About Us

The 5th Direction is a Native owned Northern California program that works with Tribal youth and communities to promote cultural strength and revitalization. The 5th Direction programs create an atmosphere of higher expectations for Native youth while maintaining and strengthening traditional cultural beliefs and Traditions.

The 5th Direction programs foster healthy relationships with community and most importantly with self.

The 5th Direction promotes Cultural strength for Native communities

The 5th Direction is a program based in the understanding that culture needs to be present and strong in our communities to combat influences in our people that have caused devastation to our families and traditions. The 5th Direction exists to defend young Native people and communities from outside influences that have contributed to the negative statistics and stereotypes of American Indian people.

Activities

The 5th Direction hosts several events & activities for native youth. These events include:

- Youth handgame tournaments
- Red Storm all-Indian youth Basketball tournaments
- 5D Skateboarding Team
- Running [All Native Running Team]
- Leadership Curriculum
- Youth Bullying Presentation
- Cultural Curriculum
- Outdoor / Survival Programs
- Storytelling Presentations



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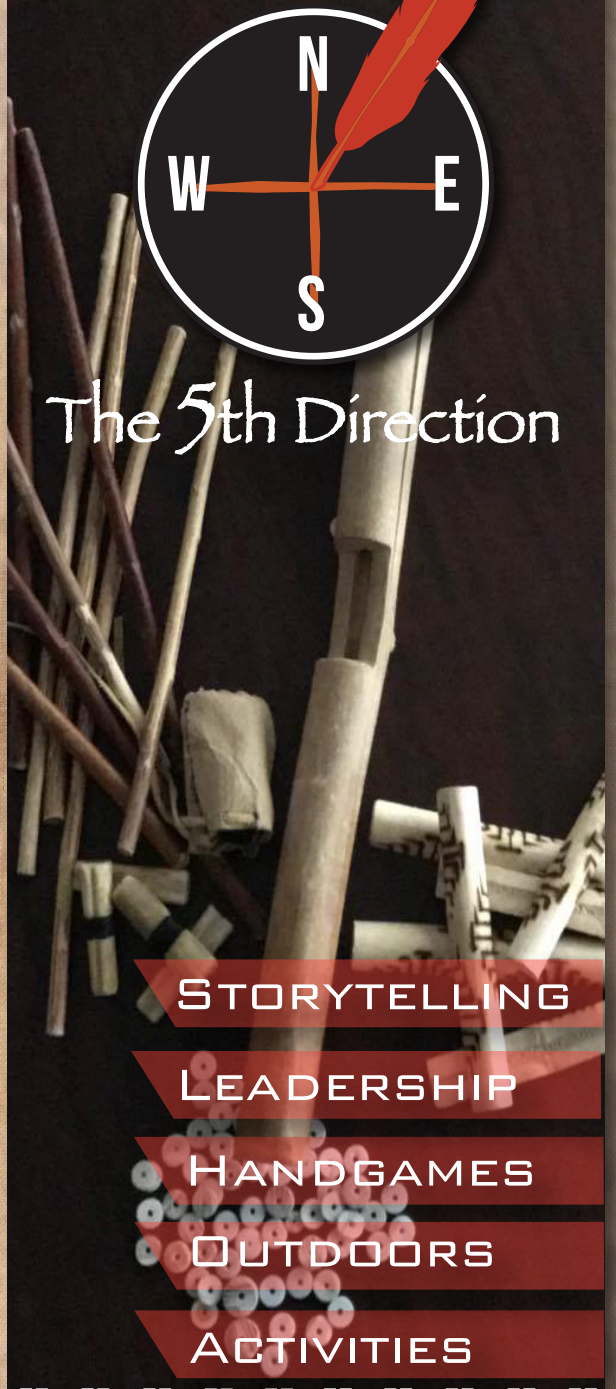
Cultural Programs For Native Communities

The 5th Direction



Storytelling

Leadership

Handgames

Outdoors

Activities



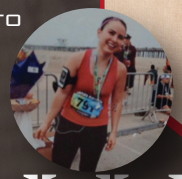
Storytelling

Utilizing traditional stories and the importance of their use and purpose, this interactive workshop will cover all aspects of storytelling as a tool to help tribal communities, especially youth, to see the importance of healthy lifestyles and to explain how we came to be in the places we now live. Creation, traditional and contemporary stories help youth understand their purpose in life.



Running

Runners of the 5th Direction; an all Native running team for Native Youth interested in competition running. 5th Direction outfits runners with Nike shoes and apparel as well as pays for travel and registration to events. Eligible runners should be 12-24 Native living in California.





Leadership

Understanding historical trauma and drawing parallels to contemporary issues. Heavy emphasis on Team and team building and respect for one another. Some discussions will be heavier as a means to truly understand contemporary issues in our communities. Tools to become more empowered with self and an ability to empower others. Students will learn key tools to understanding communication. Emphasis on life skills and thinking beyond high school.



Basketball

Red Storm basketball is an all-Indian youth basketball program made up of youth from The 5th Direction program tribal communities. Red Storm teams have played at the UCLA American Indian Youth Conference. Reno Teen Tournament and the 5th Direction sponsored Capitol City Classic in Sacramento.





Handgames

In this interactive workshop, participants will learn how to play handgames. Participants will learn the cultural importance of the game. Healthy lifestyles and drug and alcohol prevention are components of the workshop and are viewed from a cultural perspective. The best way to learn the game is to play s after a lesson on the bas of the game participants w play a live game with instru tion.





Skateboard

5D Skate team is a program for Native youth in California. Eligible youth are competition ready skaters! Team members will receive complete skateboards and equipment. Team member activities include trips to competitions throughout California and the West, All registration and travel cost are cover by the program!

