instructor Name: | Location: | Date(s): |
| <i>Roughrider "30"</i> | <i>Rod Volk-President</i> | <i>MEDORA, ND</i> | <i>5/31-6/3-2016</i> |

Respond to the following statements
"5's are the best"

1-Bad 2 **3-Avg.** 4 **5-Good**
 (strongly disagree) (mixed opinion) (strongly agree)

| | | | | | |
|---|---|---|---|---|---|
| 1. The course was well organized. | 1 | 2 | 3 | 4 | 5 |
| 2. The instructor had reasonable expectations for this course. | 1 | 2 | 3 | 4 | 5 |
| 3. The instructor motivated me to learn the course material. | 1 | 2 | 3 | 4 | 5 |
| 4. Exams/assignments challenged me to think & apply what I learned. | 1 | 2 | 3 | 4 | 5 |
| 5. My expectations for learning were met. | 1 | 2 | 3 | 4 | 5 |
| 6. Text/materials/resources were useful. | 1 | 2 | 3 | 4 | 5 |
| 7. The evaluation of my work was fair. | 1 | 2 | 3 | 4 | 5 |
| 8. Overall, instructor was effective. | 1 | 2 | 3 | 4 | 5 |
| 9. Overall, this was a valuable course. | 1 | 2 | 3 | 4 | 5 |
| 10. The facility met our needs well. | 1 | 2 | 3 | 4 | 5 |

What was **most** valuable about the course?

What was **least** valuable?

Suggested topics for future courses? Locations? Time frame?

How did you find out about this course?

Any other comments? (Use the back if necessary)