

Registration Form

NATIVE YOUTH FITNESS LEADER CERTIFICATION



Registrant Information

May 13th – 16th, 2025 – Hinckley, Minnesota Sponsored by Mille Lacs Band of Ojibwe

Registration & Payment

Register online click here

Or register by completing 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

Name		<u>-</u>
Tribal Affiliation		State
Phone Work	Cell	
Email		_Choose Shirt Size S M L XL 2X
Payment		
□ \$995.00 – Native Youth Fi	tness Leader Certification – M	lay 13th – 16th, 2025
Payment is due May 1st, 2025	i! A \$35 fee will be added for	later payments.
Payment (We do not accept P □ VISA □ MC □ Check		: Native American Fitness Council)
Credit Card #		_3 Digit Security Code
Expiration Date	CC Zip Code	Total Payment
Signature	Date	

Cancelation 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 website www.nativeamericanfitnesscouncil.com



Agenda

Native Youth Fitness Leader Certification

May 13th – 16th, 2025 – Hinckley, Minnesota

*Note - Participants must attend the complete event to receive the Certificate!

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 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 Bodyweight
- 2:45 3:00 Break
- 3:00 4:15 Traditional Native Games Stick & Ball
- 4:15 4:30 Questions & Answers

Day 4

- 8:00 8:45 Dynamic Warmup for Youth
- 8:45 10:00 Motivating Youth
- 10:00 10:15 Break
- 10:15 12:00 Moving to Music
- 12:00 1:00 Lunch
- 1:00 2:45 Strength Training with Bands
- 2:45 3:00 Break
- 3:00 4:15 Traditional Native Games Eskimo Olympics
- 4:15 4:30 Awarding of Certificates

Topic/Times Subject to Change



Travel Information Native Youth Fitness Leader Certification

May 13th – 16th, 2025 – Hinckley, Minnesota

Participants must attend the complete event to receive the Certificate so plan travel accordingly!

Training Site

Meshakwad Community Center 1-320-336-0220 38043 Hinckley Road Hinckley, MN 55037

The Meshakwad Community Center is a half mile walk from the Grand Casino Hinckley Hotel.

Official Hotel

Grand Casino Hinckley Hotel 1-800-472-6321 777 Lady Luck Drive Hinckley, MN 55037

A block of rooms, single/double occupancy with 2 queen beds, have been designated for event attendees for 4 nights May 12th – May 15th. (Check in Monday May 12th, Check Out Friday May 16th) Room rates are \$89+ per night. Available rooms are limited & reservations should be made by May 5th to receive the above rates. Reserve rooms by calling Grand Casino Hinckley Hotel at **1-800-468-3517** or by booking online with the Group Code **NYF512H**. https://www.grandcasinomn.com

Local Airport

Minneapolis - Saint Paul International Airport (airport code MSP)

Ground Transport

Rental car provides the best option to get from the airport to the Grand Casino Hinckley Hotel.

The suggested shuttle transportation from MSP Airport to Hinckley, MN is Groome Transportation. The cost is about \$39.00 one way when booked online. www.groometransportation.com/duluth The drop off point in Hinckley, MN is Tobie's Station which is about 1.7 miles from the casino hotel.

<u>Plan ahead of time to get a taxi, Uber or Lyft</u> from Tobie's Station to the Grand Casino Hinckley Hotel as these services are limited!

Meals on Your Own

Light snacks and beverages will be provided in the morning. Meals are on your own.

Hands On Learning

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



Native American Fitness Council Information for Accounts Payable Departments

Type of Payments Accepted

We do not accept Purchase Orders!

Credit Card - Visa or MasterCard (pay online or email/mail/phone in cc info) 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 Payment Amount.

