

2016 Jr. GAMES SCHEDULE*

MIRROR LAKE MIDDLE SCHOOL | CHUGIAK | FEBRUARY 19 - 21



NYO is a year-round program that has a quantifiable positive impact on more than 2,000 youth each year.

In a survey emphasizing NYO's impact, 411 NYO athletes in grades 7-12 who competed in the 2015 Sr. Games offered the following insight:

- **75%** credited NYO as an incentive to **stay in school**
- **75%** improved or maintained good **grades** in order to continue participation in NYO Games
- **69%** indicated improved **self-confidence**
- **47%** indicated improved leadership and self-esteem
- **37%** reported improved **overall health**
- **37%** indicated a **greater sense of well-being**
- **87%** see themselves as a **role-model** for future NYO athletes
- **90%** learned about **Alaska Native culture** and values
- **92%** developed **new friendships** with other athletes, coaches, and teachers
- **14%** stopped using **tobacco** products
- **6%** stopped using **alcohol**
- **7%** stopped using **illegal substances**
- **146 athletes** indicated they practice at least **6-10 hours per week**

FRIDAY, FEBRUARY 19

Grades 5 & 6

1 p.m. *Registration; coaches/parents check-in*

2 p.m. *Welcome!*

2:30 p.m. Alaskan High Kick & Awards

4:30 p.m. Scissor Broad Jump & Awards

6:30 p.m. One-Foot High Kick & Awards



SATURDAY, FEBRUARY 20

Grades 3 & 4

9 a.m. *Registration; coaches/parents check-in*

10 a.m. *Welcome!*

10:15 p.m. Two-Foot High Kick & Awards

12:15 p.m. Arm Pull & Awards

2:15 p.m. Wrist Carry & Awards

SUNDAY, FEBRUARY 21

Grades 1 & 2

9 a.m. *Registration; coaches/parents check-in*

10 a.m. *Welcome!*

10:15 a.m. Kneel Jump & Awards

12:30 p.m. Eskimo Stick Pull & Awards

2:30 p.m. Seal Hop & Awards

** Dates and times are subject to change; timing of each event is estimated, and dictated by length of individual contests*

For information contact

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NYO Games Alaska

