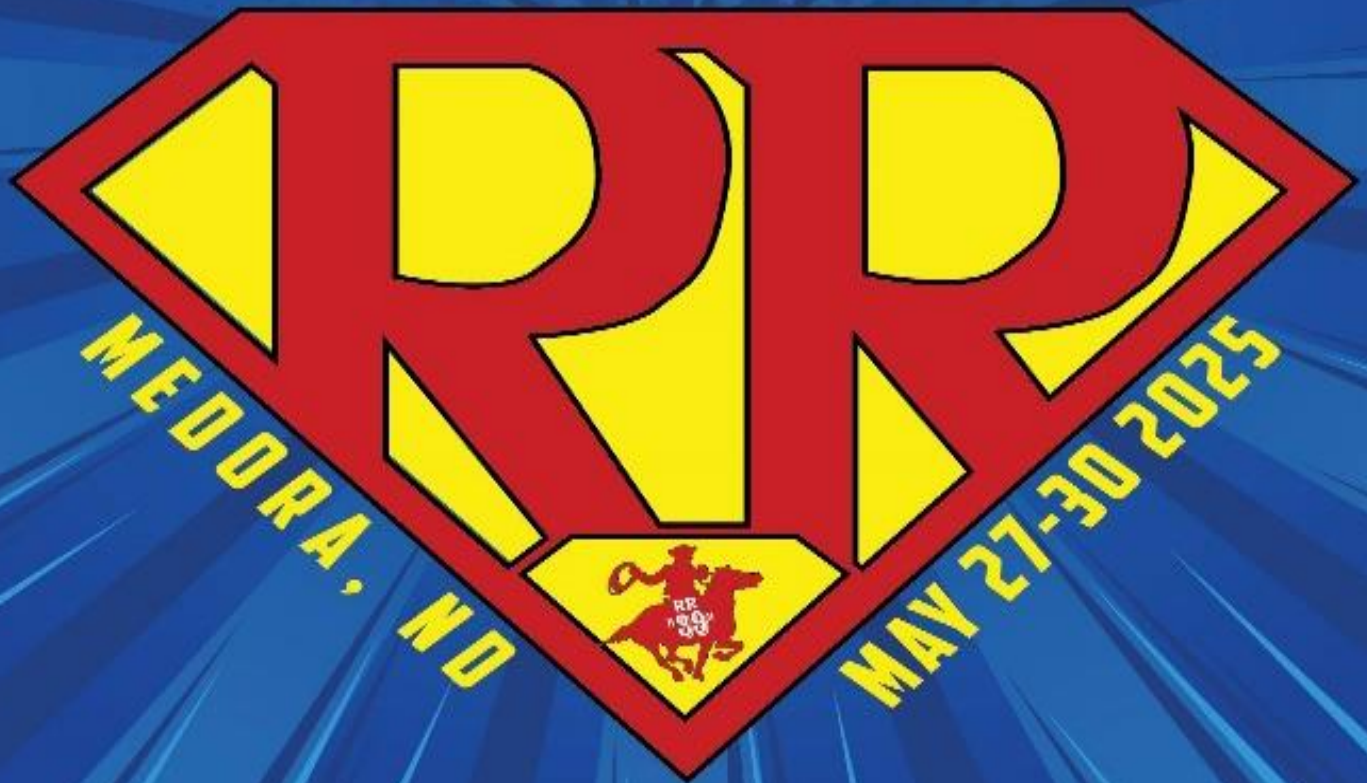


# ROUGH RIDER HEALTH CONFERENCE

## SUPER HEROES OF HEALTH



MEDORA, ND

MAY 27-30 2025

**"SUPER HEROES of HEALTH" Roughrider "39" Schedule 2025 (All Times Are Mountain Time)**



**Monday May 26, 2025**

5:00 p.m. - 7:00 p.m.  
5:00 p.m. - 8:00 p.m.

