





Roughrider "33" Schedule 2019 (All Times Are Mountain Time)

Monday May 27, 2019

5:00 p.m. - 7:00 p.m.

Check-In for Monday Arrivals-Roughrider Conference Center

5:00 p.m.- 8:00 p.m.

Personal Wellness Inventory Assessment for Monday Arrivals (**Dr. Strand**) Schafer Center

Tuesday May 28, 2019

6:30 a.m. - 7:30 a.m.

Check-In Tuesday Arrivals - Rough Riders Conference Center

6:30 a.m. - 8:30 a.m.

Personal Wellness Inventory Assessment for Tuesday Arrivals (**Dr. Strand**) Rough Riders Hotel

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

Opening Ceremony (**Volk**) Rough Riders Conference Center

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

Keynote (**Holly Hoffmann**) Rough Riders Conference Center

12:00 p.m. - 1:00 p.m.

Lunch (On Own)

1:00 p.m. - 2:00 p.m.

Breakout Session #1 (**Hoffmann / Engstrom / Mauch**) Medora Room / Little Missouri Room / Showhall

2:00 p.m. - 3:00 p.m.

Team Meeting (**Volk**) Showhall

3:00 p.m. - 4:00 p.m.

Breakout Session #2 (**Hoffmann / Engstrom / Mauch**) Medora Room / Little Missouri Room / Showhall

4:00 p.m. - 5:00 p.m.

Breakout Session #3 (**Hoffmann / Engstrom / Mauch**) Medora Room / Little Missouri Room / Showhall

Wednesday May 29, 2019

7:00 a.m.- 9:00 a.m.

Personal Wellness Inventory-Teddy Walk (**Volk**) Rough Riders Conference Center

9:00 a.m.- 9:30 a.m.

Breakfast (On Own)

9:30 a.m.-10:30 a.m.

Breakout Session #1 (**Bickford / Sokolofsky / Roness**) Medora Room / Little Missouri Room / Showhall

10:45 a.m.-11:45 a.m.

Breakout Session #2 (**Bickford / Sokolofsky / Roness**) Medora Room / Little Missouri Room / Showhall

11:45 a.m.-12:30 p.m.

Lunch (On Own)

12:30 p.m. - 2:00 p.m.

Personal Wellness Inventory (**Volk**) Rough Riders Conference Center

2:00 p.m.- 3:00 p.m.

Team Meeting (**Volk**) Showhall

3:00 p.m. - 4:00 p.m.

Breakout Session #3 (**Bickford / Sokolofsky / Roness**) Medora Room / Little Missouri Room / Showhall

Thursday May 30, 2019

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

Personal Wellness Inventory (**Messer / Volk / Lucas**) Medora Room / Little Missouri Room / Showhall

8:15 a.m. - 9:00 a.m.

Breakfast (On Own)

9:00 a.m. -10:00 a.m.

Breakout Session #1 (**Schmitz / Schuh / Moseman**) Medora Room / Little Missouri Room / Showhall

10:15 a.m.- 11:15 a.m.

Breakout Session #2 (**Schmitz / Schuh / Moseman**) Medora Room / Little Missouri Room / Showhall

11:15 a.m.- 12:15 p.m.

Lunch (On Own)

12:15 p.m. - 1:15 p.m.

Breakout Session #3 (**Schmitz / Schuh / Moseman**) Medora Room / Little Missouri Room / Showhall

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

Personal Wellness Inventory (**Messer / Volk / Lucas**) Medora Room / Little Missouri Room / Showhall

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

Personal Wellness Inventory (**Messer / Volk / Lucas**) Medora Room / Little Missouri Room / Showhall

4:00 p.m.- 6:00 p.m.

Team Meeting -Working Picnic Celebration (**Volk**) Rough Riders Conference Center

Friday May 31, 2019

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

Check Out Rooms

8:00 a.m. - 8:30 a.m.

Team Meeting (**Volk**) Rough Riders Conference Center

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

Keynote Session (**Tasha Schuh**) Rough Riders Conference Center

10:30 a.m.- 11:30 a.m.

