

2017 NYO Games Athlete Survey Results Cook Inlet Tribal Council

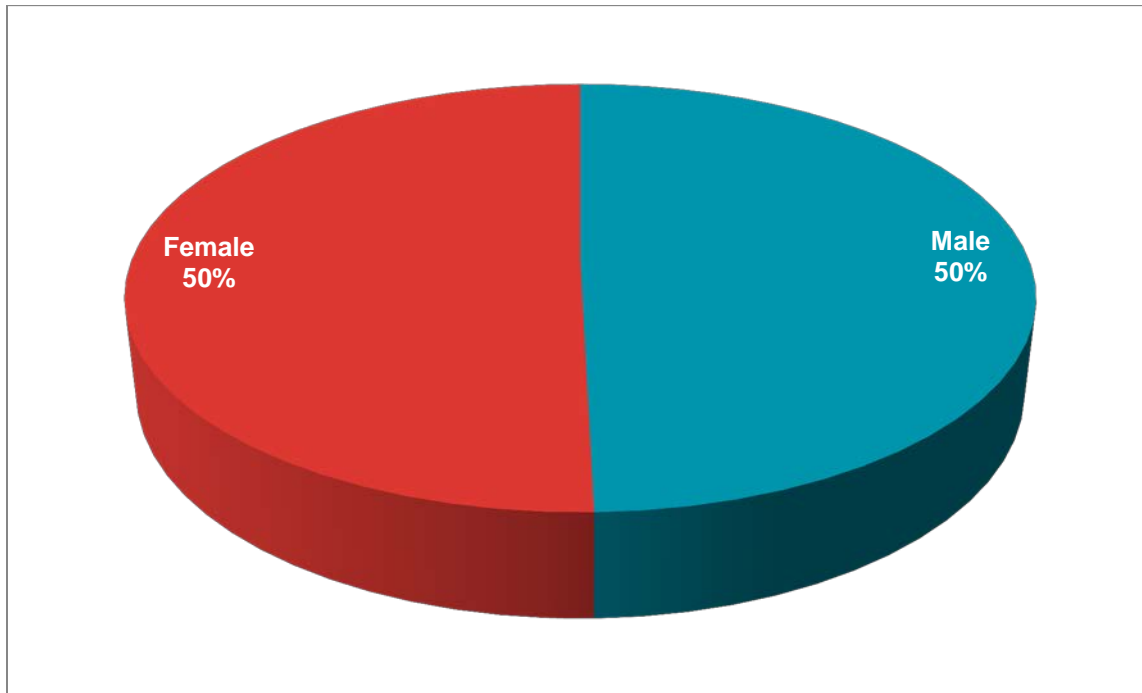
<http://citci.org/partnerships-events/nyo-games/>

Athletes at the 2017 NYO Games were asked to complete a two-part survey. Each year, athletes take a 16-question survey on how NYO Games impact their lives, relationships, health, and overall well-being. This year, the survey was accompanied by a 10-question youth resiliency survey, administered for the first time at NYO. The resiliency survey asked athletes to read a statement and reflect on how each statement applied before and after their participation in NYO Games.

A total of 397 athletes completed the surveys with the following results:

