

# 2023 ANCHORAGE TRYOUTS

GRACE CHRISTIAN SCHOOL | MARCH 24-25



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, 317 NYO athletes in grades 7-12 who competed in the 2022 Sr. Games offered the following insight:

- **79%** credited NYO as an incentive to **stay in school**
- **64%** expressed **increased determination** by participating in NYO
- **69%** expressed a **greater sense of well-being**
- **81%** see themselves as a **role-model** for future NYO athletes
- **98%** learned about **Alaska Native culture** and values
- **91%** **developed new friendships** with other athletes, coaches, and teachers
- **60%** indicated they practice **4 or more hours** per week

## FRIDAY | MARCH 24

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

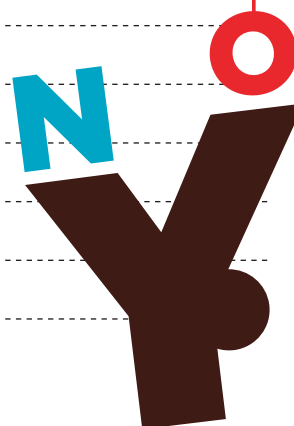
## SATURDAY | MARCH 25

- 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)

Keep track of everything NYO at [nyogames.com](http://nyogames.com)



 NYO Games Alaska & Cook Inlet Tribal Council, Inc.

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