Financial Information

Native American Fitness Council Nonprofit Organization EIN 84-4187667

Form W-9 (Rev. October 2018) Department of the Treasury Internal Revenue Service		Request for Taxpayer Identification Number and Certification Go to www.irs.gov/FormW9 for instructions and the latest information.								Give Form to the requester. Do not send to the IRS.				
	The state of the s		Control of the Contro	quired on this line; do	not leave this line blant	k.								
	Native Ameri			300										
	2 Business name/di:	sregarded entity	name, if different fron	n above										
page 3.	3 Check appropriate box for federal tax classification of the person whose name is entered on line 1. Check only one of following seven boxes.						fthe	4 Exemptions (codes apply only to certain entities, not individuals; see instructions on page 3):						
on s	Individual/sole single-member		C Corporation	S Corporation	Partnership	☐ Tru	st/es	tate	_					
9 5									Exem	pt paye	code	if any)	-	
Specific Instructions on page	Note: Check the LLC if the LLC another LLC the is disregarded	iability company. Enter the tax classification (C=C corporation, S=S corporation, P=Partnership) neck the appropriate box in the line above for the tax classification of the single-member owner. Do not che LLC is classified as a single-member LLC that is disregarded from the owner unless the owner of the LLC LLC that is not disregarded from the owner for U.S. federal tax purposes. Otherwise, a single-member LLC anded from the owner should check the appropriate box for the tax classification of its owner.						LC is	and of and					
eci	Other (see instr	uctions) ► No	nprofit Exempt						(Аррбеі	to accoun	s maintai	ned outsi	de the U.S.)	
Sp			or suite no.) See instru			Request	ter's i	name a	and ad	dress (o	otional)			
88	P.O. Box 446	0												
Φ	I TO LOUI THE	10												
Se	6 City, state, and Zli	58				+								
Se	Control of the contro	code				1								
Se	6 City, state, and Zli	code 81302	nal)											
Se	6 City, state, and ZII Durango, CO	code 81302	nal)											
	6 City, state, and ZII Durango, CO 7 List account numb	code 81302 er(s) here (option	nal) ation Number	(TIN)										
Par	6 City, state, and Zii Durango, CO 7 List account numb Taxpay	code 81302 er(s) here (option	ation Number		given on line 1 to a	avoid	Soc	ial sec	curity i	number				
Pair inter	6 City, state, and Zif Durango, CO 7 List account numb Taxpay your TIN in the appr p withholding. For i	er(s) here (option er(s) here (option er Identific ropriate box. T ndividuals, this	ation Number The TIN provided messis generally your s	ust match the name social security numb	ber (SSN). However,	for a	Soc	ial sec	curity (number	1 [
Par nter :	6 City, state, and Zii Durango, CO 7 List account numb Taxpay your TIN in the app p withholding. For int alien, sole propri	er(s) here (option er Identific ropriate box. T ndividuals, this etor, or disreg	ation Number The TIN provided means is generally your second	ust match the name social security number instructions for P	oer (SSN). However, art I, later. For other	for a	Soc	ial sec	curity I	number]-[
Pari inter : acku eside ntitie	6 City, state, and Zili Durango, CO 7 List account numb Taxpay: your TIN in the appi p withholding. For in alien, sole propri s, it is your employe	er(s) here (option er Identific ropriate box. T ndividuals, this etor, or disreg	ation Number The TIN provided means is generally your second	ust match the name social security number instructions for P	ber (SSN). However,	fora geta	Soc	ial sec	curity I	number]-[
Parrinter y acku eside ntitie:	6 City, state, and Zili Durango, CO 7 List account numb Taxpay: your TIN in the appi p withholding. For in alien, sole propri s, it is your employeter.	o code 81302 er(s) here (option er Identific ropriate box. T individuals, this etor, or disreger identification	ation Number The TIN provided m is is generally your s arded entity, see the n number (EIN). If you	ust match the name social security numl e instructions for P ou do not have a nu	ber (SSN). However, art I, later. For other imber, see <i>How to g</i>	for a pet a	or]-	number		or .		