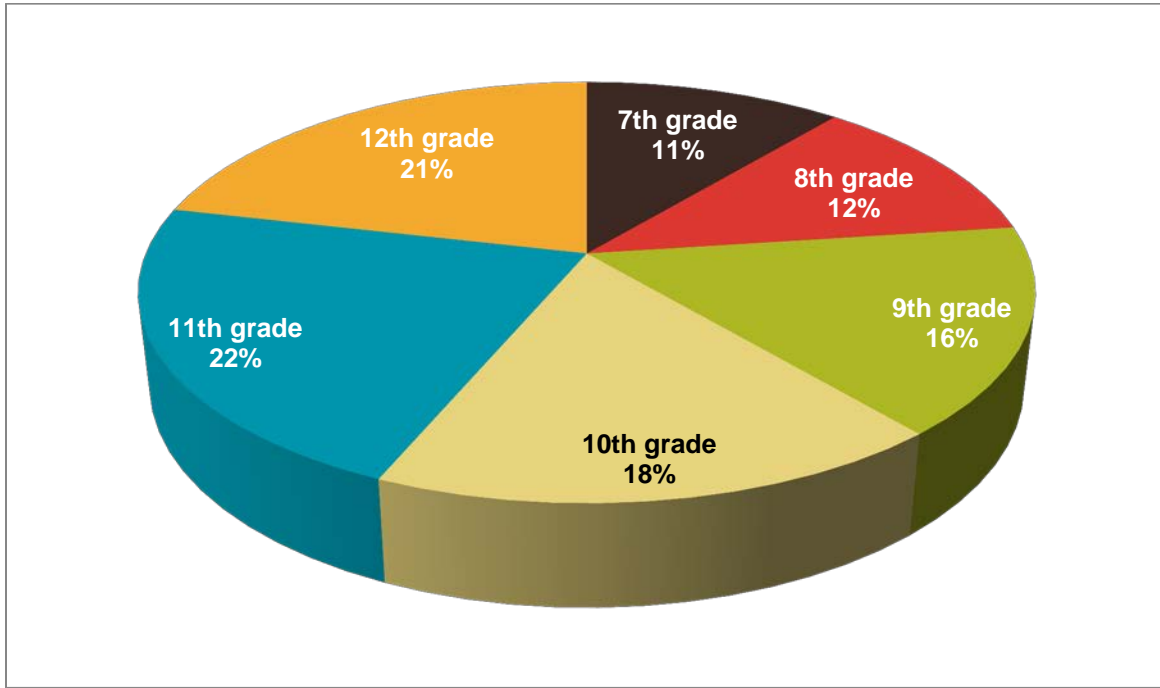
NYO ATHLETE SURVEY

Q1: Gender

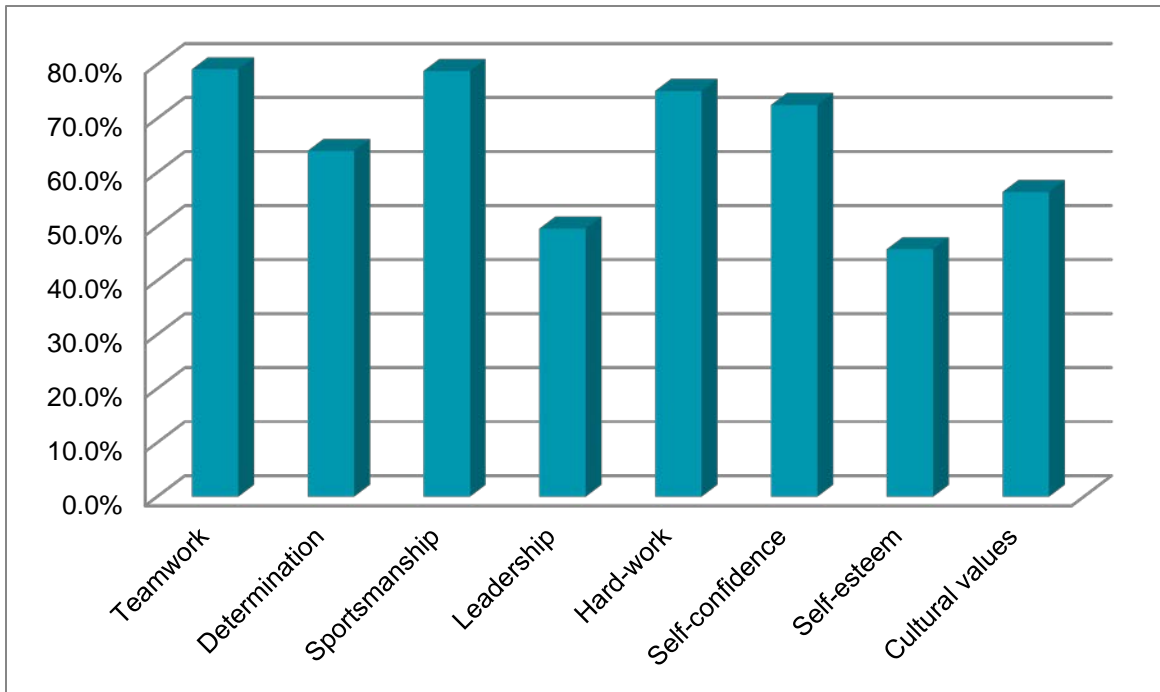


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Q2: Grade

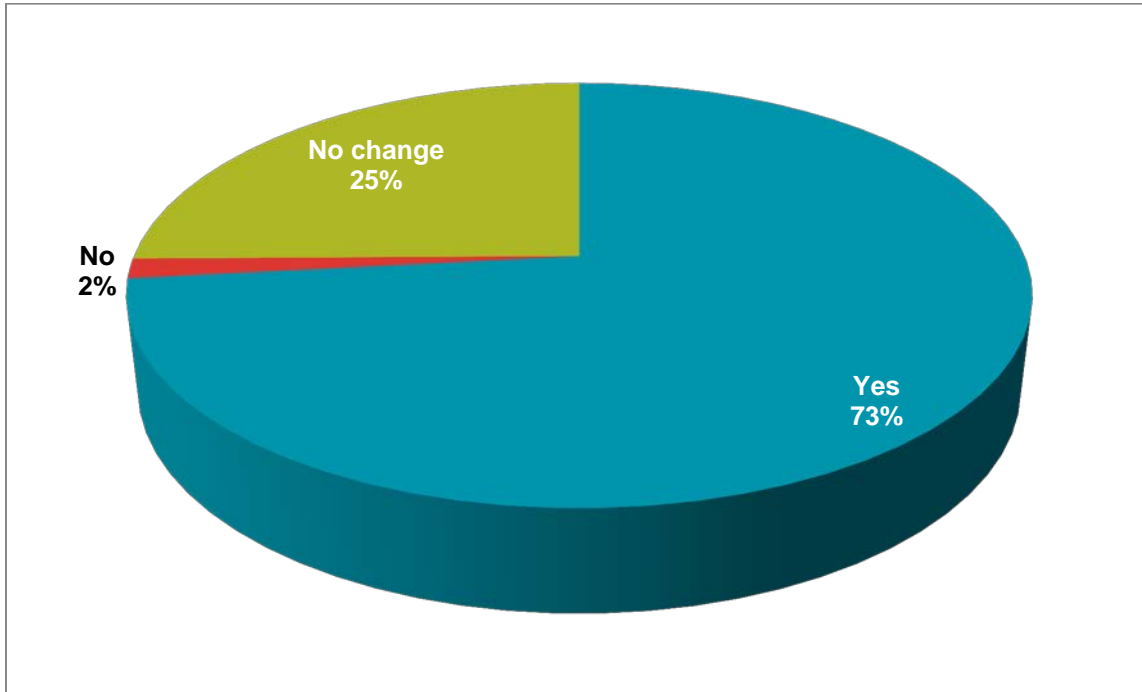


Q3: Were any of the following values increased through your participation in the NYO Games?

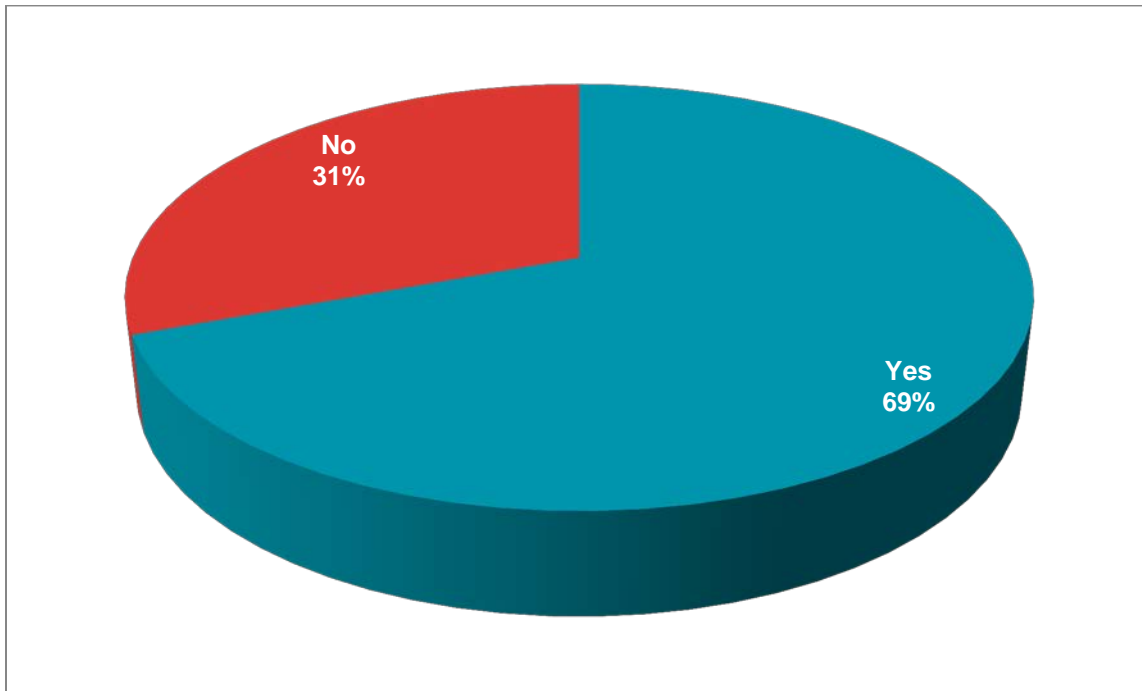


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Q4: Does your participation in the NYO Games make you want to stay in school?

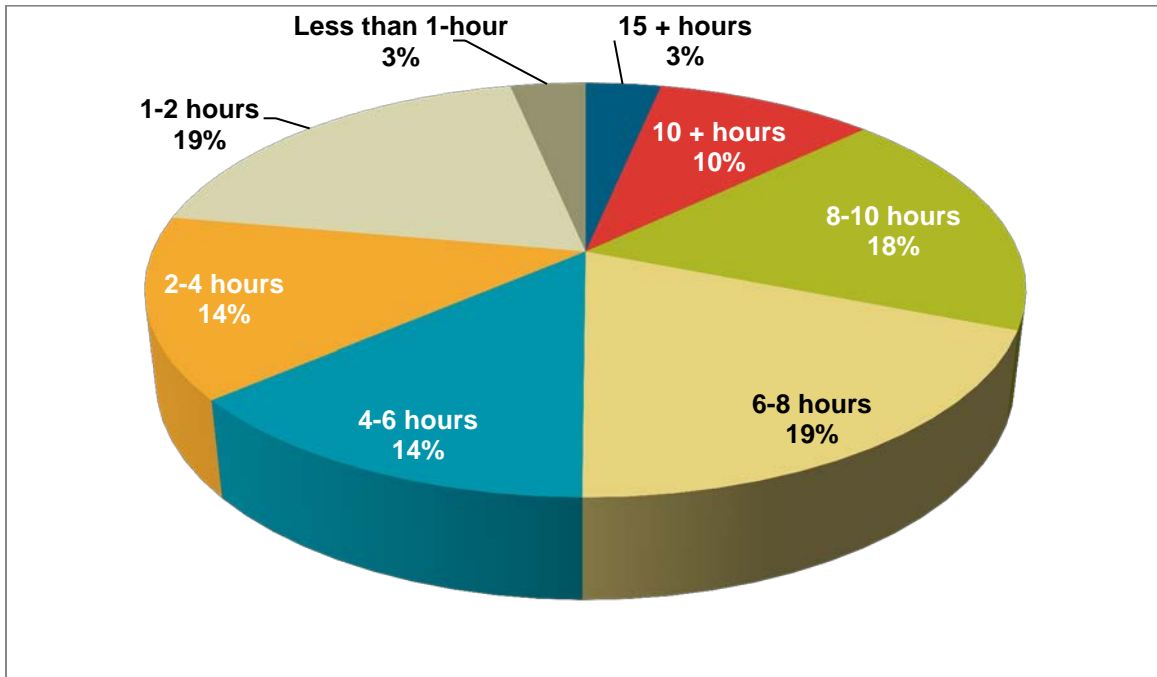


Q5: Have your grades improved because of your participation in NYO Games?

