

# *Native Fitness XIV Agenda*

August 30-31, 2017

<b>Tuesday, August. 29</b>	
<b>LOCATION: NIKE WORLD HEADQUARTERS (Tiger Woods Center)</b>	
<b>3:00pm – 6:00pm</b>	Pre-Registration

<b>Wednesday, Aug. 30<sup>th</sup></b>	
<b>LOCATION: NIKE WORLD HEADQUARTERS (Tiger Woods Center)</b>	
<b>7:30am – 8:30am</b>	Registration
<b>8:30am - 8:45am</b>	Opening Remarks – Victoria Warren-Mears (NW Tribal EpiCenter Director)
<b>8:45am – 9:15am</b>	Opening song - TBA Welcome – Kerri Lopez (NPAIHB Diabetes Project Director)
<b>9:15am – 9:30am</b>	Introductions/ Agenda/ Housekeeping – John Blievernicht & Kerri Lopez
<b>9:30am – 11:30am</b>	<b>Breakout Session #1</b> <ul style="list-style-type: none"> <li>• <b>Where Do We Go From Here?</b> (Elder Level) <span style="float: right;">Elfreida Barton - Inside</span></li> <li>• <b>S.M.A.R.T. Lifestyle Change</b> (All Levels) <span style="float: right;">Heidi Gabalski - Inside</span></li> <li>• <b>Sports Speed System</b> (All Levels) <span style="float: right;">John Blievernicht &amp; Erik Kakuska - Outside</span></li> <li>• <b>Modifications for Success</b> (Beginner to Elder) <span style="float: right;">Brian Laban - Outside</span></li> <li>• <b>Power Play</b> (Youth Level) <span style="float: right;">Brenda Gene - Outside</span></li> <li>• <b>Yoga</b> (All Levels) <span style="float: right;">Acosia Red Elk - Outside</span></li> </ul>
<b>11:30am – 11:45am</b>	Lunch Provided – Please fix your lunch plate and return to the main room for SDPI program presentations and networking
<b>11:45am – 1:30pm</b>	Keynote Speaker – Scott Robinson
<b>1:30pm – 3:30pm</b>	<b>Breakout Session #2</b> <ul style="list-style-type: none"> <li>• <b>Where Do We Go From Here?</b> (Elder Level) <span style="float: right;">Elfreida Barton - Inside</span></li> <li>• <b>S.M.A.R.T. Lifestyle Change</b> (All Levels) <span style="float: right;">Heidi Gabalski - Inside</span></li> <li>• <b>Sports Speed System</b> (All Levels) <span style="float: right;">John Blievernicht &amp; Erik Kakuska - Outside</span></li> <li>• <b>Modifications for Success</b> (Beginner to Elder) <span style="float: right;">Brian Laban - Outside</span></li> <li>• <b>Power Play</b> (Youth Level) <span style="float: right;">Brenda Gene - Outside</span></li> <li>• <b>Yoga</b> (All Levels) <span style="float: right;">Acosia Red Elk - Outside</span></li> </ul>
<b>3:30pm – 4:00pm</b>	Housekeeping and closing

<i>Thursday, Aug. 31<sup>st</sup></i> <i>LOCATION: NIKE WORLD HEADQUARTERS (Tiger Woods Center)</i>	
<b>8:30am – 8:45am</b>	Welcome – Kerri Lopez - WTDP Director
<b>8:45am – 9:30am</b>	Key note Speaker – Sam McCracken
<b>9:30am – 11:30am</b>	<p><b>Breakout Session #3</b></p> <ul style="list-style-type: none"> <li>• <b>Let’s Get this Fitness Party Started</b> (Group All Levels) <span style="float: right;">Elfreida Barton - Outside</span></li> <li>• <b>Firm Foundations-Testing to Training</b> (All Levels) <span style="float: right;">Heidi Gabalski - Outside</span></li> <li>• <b>Natural Running</b> (All Levels) <span style="float: right;">Brian Laban - Outside</span></li> <li>• <b>Progress, Not Perfection</b> (Youth Level) <span style="float: right;">Brenda Gene - Inside</span></li> <li>• <b>Nutrition – Healthy Cooking</b> (All Levels) <span style="float: right;">Nora Alexander - Inside</span></li> <li>• <b>Yoga Powwow</b> (All Levels) <span style="float: right;">Acosia Red Elk -Outside</span></li> </ul>
<b>11:30am – 12:00pm</b>	Lunch Provided – Please fix your lunch plate and return to the main room for presentation
<b>12:00pm – 1:00pm</b>	SDPI update – TBA
<b>1:00pm – 3:00pm</b>	<p><b>Breakout Session #4</b></p> <ul style="list-style-type: none"> <li>• <b>Let’s Get this Fitness Party Started</b> (Group All Levels) <span style="float: right;">Elfreida Barton - Outside</span></li> <li>• <b>Firm Foundations-Testing to Training</b> (All Levels) <span style="float: right;">Heidi Gabalski - Outside</span></li> <li>• <b>Natural Running</b> (All Levels) <span style="float: right;">Brian Laban - Outside</span></li> <li>• <b>Progress, Not Perfection</b> (Youth Level) <span style="float: right;">Brenda Gene - Inside</span></li> <li>• <b>Nutrition – Healthy Cooking</b> (All Levels) <span style="float: right;">Nora Alexander - Inside</span></li> <li>• <b>Yoga Powwow</b> (All Levels) <span style="float: right;">Acosia Red Elk -Outside</span></li> </ul>
<b>3:00pm – 3:30pm</b>	All group workout – NAFC Trainers – Tiger Woods
<b>3:30pm – 4:00pm</b>	Closing – Receive Sports Incentive – Group Photo