Check-In for Monday Arrivals-Roughrider Conference Center  
Mini-Golf (**Volk**)

**Tuesday May 27, 2025**

7:00 a.m. - 8:00 a.m.  
8:30 a.m. -10:00 a.m.  
10:00 a.m. -12:00 p.m.  
12:00 p.m. - 1:00 p.m.  
1:00 p.m. - 2:00 p.m.  
2:00 p.m. - 3:00 p.m.  
3:00 p.m. - 4:00 p.m.  
4:00 p.m. - 5:00 p.m.

Check-In Tuesday Arrivals - Rough Riders Conference Center  
Opening Ceremony (**Volk**) Rough Riders Conference Center  
Keynote (**Holly Hoffman**) Rough Riders Conference Center  
Lunch (On Own)  
Breakout Session #1 (**Hoffman, Aukland & Mattheis, Strand**) Medora Room/Little Missouri Room/ Showhall  
Team Meeting (**Volk**) Showhall  
Breakout Session #2 (**Hoffman, Aukland & Mattheis, Strand**) Medora Room/Little Missouri Room/Showhall  
Breakout Session #3 (**Hoffman, Aukland & Mattheis, Strand**) Medora Room/Little Missouri Room/Showhall

**Wednesday May 28, 2025**

7:30 a.m. - 9:00 a.m.  
9:00 a.m. - 9:30 a.m.  
9:30 a.m. -10:30 a.m.  
10:45 a.m. -11:45 a.m.  
11:45 a.m. -12:30 p.m.  
12:30 p.m. - 2:00 p.m.  
2:00 p.m. - 3:00 p.m.  
3:00 p.m. - 4:00 p.m.

Personal Wellness Inventory-Teddy Walk (**Volk**) Rough Riders Conference Center  
Breakfast (On Own)  
Breakout Session #1 (**Dr. Schmitz, Lund, Couture & Nordstog**) Medora Room / Little Missouri Room / Showhall  
Breakout Session #2 (**Dr. Schmitz, Lund, Couture & Nordstog**) Medora Room / Little Missouri Room / Showhall  
Lunch (On Own)  
Personal Wellness Inventory (**Volk**) Behind Showhall  
Team Meeting (**Volk**) Showhall  
Breakout Session #3 (**Dr. Schmitz, Lund, Couture & Nordstog**) Medora Room /Little Missouri Room / Showhall

**Thursday May 29, 2025**

7:00 a.m. - 8:15 a.m.  
8:15 a.m. - 9:00 a.m.  
9:00 a.m. -10:00 a.m.  
10:15 a.m. - 11:15 a.m.  
11:15 a.m. - 12:15 p.m.  
12:15 p.m. - 1:15 p.m.  
1:30 p.m. - 2:45 p.m.  
2: 45 p.m. - 4:00 p.m.  
4:00 p.m. - 6:00 p.m.

Personal Wellness Inventory (**Messer / Volk / Kielpinski**) Medora Room / Flag Pole / Showhall  
Breakfast (On Own)  
Breakout Session #1 (**Davlin, Balistreri, Moseman**) Medora Room / Little Missouri Room / Showhall  
Breakout Session #2 (**Davlin, Balistreri, Moseman**) Medora Room / Little Missouri Room / Showhall  
Lunch (On Own)  
Breakout Session #3 (**Davlin, Balistreri, Moseman**) Medora Room / Little Missouri Room / Showhall  
Personal Wellness Inventory (**Messer / Volk / Kielpinski**) Medora Room / Flag Pole / Showhall  
Personal Wellness Inventory (**Messer / Volk / Kielpinski**) Medora Room / Flag Pole / Showhall  
Team Meeting -Working Picnic Celebration (**Volk**) Rough Riders Conference Center

**Friday May 30, 2025**

7:00 a.m. - 8:00 a.m.  
8:00 a.m. - 8:30 a.m.  
8:30 a.m. - 10:30 a.m.  
10:30 a.m. - 11:30 a.m.