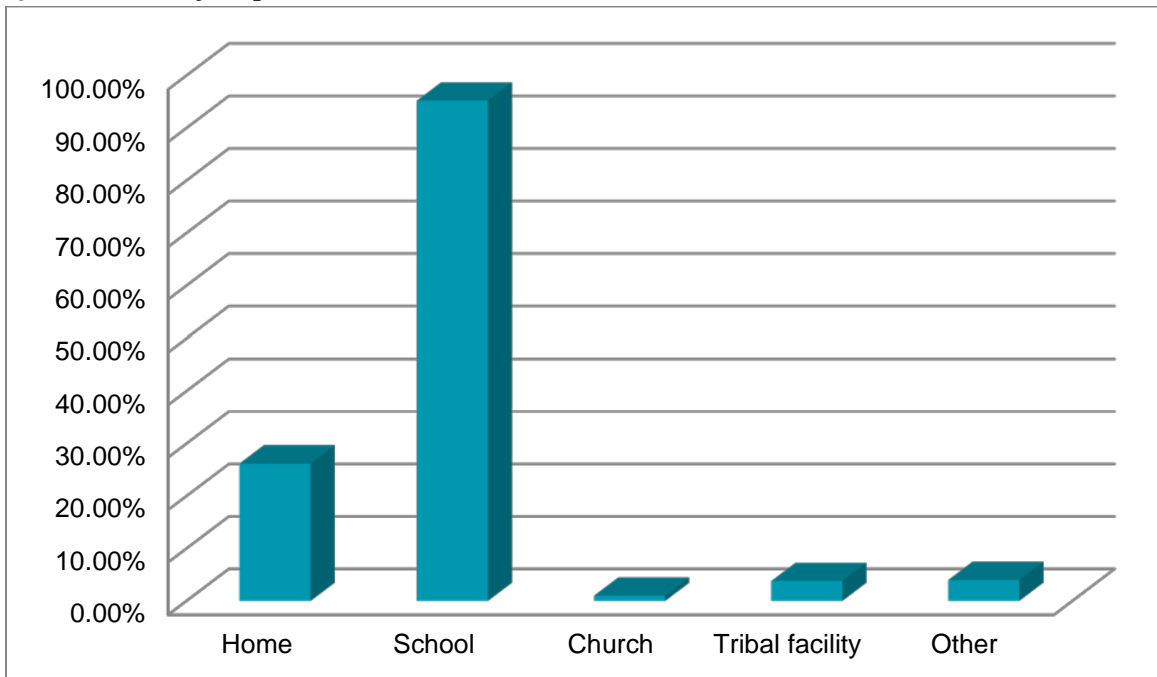


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Q6: How many hours per week do you practice for NYO?

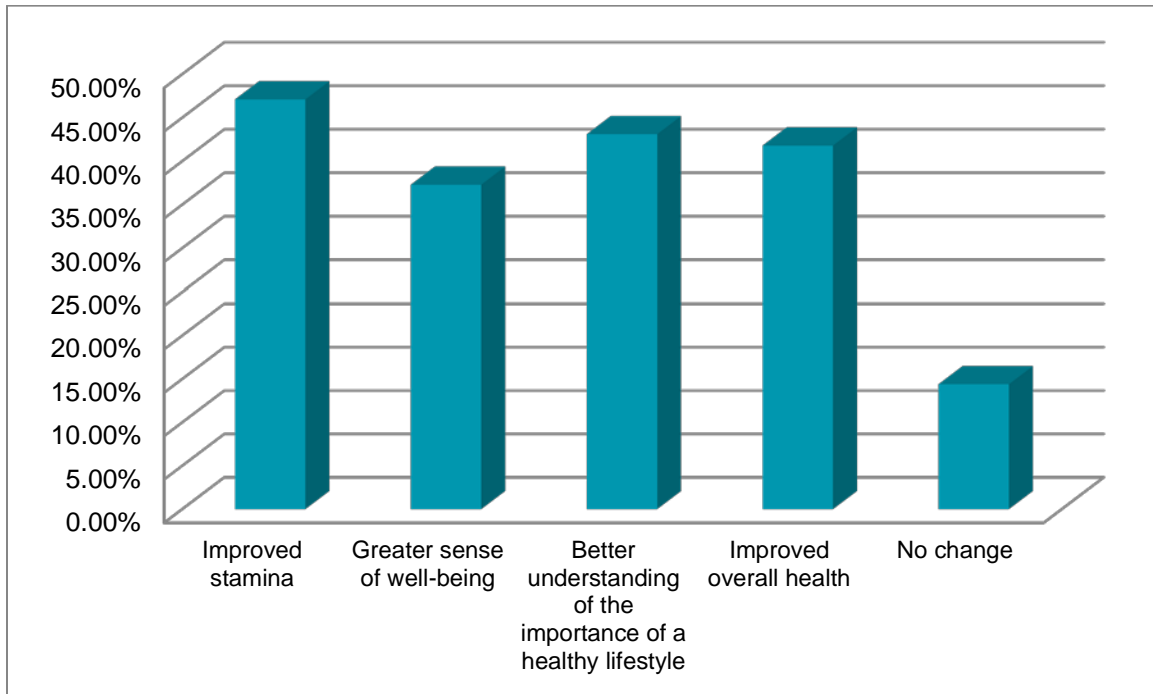


Q7: Where do you practice for NYO?

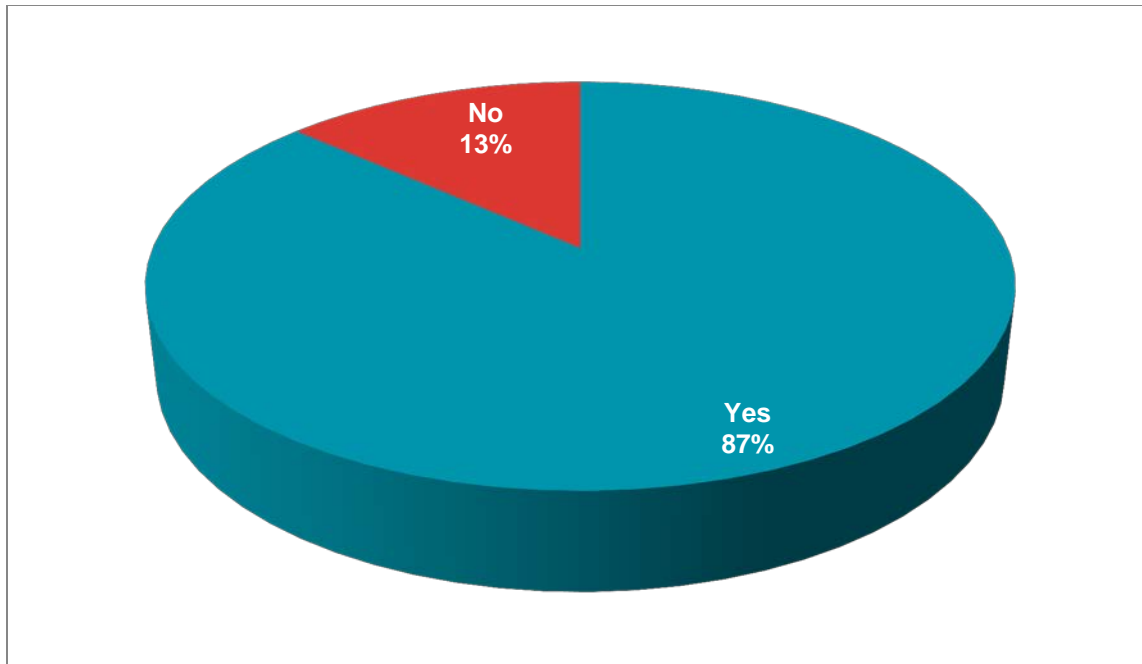


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Q8: How has your health changed through participation in NYO?