Closeout Activities and Awards (**Volk**) Rough Riders Conference Center



May 28 – May 31, 2019 Medora, ND

Sponsored by the Roughrider Health Promotion Association Inc.

WWW.NDROUGH RIDER.COM

HEALTHY SCHOOLS HEALTHY SELF HEALTHY COMMUNITIES

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

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

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

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

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

Payment must be received by **May 15, 2019**

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

Send payment to:

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

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

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

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

CANCELLATIONS:

If cancellation request is received by May 1, 2019 a refund will be issued minus a \$50 service charge per team member. Substitutions will be accepted if possible at no charge. Cancellations requests must be made by calling Rodney Volk @ 701-412-3323

CONFERENCE GRADUATE CREDITS “Professional Development”:

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

Registration for credits will be available starting **May 1st, 2019**

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

Participants are responsible for online payment of graduate credits “Professional Development” Attendance is taken at all sessions for documenting as required by for credit.

Check-in for the conference will be held at:
Rough Riders Hotel and Conference Center, Medora, ND.
Monday, May 27th, 2019
6:00 p.m. to 8:00 p.m.

Tuesday, May 28th 2019
6:30 a.m. to 7:30 a.m.

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

ROOMS: We have secured a super low Roughrider special rate of:
\$75.00 per night at the **Badlands Hotel** double occupancy
\$99.00 Rough Riders Hotel double occupancy.

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

MEALS: are on your own. The Maltese Cross Burger Grill and Medora Pizza Parlor will be open for lunch and dinner, along with other Medora establishments during the conference. Theodores Restaurant in the Rough Riders Hotel will be open for breakfast and evening meals. The Medora Foundation policy states, “no outside food or beverages allowed in the meeting rooms at the Rough Riders Hotel.” They will allow you to bring in your own bottled drink as long as it has a cover, but no outside food source is allowed.

REASONS TO ATTEND THE CONFERENCE:

Personal and Professional Motivational and Educational Opportunities
Coordinated School Health (CSH) Strategies and approaches for Action Plans
After-School Programs
Personal Wellness/Healthy Living Skills
Networking Opportunities
Safe and Drug-Free Schools and Communities
School-to-Community Collaboration and Risk Prevention
Recreational Opportunities
Two Graduate Credits Available “Professional Development”
Character Education
School Assessment: School Improvement Plan
Positive Behavior Support

WHO SHOULD ATTEND:

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

OBJECTIVES:

Develop a realistic and attainable Healthy School and Community Action Plan.
Expand knowledge of research-based prevention curriculum, enhancement through after-school programming, and classroom behavior management strategies.

Expand prevention efforts specific to environmental strategies and evidence-based programs.
Share successful teaching techniques, prevention strategies and programs.
Expand knowledge of North Dakota health initiatives, resource and community programs for healthy students, schools and communities.

EXPECTATIONS OF CONFERENCE PARTICIPANTS:

Attend the entire conference/complete graduate credit requirements “Professional Development.”
Participate in conference activities.
Develop an attainable Action Plan to take back to your school and community.
Learn healthy skills for self, schools and community.
Be an enthusiastic “team player” and “conference networker.”
Submit team photo and press release to your local newspaper after the conference
Look at the conference photos/videos on the NDROUGHRIDER site following the conference.
Respect Medora and Roughrider Health Promotion Association, policies, rules and Laws.

OUTCOMES:

Provide data-driven decision-making choices.
Understand Coordinated School Health approach.
Realize healthy students make better learners.
Facilitate a sustained collaboration between schools and community.
Prevent substance abuse in all communities of North Dakota.
Understand how your local Rural Education Association (REA) can help your school.

PRIOR TO CONFERENCE:

Organize your team.
Complete registration online.
Secure payment of conference fees and send to name and address listed on page 1.
Professional Development Graduate credit registration at WWW.NDROUGHRIDER.COM linked to the University
System payment of (2) Credits starting **May 1st, 2019**
Create a communication and support network.
Identify needs of individual and team events.
Secure a Silent Auction item – see Silent Auction link on website NDROUGHRIDER.COM

AFTER THE CONFERENCE:

Send copy of action plan to Roughrider Association
Submit press release to local paper with team picture.
Present action plan to your school and/or community.
Lead and plan activities in your area to accomplish goals determined at conference.
Organize team meetings to monitor accomplishments of the team action plan.