Check Out Rooms  
Team Meeting (**Volk**) Rough Riders Conference Center  
Keynote Session (**Davlin**) Rough Riders Conference Center  
Closeout Activities and Awards (**Volk**) Rough Riders Conference Center



# May 27 – May 30, 2025 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 **\$250** per person.

Payment must be received by **May 15, 2025**

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, 2025 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>, 2025**

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](http://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 for credit.

Check-in for the conference will be held at:  
**Rough Riders Hotel and Conference Center, Medora, ND.**  
**Monday, May 26<sup>th</sup>, 2025**  
**5:00 p.m. to 7:00 p.m.**

**Tuesday, May 27<sup>h</sup> 2025**  
**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:  
    **\$126.50** per night at the **Badlands Hotel** double occupancy  
    **\$126.50** per night at the **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 if 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>, 2025**  
Create a communication and support network.  
Identify the 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 pay 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 29<sup>th</sup>, 2025

Final Bidding, Pick-up and Payment: 5:00 p.m.

### **NOTE:**

The 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 Credits (2) will be available from NDSU, UND and Minot State beginning Monday May 1<sup>st</sup>, 2025 and will close Friday May 30<sup>th</sup>, 2025 at 12:00 p.m. MT. Time.

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

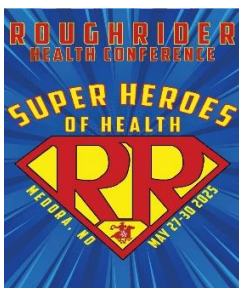
Click on the university icon below to direct you to their on-line credit registration.



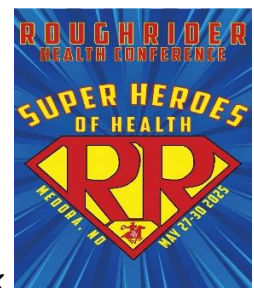
BE SEEN. BE HEARD.

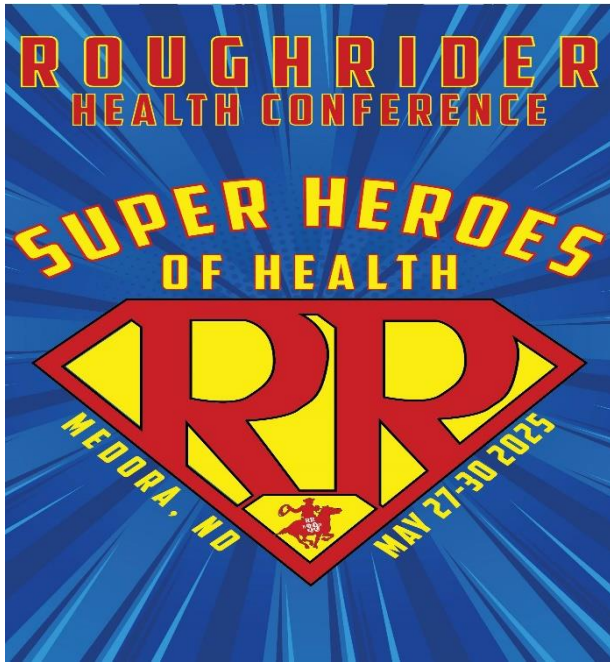
Grading will be assessed on the following criteria:

- 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 28<sup>th</sup>, from 4:10 – 6:30. The Roughrider group rate of \$83.00 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 trouble 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 26<sup>th</sup>, 2025** at the Rough Riders Hotel from 5:00 p.m. to 7:00 p.m.

OR

**Tuesday May 27<sup>th</sup>, 2025** 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 29<sup>th</sup>, 2025    Final Bidding, Pick-up and Pay: 5:00 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

