

**NORTH DAKOTA**



**ALL STAR HEALTH**

**Medora, ND June 1-4 2021**

**ROUGH RIDER  
HEALTH CONFERENCE**



## Roughrider "35" Schedule 2021 (All Times Are Mountain Time)



### Monday May 31, 2021

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**) Showhall

### Tuesday June 1, 2021

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**) Showhall  
 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 Hoffman**) 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(**Hoffman/Heather Horner/Elizabeth Meyer**) 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(**Hoffman/Heather Horner/Elizabeth Meyer**) Medora Room/Little Missouri Room /Showhall  
 4:00 p.m. - 5:00 p.m. Breakout Session #3(**Hoffman/Heather Horner/Elizabeth Meyer**) Medora Room/Little Missouri Room /Showhall

### Wednesday June 2, 2021

7:30 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(**Dr Schmitz /Andrea Gribble/ Melanie Carvell**)Medora Room/Little Missouri/Showhall  
 10:45 a.m.-11:45 a.m. Breakout Session #2(**Dr Schmitz /Andrea Gribble/ Melanie Carvell**)Medora Room/Little Missouri/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(**Dr Schmitz /Andrea Gribble/ Melanie Carvell**)Medora Room/Little Missouri/Showhall

### Thursday June 3, 2021

7:15 a.m. - 8:30 a.m. Personal Wellness Inventory (**Messer / Volk / Kelpinski**) Medora Room / Flag Pole / Showhall  
 8:30 a.m. - 9:00 a.m. Breakfast (On Own)  
 9:00 a.m. -10:00 a.m. Breakout Session #1 (**Joel Vettel/ Mark Mayfield /Moseman**) Medora Room / Little Missouri Room / Showhall  
 10:15 a.m.- 11:15 a.m. Breakout Session #2 (**Joel Vettel/ Mark Mayfield /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 (**Joel Vettel/ Mark Mayfield /Moseman**) Medora Room / Little Missouri Room / Showhall  
 1:30 p.m. - 2:45 p.m. Personal Wellness Inventory (**Messer / Volk / Kelpinski**) Medora Room / Flag Pole / Showhall  
 2: 45 p.m.- 4:00 p.m. Personal Wellness Inventory (**Messer / Volk / Kelpinski**) Medora Room / Flag Pole / Showhall  
 4:00 p.m.- 6:00 p.m. Team Meeting -Working Picnic Celebration (**Volk**) Rough Riders Conference Center

### Friday June 4, 2021

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 (**Mark Mayfield**) Rough Riders Conference Center  
 10:30 a.m.- 11:30 a.m. Closeout Activities and Awards (**Volk**) Rough Riders Conference Center



June 1 – June 4, 2021 Medora, ND



Sponsored by the Roughrider Health Promotion Association Inc.

**[WWW.NDROUGH RIDER.COM](http://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, 2021**

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

Send payment to: **Rodney Volk – Roughrider President  
302 12<sup>th</sup> 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, 2021 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 1<sup>st</sup>, 2021**

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 31<sup>st</sup>, 2021**  
**5:00 p.m. to 7:00 p.m.**

**Tuesday, June 1<sup>st</sup> 2021**  
**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:  
**\$79.00** 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 NDROUGHTRIDER 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.NDROUGHTRIDER.COM](http://WWW.NDROUGHTRIDER.COM) linked to the University System payment for either (NDSU/UND/Minot State) of (2) Credits starting **May 1<sup>st</sup>, 2021**  
Create a communication and support network.  
Identify needs of individual and team events.  
Secure a Silent Auction item – see Silent Auction link on website NDROUGHTRIDER.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 \$10.00 in total value.

Items should not have a school name or logo.

The “Silent Auction” format is paper bidding of items on display.

Each “shopper” outbidding the prior bidder.

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

The winning 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, June 3<sup>rd</sup>, 2021

Final Bidding, Pick-up and Payment: 5:15 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 Saturday May 1<sup>st</sup>, 2021 and will close Friday June 4<sup>th</sup>, 2021 at 12:00 p.m. MT. Time.

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

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



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, June 2<sup>nd</sup> from 4:10 – 6:30. The Roughrider group rate of \$70.00 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 25th. We will have 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](http://www.medora.com) If you have any troubles with making a tee time at the number listed 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 \$10.00 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 31st, 2021** at the Rough Riders Hotel from 5:00 p.m. to 7:00 p.m.

