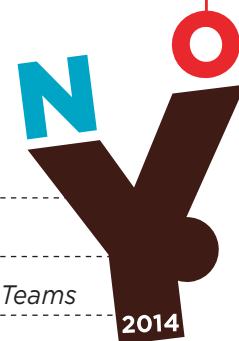


# 2014 SCHEDULE OF EVENTS\*

DENA'INA CENTER | ANCHORAGE | APRIL 24-26



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, 382 NYO athletes in grades 7-12 who competed in the 2013 Games offered the following insight:

- **72%** credited NYO as an incentive to **stay in school**
- **75%** improved or kept up their grades in order to continue participation in NYO Games
- **67%** indicated improved **self-confidence**
- **42%** indicated improved **leadership and self-esteem**
- **41%** reported improved **overall health**
- **34%** indicated a **greater sense of well-being**
- **84%** see themselves as a **role-model** for future NYO athletes
- **88%** learned about **Alaska Native culture** and values
- **94%** developed new friendships with other athletes, coaches, and teachers
- **13%** stopped using tobacco products
- **6%** stopped using alcohol
- **6%** stopped using illegal substances
- **36%** indicated they practice at least 7-10 hours per week

## THURSDAY, APRIL 24

- 10:30 a.m. *Registration*
- 11:30 a.m. *Coaches meeting*
- 1 p.m. *Opening Ceremonies; Grand Entry of Teams*
- 2 p.m. **Kneel Jump & Awards**
- 3 p.m. **Wrist Carry & Awards**
- 5:30 p.m. **Alaskan High Kick & Awards**

## FRIDAY, APRIL 25

- 9 a.m. *Coaches' meeting*
- 10:30 a.m. **Eskimo Stick Pull & Awards**
- 12:30 p.m. *Celebration of high school and GED graduates*
- 12:45 p.m. *Presentation of Academic Excellence Award*
- 1 p.m. *Ida'ina Dance Group*
- 1:30 p.m. **Toe Kick & Awards**
- 3:30 p.m. **One-Hand Reach & Awards**
- 5:30 p.m. **Two-Foot High Kick & Awards**

## SATURDAY, APRIL 26

- 9 a.m. *Coaches' Meeting*
- 10 a.m. **Indian Stick Pull & Awards**
- Noon *CITC Celebrating 30 Years of Impact: Community Celebration event*
- 1:15 p.m. **One-Foot High Kick & Awards**
- 3:45 p.m. **Seal Hop & Awards**
- 5:45 p.m. *Pilot Bread Recipe Contest winners announced*
- 6 p.m. *Closing Ceremonies*
- 8-11 p.m. *NYO Athlete Dance - Dena'ina Center (for NYO athletes only)*

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

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