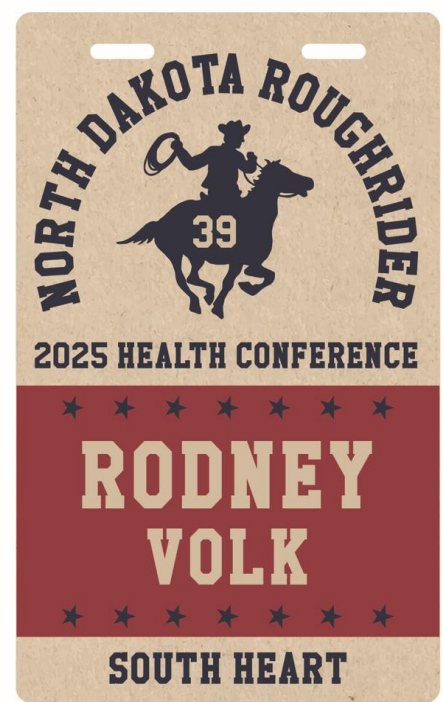
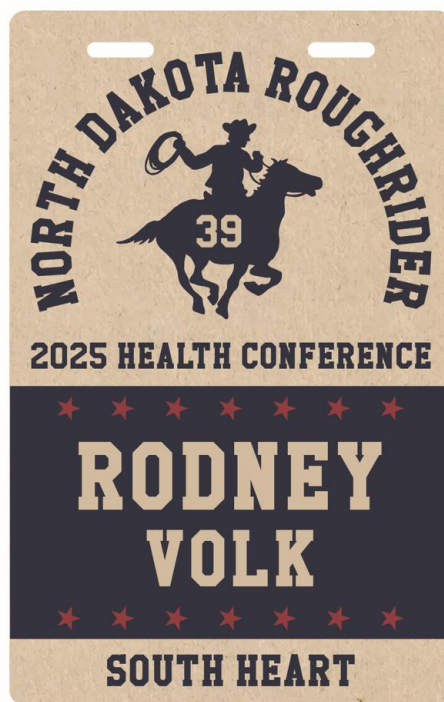
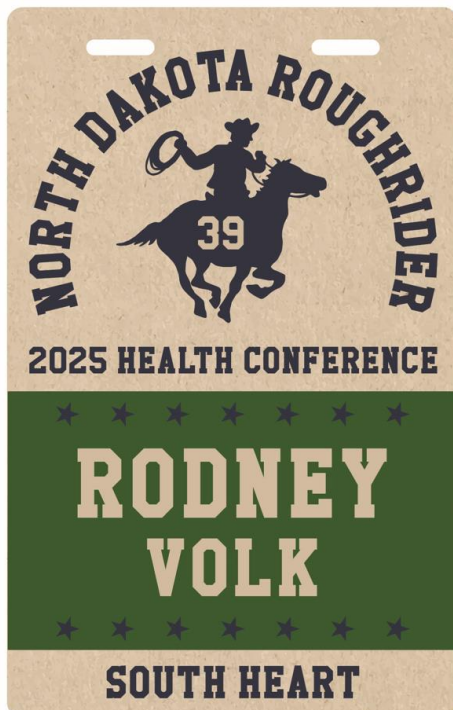
**Red** - Showhall

Thursday's Personal Wellness Inventory:

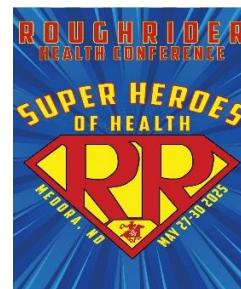
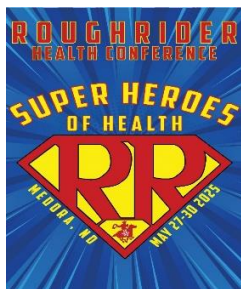
7:00 a.m.-8:15 a.m. **Green** - Medora Room / **Blue**- Flag Pole / **Red** - Showhall

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 “39” SUPER HEROES OF HEALTH