OR

**Tuesday June 1st, 2021** 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, June 3<sup>rd</sup>, 2021      Final Bidding, Pick-up and Pay: 5:15 p.m.



# **SOLD!**



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

Break-Out Sessions: Tuesday, 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 "35" ALL-STAR HEALTH



- 1.) Greetings! You have registered for the 2021 Roughrider Health Promotion Conference being held in Medora, North Dakota **June 1<sup>st</sup> – June 4<sup>th</sup> 2021**
- 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 31<sup>st</sup> or Tuesday the 1<sup>st</sup>. 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** 35 year traditional **Roughrider Personal Wellness Assessment**. This assessment will be led by Dr. Brad Strand of NDSU. The 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 **"ALL-STAR HEALTH 2021"** 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 **"ALL-STAR 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 1<sup>st</sup>** you are able to go to our site **NDROUGH RIDER.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 a Roughrider discount rate of \$100. There is **NOT** a one credit option. If you need CEU's Please talk to Rod Volk to arrange this. You have until 12 p.m. Mountain Time Friday, **June 4<sup>th</sup>** 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. 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.
- **Bully Pulpit Golf Course** has tee times set aside on Wednesday, June 3<sup>rd</sup> from 4:15-6:30 for the annual Roughrider Conference **Bully Blast Golf Outing**. The rate of \$62.00 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 26<sup>th</sup>**. 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 \$10.00. Participants may bid on the items at our "35<sup>th</sup> Anniversary Celebration" Thursday June 3<sup>rd</sup>, 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](mailto:volkr@fargo.k12.nd.us) Rod Volk-Roughrider President



## Holly Hoffman



### **OPENING KEYNOTE: Lead Simply**

When you hear there's going to be a "Leadership Keynote" presentation, what goes through your mind? Is it "Oh that's for our CEO to attend?" or "Those sessions are just common-sense things I've heard before." Holly Hoffman will shatter that mindset with her program on leadership. Everyone possesses leadership skills that come out in our daily actions no matter what role we are performing at the time. Whether it's at our workplace, or as a parent, as a volunteer in a civic organization, as a supportive friend, or as a contestant on a televised show where you are trying to outwit and outlast competitors. Leadership is the sum of how we model behaviors we want to see in others, how we connect with them and how we involve them in the process. Let

Holly Hoffman help you to lead your tribe. True leadership is not just words, it is action. We must model the behavior we want to see; connect with the people you lead and involve them as much as possible. The ways in which we model, connect and involve our people may have changed from the past, but as Holly will show, the basics of leading your team remain the same. Holly's dynamic energy and enthusiasm will have you excited to renew your passion for leadership!

### **BREAKOUT SESSION: "Write Yourself A Note"**

Be Confident – Be Great – Be You! Have you ever picked up a book, and a sentence leaps off the page as if it had been written for you? Words- On paper-Matter. Writing it down focuses our attention on the abundance already within our grasp and makes it real. Writing things down is an easy, yet effective way to be productive and deal with day-to-day pressure. There are benefits of having visible reminders, clear thought processes, emotional stability, and even a grateful heart simply by using an old-fashioned pen and paper. In Holly's presentation, "Write Yourself a Note", you will be reminded of the value of writing things down which leads to getting things done.

### **Biography Holly Hoffman:**

*"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."* Marie Robinson. 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 survival. A professional motivational speaker and the author of *Your Winner Within and Write Yourself a Note*, Holly acknowledges that life is made up of challenges, and we are oftentimes faced with situations that seem insurmountable. But 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. A native of South Dakota, Holly's writing and speaking not only offer encouragement and optimism but a roadmap for self-discovery and spiritual enlightenment. Readers and audience members alike walk away inspired to light the fire of successful living within themselves. Today, Holly is a member of the National Speaker's Association and a recipient of the Certified Speaking Professional designation, and travels across the country and internationally, speaking to a wide variety of corporations, associations, universities, schools and women's organizations. Holly inspires her audiences to take opportunities and focus on faith, attitude, determination, confidence, desire and perseverance. [@HollyHoffmanS21](https://www.HollyHoffman.com) [HollyHoffman.com](http://HollyHoffman.com)

# Mark Mayfield



## **OPENING KEYNOTE: HUMOR ME: The Healing Power of Perspective**

Are you stressed out? Lethargic? Not productive? Then you need a dose of Mark Mayfield. Mark will show you the value of your sense of humor and help you improve yours. You'll laugh until your sides hurt, but at the same time learn valuable information on building your sense of humor to help you manage stress, increase your productivity, improve your relationships, and enhance your creativity. This isn't just a bunch of "goofiness" with people putting on red noses. It's practical, yet hilarious, behavior changing modifications to make your life and work better. People don't stop playing because they grow old, they grow old because they stop playing.

