

## Holly Hoffman



### OPENING KEYNOTE: **"Survive Life's Challenges"**

As we survive life's challenges, we come face to face with fear and uncertainty. Challenges may allow us to step out of our comfort zone and push ourselves above and beyond our own self-limitations. It is how we choose to overcome challenges that makes us who we are. It is our strength in times of difficulty that prove our character and self-worth. She will share her experience of being on a reality show; encourage you to think about how you decide to *survive* on a daily basis, and emphasize six words to develop your survival skills. With six simple words, you can take on any challenge you are faced with. Adversity is not so much contending with problems as it is learning more about who you really are and what is inside of you. Within each of us is an ability to focus our thoughts, emotions, and energy to succeed—if only we have the knowledge, tools, and discipline to do so. Holly not only offers encouragement and optimism but a roadmap for self-discovery and spiritual enlightenment. Her methods—the ones she uses everyday in her own life—are intuitive, honest, and adaptable to nearly any situation. Readers and audience member's alike walk away inspired to light the fire of successful living within themselves. Join Holly and explore what your true survival skills are.

### Biography Holly Hoffman:

Born and raised in Eureka, South Dakota, Holly Hoffman was the last remaining member of the Espada Tribe and the last woman standing on Season 21 of CBS' hit reality show "Survivor Nicaragua." Through that experience, and others throughout her life, Holly was inspired to share her message of positivity, determination and confidence with business leaders, teachers, and students across the nation. A professional motivational speaker and the author of *Your Winner Within*, Holly acknowledges that life is made up of challenges, and we are oftentimes faced with situations that seem insurmountable. A lifelong resident of America's heartland, Holly graduated from her hometown high school in Eureka, South Dakota and then attended Northern State University. Holly and her husband Charlie manage a ranch in north central South Dakota and are the parents of three wonderful children, who have each gone on to inspired and successful careers. Their oldest, Austin, is married to his wife Megan, and is a lawyer in his hometown of Eureka, South Dakota. Holly is a very proud grandmother to their two boys. Alexandra—a former Miss South Dakota and top 15 finalist at the Miss America pageant—is married to her husband John, and is a graduate of South Dakota State University graduating with a degree in broadcast journalist. She and her husband live in Mitchell, South Dakota where John is a dentist. Holly is also proud to be the grandmother of their son and newest grandson. Their youngest, Elizabeth and her husband, Robert recently graduated from the University of South Dakota medical school and are both doing their residency in Albuquerque, New Mexico. Today, Holly is a member of the National Speaker's Association and travels across the country, speaking to schools and universities, healthcare organizations, women's organizations, community leaders and business professionals. In her six years of speaking, she has traveled to 23 states and over 150 high schools. Holly inspires her audiences to take opportunities and focus on attitude, determination, confidence, desire, faith, and perseverance.

# Tasha Schuh



## CLOSING KEYNOTE: “Enjoy Your Ride”

The race of life can often be riddled with obstacles, challenges and difficulties. Tasha knows this firsthand. The experience she shares in this message will encourage you to keep pressing forward, to cross the finish line with each one of your goals, and to have hope for the future. Now is the time to do an assessment of your own ride, recognize that you can live life to the fullest, and determine to overcome any circumstance or difficulty that you may meet along your race of life. In this presentation, participants will take away the importance of teamwork and surrounding yourself with the right people, defining strategy and how to meet your goals, the power of PATH: Purpose, Attitude, and Transformative Hope, and seeing the finish line and FINISHING STRONG!!!!

### Biography Tash Schuh:

Just days before her opening night performance in *The Wizard of Oz*, 16-year-old Tasha Schuh took one step backward and fell 16 feet through an open trap door on stage. She landed on a concrete floor – breaking her neck, crushing her spinal cord and fracturing her skull. She would never walk again.

Today, Tasha has learned to live life to its fullest, and she is an inspirational speaker and author. Tasha was honored as Ms. Wheelchair USA and she was the 2012 recipient of the National Rehabilitation Champion Award, among receiving numerous other recognitions over the years. She lives in Ellsworth, WI with her husband Doug Michaels, a former TV meteorologist from Eau Claire.

Tasha’s spirit will captivate you and her story will inspire you. After hearing Tasha’s story, you will have a boost of confidence to overcome challenges and persevere, no matter what life throws at you.

