

North Dakota

HOSA-Future Health Professionals Organization



2026-2027 Member Information Packet

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A Letter from the State Officer Team

North Dakota HOSA-Future Health Professionals

North Dakota HOSA – Future Health Professionals is the premier student organization for students pursuing careers in healthcare. The doors opened, opportunities experienced, and leadership development that takes place through this healthcare focused student organization is second to none.



-Brandy Madrigal, North Dakota HOSA State Advisor
ndhosa@mayvillestate.edu

On behalf of the entire State Officer team, we would like to say, “Welcome!” The State Officers are working incredibly hard to make sure that your interest will one day help you on a path to achieve your dreams! Being a part of this amazing organization will not only help you affirm your passion for the medical world, it can also help build new friendships and connections that last a lifetime.

We are planning to take ND HOSA to a new level this year, and we need your help! We continue to set new goals like increasing our membership but more importantly, our impact on future health professionals throughout North Dakota and globally. Your commitment to a productive local chapter strengthens the efficacy our student organization can have on the entire state, and beyond. How can you help? Everyone within this organization plays a vital role in making sure ND HOSA continues to provide our members with incredible opportunities while offering aid and support to our communities.

This year’s International HOSA, Inc., theme is “Champions of Change.” As you work with your local chapter to identify your local program of work details, consider ways you can step beyond your comfort zone to try new things, meet new people, and work hard to exceed any limitations you set for yourself. Believe in yourself, you can absolutely accomplish whatever you put your mind to. A little bit of hard work now can have a significant impact on the rest of your future. Join us as we strive to become “Champions of Change” for North Dakota HOSA this school year!



Respectfully,
State Officer Team

What is HOSA?

HOSA-Future Health Professionals (most often referred to as “HOSA”) is a career and technical student organization (CTSO) specifically dedicated to preparing students for careers in the health science cluster. It is the only student organization that is 100% healthcare based, including fields from biomedical laboratory science, dental science, pathophysiology, medical photography, and even veterinary science. Being a part of HOSA helps to develop leadership skills like teamwork and communication. This organization gives members the opportunity to become chapter officers, state officers, and possibly elected to the International Executive Committee.

Founded in 1976, HOSA now has over 4,500 middle school, secondary, and postsecondary/collegiate chapters in 54 US states and territories, Canada, Mexico, Italy, and Germany, serving over 291,000 active members. North Dakota HOSA began in the academic year 2012-2013 and has grown significantly throughout the years breaking our membership record two years in a row with current membership of 874 members in 2024-2025 and 27 local chapters.

A way to develop skills is by participating in competitive events that help refine leadership and professional competencies. HOSA currently has a selection of over 90 competitive events for members to choose from. The events are distributed into 5 categories: Leadership, Health Science, Teamwork, Emergency Preparedness, and Recognition events. These events are geared towards providing a broad range of experiences to members.

Who are the State Officers?

North Dakota State Officers have been elected to uphold the highest level of responsibility and dedication to ND HOSA. State officers are elected to help guide and govern this organization with our delegated responsibilities. Currently serving as your 2025- 2026 State Officers are:



Setiya Hamidi
State President



Hannah Gendron
State Secretary



Marley Foss
State Historian



Nicholas Debowey
Community Service Coordinator

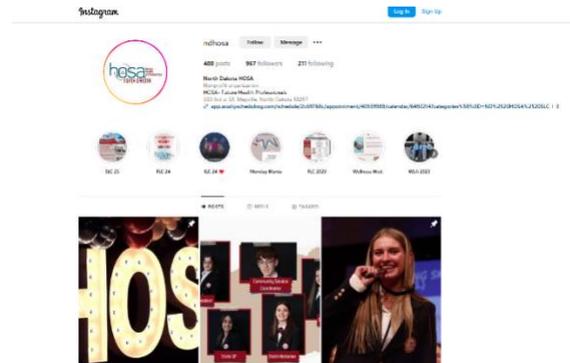
Do you have any social media information?

Social media is a quick and effective way for important announcements and information to be spread throughout the state. We **strongly encourage** every member within the state to follow and become actively engaged with our social media platforms to stay informed.