## **BREAKOUT SESSION: Momma Told Me There'd Be Days Like This**

Finding stability in stressful times is a must for all of us. Mark will help you identify your major stressors and help you find balance in this fast-paced world. You'll learn stress management techniques while you hold your sides laughing, because Mark believes you remember things that make you laugh. Why can't you remember where you put your keys, but you can remember a funny line from one of your favorite movies? Get better at managing people and managing stress in this fast paced, outrageously funny program that will help you get more done, enjoy life more, and LIVE LONGER.

### **Biography Mark Mayfield:**

It's pretty simple what Mark Mayfield does: he talks about very serious stuff in a very funny way. He has one of the most diverse backgrounds in the speaking industry having owned and operated several businesses ranging from livestock production to golf instruction, and spent ten years as a lobbyist in Washington, D.C. and legislatures for a Fortune 500 company. He co-founded "FunnierU", a national comedy training and joke writing service focusing on humor from the headlines. He is one of the rare individuals in the world who is equally adept at performing comedy shows or high content speeches. Mark has received rave reviews sharing the stage with a wide variety of celebrities like Peter Frampton, Rachel Platten, Colin Powell, and Bob Newhart and has introduced the President of the United States on a live, nationwide television broadcast. He is the author of several business books and two jokebooks, and he makes nearly 100 presentations annually to all types of corporations, conventions, and trade associations. He was raised on a farm, received two degrees magna cum laude from Kansas State University, and taught school before he began his lobbying, comedy, and speaking career. He has received the CSP designation from the National Speakers Association and been inducted into their Hall of Fame. He is happily married (although his wife is not) and is the proud father of two grown daughters. He is also the most annoying Grandpa on the planet. From comedy shows to seminars, Mark's philosophy is simple.....say it with humor and people will take the message home.

## Heather Horner



### **BREAKOUT SESSION: Better Health Is a Walk in the Park**

Research shows walking more each day can reduce the risk of developing heart disease, diabetes, cancer and other health problems. “Better Health Is a Walk in the Park” encourages members to walk more by explaining the health benefits, giving tips on how to get started and providing tools to help employees start counting steps.

#### **Biography Heather Horner:**

Heather Horner has been the Member Education Consultant for the western half of the state since 2011. As a Member Education Consultant, Heather meets with employees and provides concise, easy-to-understand information about how insurance works, what drives costs and what they can do to reduce their health care costs. She can tailor a presentation by including the group’s utilization statistics and information about how the group compares to statewide averages and peer groups. Heather graduated from Concordia College in 2007 with a degree in Health Education and Exercise Physiology. While at Concordia, Heather ran track and cross country and still continues to run to this day, trying her best to keep up with her 2 little boys, Jaxon and Logan, and her 2 little girls, Ella and Avery.

# Elizabeth Meyer



## **BREAKOUT SESSION: Daily Actions for Better Health**

### **Better Nutrition**

They're calling your name...those tempting treats that claim to get you through an afternoon slump. Cravings and hunger can take any good nutrition plan off track, but with a few simple changes, your workforce can eat their way to better health. We'll provide palatable, bite-sized chunks of information employees can use immediately.

### **Hypertension: Taming a Silent Killer**

Also known as high blood pressure, hypertension is linked to heart disease, heart attacks, strokes, kidney failure and other health problems. The presentation explains the causes and risk factors of hypertension, plus provides eight specific lifestyle changes for lower blood pressure.

### **Diabetes—Don't Sugarcoat It**

Type 2 diabetes and Pre-diabetes has tripled in recent years. Additionally, four in 10 adults have prediabetes, and most aren't even aware of it. This fun, interactive presentation helps participants understand how to prevent and manage the risk factors, causes, and to learn prevention and other tips!

