

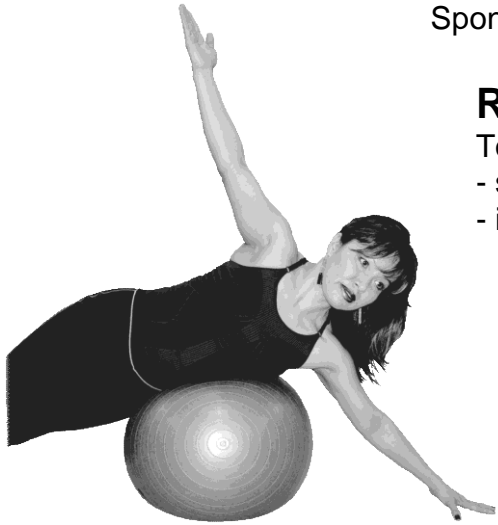


# Registration Form



## GREAT PLAINS NATIVE FITNESS EVENT

September 23rd - 27th, 2024 - Lincoln, NE  
Sponsored by Ponca Health Services



### Registration & Payment

To register, you must complete both of the following:

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

**Native American Fitness Council**  
P.O. Box 4468, Durango, CO 81302  
EIN 84-4187667

### Registrant Information

Name \_\_\_\_\_

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

Phone Work \_\_\_\_\_ Cell \_\_\_\_\_

Email \_\_\_\_\_ Choose Shirt Size S M L XL 2X

### Payment

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

- \$1,195.00 - All Access Pass (Both Trainings - 5 Days) September 23rd - 27th
- \$755.00 - Native Youth Fitness Leader Certification - September 23rd - 25th
- \$545.00 - Community Fitness Leader Certification - September 26th & 27th

Payment (We do not accept Purchase Orders)

- VISA  MC  Check  Money Order (payable to: Native American Fitness Council)

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

Expiration Date \_\_\_\_\_ CC Zip Code \_\_\_\_\_ Total Payment \_\_\_\_\_

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

**Cancellation Policy:** To receive a refund, you must give written cancellation notice 4 weeks prior to the start of the event date. You will receive a refund payment minus a \$55.00 processing fee. Cancellations after that date & no shows will receive a full credit towards future NAFC trainings minus a \$55.00 processing fee. NAFC reserves the right to cancel this event at any time and a full refund for registration fees only will be returned.

Native American Fitness Council  
phone **928 774 3048**

email [john@nativeamericanfitnesscouncil.com](mailto:john@nativeamericanfitnesscouncil.com) website [www.nativeamericanfitnesscouncil.com](http://www.nativeamericanfitnesscouncil.com)



**Agenda**  
**Native Youth Fitness Leader Certification**  
September 23rd - 25th, Lincoln, NE

**Agenda**

**Day 1**

- 8:00 - 8:15 Registration
- 8:15 - 8:45 Introduction to Native Youth Fitness Leader
- 8:45 - 10:00 Qualities of a Great Youth Fitness Leader
- 10:00 - 10:15 Break
- 10:15 - 12:00 Teaching Group Activities Effectively - Teaching & Communicating
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Tag Games
- 2:45 - 3:00 Break
- 3:00 - 4:15 Teaching Group Activities Effectively - Managing the Class
- 4:15 - 4:30 Questions & Answers

**Day 2**

- 8:00 - 8:45 Group Introductions
- 8:45 - 10:00 Coaching & Communication
- 10:00 - 10:15 Break
- 10:15 - 12:00 Body Awareness Movements
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Running & Movement Drills
- 2:45 - 3:00 Break
- 3:00 - 4:15 Traditional Native Racing Contests
- 4:15 - 4:30 Questions & Answers

**Day 3**

- 8:00 - 8:45 Icebreakers
- 8:45 - 10:00 Motivating Youth & Goal Setting
- 10:00 - 10:15 Break
- 10:15 - 12:00 Creative Activity for Young Children
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Strength Training with Bands & Bodyweight
- 2:45 - 3:00 Break
- 3:00 - 4:15 Traditional Native Games
- 4:15 - 4:30 Awarding of Certificates

Topic/Times Subject to Change



**Agenda**  
**Community Fitness Leader Certification**  
September 26th & 27th, Lincoln, NE

**Agenda**

**Day 1**

- 8:00 - 8:15 Registration
- 8:15 - 9:00 Introduction to the Community Fitness Leader
- 9:00 - 10:00 Role of the Community Fitness Leader
- 10:00 - 10:15 Break
- 10:15 - 11:15 Postural Awareness
- 11:15 - 12:00 Relaxed Breathing
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Active Flexibility
- 2:30 - 2:45 Break
- 2:45 - 4:15 Strength Training Lower Body
- 4:15 - 4:30 Questions & Answers