SILENT AUCTION:

The Silent Auction is a Roughrider Health Promotion Association Fundraising **Tradition!**
Each individual is encouraged to participate by bringing a Silent Auction donation.

Auction proceeds support special conference events.

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

Items should not have a school name or logo.

The “Silent Auction” is paper bidding of items on display; Each “shopper” outbidding the prior bidder.

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

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

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

Silent Auction Agenda: (Rough Riders Hotel)

Thursday, May 30th, 2019

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

NOTE:

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

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

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

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

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

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

Professional Development Graduate Credit will be available from NDSU, UND and Minot State beginning Wednesday May 1st, 2019 and will close Friday May 31st, 2019 at 9:00 a.m. MT. Time.

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

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



BE SEEN. BE HEARD.

Grading will be assessed on the following criteria:

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



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





For those of you that would like to play a round of golf, Bully Pulpit Golf Course has set aside tee times on Wednesday, May 29th from 4:15 – 6:30. The Roughrider group rate of \$55.00 includes a seat on a golf cart, 18 holes of golf or until dark at approximately 9:00 p.m. **Beginning April 1st**, call 701-623-4653 and let them know you would like to book a tee time under the **Roughrider Health Conference tee time block**. They will hold that block of tee times **until May 27th**. We will also offer several contest prizes throughout your round – long putt, long drive and closest to the pin.

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



Silent Auction



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

Teams are encouraged to participate by bringing a Silent Auction donation.

- Auction proceeds support special conference events.
- Items should be at least \$5.00 in total value.
- Items should not have a school name or logo.
- The “Silent Auction” format is paper bidding of items on display; each “shopper” outbidding the prior bidder.
- No live critters, but plants are accepted.
- Your bidding participation is the key to the success of this event!
- The winning bidders must pay and claim items when auction is closed.

Individuals may drop off your Silent Auction Items at Check-In on:

Monday May 27th, 2019 at the Rough Riders Hotel from 5:00 p.m. to 7:00 p.m.

OR

Tuesday May 28th, 2019 at the Rough Riders Hotel from 6:30 a.m. to 7:30 a.m.

If you forgot to bring your item, you can sure purchase something at Medora and turn in anytime.

Silent Auction Agenda: (Rough Riders Hotel)

Thursday, May 30th, 2019 Final Bidding, Pick-up and Pay: 5:15 p.m.



SOLD!