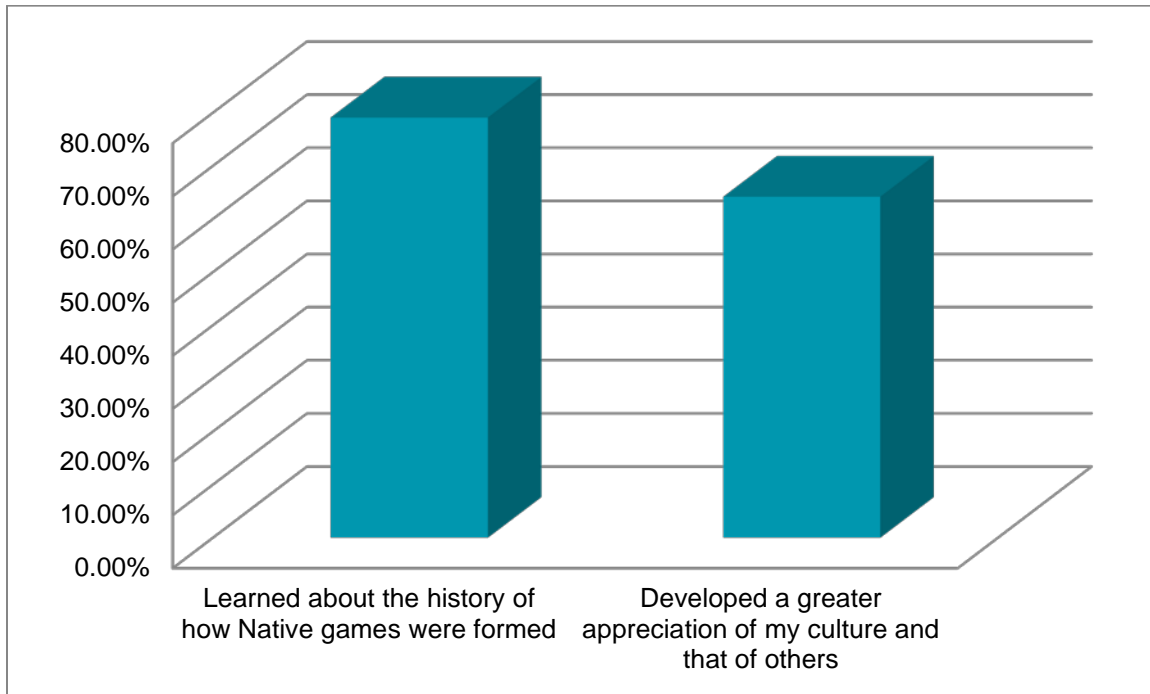


Q9: Did you learn more about Alaska Native culture and values through participation in the Games?

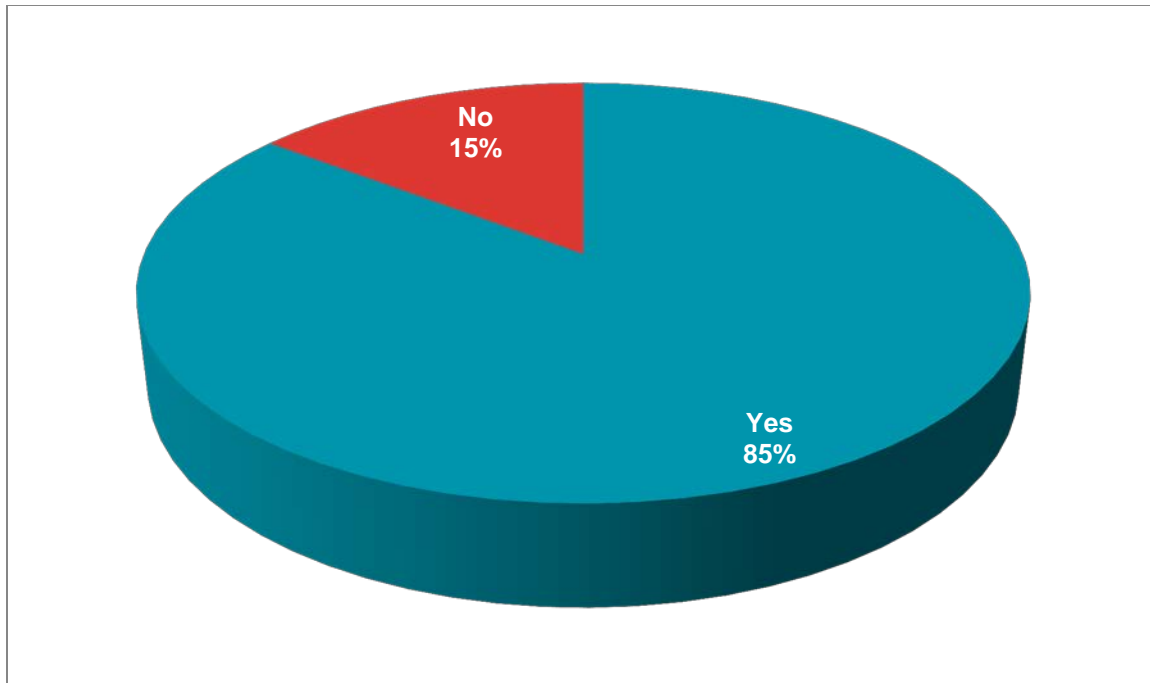


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Q10: What have you learned through participation in the NYO Games?

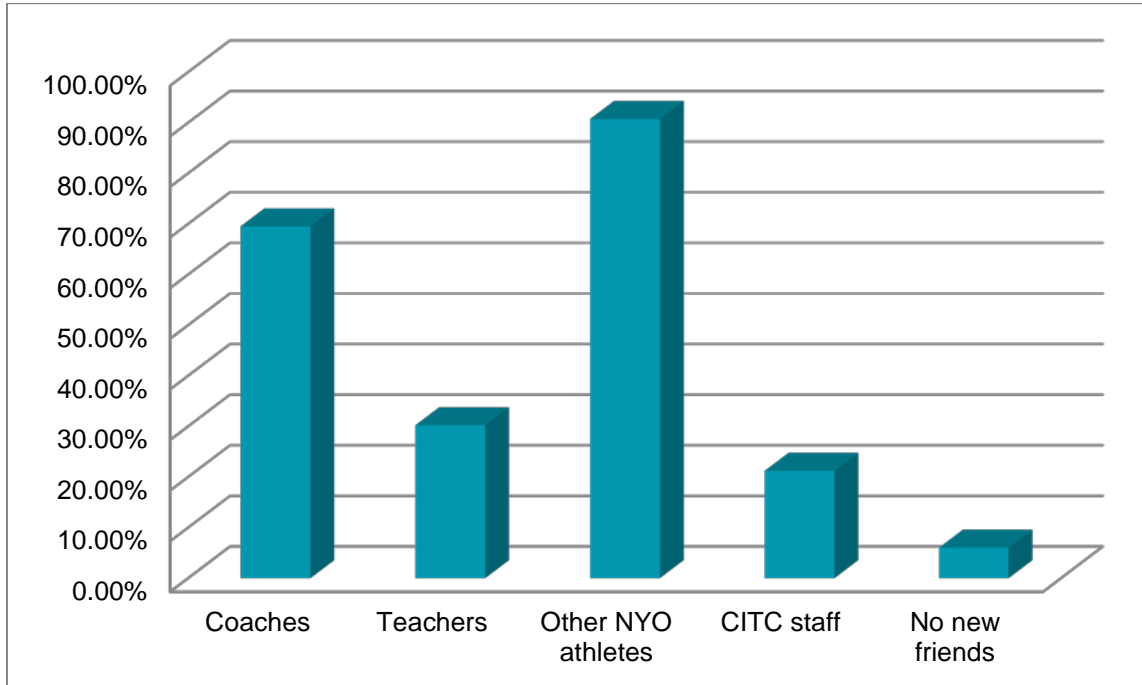


Q11: Do you see yourself as a role model for JNYO athletes or other youth after your participation in NYO Games?