Our social media handles are:

Instagram- NDHOSA

Facebook- North Dakota HOSA

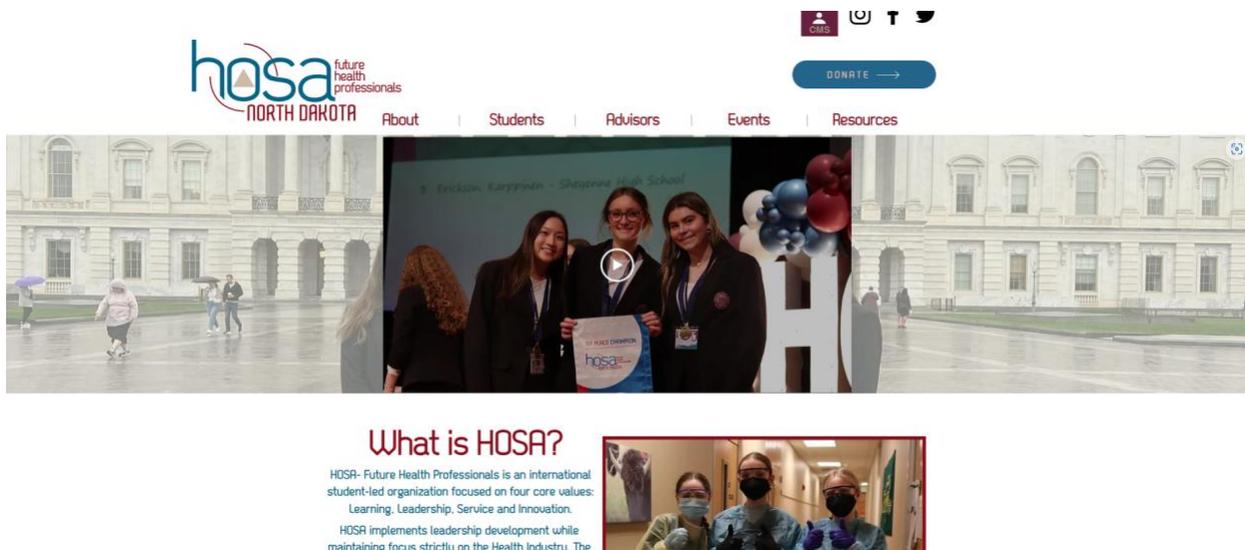


What about a website?

ND HOSA has recently created a new and improved website that is more user friendly and easier to navigate. We hope that every member uses this tool to help further student engagement. Follow the steps below for more information about using the new website.

www.ndhosa.org

After searching the above website, this page should pop up:



Clicking the topics at the top of the page will enable us to use the website more effectively. Choosing either the Students tab, Events, and the Resources tab will give you the most updated information about HOSA activities, conferences, and competitive events

When do we get together?

Every year HOSA- Future Health Professionals holds two conferences for the state.

- Fall Leadership Conference (FLC) held in October or November
- State Leadership Conference (SLC) held in March or April

FLC is not a competitive conference. FLC introduces local HOSA members to the state officer team, attend workshops, participate in educational lessons, strengthen team bonds, and listen to a keynote speaker. This is typically a one-day event due to distances traveled throughout the state.

SLC is a competitive conference. Using the knowledge and skills learned throughout the school year, HOSA members have opportunities to compete in individual and team contests focused in various areas of interest. SLC also features workshops, large general sessions, keynote speakers, and an award ceremony.

State officers are also required to attend extra conferences to help build upon their knowledge and include:

- HOSA Washington Leadership Academy – Open to State and Local Officers
- CTSO State Officer Leadership Training – Open to State Officers

What should I wear?

One of the most frequently asked questions about HOSA is the dress code. We will do our best to include dress code expectations for the various gatherings. For FLC, “HOSA Casual,” is expected and appropriate attire for the State Officer Team: khaki pants with the maroon HOSA polo shirt. Other HOSA members are expected to wear “business casual,” which suggests comfortable dress pants or khakis that do not have holes, blouses, sweaters, button-downs, or polo shirts, knee-length or longer dresses, closed-toe shoes, and simple accessories. Jeans are NOT acceptable. Remember, we want to be seen as “professionals” even in casual apparel.

For SLC, the official HOSA uniform will be expected at opening and closing sessions, as well as some competitive events. Please read the information below to avoid confusion:

In addition, please BE SURE you read and understand the specific dress code requirements for a specific competitive event. That information can be found in the event guidelines as some events require a different attire.

Required:

HOSA's Official Uniform Policy

- Tailored navy blazer with emblem affixed over the heart
- Matching navy slacks or navy knee-length skirt
- White, closed-neck, tailored dress shirt suitable for tie or scarf
- Accents: maroon HOSA scarf or maroon or navy long tie
- Closed-toe blue, black, or brown business shoes or blue, black, or brown sneakers
- Belt (blue, black, or brown)
- Head covers required for religious purposes or to honor cultural traditions are allowed.