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

Break-Out Sessions: Wednesday & Thursday

GREEN - Medora Room

BLUE - Little Missouri Room

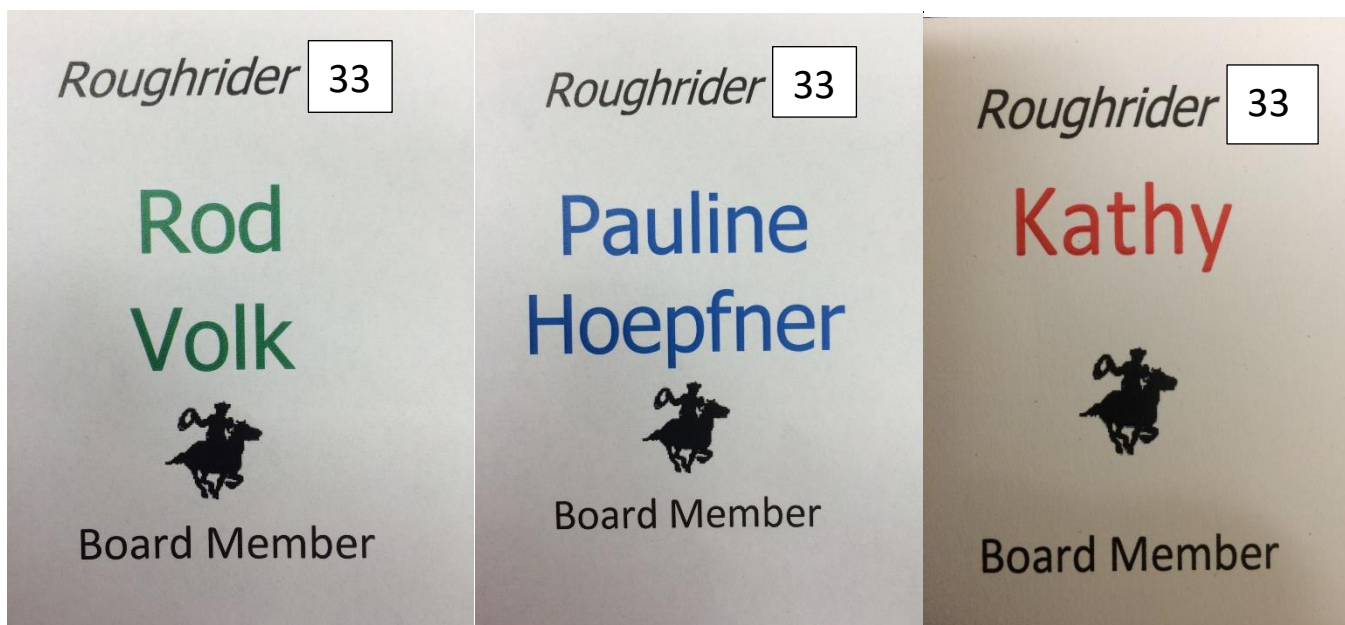
Red - Showhall

Thursday's Personal Wellness Inventory:

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

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

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



ROUGH RIDER “33” OPERATION HEALTH 2019



- 1.) Greetings! You have registered for the 2018 Roughrider Health Promotion Conference being held in Medora, North Dakota **May 28th - May 31st 2019**
- 2.) Go to **NDROUGH RIDER.COM** and at the top you will see a large tab labeled **PRINT FULL CONFERENCE BROCHURE**, Do so and bring it with you to the conference.
The brochure will have the schedule and forms you will need for the week.
- 3.) Your conference registration check-in will depend on your travel arrangements and whether your arrival day is Monday the 27th or Tuesday the 28th. If arriving on Monday, the conference registration check-in will take place at the **Rough Riders Hotel** from **5:00-7:00 p.m. Mountain Time**. If arriving on Tuesday morning, the registration check-in will be from **6:30-7:30 a.m. Mountain Time**. You will be receiving your name badge, t-shirt, waiver forms, etc. This registration check-in time is for the Roughrider Conference only, as your hotel check-in arrangement is a separate matter. If you are **direct billing** your room to your school district, you will need to have this information set up with the hotel before the conference.
- 4.) After on-site registration check-in, you will complete the **VERY EASY** 33 year traditional **Roughrider Personal Wellness Assessment**. This assessment will be led by Dr. Brad Strand of NDSU. The President's Challenge-Adult Fitness Test will require assessing some very simple and basic tasks. i.e., height, weight, blood pressure, stretching, body measurements, etc. The assessment is **not intensive** so no need to worry. If there is an assessment you feel you are unable to participate in, please talk to Dr. Strand or Rod at that time. After the physical assessment you will answer some basic health inventory questions for your own records. The assessment will conclude with a Mini-Golf team activity which is part of the credit requirement. The final piece of the assessment is the traditional **“Teddy Walk.”** The President's Challenge Assessment tool requires a 1 mile walk time (at your own pace) on **Wednesday morning** (rain or shine) while we take in the beautiful Medora surroundings. The President's Challenge assessment will calculate your health appraisal data when you enter the results. We ask that **each team** have access to at least one laptop or smartphone device, to use during the week for this activity and our action plan work.
- 5.) A tradition of Roughrider is to have fun with our theme, which this year is **“OPERATION HEALTH 2018”** A team spirit award is given at the end of the conference to the team who brings the most positive Roughrider energy. We encourage you and your team to bring your team spirit and some fun/crazy dress attire that matches the **“OPERATION HEALTH”** Theme. If you need ideas, go to NDROUGH RIDER.COM and click on the past conference pictures or video tab and see what other teams have done in past years. Also, Wednesday is “Wear Your Conference T-Shirt and picture day,” so plan your attire accordingly.