## Dr. Jake Schmitz



### **BREAKOUT SESSION: "StressLESS - Keys to improved mood, increased energy and a better immune system!"**

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

### **Biography Dr. Jake Schmitz:**

Dr. Jake played many sports when he was younger. He experienced several injuries from his passion for the game. He sought the help of a chiropractor to help his recovery. "When I was adjusted, I could stay in the game longer, heal faster from injuries and perform better." He initially decided to become a chiropractor to help others with sports injuries. Dr. Jake attended chiropractic college at Northwestern Health Sciences University. It was there that he found out chiropractic could help much more than just for pain. When he started his chiropractic education, Dr. Jake was on seven different medications and living an unhealthy life without even realizing it. He started receiving regular chiropractic care and was off his medications nearly overnight. His body started healing again and he has never taken any medication since. Dr. Jake's focus is on overall health and wellness in addition to helping athletes perform better. Dr. Jake grew up in North Dakota and is a self-proclaimed home-grown boy and loves being a chiropractor. Dr. Jake practices everything he preaches to his patients. "We don't ever ask a patient to do something that we either aren't doing ourselves or that we haven't done already." Practicing what he preaches includes a healthy lifestyle of eating right and receiving regular chiropractic adjustments. Freedom Chiropractic Health Center is an active part of the Fargo community.

## Don Moseman



### **BREAKOUT SESSION: "Personal Safety for Teachers"**

This class will give teachers safety tips for keeping themselves safe in and out of school. Topics such as dealing with violent students, parking lot safety, public events you attend, and general safety for your family. Don will open your eyes and hopefully your constant awareness around your daily life with this comprehensive course with the ever-changing world we work and live.

### **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.

# Troy Roness



## **BREAKOUT SESSION: "Running on Empty" - An Educators Journey Back to Health"**

This presentation is about an educator's own eating disorder and exercise addiction. Troy Roness shares his story of recovery, and how it has shaped his approaches to teaching in the health and physical education field. Participants will interact with Troy as he describes best practices to help students and others who may be struggle with eating disorders and mental illness.

### **Biography Troy Roness**

Mr. Troy Roness teaches in the Department of Teacher Education and Kinesiology, specifically in health and physical education. His interests include educating students about the cognitive and social implications regarding learning, in addition to physical and psychomotor development.

Troy is involved with many national mental and physical health organizations, promoting the many benefits of physical activity on the brain and advocating for students' mental health. He presents regularly at colleges and universities across the country, and conducts school presentations on physical activity and mental health. He finished his first master's program in Education and Cognitive Science in 2012, is currently finishing his second master's degree in Counseling and Student Affairs, and recently published his first book, "Unbroken: Journalled Reflections of Recovery."

## Laura Sokolofsky



### **BREAKOUT SESSION: "The Compassionate Classroom."**

Participants in this session will learn strategies to understand trauma behavior and help students learn self – regulation skills. These skills include; breathing, stillness, mindfulness, body control movements, coping strategies, feeling and trigger awareness, and other techniques to help them create an individualized plan to calm their own chaos. Educators will also learn some easy to apply tips in how to de-escalate students and what to say or do in those melt-down moments. As educators, we often have those student situation that arise disrupting the class we work so hard to prepare. Using these techniques can help you train your students and yourself in keeping your class running as you had prepared.

### **Biography Laura Sokolofsky:**

Laura Sokolofsky is a mother, teacher, counselor, former coach and has spent her life working with and for children as a Fargo native. She received her undergraduate degree in Elementary Education from MSUM and then began her teaching career with Fargo Public Schools. After earning her K- 12 Master's Degree in Professional School Counseling in 2003, she began her work at Jefferson Elementary in Fargo. This counseling experience has brought her to the world of poverty, immigration, refugee assimilation, homelessness, traumatic experiences and adversity that her students face in their lives. She is also a ND Trauma Sensitive Schools Trainer, Yoga Calm and TF- CBT trained, a community parenting and teaching with Love and Logic facilitator, and adjunct instructor for the MSUM counseling and student affairs graduate program. A colleague nominated 2012 ND Outstanding Counselor of the Year award winner and acknowledged as a 2016 YWCA Woman of the Year nominee in Education. In 2016, Laura and her partners Amy Riccio and Cindy Johnson created Hope For Educators, LLC . A company created to share critical mental health information, teaching strategies, and student resiliency skills to meet the great mental health training needs for all those working with children. [www.hopeforeducators.com](http://www.hopeforeducators.com)