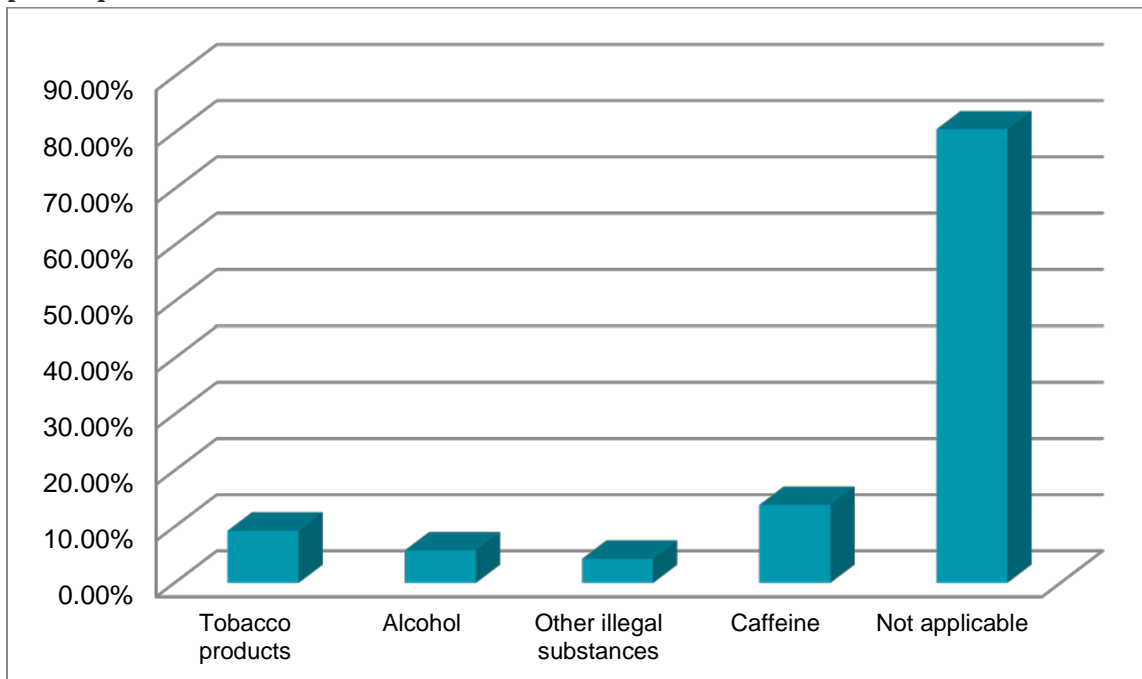


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Q12: Have you developed new friendships through participation in the NYO Games?

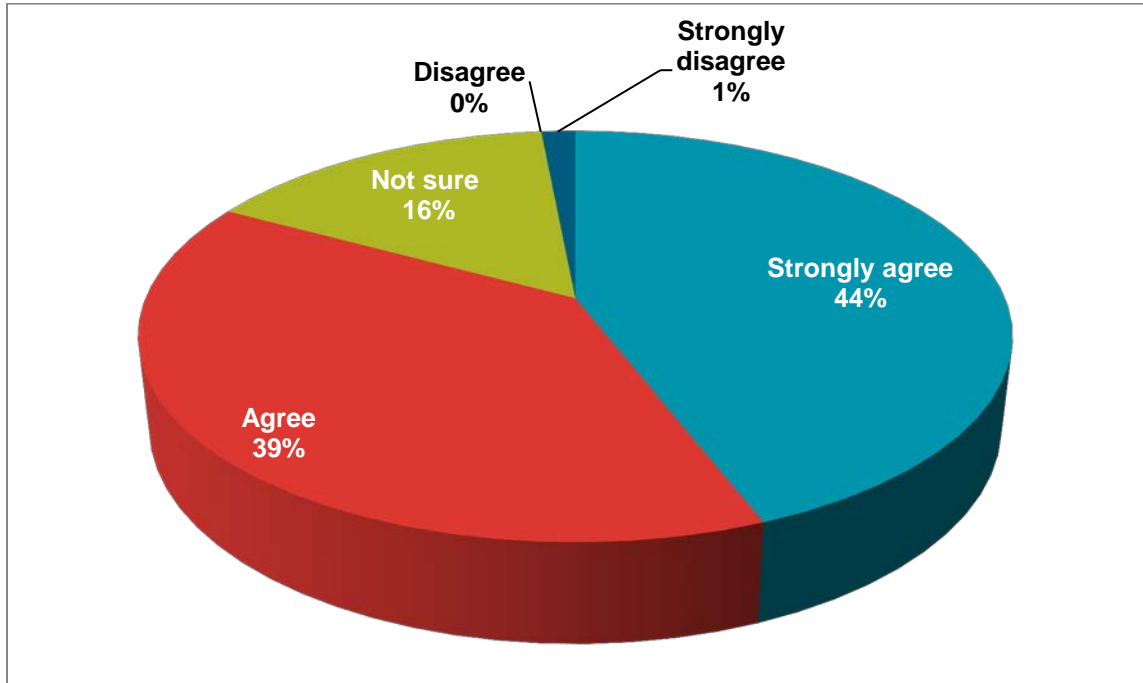


Q13: Have you stopped (or reduced) your consumption of any of the following through your participation in NYO?



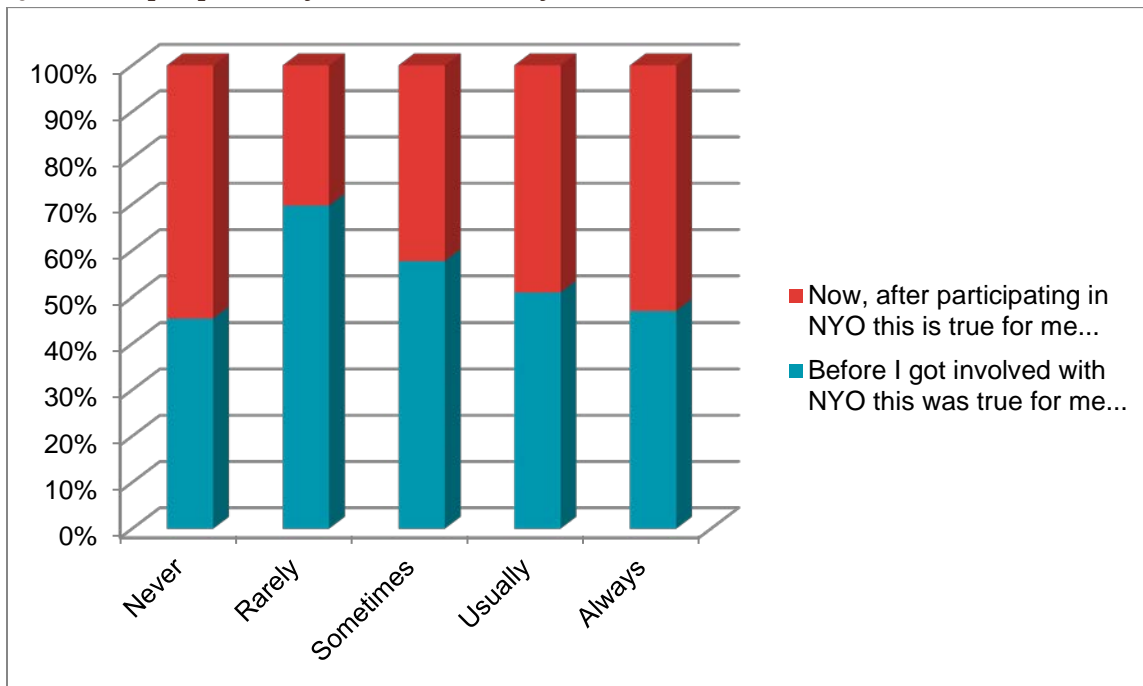
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Q16: Do you agree or disagree that in your community you feel like you matter to people?



