

Deb Tackmann (M.S)



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

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

BREAKOUT SESSION: "Outrageous Teaching Techniques in Health Education"

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

Biography Deb Tackmann

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

Katie Dilsie



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

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

Biography Katie Dilsie

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

Jerry Balistreri (M.S)



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

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

Biography Jerry Balistreri

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

Dr. Brad Strand



BREAKOUT SESSION: "Leading Fast and Slow"

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

Fitness Assessment:

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

Biography Dr. Brad Strand

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

Lois Mauch (M.S)



BREAKOUT SESSION: "Integrating Health-Related Fitness Education"

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

Biography Lois Mauch

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

Kayla Delzer (M.S.)



BREAKOUT SESSION: Reimagining Learning Spaces

This session is based off of Kayla's Blog Column, **Why the 21st Century Classroom May Remind You of Starbucks**. If we take a look at classrooms over the past 100 years, we are seeing the same type of learning environments, year after year. The world is changing, yet our classrooms are remaining much the same. Revitalizing space is a straightforward way to let students exercise choice in the learning environment and find academic success on their own terms. Leave this session with a good idea about how to turn your classroom into a flexible seating, student led "Starbucks for Kids" learning space.

Biography Kayla Delzer:

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

Holly Inniger (M.S)



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

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

Biography Holly Inniger

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

Don Moseman



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

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

Biography Don Moseman

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

Renita Brannan



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

Educating on the homeostasis of our body and what that means for overall health and energy. Participants will learn the importance of balancing of blood sugar along with proteins, fats, and carbohydrates like a baby does, and how calorie restriction can actually make you add body fat. We will talk about the importance of exercise and show you how a 10 minute LIVE exercise session can change your life. Renita's purpose in this session is to educate and inspire others to properly care for their health by giving them real life action plans with nutrition and fitness. By doing so, they are able to live life with energy and vitality. Renita will motivate and inspire you to tap into your innate potential to gain control of your health and fitness.

Biography Renita Brannan:

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

Heather Simonich (M.S.)



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

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

Biography Heather Simonich

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

Bill Lucas (M.S.)



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

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

Biography Bill Lucas

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

Kori Messer



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

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

Biography Kori Messer:

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

Aqua Zumba, Turbo Kick, Pilates, Silver Sneakers Yoga, Silver Sneakers Muscular Strength and Range of Motion, Insanity, and is a Level 1 CrossFit Trainer.

Rod Volk (M.S.)



SESSION INFORMATION:

Opening Ceremony's:

To set the energetic tone for Roughrider Conference 31 "Putting The Pieces Together 2017-Where Do You Fit In? Rod will go over all the week's attractions, requirements and guidelines. Rod will cover in detail the Roughrider mission and the trends that make the mission so valid 31 years after it was adopted. The past, present, and future of the North Dakota Roughrider Health Promotion Association will be brought to a new light for participants in a super-fast paced opening.

Team Meetings for Action Plans:

In preparation for the 2017 Roughrider "31" Health Promotion Conference, all schools should be prepared to develop an action plan including goals and objectives for their team's focus at school during the 2017-2018 school year. To prepare for the assembly of this action plan, school teams are encouraged to review their present schools documents and data to determine the best focus of their time and efforts for action. This document has been prepared to assist schools in identifying key documents that could assist schools in recognizing their school's focus and needs for inclusion in the plan. Your school administration, counselor, and/or business office staff should be able to direct your team to these documents.

"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.

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.

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.

Closing Ceremony's:

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

Biography Rod Volk

Rod is a lifelong North Dakotan growing up in Lisbon. Rod received his master's degree from North Dakota State University in Educational Administration and his undergraduate degree from Mayville State University with degrees in both elementary education and physical education. Rod wrestled and ran track for the comets as a four year letter winner. This is his 25th year teaching where he is currently a middle school science and language arts teacher in Fargo. His teaching career started in Casselton as a 6th grade classroom teacher, and was also a physical education teacher and athletic director. Rod has been a head varsity football, wrestling, and track coach over the years. He has been involved with the Roughrider Conference for 24 years as a team member, facilitator, planning committee member, board member, and is currently the president of the Roughrider Association. He feels the Roughrider Conference is the best thing going for North Dakota's future in health education.