- 6.) If taking the Roughrider Conference for credit, starting **May 1st** you are able to go to our site **NDRoughrider.com** and click on the **Professional Development Credit** tab. In this tab you click on your choice of university (**NDSU, UND, Minot State**) from which to receive conference credit. This tab will take you directly to that university's site where you will make your payment for credit. You will receive two credits for \$100. There is **NOT** a one credit option. You have until 12 p.m. Mountain Time Thursday, **May 31st** to register for these credits. NDSU uses a letter grade system (A-F), UND offers a choice of either a letter grade or Satisfactory / Unsatisfactory, and Minot State uses a Satisfactory / Unsatisfactory.
- a.) There is **no** prior assignment work that must be done before the conference.
- b.) You will have completed all necessary paperwork for your credits when you leave the conference. One person on the team will need to submit your Roughrider Conference team photo and press release to your local newspaper. After the conference it is up to each team or individual to take back the completed action plan for implementation as your district deems appropriate.
- **MEALS** are on your own. The Maltese Cross Burger Grill and Medora Pizza Parlor will be open for lunch and dinner, along with other Medora establishments during the conference. Theodor's Restaurant in the Rough Riders Hotel will be open for breakfast and evening meals. The Medora Foundation policy states, "no outside food or beverages allowed in the meeting rooms at the Rough Riders Hotel." They will allow you to bring in your own bottled drink as long as it has a cover, but no outside food source is allowed.
 - **Bully Pulpit Golf Course** has tee times set aside on Wednesday, May 28th from 4:30-6:30 for the annual Roughrider Conference **Bully Blast Golf Outing**. The rate of \$55.00 includes a seat on a golf cart. Call 701-623-4653 to book a tee time under the Roughrider block. The reserved block will be held **until May 27th**. If you decide last minute to golf, we have always been able to get more on the course. We will have a long putt, long drive and closest to the pin contest, with prizes for the winners.
 - The **Silent Auction** is another Roughrider tradition that has been a big hit over the years with participants. We are encouraging **each participant to bring a silent auction item** worth at least \$5.00. Participants may bid on the items at our "33rd Anniversary Celebration" Thursday May 30th, as this will be a working lunch with a burger and brat picnic style cookout for you to purchase. The Roughrider Association has tried to give you the best facilities and presenters for this conference. The money raised from the silent auction has allowed us to offer you top presenters with low registration fee.
 - **Specific items to bring:** Have a pen with you throughout the week. A set of **exercise clothes** is not mandatory, but we will have some activities where this attire will suit you better. You will need a good pair of **walking shoes**, as we will be moving on our feet for some of the sessions. **Raingear** could be valuable, as the "Teddy Walk" and the other outside scheduled activities are rain or shine events. Feel free to bring some **snacks** to keep in your room as well. Finally, there is **cell phone** service in Medora, so bring your **charger**.

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

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 every day 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!!!!

BREAKOUT SESSION: “PITCrew”

The journey of “enjoying her ride” has not been an easy one for Tasha Schuh, but along the way she has learned many life lessons that have helped her to love her life. Unfortunately, she sees many that are struggling and looking for help, or at least someone to reach out to. That is where the PITCrew enters the picture. During her keynote Tasha will talk about the beginnings and importance of having a PITCrew; in this breakout session she will define what PITCrew is, as well as challenge each attendee to think about their own PITCrew and how this could make a difference in the lives of students in their schools’. This session will be interactive, thought-provoking and fun! If time permits Tasha will answer a few questions in anticipation of her closing keynote.

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: Journaled 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

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 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 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.

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

Kori Messer



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 2 Children. 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.

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.

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.

"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.

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 "34" 2020 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 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.





PD Credit Summary ND Roughrider 2019

NAME _____ Cell Number _____

As part of the professional development graduate credit process, you must complete and turn in this conference summary in full on Friday June 1, 2018 at the end of the conference.

Tuesday May 28, 2019

Personal Wellness Inventory Assessment: 5:30 – 8:30 a.m.

(Dr. Strand)

Summary: _____

Opening Ceremony: 8:30 – 10:00 a.m.

