



# Native Fitness Week



## Native Fitness Week - Spring 2013

April 29th - May 3rd, Flagstaff, Arizona

### Registration & Payment

To register, both of the following must be completed:

- send in this form with complete, accurate information
- include credit card information or a check payable to the:

Institute for Sports, Health and Fitness  
PO Box K, Flagstaff, AZ 86002

EIN 93-1335474 DUNS# 788872039

Name \_\_\_\_\_

Tribal Affiliation \_\_\_\_\_ State \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Email \_\_\_\_\_ Check Shirt Size S M L XL

Registration Fee - due April 15th, 2013.

Save by purchasing the All Access Pass (both trainings) or choose individual sessions.

- \$845.00 - All Access Pass Native Fitness Week April 29th - May 3rd
- \$425.00 - Native Youth Fitness Leader Certification April 29th & 30th
- \$525.00 - Personal Trainer Certification May 1st - 3rd

A late fee of \$35.00 will be assessed for each individual making payment after April 15th, 2013.

Payment (We do not accept Purchase Orders)

- Visa  MC  Check  Money Order (payable to: Institute for Sports Health and Fitness)

Credit Card # \_\_\_\_\_ 3 Digit Security Code \_\_\_\_\_

Expiration Date \_\_\_\_\_ Total Payment \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Cancellation Policy:** To cancel and receive a refund, you must give written cancellation notice 1 week prior to the certification date. You will receive your payment refund, minus a \$45.00 processing fee. Cancellations after that date and no-shows will receive full credit towards future NAFC trainings. In the event the trainings need to be cancelled, a full refund will be returned for paid registration fees only.

Phone 928 774 3048 Fax 928 774 3049  
info@nativeamericanfitnesscouncil.com www.nativeamericanfitnesscouncil.com



**Agenda**  
**Native Youth Fitness Leader Certification**  
**Flagstaff, Arizona**  
**April 29th-30th, 2013**

**Agenda**

**Day 1**

- 8:00 - 8:15 Check In
- 8:15 - 9:00 Introduction - Native Youth Fitness Needs
- 9:00 - 10:00 Basics of Movement
- 10:00 - 10:15 Break
- 10:15 - 11:00 Qualities of Effective Youth Leaders
- 11:00 - 12:00 Youth Fitness - Resistance Training
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Youth Fitness - Cardio Training
- 2:45 - 3:00 Break
- 3:00 - 4:15 Practice Teaching
- 4:15 - 4:30 Questions & Answers

**Day 2**

- 8:00 - 8:15 Check In
- 8:15 - 9:15 Planning Youth Workout Sessions
- 9:15 - 10:00 Youth Fitness Games
- 10:00 - 10:15 Break
- 10:15 - 12:00 Practice Teaching Groups
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Sports Training Drills
- 2:45 - 3:00 Break
- 3:00 - 3:45 Practice Teaching
- 3:45 - 4:15 Techniques to Motivate Youth
- 4:15 - 4:30 Questions & Answers



**Agenda**  
**Personal Trainer Certification**  
**Flagstaff, Arizona**  
**May 1st-3rd, 2013**

**Agenda**

**Day 1**

- 8:00 - 8:15 Registration
- 8:15 - 8:30 Introduction
- 8:30 - 10:00 Posture & Body Mechanics
- 10:00 - 10:15 Break
- 10:15 - 12:00 Balance
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Resistance Training Fundamentals
- 2:30 - 2:45 Break
- 2:45 - 4:15 Resistance Training - Lower Body
- 4:15 - 4:30 Questions & Answers

**Day 2**

- 8:00 - 8:15 Introduction & Review
- 8:15 - 10:00 Flexibility
- 10:00 - 10:15 Break
- 10:15 - 12:00 Resistance Training - Upper Body
- 12:00 - 1:00 Lunch
- 1:00 - 2:00 Resistance Training - Core
- 2:00 - 2:45 Community Implementation
- 2:45 - 3:00 Break
- 3:00 - 4:00 Functional Training
- 4:00 - 4:15 Hands On Testing
- 4:15 - 4:30 Questions & Answers

**Day 3**

- 8:00 - 10:00 Cardio Training
- 10:00 - 10:15 Break
- 10:15 - 11:15 Small Group Training
- 11:15 - 11:45 Program Design & Professional Documentation
- 11:45 - 12:00 Awarding of Certificates



**Travel Information**  
**Native Fitness Week - Spring 2013**  
**April 29th-May 3rd - Flagstaff, Arizona**

**Training Site**

du Bois Center (ballroom 2nd Floor) - Northern Arizona University Campus  
Northern Arizona University Building # 64, Phone: (928) 523-3321  
306 E. Pine Knoll Dr. - Flagstaff, AZ 86011