- 1.) Greetings! You have registered for the 2025 Roughrider Health Promotion Conference being held in Medora, North Dakota **May 27<sup>th</sup> – May 30<sup>th</sup>, 2025**
- 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 26<sup>th</sup> or Tuesday the May 27<sup>th</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 enjoy the **MEET and GREET MINI-GOLF**. On Wednesday we will continue with the 39-year traditional morning “**Teddy Walk.**” Around the beautiful Medora surroundings, 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 “**SUPER HEROES OF HEALTH 2025**” 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 “**SUPER HEROES OF HEALTH 2025**” 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, **May 30<sup>th</sup>** to register for these credits. **NDSU and UND** use a letter grade system (A-F), 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 the 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, May 30<sup>th</sup> from 4:10-6:30 for the annual Roughrider Conference **Bully Blast Golf Outing**. The rate of \$83.00 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 at the 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 "39<sup>th</sup> Anniversary Celebration" Thursday May 29<sup>th</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: **"TAKING OPPORTUNITIES: DEALING WITH ADVERSITY, CHANGE, AND VALUED RELATIONSHIPS."**

1. Opportunities taken often let you see beyond your expectations. 2. Unforeseen opportunities often come from risk-taking. 3. We learn from risk, and those lessons may lead us on an important new path. 4. Embracing opportunities helps you overcome a fear of failure. 5. Your attitude is determined by you. 6. Determination keeps you on your path of achieving goals. 7. When you believe in yourself, you are more likely to take action. 8. Relationships are based on honesty. 9. Patience, persistence, and perseverance are keys to success. 10. It's not always about winning, it's the lesson learned along the way

## Breakout Session: **"THREE STEP STRIDE"**

Holly Hoffman is well known for being the last woman standing in season 21 of the hit TV show "Survivor", but most don't know she was also a state champion hurdler in high school whose record stood for 13 years. In her new program "Three Step Stride", she explains how her ability to reduce steps between hurdles made her a track star, and how *eliminating steps* is also a metaphor for life. Getting rid of things you don't need like comparison, excuses, and complacency can get you over life's hurdles and to your finish line sooner.

### 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 offers 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.

# Dave Davlin



## **CLOSING KEYNOTE: "GAME WINNING 3- MAKING IT COUNT...IN BUSINESS AND IN LIFE"**

This presentation is an hour of interaction, humor and audience participation mixed with a powerful message. It is a roller coaster ride of emotion that will find the audience engaged in hilarious laughter one moment and brought to tears the next. The audience will be challenged to make the most of every moment in order to develop themselves personally and professionally while creating value and making a difference in the lives of others.

## **BREAKOUT SESSION: "MAKE IT COUNT – UNCOVERING THE STRATEGIES TO WHAT MATTERS MOST"**

In this eye-opening presentation, Dave leads the audience through a nine-step journey of self-discovery and mastery... a journey toward extraordinary results. "MAKE IT COUNT" uncovers the strategies and steps necessary to identify, pursue and experience what is truly most important.

### **Biography Dave Davlin:**

Over 25 years ago, Dave Davlin began bringing smiles to faces with a form of entertainment he developed as a young boy. From NBA and major college arenas across America to the Summer Olympic Games in Seoul, South Korea— and even to the world-famous Branson Strip— "Travelin" Davlin has entertained people of every age and background. His amazing ability with basketballs even landed his name and picture in the 1990 Guinness Book of World Records. Dave began to hone his speaking skills in the early 90's as a national speaker in public schools across America. Combining his entertainment ability with a powerful message, he was instrumental in the fight for education and against drugs. At the advice of friends working in corporate America, Dave began to develop presentations for the corporate and association market and the rest is history. He now speaks at numerous corporate and association conferences each year. From public school students to CEOs, Dave's message has made a difference in the lives of thousands, and his impact continues to grow each year as he shares his philosophy and wisdom through speaking and writing.

# Dr. Jake Schmitz



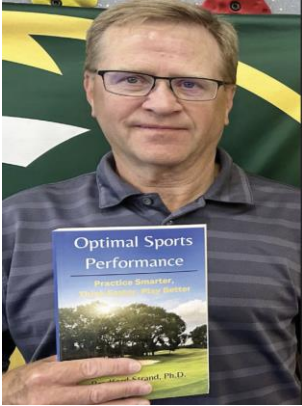
## **BREAKOUT SESSION: "EAT TO LIVE: WHAT RESEARCH TELLS US ABOUT THE HEALTHIEST "DIET" ON THE PLANET"**

You will learn which diet plan has the most research support and discuss which specific foods we can eat to increase your lifespan. We will discuss ways to navigate the grocery store to avoid unhealthy foods. Your digestive system is responsible for breaking down and absorbing nutrients, giving you a healthy and sustainable life. In this session, you will find answers that will change your digestive health consumption. Dr. Jake will help us to understand what we need to consume if we want a potentially long and healthy life.