(R. Volk)

Summary: _____

Keynote Speaker: 10:00 a.m. – 12:00 p.m.

(Holly Hoffmann)

Summary: _____

Breakout Session #1: 1:00 – 2:00 p.m.

(Hoffmann / Engstrom / Mauch)

Summary: _____

Team Meeting #1: 2:00 – 3:00 p.m.

(R. Volk)

Summary: _____

Breakout Session #2: 3:00 – 4:00 p.m.

(Hoffmann / Engstrom / Mauch)

Summary: _____

Breakout Session #3: 4:00 – 5:00 p.m.

(Hoffmann / Engstrom / Mauch)

Summary: _____

Wednesday May 29, 2019*Personal Wellness Inventory Assessment: 7:00 - 9:00 a.m.**(R. Volk)*

Summary: _____

*Breakout Session #1: 9:30 – 10:30 a.m.**(Bickford / Sokolofsky / Roness)*

Summary: _____

*Breakout Session #2: 10:45- 11:45 a.m.**(Bickford / Sokolofsky / Roness)*

Summary: _____

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

Summary: _____

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

Summary: _____

*Breakout Session #3: 3:00 – 4:00 p.m.**(Bickford / Sokolofsky / Roness)*

Summary: _____

Thursday May 30, 2019*Personal Wellness Inventory Assessment: 7:00 - 8:15 a.m.**(Messer / Volk / Lucas)*

Summary: _____

*Breakout Session #1: 9:00 – 10:00 a.m.**(Schmitz / Schuh / Moseman)*

Summary: _____

*Breakout Session #2: 10:15 – 11:15 a.m.**(Schmitz / Schuh / Moseman)*

Summary: _____

Breakout Session #3: 12:15 a.m. – 1:15 p.m.

(Schmitz / Schuh / Moseman)

Summary: _____

Personal Wellness Inventory: 1:30 – 2:45 p.m.

(Messer / Volk / Lucas)

Summary: _____

Personal Wellness Inventory: 2:45 – 4:00 p.m.

(Messer / Volk / Lucas)

Summary: _____

Team Meeting #3: 4:00 – 6:00 p.m.

(R. Volk)

Summary: _____

Friday May 31, 2019

Team Meeting #4: 8:00 – 8:30 a.m.

(R. Volk)

Summary: _____

Keynote Session: 8:30 – 10:30 a.m.

(Tasha Schuh)

Summary: _____

Closeout Activities & Awards: 10:30 a.m. – 11:30 a.m.

(R. Volk)

Summary: _____

Name: (please print) _____

Signature: _____

Address: _____

Summer Phone Number: (____) _____

Institution Recording PD Credit: (please circle)

NDSU

MiSU (S/U only)

UND

Please drop this form in the box provided at the Conference Registration Area



Presenter Feedback ND Roughrider 2019

Tuesday May 28, 2019

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

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

Breakout Session #1: 1:00 – 2:00 p.m. (Hoffmann / Engstrom / Mauch)

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

Breakout Session #2: 3:00 – 4:00 p.m. (Hoffmann / Engstrom / Mauch)

(A B C D F)

Comment: _____

Breakout Session #3: 4:00 – 5:00 p.m. (Hoffmann / Engstrom / Mauch)

(A B C D F)

Comment: _____

Wednesday May 29, 2019

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

(A B C D F)

Comment: _____

Breakout Session #1: 9:30 – 10:30 a.m. (Bickford / Sokolofsky / Roness)

(A B C D F)

Comment: _____

Breakout Session #2: 10:45- 11:45 a.m. (Bickford / Sokolofsky / Roness)

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

Breakout Session #3: 3:00 – 4:00 p.m. (Bickford / Sokolofsky / Roness)

(A B C D F)

Comment: _____

Thursday May 30, 2019

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

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____

Friday June 1, 2018

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

(A B C D F)

Comment: _____

Keynote Session: 8:30 – 10:30 a.m. (Tash Schuh)

(A B C D F)

Comment: _____

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

(A B C D F)

Comment: _____



Thank You For Your Comments! Roughrider Board

