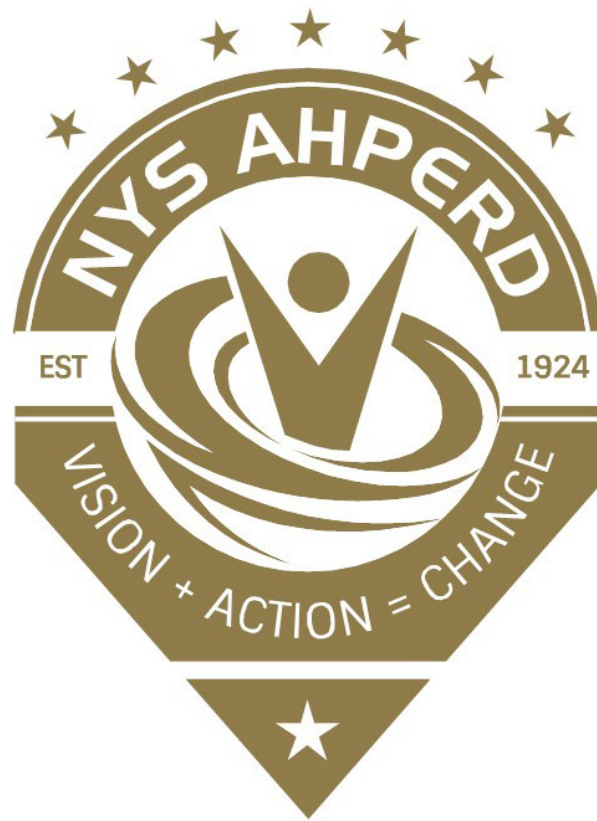


*New York State Association  
for Health, Physical Education,  
Recreation and Dance*



*78<sup>th</sup> Annual NYS AHPERD Conference  
Turning Stone Convention Center  
Verona, New York  
November 18 - 21, 2015*

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where good health starts

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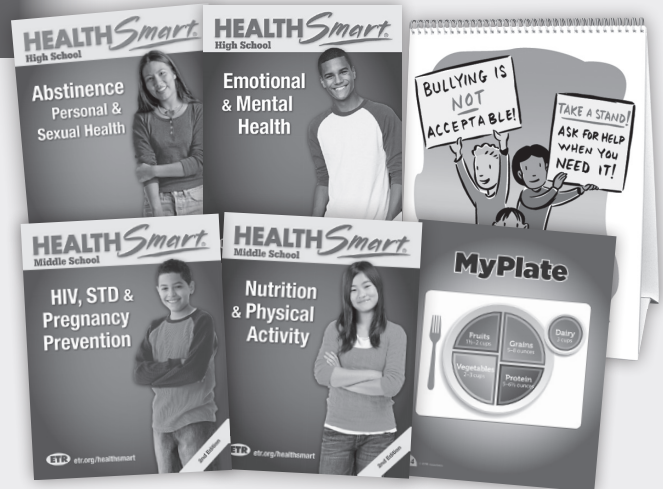
### Available in Print & Digital formats

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- Focuses on the areas of risk that confront teens today, as identified by the CDC's national Youth Risk Behavior Surveillance System (YRBSS)

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The College at  
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The College at Brockport Department of Kinesiology,  
Sports Studies and Physical Education  
Proudly Salutes & Congratulates  
NYS AHPERD President Dr. Alisa James  
Your Vision and Action Has Created Change  
YOU Have Made A Difference



All Alumni & Friends...

Please join us for our Departmental Social, Friday, November 20<sup>th</sup>  
at 5:45 pm in the Cypress D Room to celebrate our outstanding students, faculty and alumni!

---

# A MESSAGE FROM THE PRESIDENT

Dear Colleagues,

Welcome to the 78<sup>th</sup> Annual NYS AHPERD Conference! Our theme throughout this year has been “Vision+Action=Change.” I ask that, as you attend this conference, you consider how you can be an agent of change in order to enhance health education, physical education, recreation and dance programs in your schools and in your communities. During our conference, you will take part in high-level professional development that will not only enhance your knowledge of best practices, but also reignite your passion for our profession. In addition, we will celebrate the accomplishments of others and enjoy time with colleagues and friends from across the state!

