

Frank Pastizzo



CLOSING KEYNOTE: 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: 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 Pastizzo 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.

Dr. Spencer Berry



BREAKOUT SESSION: 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.

Dr. Terry Eckmann



OPENING KEYNOTE: 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.

BREAKOUT SESSION: 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 Minders". 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 Eckmann

Terry Ferebee Eckmann, Ph.D., 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. 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.

Tootsie Gasparini (M.S.)



BREAKOUT SESSION: 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.

Jane Myers



BREAKOUT SESSION: Weigh 2 Change ~ Diabetes Prevention Program

Do you have prediabetes or are you at risk for type 2 diabetes? Currently, 1 in 3 adults have prediabetes and 9 out of 10 of those individuals don't know it. This session will focus on the burden of diabetes in North Dakota and will help you identify if you have prediabetes or are at risk for type 2 diabetes. Session information will provide a high level overview of what you can do to prevent diabetes for yourself and your students. You will be introduced to a program called, "Weigh 2 Change ~ Diabetes Prevention Program," that is being rolled out across the state that focuses on preventing diabetes through lifestyle change. The goal of the program is for participants to lose five to seven percent of their weight which research has shown to reduce one's risk of type 2 diabetes by almost 60 percent! Join us to prevent type 2 diabetes and make your school and community more aware.

Biography Jane Myers

Jane is currently the Director of the Diabetes Program for the North Dakota Department of Health. She has served in numerous leadership roles at the local, state and national levels. Her specialization has been in diabetes management and she is dedicated to improving health outcomes for people with diabetes and prediabetes. Jane is excited about the momentum picking around the National Diabetes Prevention Program and is looking forward to sharing that information with you! Exploring ways to keep North Dakota healthy is a top priority for her. Jane enjoys spending time with family and friends, hiking in the North Dakota badlands, teaching yoga and learning the violin.

Dr. Brad Strand



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. Stand 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.

Don Moseman



BREAKOUT SESSION: 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.

LT. Joel Vettel (M.S.)



BREAKOUT SESSION: The Internet as the “Gateway to Youth Vulnerability”

Many assume that children at risk for victimization are neglected or from dysfunctional homes. However, all children, even those from supportive families, may be at risk of victimization. We need to expose the myth that North Dakota is immune to having their children exploited by those seeking to benefit from their vulnerability. Many human trafficking and juvenile luring cases start with the offender contacting the potential victims on social networking sites such as Facebook, LinkedIn, and Pinterest. The techniques used by the offenders to gain trust are as plentiful and they are disturbing. This presentation will highlight real life cases that have impacted communities across North Dakota. It will outline techniques used by offenders to target potential victims online. It will offer insight into the minds of offenders and how sexual predators groom their victims. We will discuss how as a community we can help protect our children from falling victim to these heinous crimes. The information you experience in this session will send a chill up your spine. The computer age along with North Dakota’s Oil boom has brought the horrors of Sex Trafficking and trade to our region. There is an endless number of alarming trends with trafficking in your own community.

Biography Joel Vettel

Lieutenant Joel Vettel grew up on a small farm near Hillsboro, North Dakota and attended Hillsboro High School. He received a Bachelor of Science degree in sociology from North Dakota State University, then a Master of Arts degree in management from the University of Mary. Lieutenant Vettel began work with the Fargo Police Department in 1997 as a patrol officer, and was promoted to the rank of Lieutenant in 2006. Lieutenant Vettel also acts as a defensive tactics instructor, special duty coordinator and member of numerous committees for the department and serves as the north district commander for the patrol division. Lieutenant Vettel lives in Fargo with his wife Sandy. He is active with area youth athletic programs at both the high school and college level. Joel is a board member for NDSU Teammakers, and was also a National Runner-Up wrestler for the NDSU Bison.

Bill Lucas (M.S.)



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

Kori Messer



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

An introduction into the history of exercise and goal setting within wellness industry standards will begin this session. Interaction with the audience will take place through general inquiry. Through this interaction the audience will maintain audio and verbal involvement, which will heighten the awareness and cognitive skills presented. The objective is to educate participants on becoming empowered by establishing a healthier life scene for oneself, and thus setting a great example to those around us. The desired outcome is physical stimulation through exercise (tai chi, yoga & pilates) in a group setting, with cognitive development through audio, visual, and verbal cues. Statistical information from published medical research will be introduced as it relates to improvement of physical activities for each person's own healthy living. Participants will be shown proper posture, muscle groups, and techniques in promoting self-efficiency and the reduction of common intrinsic risk factors in our daily living. Participants will engage in a combination of 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 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/certifications in Cycle, Zumba, Zumba Gold, Zumba toning, Aqua Zumba, Turbo Kick, Pilates, Silver Sneakers Yoga, Silver Sneakers Muscular Strength and Range of Motion (MSROM), Insanity, and is a Level 1 CrossFit Trainer. All inquiries can be sent to (support@resolutionwellness.com)

Rod Volk (M.S.)



SESSION INFORMATION:

Opening Ceremony's: To set the energetic tone for Roughrider Conference 30 "Don't Worry Be Healthy 2016" 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 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.

Team Meetings for Action Plans: In preparation for the 2016 Roughrider "30" 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 2016-2017 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 start. Before we exit we will unveil with the traditional participant skit unveiling the theme for Roughrider "31" 2017.

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.