**Parking on the Northern Arizona University Campus**

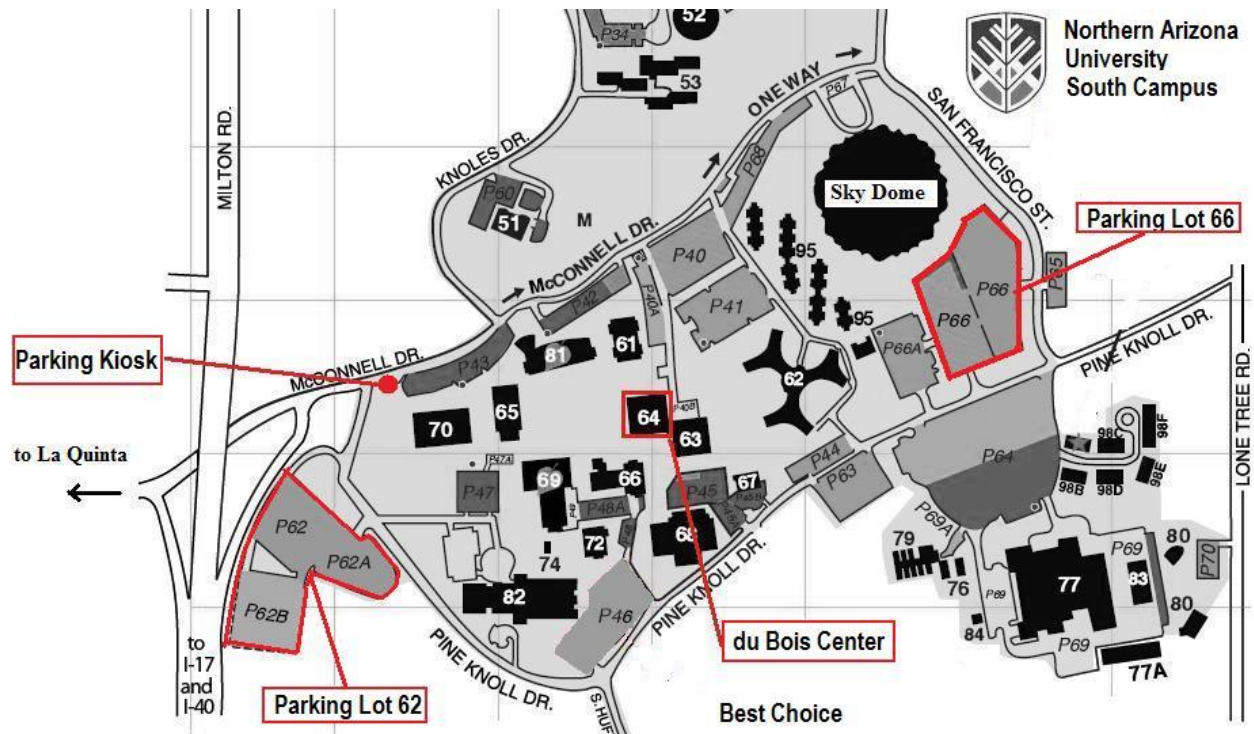
We suggest you arrive 15 minutes early the first day. Note the following:

Government Vehicles

If you are driving a government vehicle with government plates, you do not need a permit. Park in any lot but not restricted spaces (i.e. handicapped) and proceed to the du Bois Center.

Non-Government Vehicle's

If you are driving a non-government vehicle, you need a parking permit. Purchase a multi-day pass to match days of your training at the kiosk. The parking kiosks only accept major credit cards. Pull up to the parking kiosk, select lot 62 (closest lot) or lot 66 the days you need a pass. Purchase the pass (\$7/day) & properly display in vehicle. Park in the lot selected and proceed to the du Bois Center.



### Meals on Your Own

Plan on having lunch at a local restaurant or eating at the dining services buffet (about \$10) at the training site.

### Workout Clothing

NAFC teaches through hands on exercise. The movements are fun and many are non strenuous. Plan to participate at your own comfort & safety level. Wear appropriate workout clothing (light jacket for outdoors) & gym shoes.