Pair inter : acku eside ntitie: 7N, la	6 City, state, and Zil Durango, CO 7 List account numb Taxpay. your TIN in the apply withholding. For int alien, sole propris, it is your employater. If the account is in	o code 81302 er(s) here (option er Identific ropriate box. T ndividuals, this etor, or disreg er identification more than one	ation Number The TIN provided m is is generally your s arded entity, see the n number (EIN). If you	ust match the name social security number instructions for Pour do not have a nu- tructions for line 1.	oer (SSN). However, art I, later. For other	for a pet a	or Em	ployer	identi	fication	LI			
Pair inter : acku eside ntitie: 7N, la	6 City, state, and Zil Durango, CO 7 List account numb Taxpay. your TIN in the apply withholding. For int alien, sole propris, it is your employater. If the account is in	o code 81302 er(s) here (option er Identific ropriate box. T ndividuals, this etor, or disreg er identification more than one	ation Number The TIN provided m is is generally your s arded entity, see th in number (EIN). If you ename, see the inst	ust match the name social security number instructions for Pour do not have a nu- tructions for line 1.	ber (SSN). However, art I, later. For other imber, see <i>How to g</i>	for a pet a	or]-		LI	6 6	7	
Pari inter y acku eside ntities ilV, la lote:	6 City, state, and Zil Durango, CO 7 List account numb Taxpay. your TIN in the app power that allen, sole proprint	er identific er identific copriate box. T ndividuals, this etor, or disreg er identification more than one vester for guid	ation Number The TIN provided m is is generally your s arded entity, see th in number (EIN). If you ename, see the inst	ust match the name social security number instructions for Pour do not have a nu- tructions for line 1.	ber (SSN). However, art I, later. For other imber, see <i>How to g</i>	for a pet a	or Em	ployer	identi	fication	LI		7	
nter yacku eside ntitiesilv, la	6 City, state, and Zil Durango, CO 7 List account numb Taxpay. your TIN in the app power that alien, sole propriate. If the account is in er To Give the Requirements. Certific	P code 81302 er(s) here (option er Identific ropriate box. T ndividuals, this tetor, or disreg er identification more than one vester for guid ation	ation Number The TIN provided m is is generally your s arded entity, see th in number (EIN). If yo e name, see the inst ellines on whose nu	ust match the name social security number instructions for Pour do not have a nu- tructions for line 1.	ber (SSN). However, art I, later. For other imber, see <i>How to g</i>	for a pet a	or Em	ployer	identi	fication	LI		7	
Parr nter : acku eside ntitiee ntitiee ntitiee ntitiee ntitiee	6 City, state, and Zil Durango, CO 7 List account numb Taxpay. your TIN in the apply withholding. For int alien, sole propris, it is your employater. If the account is in er To Give the Requirements. Certific penalties of perjung	P code 81302 er(s) here (option er Identific ropriate box. T ndividuals, this etor, or disreg er identification more than one vester for guid ation 7, I certify that:	ation Number The TIN provided ms is generally your s arded entity, see the number (EIN). If you ename, see the instellines on whose nu	ust match the name social security numle instructions for Pou do not have a nutructions for line 1. Imber to enter.	per (SSN). However, art I, later. For other umber, see <i>How to g</i> Also see <i>What Nam</i>	for a get a get a get a	or Emp	ployer 4	- d	fication 1 8	7		7	
Par nter : ackur ackur intities ntities intities lote: lumbo	6 City, state, and Zil Durango, CO 7 List account numb Taxpay. your TIN in the apply pwithholding. For int alien, sole propris, it is your employeter. If the account is in er To Give the Requirement of the compensation of perjunnumber shown on a not subject to bac	P code 81302 er(s) here (option er Identific ropriate box. T ndividuals, this tetor, or disreg er identification more than one vester for guid ation 7, I certify that: this form is my kup withholdii subject to bac	ation Number The TIN provided ms is generally your a rarded entity, see the number (EIN). If you ename, see the instellines on whose nu ty y correct taxpayer i y correct taxpayer i kup withholding as	ust match the name social security num in e instructions for Pour do not have a nutructions for line 1. Imper to enter.	ber (SSN). However, art I, later. For other imber, see <i>How to g</i>	for a pet a	or Emp	ployer 4 be issueen n	identi	1 8 o me);	7	6 6	venue	