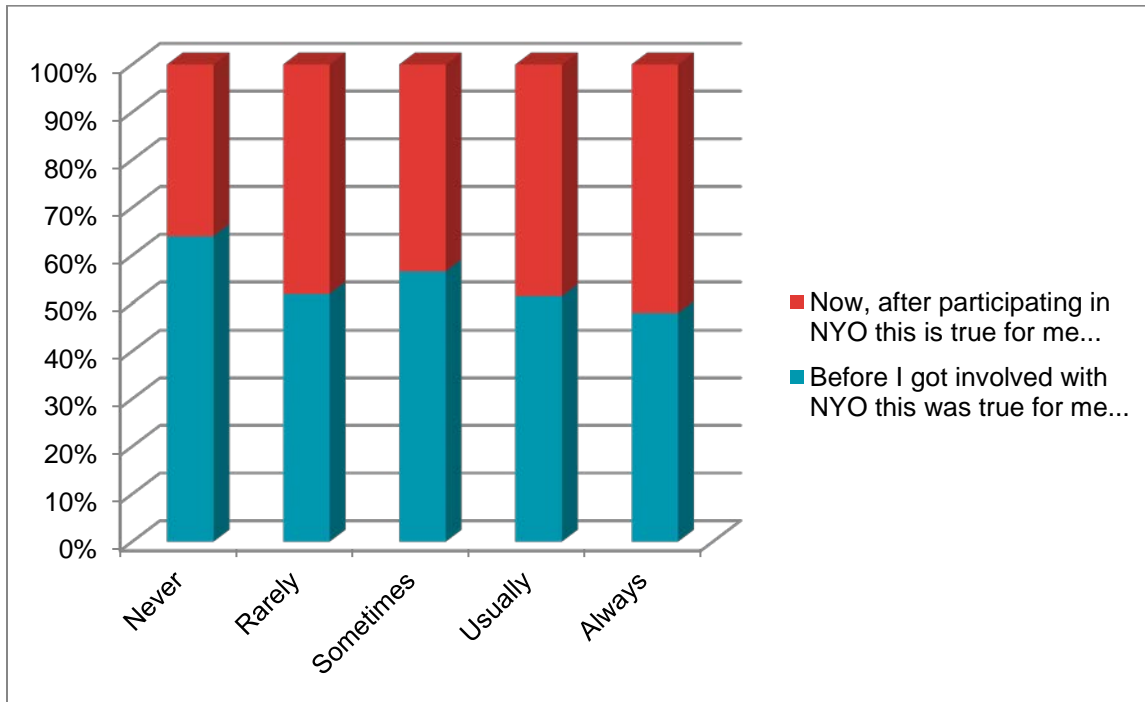
YOUTH RESILIENCY SURVEY

Q1: I have people in my life who stand by me when times are hard.

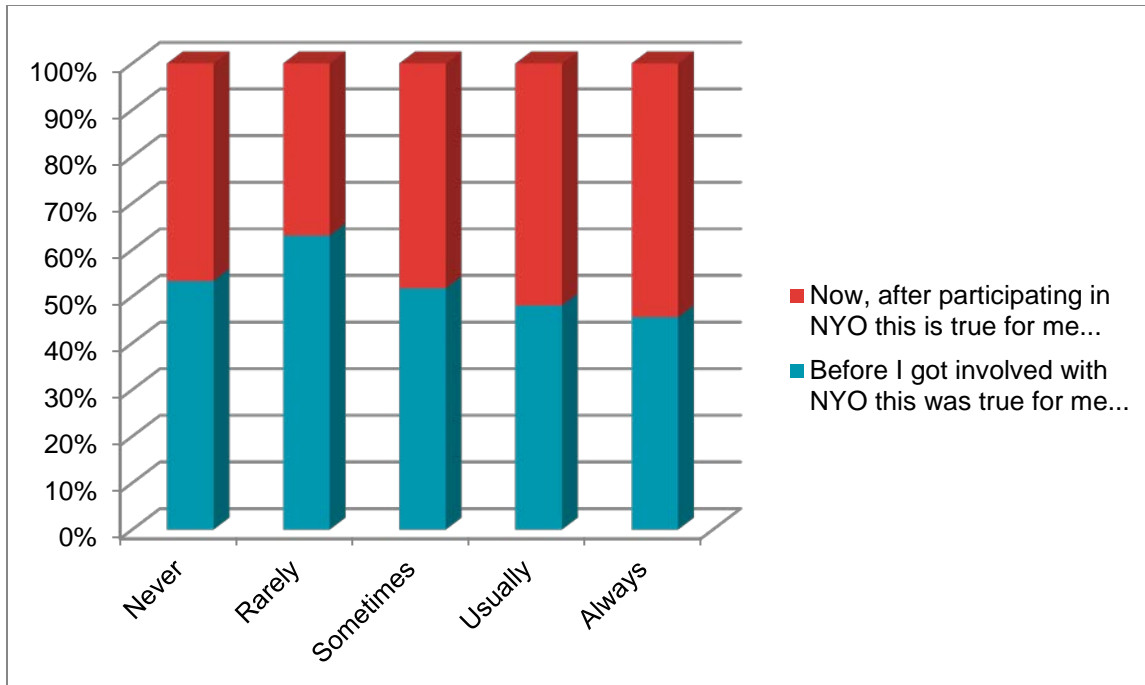


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Q2: I have people in my life that I can talk to about how I feel.

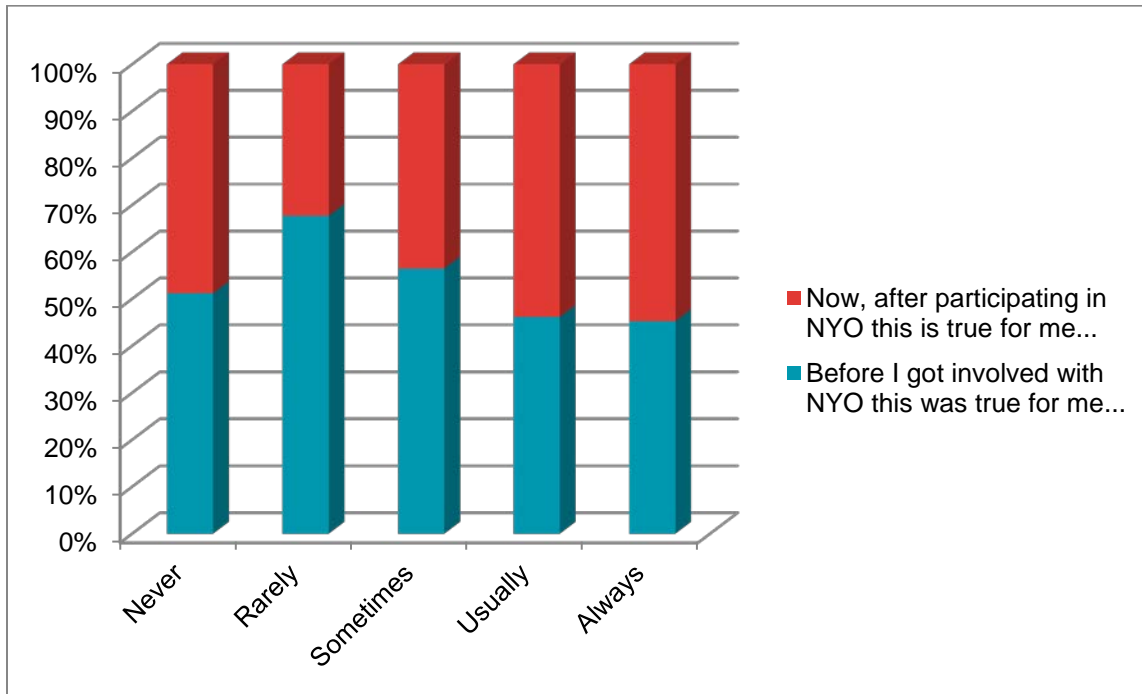


Q3: In the past 30 days, I have participated in activities in my community such as spiritual, religious, cultural, wellness, volunteer, and/or sober support activities.

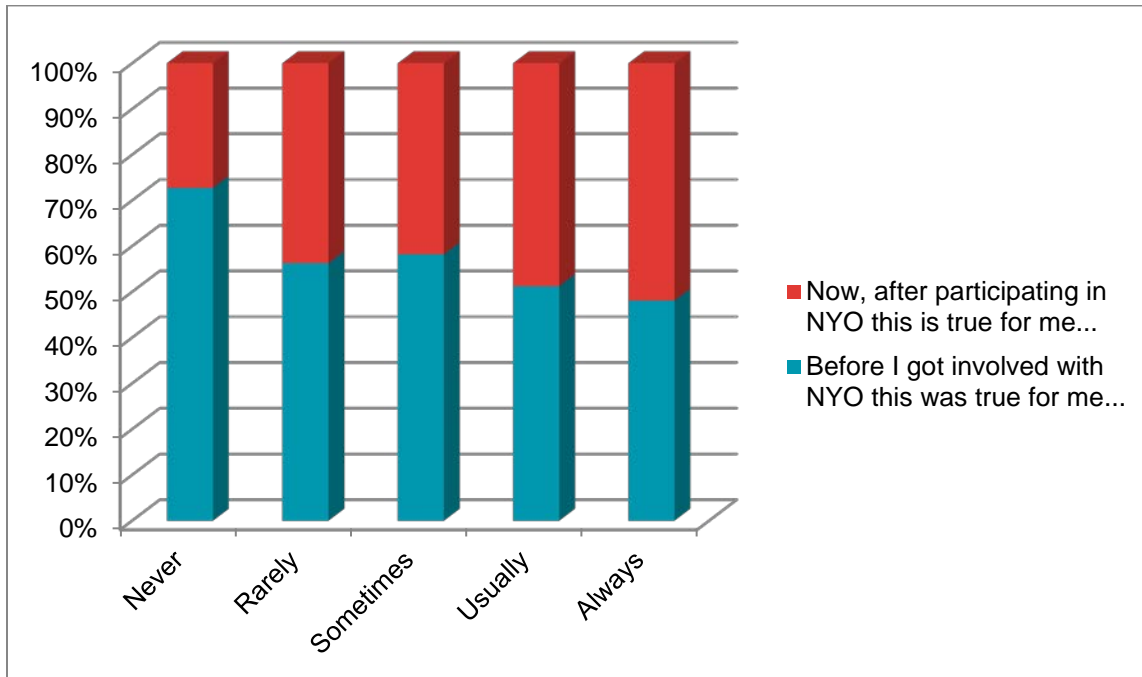


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Q4: I personally know people I want to be like.