# Lyndsi Engstrom



## **BREAKOUT SESSION: "E-Care School Health Program for North Dakota"**

The North Dakota School eNurse Program is a partnership between North Dakota schools, the Mid-Dakota Education Cooperative (MDEC), the North Dakota Department of Health, Avera eCare and engaged ND schools. This partnership was developed with the mindset of providing or extending school nursing services in an affordable manner via a telehealth (live audio/video) platform using a shared services model. The mission of the eNurse program is to improve access to healthcare for underserved K - 12 ND students with the goal of minimizing health related barriers to learning by providing safe, effective care from an experienced school nurse. According to the National Association of School Nurses (NASN), research demonstrates when chronic and acute healthcare needs are met, students miss fewer days of school and academic achievement is higher. Why Now? Chronic physical and behavioral health conditions such as; asthma, diabetes, severe allergies, epilepsy, ADHD, depression, anxiety and substance abuse, continue to increase, making it challenging to manage not only the volume of these chronic conditions, but also the complexity of the conditions. According to the 2017 Youth Risk Behavior Survey, 17.1% of ND high school and 15.7% of ND middle school students report having a long-term health problem yet the ND school nurse to student ratio was 1:1,748 in 2015 despite the American Academy of Pediatrics recommendation of 1:750 (well students). Technology is a creative and fiscally responsible solution modality to promote student health especially for small and rural school districts.

### **Biography Lyndsi Engstrom:**

Lyndsi Engstrom, MS, currently serves at the Program Director for the Mid-Dakota Education Cooperative (MDEC) where she conducts professional development and provides technical assistance for schools within a fifteen member consortium located in the Greater Minot, ND area. Lyndsi oversees all MDEC programs but has a particular passion for the programs that pertain to enhancing mental/behavioral health, suicide prevention, social-emotional learning and physical health in schools.

Lyndsi is a licensed health and physical education and health teacher in the state of North Dakota. She has spent over 10 years teaching K – 12 physical education and health, teaching pre-service educators and coaching athletic teams. She received her bachelor's degree in Corporate Fitness and Business Management from Minot State University, her master's degree in Exercise and Wellness from Arizona State University, and her bachelor's degree in Physical Education from Minot State University. Lyndsi recently served on ND Physical Education Standards Revision Committee and Game On! Standards Training Development Committee, the North Dakota Society of Health and Physical Educators board and the ND Health Education Standards Review Committee. She is a Johnson & Johnson School Health Leadership Fellow, a Westhope Public School Board Member and most importantly mother of Alvi (5) and Ari (2).



# Joel Bickford



## **BREAKOUT SESSION: "Aging as an Educator Part 2 – The World Has Changed"**

We have tons of challenges facing us as educators, but what are we doing for ourselves? Getting older is increasingly difficult if we cling to the past. If we look to the future we can understand what the new generation, "millennials" are doing for self-care, and what we "50ish" folks are doing. We should each examine each other. By doing so we can set our own course for the future of our personal wellness.

### **Biography Joel Bickford:**

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



# Lois Mauch



**BREAKOUT SESSION:** "Searching for Gold! Changing the Heart Health Fitness for our Youth."

In this session, you will be active with some fun activities that will show you how to help your students reach the Gold Standards! You will experience hidden methods of pedagogy for your students that will change their heart health fitness level. Over the years of fitness testing, we have seen very little change in the health of our children. According to the American Heart Association, studies have reported that both measured and estimated Cardiorespiratory Fitness (CRF) is a stronger predictor of mortality than established risk factors such as smoking, hypertension, high Cholesterol, and type 2 diabetes. CRF is considered a reflection of the total body health. Lois will introduce pedagogy that can effectively change the heart health fitness of your students and their Cardiorespiratory Fitness, expressed as maximum oxygen consumption VO2 max.

## **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 4<sup>th</sup> 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.

# Bill Lucas



## **BREAKOUT SESSION: "Operation Laughter"**

Reader's Digest has a section that says, "laughter is the best medicine". If that is true then during Bill's workshop you will get more than a dose of medicine. You will get the whole prescription. It has been proven that people who are ill get better faster if they laugh every day. Not just a chuckle, but huge laughter that makes you come to tears of joy. Through movement, "laughter", and personal experiences Bill is able to bring together any group in ways that let them all become healthier right away. It has been said that surgery "repairs", but therapy "heals". Join Bill on a fast paced workshop of "laughter therapy" and let the healing process begin. 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 29 years, Bill has a unique (okay, most people may say "crazy"—He prefers unique :) way of looking at the world which you will experience through physical activities, mental exercises, and laughter until your stomach hurts. This workshop is for everyone who wishes to achieve better health through movement, mental exercise, and the best medicine there is—laughter.