Parinter yacku eside entitiee intitiee	6 City, state, and Zil Durango, CO 7 List account numb Taxpay. your TIN in the app power in tailen, sole propris, it is your employater. If the account is in er To Give the Requirement of the penalties of perjunnumber shown on not subject to ba	er Identific ropriate box. T ndividuals, this tetor, or disreger identification more than one rester for guid ation /, I certify that: this form is m kup withholdi subject to bac ckup withholdi	ation Number The TIN provided ms is generally your a rarded entity, see the number (EIN). If you ename, see the instellines on whose nu ty y correct taxpayer i y correct taxpayer i kup withholding as	ust match the name social security numl in the instructions for Pour do not have a nutructions for line 1. Import to enter. In the security of a failure a result of a failure according to the security of the secur	per (SSN). However, art I, later. For other umber, see How to g Also see What Name or (or I am waiting for up withholding, or (for a pet a	or Emp	ployer 4 be issueen n	identi	1 8 o me);	7	6 6	venue	
Parinter : acku eside ntitie: eside ntitie: lumbol	6 City, state, and Zil Durango, CO 7 List account numb Taxpay, your TIN in the appip withholding. For int alien, sole propris, it is your employeter. If the account is in er To Give the Requirement of the account is in er To Give the Requirement of the account is in er To Give the Requirement of the account is in er To Give the Requirement of the account is in er To Give the Requirement of the account is in er To Give the Requirement of the account is in er To Give the Requirement of the account is in the account in the account is in the account of the ac	er Identific ropriate box. T nore than one rester for guid ation /, I certify that: this form is my kup withholdi ther U.S. perse the 81302	ation Number The TIN provided ms is generally your a raded entity, see the number (EIN). If you ename, see the instellines on whose nu by correct taxpayer in g because: (a) I an iskup withholding as ling; and	ust match the name social security numl in the instructions for Pour do not have a nutructions for line 1. Import to enter. dentification number a seempt from back a result of a failure and	per (SSN). However, art I, later. For other umber, see How to gas also see What Name or (or I am waiting focup withholding, or (to report all interest	for a pet a lee and le	8 8	be issueen n	identi	1 8 o me);	7	6 6	venue	
Parinter y ackureside ntitie n	6 City, state, and Zil Durango, CO 7 List account numb 1 Taxpay, your TIN in the appy p withholding. For soil of the account is in er To Give the Regular To Give the Regular number shown on not subject to bactor (IRS) that I am onger subject to bactor a U.S. citizen or o FATCA code(s) end cation instructions we falled to report all titon or abandonmer	er Identific ropriate box. T ndividuals, this tetor, or disreger identification more than one tester for guid ation 7, I certify that: this form is my kup withhold ther U.S. perse tered on this fo You must cro- I interest and d t of secured pr	ation Number The TIN provided ms is generally your a rarded entity, see the number (EIN). If you are name, see the instellines on whose number (a) I an elines on whose number (a) I an elines on whose number (b) and the control of t	ust match the name social security number in structions for Properties of the security of the	per (SSN). However, art I, later. For other umber, see How to g Also see What Name or (or I am waiting for up withholding, or (e and e and for a number a number to r divider ing is corrivou are cut 2 does no tirement ar	8 8 er to not be not, rect.	ployer 4 be issueen n or (c)	identi 4 sued t otified the IF	fication 1 8 o me); if by the sS has backup gage in and ge	7 and Internotified	6 6 nal Red me	venue that I ar	