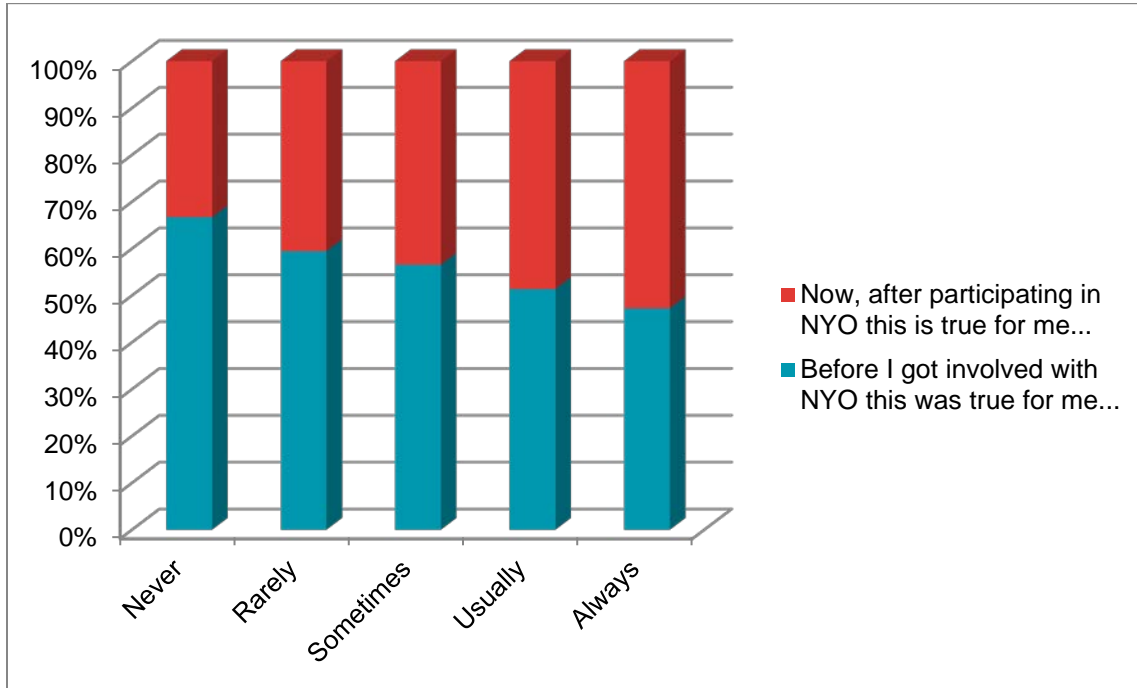


Q5: I am proud of my ethnic background.

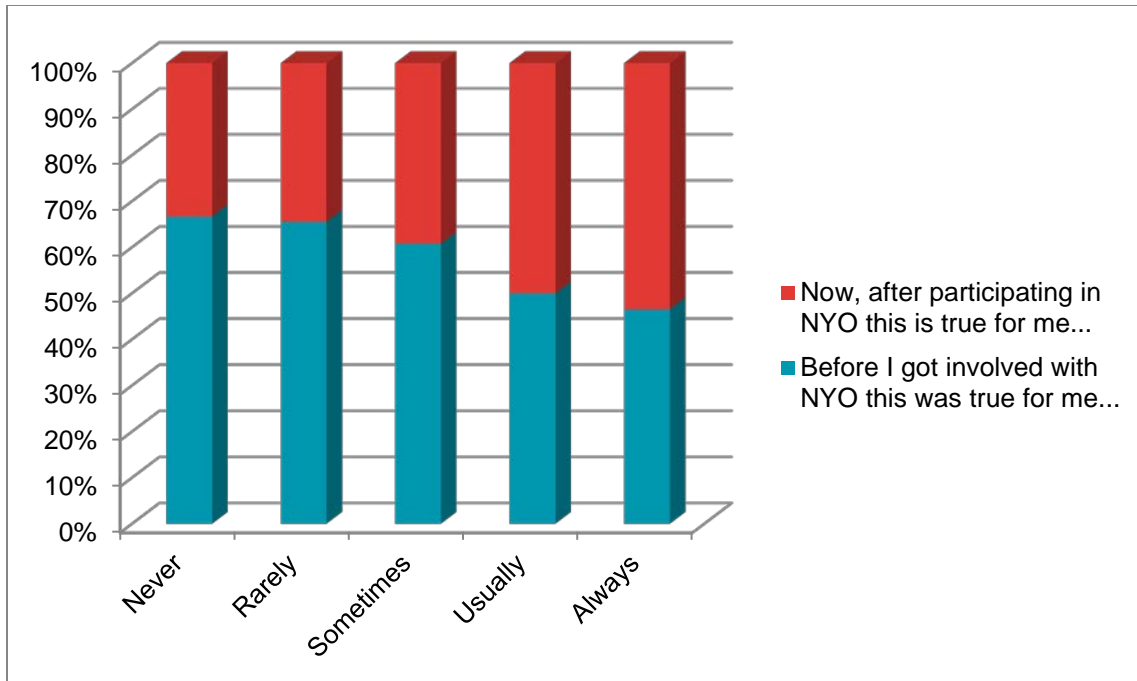


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Q6: I feel like I belong in my community.

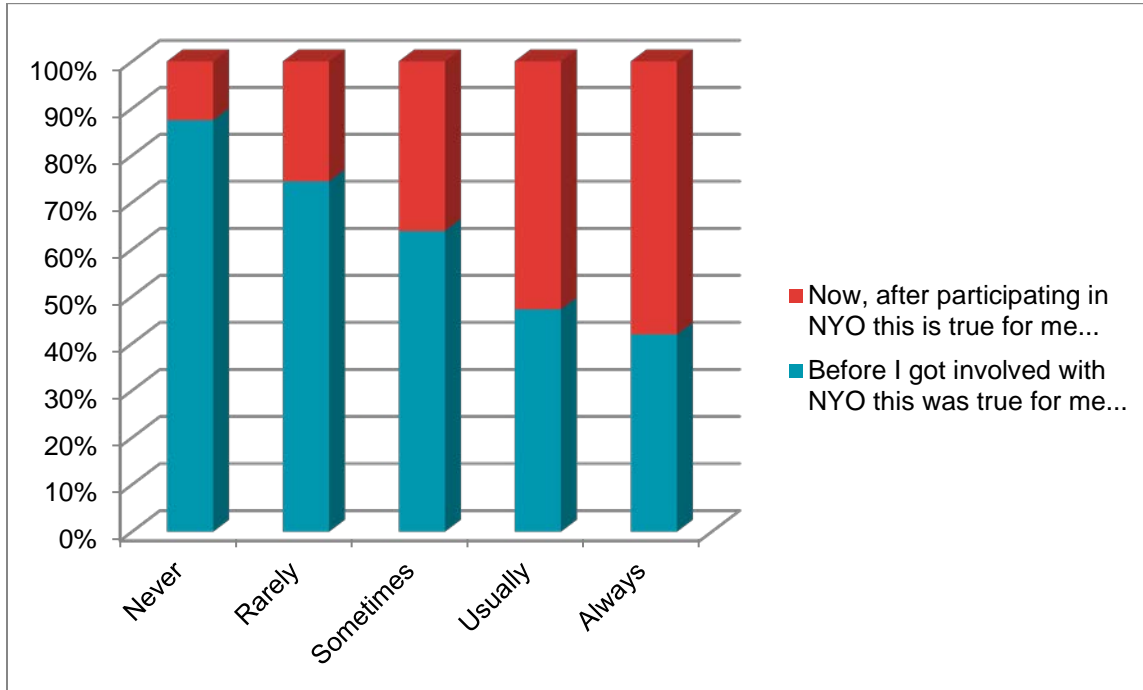


Q7: I know where to go to get help, if I need it.