## **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 aaacreation. His company specializes in workshops for educators and the corporate world. Because Bill will no longer be busy teaching, he will be available year round to perform for you, in leading seminars and/or performing for you and your company. Last, but not least, Bill is a dedicated Harley rider.

# Kori Messer



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

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

### **Biography Kori Messer:**

Kori Messer is a Christian wife, mom & CEO of Kori Ann Faith Enterprises. She is a CPT (Certified Personal Trainer) & Inspired Life Strategist which means she empowers people to be God-driven leaders who shine light upon darkness, so the next generation is better off than the current one. As a result of working with Kori, people discover their voice and use it to release the strongholds in their life. This provides the freedom to choose how you spend your time and whom you spend it with. Kori is all about helping people acknowledge their value, discover their voice and claim victory over their life. This is how she's helped thousands of clients lift each other up, empower one another and really start living as they were designed to. She has spoken and presented on stages across the U.S.A. and helped facilitate life changing experiences along the way. It's time you get re-connected with who you were designed to be. Take the first step. Merging faith with fitness is part of Kori's Life By Design process.

## Dr. Brad Strand



### **BREAKOUT SESSION: Fitness Assessment:**

The benefits of being fit applies to people of all ages, sizes, races, abilities, and so each Roughrider participant will participate in the health assessment and health risk appraisal. Each individual will complete a set of basic exercises that will establish a baseline of aerobic, anaerobic, strength and flexibility. The participants will enter the results into the Tri-Fit program. By understanding and incorporating fitness into the classroom and our lives, we help to stimulate minds and encourage regular participation in Physical activity. Beneficial goals of participating in regular fitness programs include: improved cardiovascular endurance and activity tolerance, increased muscular strength and improved flexibility, reduction of body fat and improved weight control, improved self-image, reduced risk of disease and premature death, decreased stress and reduced feeling of anxiety and depression, improved bone strength and an overall improved “sense of well-being”. Participants will be able to list three benefits of fitness and the guidelines for fitness, and will learn fitness activities they can incorporate in a classroom setting for school-aged children. As part of the fitness assessment activity, each participant will step outside their comfort zone and associate with people from other schools team. Participants will meet and greet other participants as they are randomly placed on a mini-golf team. The mini-golf team will play eighteen holes of best ball score. The best ball format will ensure all members work as a collaborative group for the final goal. The mini-golf team members will build dialogue and report early in the week, resulting in collaboration on health reform in their communities at a much faster pace. This entire fitness assessment event will start Roughrider “33” 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.

## Rod Volk



### **SESSION INFORMATION:**

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

To set the energetic tone for Roughrider Conference 33 "Operation Health 2019. 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 32 years after it was adopted. The past, present, and future of the North Dakota Roughrider Health Promotion Association will be brought to a new light for participants in a super-fast paced opening.

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

In preparation for the 2019 Roughrider "33" 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 2019-2020 school year. To prepare for the assembly of this action plan, school teams are encouraged to review their present schools documents and data to determine the best focus of their time and efforts for action. This document has been prepared to assist schools in identifying key documents that could assist schools in recognizing their school's focus and needs for inclusion in the plan. Your school administration, counselor, and/or business office staff should be able to direct your team to these documents.

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

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

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**Heart Rate Scavenger Hunt:**

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

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**High Card Team Walk:**

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

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**Closing Ceremony's:**

After a week of fun fast pace engaged learning, Rod will wrap up the week in review with final paperwork, awards, and the traditional closing video of all participants. This time will reflect on how so much positive energy was captured in what seemed like just moments ago the to the conference start. Before we leave for home, we will unveil the theme for Roughrider "34" 2020 with the traditional participant skit.

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**Biography Rod Volk:**

Rod is a lifelong North Dakotan growing up in Lisbon. Rod received his master's degree from North Dakota State University in Educational Administration and his undergraduate degree from Mayville State University with degrees in both elementary education and physical education. Rod wrestled and ran track in college as a four-year letter winner. This is his 26th year teaching, where he is currently a middle school science, math 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 26 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.