### **Biography Elizabeth Meyer:**

Elizabeth Meyer started at BCBSND in 2017. She previously worked as an outpatient dietitian focusing on Type 1 diabetes, pediatric obesity and cardiac rehab. As a Wellness Education Specialist, Elizabeth meets with employees and provides concise, easy-to-understand information on topics from how to get the most out of your health insurance to Nutrition, Diabetes and Hypertension. There's a variety of topics that can be "custom made" for the group she's working with based on the group's needs and wants. Elizabeth has degrees in Child Development and Human Science and Dietetics, graduating in 2011 from NDSU. Originally from Wahpeton, she now lives in Fargo and has one daughter.



# Andrea Gribbles



## **BREAKOUT SESSION: Using Social Media to Build Community Engagement in your District**

You want to engage your district, but when you're so busy - and so is everyone else - how do you build it?

Social media can be instrumental. This breakout will dive into the experiences from districts of all sizes from across the Mid-West. Andrea has been serving schools since 2014 and will share tips, tricks, and strategies that you can immediately put to use in your school district!

### **Biography Andrea Gribbles:**

Andrea Gribble is passionate about celebrating students and connecting communities. She runs #SocialSchool4EDU, a company that partners with schools across the country to manage social media. Andrea holds a MBA from the University of Wisconsin-Eau Claire and is a frequent speaker at educational conferences on the topic of social media.

## Dr. Jake Schmitz



### **BREAKOUT SESSION: Why so tired?? The missing fuel to ignite your hidden energy stores!**

If you are like most Americans, you are more tired than ever, more stressed than ever, getting less done, and less able to live the life of your dreams. Have you ever wondered why? Is there something wrong with you? Or, are you MISSING SOMETHING?? Dr. Jake will walk you through how energy is created in the body, what roadblocks are keeping you tired, and what you can do to unleash amazing stores of energy!! Dr. Jake will keep you engaged through the science parts (no sleeping) and let you interact through questions as he explains the mechanisms of energy production!

#### **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.

# Melanie Carvell



## **BREAKOUT SESSION: Finding The Heart of Health and Happiness**

Have you struggled to make your self-care a priority and don't know where to start? Is your motivation flagging instead of flowing? Melanie's interactive presentation will equip you with a practical blueprint to not only begin, but most importantly, sustain the *flow* of a healthy lifestyle. Learn how small changes make a big difference and, most importantly, tap into the power of your emotional and spiritual strength to maintain long term well-being. Melanie will inspire you to fit movement, purpose, and joy into your days, resulting in more energy, productivity, and most importantly – happiness!

### **Biography Melanie Carvell:**

Melanie Carvell is an inspirational speaker whose compelling presentations energize her audience with practical solutions, humor, and storytelling. She is a six-time All-American triathlete, a physical therapist, certified Worksite Wellness consultant, and author of *Running with the Antelope; Lessons of Life, Fitness and Grit on the Northern Plains*. Melanie was named Sanford Health's "Manager of the Year" in 2016 and recently named one of the state's "Leading Ladies" by the North Dakota Women's Center for Technology and Business.

# Don Moseman



## **BREAKOUT SESSION: "BEHAVIORAL HEALTH AWARENESS AND SAFETY"**

The COVID 19 Pandemic created new challenges with the behavioral health and wellness of our school staff and students. In this session, we will explore the impact of these new challenges on the overall safety of the school. We will discuss the physical and mental signs that lead to suicide in teens, what staff members can do to draw on inspiration to keep their own mental health in a positive place, and trends that the North Dakota Department of Human Services is tracking with impacts of COVID 19 on North Dakota citizens.

### **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, Don has taught more than 1,200 law enforcement and safety courses to more than 25,000 people. He came to the North Dakota Safety Council in February of 2013.



# Joel Vettel



## **BREAKOUT SESSION: Personal Safety in a Fast Paced World**

In today's fast paced world, it is easy to lose focus on what is truly important in life. Therefore, the safety of yourself and your loved ones is critical to your happiness. By taking a few simple precautions, you can greatly reduce the risk to yourself and discourage those who commit crimes. By simply being conscience of your surroundings and educating yourself on a few preventive tactics, you can greatly reduce your chances of being a victim. In this session, Joel Vettel will use real life scenarios and stories to help you recognize times in your life where you are more vulnerable and to take steps to harden yourself as a target.