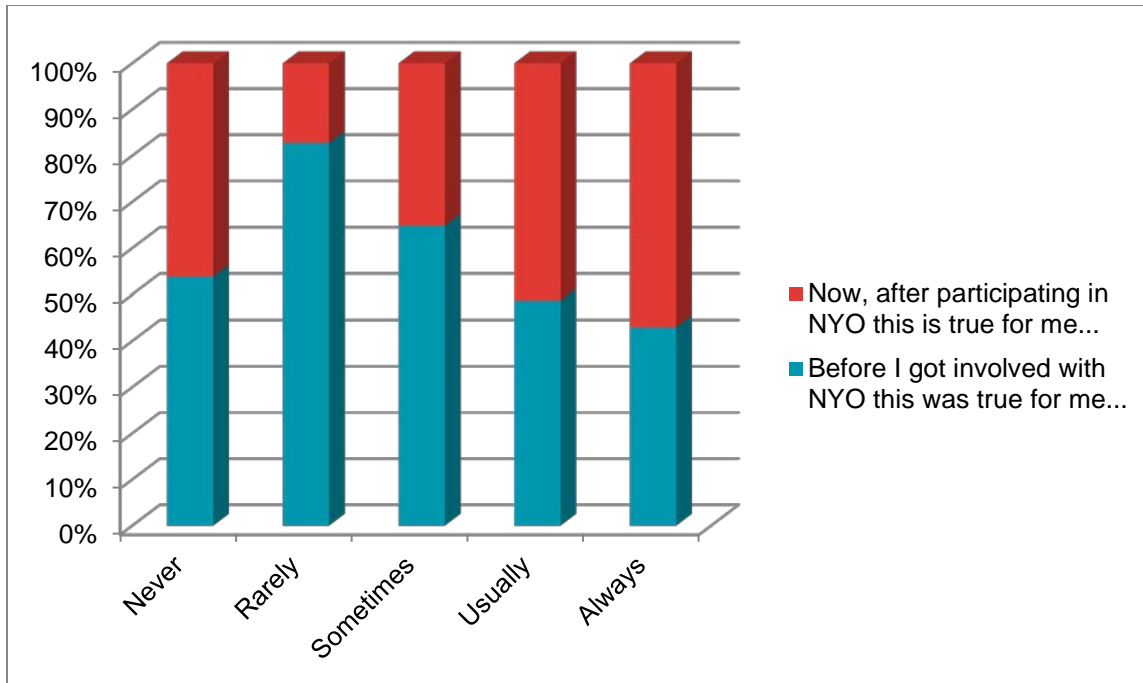


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Q8: I know what I am good at.

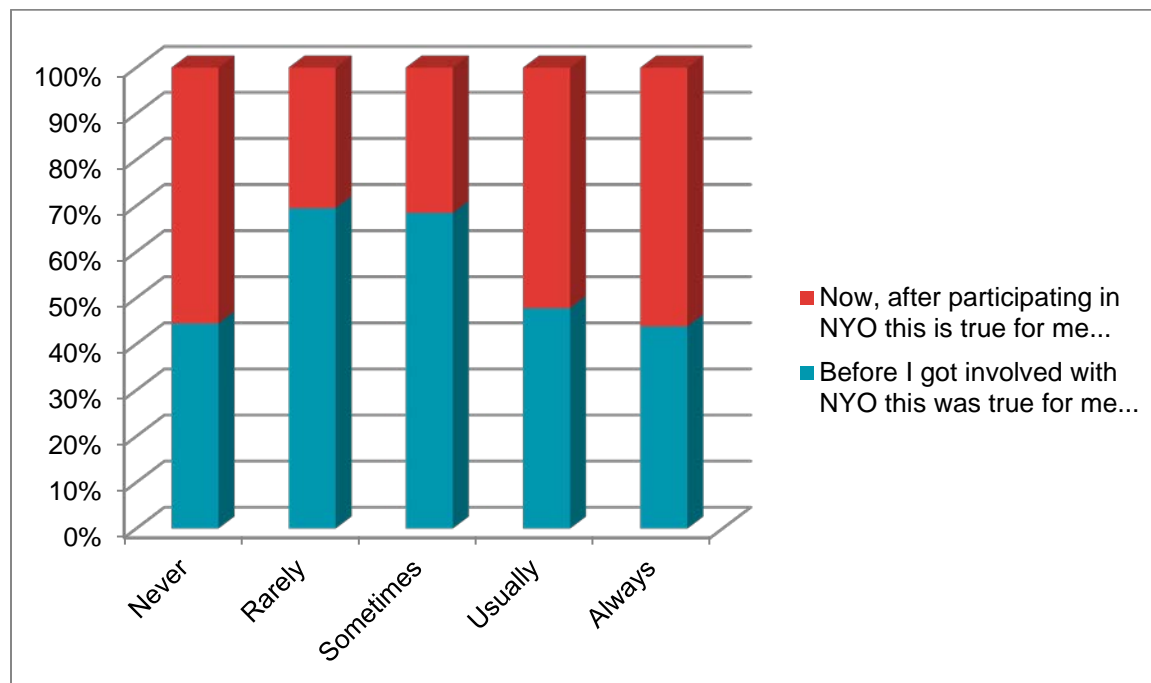


Q9: I have chances to show others that I am growing up and can do things by myself.



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Q10: When things don't go my way, I can fix problems in a calm and respectful way.



The demographic target for the survey is male and female NYO Games athletes, grades 7-12. Overall, NYO Games continues to have a positive impact on student athletes. Concepts such as healthier lifestyle, teamwork, determination, sportsmanship, leadership, hard work, self-confidence, self-esteem and cultural values improve through participation in NYO Games. Athletes also learn valuable cultural traditions through NYO Games—traditions as relevant today as when our ancestors practiced them time immemorial.

WHY NYO MATTERS (2017)

- 73.3% credited NYO as an incentive to stay in school
- 69.3% improved or maintained good grades in order to participate at NYO
- 86.6% learned about Alaska Native cultures and values
- 90.7% developed new friendships with other athletes, coaches and teachers
- 72.5% indicated improved self-confidence
- 47.7% indicated improved leadership and self-esteem
- 75.1% indicated a greater sense of work ethic
- 199 athletes indicated they practiced at least 6-10 hours per week
- 85.4% see themselves as a role model for future NYO athletes
- 9.3% stopped using tobacco products
- 5.8% stopped using alcohol

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- 4.3% stopped using illegal substances

ATHLETE QUOTES

Improving Grades

“I have improved my responsibility of doing more homework.”

“NYO has inspired and motivated me to attain better grades.”

“My grades have gone up quite a bit since starting NYO.”

“It’s a good incentive for me and my peers.”

“My grades were bad but NYO motivated me to get my grades up.”

“NYO is a motivation that helped me to increase the goals that I desire.”

“NYO changed my life. I used to get in fights in school, talk back, and cuss a lot. NYO will forever be a memory in my life.”

Culture and Tradition

“I am reminded of my culture every day I participate in NYO.”

“I learned the importance of each game, and how it represents the way of life in our Yupik culture.”

“This year I learned a lot about the value of working together as a community and how it is vital to the children that look up to the elderly.”

“I learned that I should be more supportive when people try something.”

“It’s more than a game. Its culture.”

Being a Role Model

“I have younger siblings and know youth who are fascinated with our ability to do these games. I encourage them to practice and try it out.”

“The children look up to me because they see that I’ve earned my medals that I have. I think it drives them to be their best.”

“There are many middle schoolers that I practice with, and I’ve gotten to know them and become friends with them because of NYO. I always strive to be a good teammate, to work hard, and to set a good example for those younger than me.”

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“A lot of people come to me and ask how I do some events. Some people in my village come to me and ask if I could help them become a better athlete in this sport.”