

Naatanii Mayo

How NYO Impacted My Life

The journey through school would not have been as successful and fulfilling without NYO. The Native Youth Olympics had built a foundation for me to become a better athlete and student. The skills and strengths could not be replicated from any other sport. Such as how these games can improve our agility, strength, endurance, and our pain tolerance like no other sport. NYO had motivated me to do great in school which if we had low or poor grades we could'nt participate. With motivation in mind it had shown me that keeping a great and healthy life can make both you and others around happy. Although NYO has not been as impactful in my highschool years as we had inexperienced coaches I felt like it was my duty to bring the same energy back from my middle school days to the new athletes and my teammates in the sport. The sport had made me feel accomplished as it brought out a sense of leadership and pride out of me. NYO had changed my life for the better which the games improved my appreciation of being Alaskan Native and American Indian. Thank you for all the great memories and many more to come.