### **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.

## Dr. Brad Strand



### **BREAKOUT SESSION: "OPTIMAL PERFORMANCE"**

Everyone is striving to perform better in their life activities. In this session we will discuss how optimal sport and exercise performance principles apply to all of life's activities.

#### **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 presentations, published over 90 professional articles, and is the lead author of three books. Dr. Strand has served on a number of national boards and has received a number of professional honors including twice named Teacher of the Year in the Department of Health, Physical Education and Recreation at Utah State University and received the Distinguished Alumni Award from his alma mater, Mayville State University.



# Don Moseman



## **BREAKOUT SESSION: "SCHOOL VIOLENCE FLASH POINTS"**

School violence has increased every year in the U.S. since 1999 with some years having more than a 100% increase in a single 12-month period. What conditions in our schools, and society, are contributing to this occurrence? The first step in prevention is recognizing the source of a problem. We will take a research-based approach in examining the flash points of these events so that school staff may have a greater understanding and hopefully more of an opportunity to prevent them.

### **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 20 years. He has been a certified instructor in more than 20 states, federal and National Safety Council programs. In total, Don has taught more than 1,500 law enforcement and safety courses to more than 30,000 people. He came to the North Dakota Safety Council in February of 2013.

# Natalie Couture & Meghan Nordstog



## **BREAKOUT SESSION: “B-(E YOUR OWN) HERO-RESOURCES AND OPPORTUNITIES FOR EDUCATOR REJUVINATION”**

School’s out for summer, but fall is always closer than we think! Join the B-HERO team for a look into the dimensions of wellness any educator, parent, or friend can focus on to rejuvenate throughout the summer months. Leave this session with a set of intentions for personal achievement, achievable goals, and a little more sunshine in your step. This session is for *any* educator needing a break, reset, or a minute to recoup.

### **Biography Natalie Couture**

Natalie Couture is a secondary English educator, behavioral health advocate, and Program Coordinator for the B-HERO Technical Assistance Center at the Central Regional Education Association. As a writer and researcher at heart, she assesses and promotes valuable behavioral health programs, services, and resources so that North Dakota educators can spend time doing what they do best—working with students in the classroom. When she’s not teaching summer school or boating at the lake, you can find Natalie curled up with a good book at a coffee shop or spending time with her partner, friends, and family in Minot.

### **Biography Meghan Nordstog**

Meghan Nordstog is a Program Research and Development Specialist for the Central Regional Education Association, specializing in behavioral health resources and opportunities for educators – relying heavily on her former experience as a school counselor. As a content creator and designer, she integrates educational best practices into deliverables to enhance professional learning. When she is not immersed in designing flyers, slide decks, and website pages, she spends time at her Grand Forks home with her husband, three kids, and spunky golden retriever, Jerry.

# Jerry Balistreri



## **BREAKOUT SESSION: "READING THE TELLS – LEARNING HOW TO READ BODY LANGUAGE"**

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

### **Biography Jerry Balistreri:**

Jerry Balistreri is a professional educator, administrator, trainer and author. His training on how to read body language leaves participants wanting more and creates a memorable experience. Jerry gets the participants involved with fun learning experiences that leave them with concrete knowledge of how to read body language and what the "tells" mean. Jerry has been a professional educator, administrator, trainer, speaker, and author. Jerry holds a master's in education with twenty-five years' experience in public education and training, along with being a high school principal and a university department chair. Jerry has over thirty years' experience with non-verbal communication and holds certifications in: situational awareness, forensics for patrol officers, detecting lying, detecting deception in interpersonal communications. Jerry has been training, researching, writing, and speaking on non-verbal communication for over thirty years. Jerry delivers customized trainings, keynote addresses, and conference sessions. Jerry has been married to his wife Sheila for 40 years and lives in Scottsdale, AZ. Sheila and Jerry have two grown children. Their son lives in California, and their daughter lives in Arizona.

