

# 2024 Jr. GAMES SCHEDULE\*

SEAWOLF SPORTS COMPLEX, UAA | ANCHORAGE | FEBRUARY 23 - 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, 337 NYO athletes in grades 7-12 who competed in the 2023 Sr. Games offered the following insight:

- **77%** credited NYO as an incentive to **stay in school**
- **69%** improved or maintained good **grades** in order to continue participation in NYO Games
- **45%** indicated a better understanding of the importance of a **healthy lifestyle**
- **83%** see themselves as a **role-model** for future NYO athletes
- **96%** learned about **Alaska Native culture** and values
- **91%** developed **new friendships** with other athletes, coaches, and teachers
- **29%** athletes stopped or reduced the use of **tobacco, drugs, or alcohol**
- **58%** indicated they practice at least **4 or more hours per week**

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 NYO Games Alaska & Cook Inlet Tribal Council, Inc.

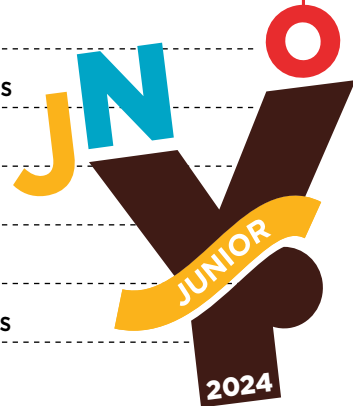
 CITAlaska

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## FRIDAY | FEBRUARY 23

Grades 5 & 6

- 9 a.m. *Registration*
- 10 a.m. *Coaches' meeting*
- 10:30 a.m. *Welcome!*
- 10:45 a.m. **Scissor Broad Jump & Awards**
- 12:15 p.m. *Lunch*
- 12:45 p.m. **Alaskan High Kick & Awards**
- 2:45 p.m. **Eskimo Stick Pull & Awards**
- 4:45 p.m. **One-Foot High Kick & Awards**



## SATURDAY | FEBRUARY 24

Grades 3 & 4

- 9 a.m. *Registration*
- 9:30 a.m. *Coaches' meeting*
- 10 a.m. *Welcome!*
- 10:15 a.m. **Wrist Carry & Awards**
- 11:15 a.m. *Lunch*
- 11:45 a.m. **Two-Foot High Kick & Awards**
- 1:45 p.m. **Arm Pull & Awards**

## SUNDAY | FEBRUARY 25

Grades 1 & 2

- 9 a.m. *Registration*
- 9:30 a.m. *Coaches' meeting*
- 10 a.m. *Welcome!*
- 10:15 a.m. **Kneel Jump & Awards**
- Noon *Best Banner Award*
- 12:30 p.m. **Eskimo Stick Pull & Awards**
- 2:30 p.m. **Seal Hop & Awards**

FREE PARKING AT DESIGNATED LOTS

\* 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)