



Save the Date

August 8rd and 9th , 2012



Youth Focused: Native Fitness IX

Nike World Headquarters

Beaverton, OR

Certified Trainers from:



Guest Speaker:

Darryl Tonemah

Behavioral Change Specialist
Diabetes Prevention



Who Should Attend?
Native Fitness Leaders
Community Wellness Leaders
Diabetes Coordinators

Why You Should Attend?

- Receive skills in basic aerobic training
- Learn creative techniques in physical fitness training
- Learn culturally specific approach to health & wellness
- Certificate of completion

For Registration Info:

Western Tribal Diabetes Project
Northwest Portland Area Indian Health Board
Toll Free: 1-800-862-5497
Email: wtdp@npaihb.org



Native Fitness IX

Draft Agenda

(Subject to change as needed)

August 8th - 9th, 2012

Tuesday August 7, 2012

LOCATION: NIKE WORLD HEADQUARTERS

3:00pm – 6:00pm	Pre-Registration
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Wednesday August 8, 2012

LOCATION: NIKE WORLD HEADQUARTERS

7:30am – 8:30am	Registration
8:30am - 8:45am	Opening – Victoria Warren-Mears (NPAIHB Tribal Epicenter Director)
8:45 – 9:00	Drum – Solomon Trimble
8:-00-9:15	Welcome & Blessing – Sam McCracken and Kerri Lopez (Nike Native American Business and NPAIHB Diabetes Project Director)
9:15am – 9:30am	Introductions/ Agenda/ Housekeeping – John Blievernicht & Kerri Lopez
9:30am – 11:00 Pumpkin Waverly Ronaldo Field	Breakout Session #1 – NAFC Trainers <ul style="list-style-type: none">▪ Power Flex – Empowering Elders – Elfreida Barton▪ Warrior’s Code – Brian Laban, Brenda Gene▪ Nike Sports Speed - John Blievernicht
11:00pm – 12:00pm	Lunch “Networking”
12:30pm – 2:30pm	Key Note Speaker – Darryl Tonemah (Lunch provided)
2:45pm – 4:15pm Pumpkin Waverly Ronaldo Field	Breakout Session #2 – NAFC Trainers <ul style="list-style-type: none">▪ Power Flex – Empowering Elders – Elfreida Barton▪ Warrior’s Code – Brian Laban, Brenda Gene▪ Nike Sports Speed - John Blievernicht
4:30pm – 4:40pm	Closing - TWC

Thursday August 9, 2012

LOCATION: NIKE WORLD HEADQUARTERS

8:00am – 8:30am	Welcome – Donnie Lee (Portland Area Diabetes Consultant) “Data into Action” – Kerri Lopez and Donnie Lee
9:00am –11:00am Ronaldo Field Pumpkin Waverly	Breakout Session #3 – NAFC Trainers <ul style="list-style-type: none">▪ Walking Strong – East meets West - Brian Laban▪ No Child Left on Their Behinds - Brenda Gene▪ Native H.I.T Training - Elfreida Barton▪ Training Clients with Injuries – John Blievernicht and Matt Blievernicht
11:00am – 11:15pm	Housekeeping
11:15pm – 11:45pm	Nike and Native American Business Program – Sam McCracken
11:45pm – 1:30pm	Lunch provided – working lunch
1:30pm – 5:00pm Ronaldo Field	Breakout Session #4 – NAFC Trainers <ul style="list-style-type: none">▪ Walking Strong – East meets West - Brian Laban▪ No Child Left on Their Behinds - Brenda Gene▪ Native H.I.T Training - Elfreida Barton
3:30pm – 4:30pm	All group workout – NAFC Trainers - Ronaldo Field
4:30pm – 5:00pm	Closing – Receive Sports Incentive

August 8 & 9, 2012

Nike World Headquarters, Beaverton, Oregon

Youth Focused: Native Fitness IX Registration Form

Conference Registration Details:

- To register, please submit one registration form for each participant
- First time attendees and instructors will be given preference
- Please limit registration to three (3) participants per organization or tribe and coordinate with your diabetes program.
- Please apply only if you can attend the entire length of the

- event
- Participants must be 18 years of age or older
- Each participant will receive one pair of Nike Athletic Shoes
- **Please note participants name on registration payments, which can be made by check or money order.**
- **Prepayment is required, we cannot accept payment on-site**
- **Registration is non-refundable**
- **Registration fee \$200**

By completing this registration form, you are authorizing the Northwest Portland Area Indian Health Board, as well as its collaborating partners to utilize any photographic images taken at the conference to be used for promotional purposes.

Name: _____ Job Title: _____

Tribe: _____ Organization: _____

Address: _____ City: _____ State/Zip: _____

Phone: _____ Fax: _____ Email: _____

The following will help us plan our sessions:

Which best describes you? **(Circle one)** *Rookie youth instructor *Experienced instructor
*Program Coordinator *Hoping to start a youth program *Other (_____)

Do you have a youth program: Yes / No Target age(s): _____

Which of the following are part of your program? **(circle all that apply)** *Team sports (specify: _____)

*Weight loss *Fitness Challenges *Nutrition education *Diabetes Prevention
*Suicide Prevention *Substance abuse prevention *Boys & Girls Club * Other focus: _____

What curriculum, program, equipment, or other resources do you recommend?

How long has your program been in place: _____ Do you work with your diabetes program? Yes / No

Would you be interested in sharing lessons learned at the training? Yes / No

Shoe Type/**Circle One**: N7 Air Native / Pegasus (shoe brand not guaranteed)

Check/Purchase Order #: _____ **Shoe Size:** _____ **Circle One:** Men's / Women's

Fax/Mail Registration and Payment to:

Western Tribal Diabetes Project/NPAIHB, 2121 SW Broadway Suite 300, Portland, OR 97201
WTDP, Email: WTDP@npaihb.org 1-800-862-5497, Fax (503) 228-4801

Host Hotel:

Hilton Garden Inn
15520 NW Gateway Ct.
Beaverton, Oregon
Phone (503) 439-1717

Hotel Reservation Deadline: July 7, 2012

Please Reference:

"The Native Fitness Training" when booking your room, in order to receive the group rate of \$129.00 + tax per night. Participants are responsible for their own travel and lodging costs. All reservations made by individuals are considered definite on the cutoff date of 7/7/12. Any reduction of room nights or cancelled rooms after the cutoff date will be charged.

This training includes physical activity so remember to wear your NIKE workout attire!