OR, Business Dress Policy

- Black or navy-blue suit
- White, closed-neck, tailored dress shirt (maroon or navy long tie)
- White blouse (can be member's choice) or Accent: maroon HOSA scarf (optional)
- Members may choose to wear knee-length skirts or slacks
- Closed-toe blue, black, or brown business shoes or blue, black, or brown sneakers
- Belt (blue, black, or brown)
- Head covers required for religious purposes or to honor cultural traditions are allowed.

General Conference Dress Policy:

NEW Tennis Shoe / Sneaker Policy: HOSA members may wear business casual footwear, including sneakers, if clean and in good condition throughout the conference. If you wear sneakers to the general sessions, remember they must be blue, black, or brown to be allowed to walk across the stage! Athletic soles are acceptable.

Social Activities Dress: The dress code for social activities includes everything EXCEPT athletic clothing, swimwear, sheer or mesh clothing, tank tops, muscle shirts, crop tops, and clothing with obscene or suggestive printing. Shirt straps must be two inches wide, and shorts and skirts must be at least to the fingertip.

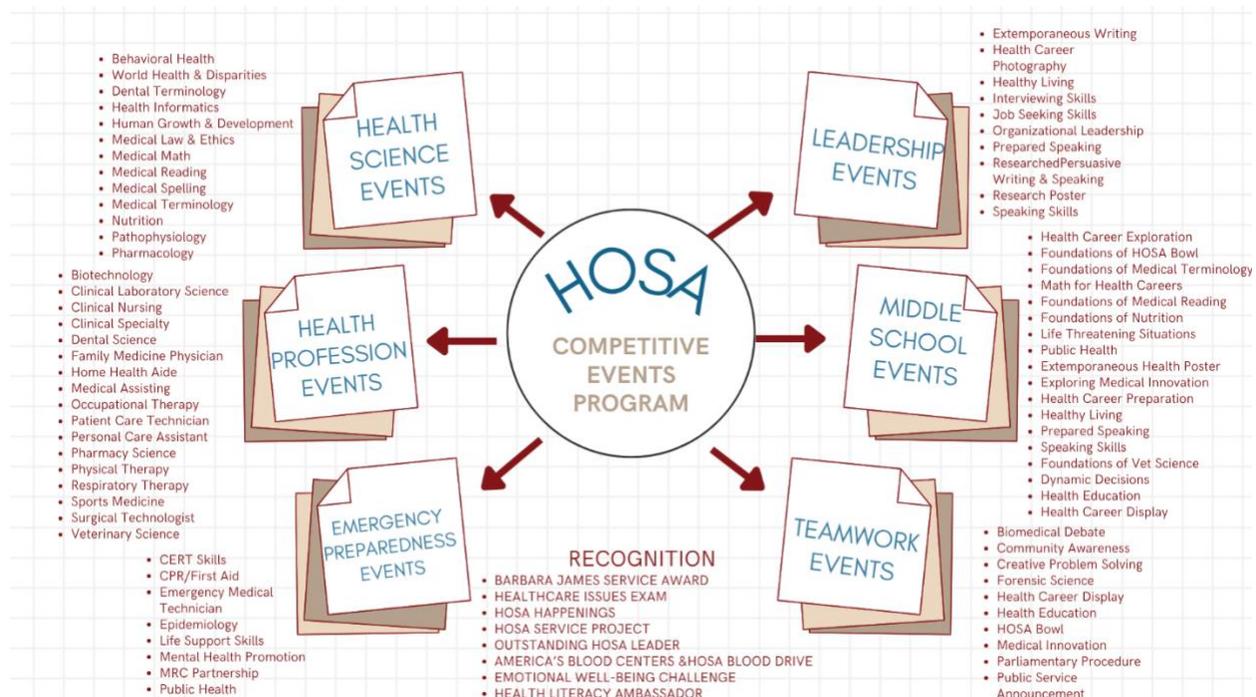
What are the competition rules?

Each year, students are allowed to participate in up to two test-only knowledge-based events (Health Science), 1 individual event, and 1 team event and HOSA Bowl (a maximum of five [5] events). Below is an example of two possible scenarios:

- Example 1 (common for most students)
 - Test - Medical Terminology
 - Team - Public Health
 - Individual - Job Seeking Skills
- Example 2 (shows the maximum number of events)
 - Tests - Medical Terminology and Medical Math
 - Team - Biomedical Debate
 - Individual - Physical Therapy
 - HOSA Bowl

Are you confused about what events you can enter? Maybe this will help!

NOTE Not all HOSA recognized events are offered at State Leadership Conference.
Competition offerings vary year to year.



For more information on the HOSA Competitive Events Program visit:

<https://hosa.org/competition/>