# April Lund



## **BREAKOUT SESSION: "CHAMPIONSHIP MINDSET: HOW TO BE A CHAMPION IN EVERYTHING YOU DO"**

The thoughts we think, the words we speak and the actions we take not only impact our lives but everyone we come in contact with personally and professionally. Our actions matter, so does our inaction. The way we think about the world and how we solve problems matters. How we deal with life when everything isn't going right, is what truly defines us. As educators, moms, dads, friends, and teammates we are setting an example with every step, breath, and in every challenge. In our world we are often taught to focus on the problem, but Champions realize we cannot always control what happens to us but instead our power lies in how we respond. Let's learn together some strategies to think critically and become solution focused. Champions don't make excuses, they make adjustments. Champions take accountability and responsibility. Champions lead by example with their work ethic, discipline, communication, attitude, inclusiveness, their ability to not just point out problems but learn and teach how to work through them. Being a Champion starts at the top and like the peeling of an orange goes throughout our entire life. When we start to practice this in our lives, our home life will change. When we practice this in our classroom the expectations and performance of everyone in that room will rise. We must not only do more to get more, but if we expect more often times people will rise up to meet those expectations. We must choose to have and teach a Champion Mindset. I would love to empower everyone in this room to rise up and be the Champion, you know you were created to be! I will provide you with lots of nuggets of hope and change that you can utilize immediately to start seeing results in yourself, your family, and in your classrooms and workplace.

### **Biography April Lund:**

April is dedicated to transforming the way our community views Health, Wellness, Inclusion, and Healing. Her practice centers on enriching and restoring her client's quality of life...mentally, physically, emotionally, and spiritually. April leads by example on and off the running track. She has set American records and won National and World Championships. More importantly, she actively volunteers in her community and the communities she visits. She shares her knowledge weekly on multiple television programs, conducts educational seminars, and passionately delivers motivational speeches about her personal journey to transformation. To find out more about April, visit her website at [AprilLundFitness.com](http://AprilLundFitness.com)

# Anthony Aukland & Jason Mattheis



## BREAKOUT SESSION: “ARTIFICIAL INTELLIGENCE IN YOUR K-12 SCHOOLS FUTURE”

This session is a 101 introduction on the new Artificial intelligence that is sweeping the world at a pace so fast we barely understand it. This session will try to answer the WHO -You and your students, WHAT-Artificial Intelligence, WHERE-Your school district, WHY- A.I. is here for us now, WHEN-This school year and beyond. This presentation explores the transformative potential of A.I. in K-12 education, focusing on how it can enhance personalized learning, support teachers, and streamline a student’s experience. By leveraging A.I. driven tools, educators can tailor instruction to meet individual student needs, provide real-time feedback, and foster engagement through interactive learning experiences. A.I. also offers valuable support in special education, data-driven decision-making, and remote learning environments. This session will provide insights into the practical applications of A.I. in the classroom, empowering educators to harness these technologies to improve student outcomes and overall educational effectiveness.

### **Biography Anthony Aukland:**

Tony Aukland, ND’s Technology Outreach Director, has been working in state IT for nearly 30 years. He is employed by the ND Information Technology Department but began his career as a high school Math and Computer Science teacher before being hired by Job Service. The first in the state to serve as cyber analyst for the NDSLIC, North Dakota State and Local Intelligence Center. He is certified as a CyberPatriot coach, SANS Security Awareness Professional and GIAC Security Leadership. Tony claims three hometowns, Valley City, Reynolds, and Devils Lake. A graduate of Valley City State University with degrees in Math Education and Computer Science and a recent graduate of the University of Mary, Master’s in Business Administration. He is a Scout leader, Motorcycle Enthusiast, and Black Belt in Tae Kwon Do. He and his wife Donna reside in Bismarck and have 3 children.