### **Biography Joel Vettel:**

Joel Vettel grew up on a farm near Hillsboro, ND and attended Hillsboro High School. He received a Bachelor of Science degree from NDSU and a master's degree in Management from the University of Mary. He is a 2009 graduate of Northwestern University's Center for Public Safety "School of Police Staff and Command". He is a 2013 Graduate of the FBI National Academy. Joel served 19 years in law enforcement with the Fargo Police Department. He held a variety of positions including District Patrol Commander, Investigations Unit Commander, and Department Spokesperson, the Executive Director of the Fargo Park District and currently is the Head of Strategic Community Partnerships Sanford Health. Joel continues to present extensively on the issue of leadership and legacy, workplace violence and dealing with physically aggressive people. Joel lives in Fargo with his wife and two daughters. He is active with area youth athletic programs at both the high school and the college level. He serves as a board member for the United Way of Cass Clay and the FBI National Academy Association. He has also served as an elected member of the Fargo Park Board of Commissions, a Site Liaison for ESPN GameDay and the Director of Operation for USA Wrestling Tournament, the largest wrestling tournament in the world. In his spare time, he works as announcer for NDSU Athletics, volunteer strength coach for Fargo Public Schools, and is an experienced adventure racer and obstacle course racer.

# Nancy Kelpinski



## **BREAKOUT SESSION: Dance With Nanc!**

In Nancy's fun paced session you will feed off her enthusiasm. You can bet it is a belief that movement and laughter will help you become a person who thinks clearer, listens better, and acts on challenging situations we have in everyday life.

Nancy will have you move your body, meet new people, and help you to become All-Star Healthy!

### **Biography Nancy Kelpinski:**

Nancy Kelpinski attended the second Roughrider Health Conference and has been a regular participant and presenter at the conference ever since. Nancy graduated from the University of Mary with a degree in Physical Education and in Elementary Education. She has taught elementary school in Carson, North Dakota and in Fort Yates, North Dakota. For the last 25 years of her teaching career, Nancy taught Health and Physical Education at Mandan High School. While at Mandan High School she served as the SADD Advisor and has coached Special Olympics swimming in Mandan. Nancy believes in an active healthy lifestyle (Health is your best resource). Nancy has also taught swimming and water aerobics courses. Nancy and her husband Mark reside in Mandan and have three grown children: Rebecca, Jessica and Bryan. In her spare time, she enjoys dancing, riding bike, swimming, and spending time with her family.

# Kori Messer



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

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

### Biography Kori Messer:

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

## Dr. Brad Strand



### **BREAKOUT SESSION: Fitness Assessments**

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 school teams. 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 “35” 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 NDSU. He has conducted over 200 national, regional, and state presentations, workshops and demonstrations related to 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 PE*, *Fitness Education: Teaching Concepts-based Fitness in the Schools*, and *Assessing Sports Skills*. 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: 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 35 "ALL-STAR HEALTH 2021". 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 35 years after it was adopted. The past, present, and future of the North Dakota Roughrider Health Promotion Association will be brought to a new light for participants in a super-fast paced opening.

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

In preparation for the 2021 Roughrider "35" 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 2021-2022 school year. To prepare for the assembly of this action plan, school teams are encouraged to review their present schools' documents and data to determine the best focus of their time and efforts for action. This document has been prepared to assist schools in identifying key documents that could assist schools in recognizing their school's focus and needs for inclusion in the plan. Your school administration, counselor, and/or business office staff should be able to direct your team to these documents.

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

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

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### **Kathy's Heart Rate Scavenger Hunt:**

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

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### **Maria's High Card Team Walk:**

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

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### **Closing Ceremony's:**

After a week of fun fast pace engaged learning, Rod will wrap up the week in review with final paperwork, awards, and the traditional closing video of all participants. This time will reflect on how so much positive energy was captured in what seemed like just moments ago the to the conference start. Before we leave for home, we will unveil the theme for Roughrider "36" 2022 with the traditional participant skit.

