

# 2020 ANCHORAGE TRYOUTS\*

WELLS FARGO SPORTS COMPLEX | UAA CAMPUS | MARCH 29-30



**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, 434 NYO athletes in grades 7-12 who competed in the 2019 Sr. Games offered the following insight:

- **81%** credited NYO as an incentive to **stay in school**
- **74%** **improved or maintained good grades** in order to continue participation in NYO Games
- **42%** indicated a better understanding of the importance of a **healthy lifestyle**
- **85%** see themselves as a **role-model** for future NYO athletes
- **93%** learned about **Alaska Native culture** and values
- **91%** **developed new friendships** with other athletes, coaches, and teachers
- **206** athletes stopped or reduced the use of **tobacco, drugs, or alcohol**
- **65%** indicated they practice at least **6 or more hours per week**

## FRIDAY | MARCH 27

- 9 a.m. *Registration*
- 10 a.m. *Welcome!*
- 10:15 a.m. **Scissor Broad Jump**
- 11:30 a.m. **Wrist Carry**
- 1 p.m. **Eskimo Stick Pull**
- 2:30 p.m. **Alaskan High Kick**
- 4 p.m. **Two-foot High Kick**

## SATURDAY | MARCH 28

- 9 a.m. *Registration*
- 9:30 a.m. *Welcome!*
- 9:45 a.m. **Kneel Jump**
- 10:45 a.m. **One-hand Reach**
- Noon **Indian Stick Pull**
- 2 p.m. **One-foot High Kick**
- 3:30 p.m. **Seal Hop**

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

For more information contact [nyo@citci.org](mailto:nyo@citci.org)

 NYO Games Alaska & Cook Inlet Tribal Council, Inc.

  @CITCAAlaska #NYOGames

 CITCAAlaska

