

# Native Fitness 10

## Agenda

### July 30th & 31st, 2013

<i>Monday July 29th</i>	
<i>LOCATION: NIKE WORLD HEADQUARTERS (Tiger Woods Center)</i>	
<b>3:00pm – 6:00pm</b>	Pre-Registration
<i>Tuesday July 30th</i>	
<i>LOCATION: NIKE WORLD HEADQUARTERS (Tiger Woods Center)</i>	
<b>7:30am – 8:30am</b>	Registration
<b>8:30am - 8:45am</b>	Opening Remarks – Joe Finkbonner (NPAIHB Executive Director)
<b>8:45am – 9:15am</b>	Opening- Solomon Trimble Welcome & Blessing – Sam McCracken (Nike Native American Business) 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>	Breakout Session #1 – NAFC Trainers <ul style="list-style-type: none"> <li>▪ MMA Warrior Training – Brian Laban (Inside PP)</li> <li>▪ Fit Kids - Brenda Gene (Inside)</li> <li>▪ Nike Sports Speed Basketball – John Blievernicht (Ronaldo)</li> <li>▪ Latin Style Aerobic Dance – Elfreida Barton (Ronaldo SS)</li> </ul>
<b>11:30am – 12:30pm</b>	Nike and Native American Business Program- Sam McCracken
<b>12:30pm – 1:30pm</b>	Lunch Provided
<b>1:30pm – 3:30pm</b>	Breakout Session #2 – NAFC Trainers <ul style="list-style-type: none"> <li>▪ MMA Warrior Training – Brian Laban (Inside PP)</li> <li>▪ Fit Kids - Brenda Gene (Inside)</li> <li>▪ Nike Sports Speed Basketball – John Blievernicht (Ronaldo)</li> <li>▪ Latin Style Aerobic Dance – Elfreida Barton (Ronaldo SS)</li> </ul>
<b>3:30pm – 4:00pm</b>	Housekeeping and closing
<i>Wednesday July 31st</i>	
<i>LOCATION: NIKE WORLD HEADQUARTERS (Tiger Woods Center)</i>	
<b>8:30am – 8:45am</b>	Welcome – Victoria Warren Mears Tribal Epicenter (Director)
<b>8:45am – 9:30am</b>	“The Heart of Health” – Kerri Lopez and Donnie Lee
<b>9:30am – 11:30am</b>	Breakout Session #3 – NAFC Trainers <ul style="list-style-type: none"> <li>▪ Fun 2 Run – Brian Laban (Ronaldo or Michael Johnson Track)</li> <li>▪ Youth Dance Fitness – Brenda Gene (Ronaldo SS in shade on side)</li> <li>▪ Up from the Chair – Elder Exercise – Elfreida Barton (Inside)</li> <li>▪ Core Training for Healthy Backs – Matt Blievernicht DPT (Inside)</li> </ul>
<b>11:30am – 12:00pm</b>	Lunch Provided – get your lunch and get ready for presentation
<b>12:00pm – 2:00pm</b>	Key Note Speaker- Darryl Tonemah & Scott Robison (lunch provided)
<b>2:00pm – 3:30pm</b>	Breakout Session #4 – NAFC Trainers <ul style="list-style-type: none"> <li>▪ Fun 2 Run – Brian Laban (Ronaldo or Michael Johnson Track)</li> <li>▪ Youth Dance Fitness – Brenda Gene (Ronaldo SS in shade on side)</li> <li>▪ Up from the Chair – Elder Exercise – Elfreida Barton (Inside)</li> <li>▪ Core Training for Healthy Backs – Matt Blievernicht DPT (Inside)</li> </ul>
<b>3:30pm – 4:00pm</b>	▪ All group workout – NAFC Trainers – Tiger Woods
<b>4:00pm – 4:30pm</b>	Closing – Receive Sports Incentive