**Day 2**

- 8:00 - 9:00 Introductions & Warmup
- 9:00 - 10:00 Strength Training Upper Body
- 10:00 - 10:15 Break
- 10:15 - 12:00 Endurance Training
- 12:00 - 1:00 Lunch
- 1:00 - 2:30 Multi-Directional Movement
- 2:30 - 2:45 Break
- 2:45 - 3:15 Program Design
- 3:15 - 4:15 Practice Teaching
- 4:15 - 4:30 Awarding of Certificates

Topic/Times Subject to Change



**Travel Information**  
**Great Plains Native Fitness Event**  
September 23rd - 27th, Lincoln, NE

**Educational Sponsor**

The Great Plains Native Fitness Event is sponsored by Ponca Health Services!

**Training Site**

Lincoln Health & Wellness Center  
1600 Windhoek Drive, Lincoln, NE  
Telephone (531) 248-3030

**Hotels**

There is no official hotel affiliated with this event. We suggest staying in one of the many hotels in the Haymarket Park area which is about 6 miles from the training site.

**Transportation**

Lincoln Airport (LNK) - Lincoln, NE is the local airport.  
Car Rentals, Uber, Lyft & Taxi services are available in the area.

**Meals**

Morning refreshments will be provided. Lunch will be on your own with dining options available nearby.

**Workouts**

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

**Certificate**

Participants must attend the complete event to receive certification. Plan travel times accordingly.



**Native American Fitness Council 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: **Native American Fitness Council**

**If Needing an Invoice**

Email us with the invoice request and complete information you require. Please include Name of Organization, Names of Attendees, Trainings Attending & Total Amount.

**Financial Information**

Native American Fitness Council

Nonprofit Organization

EIN 84-4187667

Form <b>W-9</b> (Rev. October 2018) Department of the Treasury Internal Revenue Service	<b>Request for Taxpayer          Identification Number and Certification</b> ▶ Go to <a href="http://www.irs.gov/FormW9">www.irs.gov/FormW9</a> for instructions and the latest information.	<b>Give Form to the          requester. Do not          send to the IRS.</b>
1 Name (as shown on your income tax return). Name is required on this line; do not leave this line blank. <b>Native American Fitness Council</b>		
2 Business name/disregarded entity name, if different from above		
Print or type. See Specific Instructions on page 3.	3 Check appropriate box for federal tax classification of the person whose name is entered on line 1. Check only <b>one</b> of the following seven boxes.	
	<input type="checkbox"/> Individual/sole proprietor or single-member LLC <input type="checkbox"/> C Corporation <input type="checkbox"/> S Corporation <input type="checkbox"/> Partnership <input type="checkbox"/> Trust/estate	
	<input type="checkbox"/> Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=Partnership) ▶ _____ <small>Note: Check the appropriate box in the line above for the tax classification of the single-member owner. Do not check LLC if the LLC is classified as a single-member LLC that is disregarded from the owner unless the owner of the LLC is another LLC that is not disregarded from the owner for U.S. federal tax purposes. Otherwise, a single-member LLC that is disregarded from the owner should check the appropriate box for the tax classification of its owner.</small>	
<input checked="" type="checkbox"/> Other (see instructions) ▶ <b>Nonprofit Exempt</b>		4 Exemptions (codes apply only to certain entities, not individuals; see instructions on page 3): Exempt payee code (if any) _____ Exemption from FATCA reporting code (if any) _____ <small>(Applies to accounts maintained outside the U.S.)</small>
5 Address (number, street, and apt. or suite no.) See instructions. <b>P.O. Box 4468</b>		Requester's name and address (optional)
6 City, state, and ZIP code <b>Durango, CO 81302</b>		
7 List account number(s) here (optional)		
<b>Part I Taxpayer Identification Number (TIN)</b> 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 generally your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the instructions for Part I, later. 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> , later. <small>Note: If the account is in more than one name, see the instructions for line 1. Also see <i>What Name and Number To Give the Requester</i> for guidelines on whose number to enter.</small>		
Social security number [ ] [ ] [ ] - [ ] [ ] - [ ] [ ] [ ] [ ]		or Employer identification number 8 4 - 4 1 8 7 6 6 7
<b>Part II Certification</b> Under penalties of perjury, I certify that: 1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me); and 2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding; and 3. I am a U.S. citizen or other U.S. person (defined below); and 4. The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct. <b>Certification instructions.</b> You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions for Part II, later.		
<b>Sign Here</b>	Signature of U.S. person ▶ <i>JL A Blumhoff</i>	Date ▶ <b>1/1/2024</b>