### **Biography Jason Mattheis:**

Jason Mattheis is the Manager of Professional Learning & Outreach for NDIT-EduTech. His Team works with teachers from around North Dakota on ways they can incorporate technology into their classrooms. The Team also provides professional development to help teachers earn a credential so they can teach Computer Science and Cybersecurity in their classrooms. He has been with EduTech for six years and was previously an Information Technology Specialist on the Training and Outreach Team. Prior to joining EduTech, Jason was a junior high and high school social studies and business education teacher for 16 years. He also spent three of those years as a school district technology coordinator.

# Nancy Kielpinski



## **BREAKOUT SESSION: DANCE WITH NANCE!**

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 more clearly, 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 Kielpinski:**

Nancy Kielpinski 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. The desired outcome is physical stimulation through exercise (Tai Chi, Yoga & Pilates) in a group setting. 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 (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.

# Rod Volk



## **SESSION INFORMATION:**

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

To set the energetic tone for Roughrider Conference 39 "Super Heroes of Health". 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 39 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 2025 Roughrider "39" 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 2025-2026 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 Roosevelt 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.

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

Participants as part of their Personal Wellness Inventory will be on a team walk around the town of Medora looking for fitness items, while they meet and collaborate with team members from other school districts. 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.



### **Pauline’s Closing Ceremony Week Video**

After a week of fun fast pace engaged learning, The Roughrider Board will wrap up the week in review with final paperwork, awards, and the traditional closing video of all participants, that Pauline works super hard to put together. This time will reflect on how so much positive energy was captured in what seemed like just moments ago the conference started. Before we leave for home, we will unveil the theme for Roughrider “40” 2026 with the traditional participant skit.

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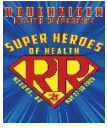
### **Larry’s Week of Amazing Pictures**

From the second you arrive to the moment you walk out the door Friday, Professional Photographer and RR conference veteran Larry Holmstrom will capture you in all the Roughrider fun filled action. The pictures will be shared in the mid-week and closing video. The pictures will forever be preserved on the [NDROUGH RIDER.COM](http://NDROUGH RIDER.COM) website.

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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. Rod retired from teaching in 2022 after 31 years as 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 33 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.



# Graduate Credit Summary Roughrider 2025

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

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

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

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

## Tuesday May 27, 2025

*Personal Wellness Inventory Assessment: 5:30 – 8:30 a.m.* (R. Volk)

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/Aukland&Mattheis /Strand)

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

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

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

*Breakout Session #2: 3:00 – 4:00 p.m.* (Hoffman/Aukland&Mattheis /Strand)

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

*Session #3: 4:00 – 5:00 p.m.* (Hoffman/Aukland&Mattheis /Strand)

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

## Wednesday May 28, 2025

*Personal Wellness Inventory Assessment: 7:30 - 9:00 a.m.* (R. Volk)

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

*Breakout Session #1: 9:30 – 10:30 a.m.* (Dr.Schmitz/Lund/Couture&Nordstog)

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

*Breakout Session #2: 10:45- 11:45 a.m.* (Dr.Schmitz/Lund/Couture&Nordstog)

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.

(Dr.Schmitz/Lund/Couture&Nordstog)

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

**Thursday May 29, 2025**

Personal Wellness Inventory Assessment: 7:00 - 8:15 a.m.

(Messer / Volk / Kielpinski)

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

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

(Davlin / Balistreri / Moseman)

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

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

(Davlin / Balistreri / Moseman)

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

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

(Davlin / Balistreri / Moseman)

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

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

(Messer / Volk / Kielpinski)

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

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

(Messer / Volk / Kielpinski)

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

Team Meeting #3: 4:00 – 6:00 p.m.

(R. Volk)

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

**Friday May 30, 2025**

Team Meeting #4: 8:00 – 8:30 a.m.

(R. Volk)

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

Keynote Session: 8:30 – 10:30 a.m.

(Dave Davlin)

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

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

(R. Volk)

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