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### **Biography Rod Volk:**

Rod is a lifelong North Dakotan growing up in Lisbon. Rod received his master's degree from North Dakota State University in Educational Administration and his undergraduate degree from Mayville State University with degrees in both elementary education and physical education. Rod wrestled and ran track in college as a four-year letter winner. This is his 30th 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 and has coached a combined 90 sport seasons. He has been involved with the Roughrider Conference for 30 years as a team member, facilitator, planning committee member, board member, and is currently the president and conference planner of the Roughrider Association. He feels the Roughrider Conference is the best thing going for North Dakota's future in health education. Rod will officially retire from teaching this Friday! 😊



# Graduate Credit Summary Roughrider 2021

NAME \_\_\_\_\_ Cell Number \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_

\_\_\_\_\_ Institution Recording PD Credit: (please circle)    NDSU    MiSU (S/U only)    UND

## **Tuesday June 1, 2021**

*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 Hoffman)

Summary: \_\_\_\_\_

*Breakout Session #1: 1:00 – 2:00 p.m.* (Hoffman / Horner/ Meyer)

Summary: \_\_\_\_\_

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

Summary: \_\_\_\_\_

*Breakout Session #2: 3:00 – 4:00 p.m.* (Hoffman / Horner/ Meyer)

Summary: \_\_\_\_\_

*Session #3: 4:00 – 5:00 p.m.* (Hoffman / Horner/ Meyer)

Summary: \_\_\_\_\_

## **Wednesday June 2, 2021**

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

Summary: \_\_\_\_\_

*Breakout Session #1: 9:30 – 10:30 a.m.* (Schmitz / Gribble / Carvell)

Summary: \_\_\_\_\_

*Breakout Session #2: 10:45- 11:45 a.m.* (Schmitz / Gribble / Carvell)

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.*

*(Schmitz / Gribble / Carvell)*

Summary: \_\_\_\_\_

**Thursday June 3, 2021**

*Personal Wellness Inventory Assessment: 7:15 - 8:30 a.m.*

*(Messer / Volk / Kelpinski)*

Summary: \_\_\_\_\_

*Breakout Session #1: 9:00 – 10:00 a.m.*

*(Vettel / Mayfield / Moseman)*

Summary: \_\_\_\_\_

*Breakout Session #2: 10:15 – 11:15 a.m.*

*(Vettel / Mayfield / Moseman)*

Summary: \_\_\_\_\_

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

*(Vettel / Mayfield / Moseman)*

Summary: \_\_\_\_\_

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

*(Messer / Volk / Kelpinski)*

Summary: \_\_\_\_\_

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

*(Messer / Volk / Kelpinski)*

Summary: \_\_\_\_\_

*Team Meeting #3: 4:00 – 6:00 p.m.*

*(R. Volk)*

Summary: \_\_\_\_\_

**Friday June 4, 2021**

*Team Meeting #4: 8:00 – 8:30 a.m.*

*(R. Volk)*

Summary: \_\_\_\_\_

*Keynote Session: 8:30 – 10:30 a.m.*

*(Mark Mayfield)*

Summary: \_\_\_\_\_

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

*(R. Volk)*

Summary: \_\_\_\_\_



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



## Presenter Feedback ND Roughrider 2021

### **Tuesday June 1, 2021**

*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. (Hoffman / Horner/ Meyer)* (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. (Hoffman / Horner/ Meyer)* (A B C D F)

Comment:

*Breakout Session #3: 4:00 – 5:00 p.m. (Hoffman / Horner/ Meyer)* (A B C D F)

Comment:

### **Wednesday June 2, 2021**

*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. (Schmitz / Gribble / Carvell)* (A B C D F)

Comment:

*Breakout Session #2: 10:45- 11:45 a.m. (Schmitz / Gribble / Carvell)* (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. (Schmitz / Gribble / Carvell)* (A B C D F)  
Comment:

### **Thursday June 3, 2021**

*Personal Wellness Inventory Assessment: 7:15 - 8:30 a.m. (Messer / Volk / Kelpinski)* (A B C D F)  
Comment:

*Breakout Session #1: 9:00 – 10:00 a.m. (Vettel / Mayfield / Moseman)* (A B C D F)  
Comment: \_

*Breakout Session #2: 10:15 – 11:15 a.m. (Vettel / Mayfield / Moseman)* (A B C D F)  
Comment

*Breakout Session #3: 12:15 a.m. – 1:15 p.m. (Vettel / Mayfield / Moseman)* (A B C D F)  
Comment

*Personal Wellness Inventory: 1:30 – 2:45 p.m. (Messer / Volk / Kelpinski)* (A B C D F)  
Comment

*Personal Wellness Inventory: 2:45 – 4:00 p.m. (Messer / Volk / Kelpinski)* (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 4, 2021**

*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. (Mark Mayfield)* (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:



Thanks' For Your Comments! Roughrider Board