### Recommended Hotels

La Quinta Inn (928) 556-8666

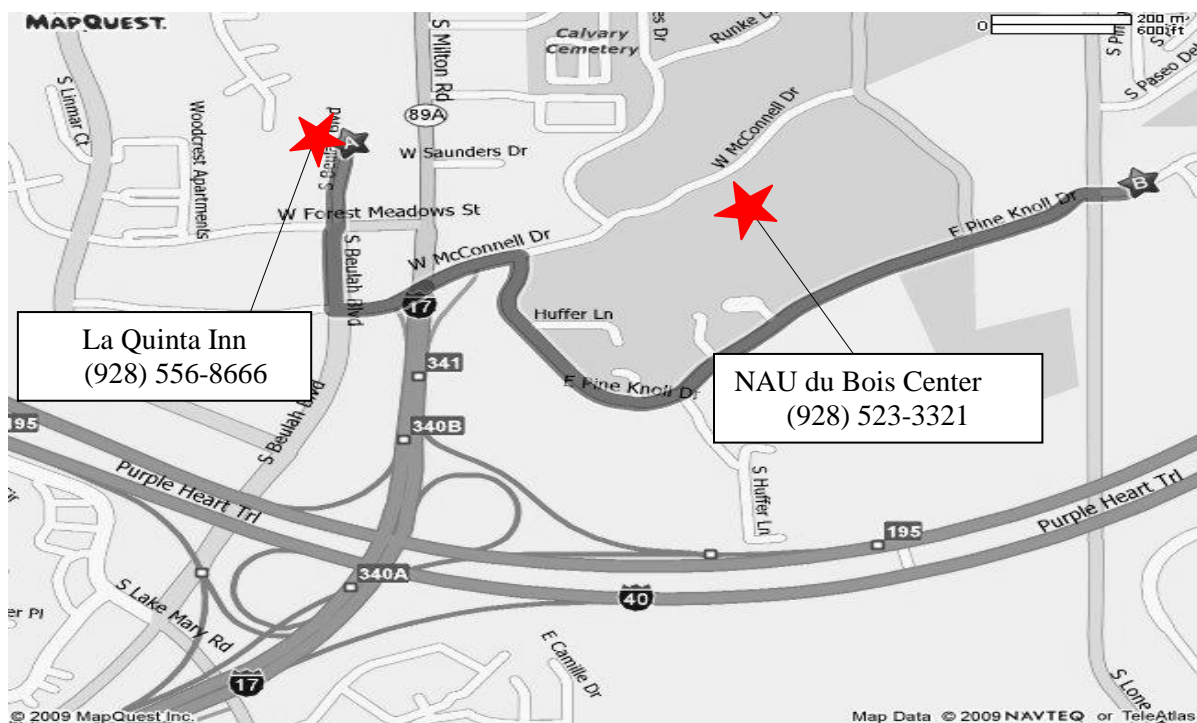
2015 S. Beulah Blvd., Flagstaff, AZ 86001

La Quinta Inn is about a 1 mile walk from the training site. After the first morning, those without rides can often share one with attendees driving vehicles from the hotel.

### Local Airport

Pulliam (airport code FLG)

La Quinta does not provide shuttle service from Pulliam Airport to the hotel.





**Institute for Sports, Health & Fitness Information for Accounts Payable Departments**

**Type of Payments Accepted**

We do not accept Purchase Orders

Credit Card - Visa or MasterCard

Check or Money Order - Made out to the: **Institute for Sports, Health & Fitness**

**Sending Registration Forms with Payments**

You can scan/email (preferred), fax or phone in registration & payment.

**If Needing an Invoice**

Email or call us with invoice request and include:

Name of Organization to Invoice (complete information you require)

Name(s) of Attendee

Trainings Attending

Total Amount

Contacts email address we should send invoice.

**Financial Information**

Institute for Sports, Health & Fitness LLC

EIN 92-13335474

DUNS# 788872039

W9

<p><b>Form W-9</b> (Rev. October 2007) Department of the Treasury Internal Revenue Service</p>	<p><b>Request for Taxpayer Identification Number and Certification</b></p>	<p>Give form to the requester. Do not send to the IRS.</p>	
<p>Print or type See Specific Instructions on page 2.</p>	<p>Name (as shown on your income tax return) <b>Institute for Sports, Health &amp; Fitness</b></p>		
	<p>Business name, if different from above</p>		
	<p>Check appropriate box: <input type="checkbox"/> Individual/Sole proprietor <input checked="" type="checkbox"/> Corporation <input type="checkbox"/> Partnership  <input type="checkbox"/> Limited liability company. Enter the tax classification (D=disregarded entity, C=corporation, P=partnership) ▶ ..... <input type="checkbox"/> Exempt payee  <input type="checkbox"/> Other (see instructions) ▶</p>		
	<p>Address (number, street, and apt. or suite no.) <b>P.O. Box K</b></p>	<p>Requester's name and address (optional)</p>	
	<p>City, state, and ZIP code <b>Flagstaff, AZ 86002</b></p>	<p>List account number(s) here (optional)</p>	
<p><b>Part I Taxpayer Identification Number (TIN)</b></p>			
<p>Enter your TIN in the appropriate box. The TIN provided must match the name given on Line 1 to avoid backup withholding. For individuals, this is your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see <i>How to get a TIN</i> on page 3.</p>		<p>Social security number</p>	
<p><b>Note.</b> If the account is in more than one name, see the chart on page 4 for guidelines on whose number to enter.</p>		<p>or</p>	
		<p>Employer identification number <b>93 : 1335474</b></p>	
<p><b>Part II Certification</b></p>			