This year’s conference program is exceptional and includes 17 intensive trainings with 166 presentations. It is my honor to invite you to attend our two keynote presentations. On Thursday, our speaker is Mr. David Casullo who will speak about leadership and creating change. On Friday, Yvonne Conte, a motivational humorist, will speak about the importance of change and meeting life’s challenges with a sense of humor. In addition, the Dr. Ron Feingold Lecture Series presenter is past SHAPE America President, Dr. Dolly Lambdin.



There will be several events allowing us to socialize and celebrate the successes of our colleagues. On Thursday evening, we will honor our colleagues as they receive the “Amazing People Awards.” On Friday, visit the zone and college socials and mingle with friends, both long-lasting and new. The Jay B. Nash Awards Dinner follows the socials and allows us to honor and celebrate the contributions our colleagues have made to our profession.

In addition, there will be several ‘fun’ events during the conference, including a Spikeball tournament on Thursday evening. Come by the American Heart Association Booth on Thursday and Friday and enjoy a round of “Summit Says Hoop it Up!” There will be raffle extravaganza drawings Friday after the Jay B. Nash Dinner, and, as always, there will be end of conference raffles on Saturday. Finally, it is important that each of us takes time to visit the exhibitors on Thursday and Friday and take in all they have to offer. In order to facilitate this, exhibit time has been built into the schedule twice on Thursday and Friday.

It has been my honor to serve as your President over the past year and I can say, without reservation, that it has been a highlight of my professional career. I want to thank the 2015 Executive Council and Board of Directors for their support. As well, I would like to thank our executive director, Colleen Corsi, conference director, Jessica Synenki and Lisa Corbett, Lisa Reardon and Amy Johnson from the central office. They have not only made this conference possible but have provided tremendous support and guidance to me during my presidential year.

Have a great conference and remember to be the change you want to see in the world!

Sincerely,

A handwritten signature in black ink that reads "Alisa R. James". The signature is fluid and cursive.

Alisa James  
President NYS AHPERD



---

# NYS AHPERD Foundation

## An Opportunity To Give To NYS AHPERD Today Or Tomorrow

The value of a gift to the New York State Association for Health, Physical Education, Recreation and Dance is immeasurable. When making the important decision of how and when to make your gift, there are many choices available to you for structuring a donation in a manner that will allow for the maximum impact both for your benefit and for NYS AHPERD. Gifts can be made for a particular use or can be arranged to have a lasting impact in years to come.

*today*

Cash Gifts

Gifts of Property

Gifts of Personal Property

Your Will

Gifts of Insurance

Deferred Gifts

*tomorrow*

*We are grateful for your  
consideration of these  
giving opportunities!*

---

Note: We encourage you to talk to your Tax Accountant to discuss your options and verify current tax laws prior to making your gift.

---

### *The NYS AHPERD Foundation Proudly Recognizes the Following Contributors*

#### Friends of the Foundation

(\$1 to \$999)

Gerard & Mary Lou Archambault  
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Christine Woods  
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#### Bronze Contributors

(\$ 1,000 to \$2,499)

Barbara DiPalma  
Judy Ingram

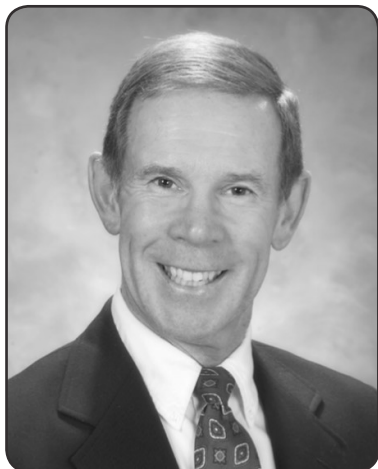
#### Gold Benefactors

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Rick & Diane Amundson  
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Ken & Claire Demas  
Sandy Morley

# NYS AHPERD Proudly

*Lifetime Service Award*



*Dr. John "Jack" Baker*  
*Posthumously*  
*NYS AHPERD Past President*

*Distinguished Service Award*



*Catharine Haight*  
*Southern Cayuga High School*

*Award of Distinction for a  
School Administrator Award*



*Dr. Lauren J. Ormsby*  
*Ripley Central School District*

*Bernard E. Hughes Award*



*Catherine Nolan*  
*NYS Assemblywoman*

*Joy of Effort Award*



*Carley Antonelli*  
*Grand Island Central School District*

*Jay B. Nash*  
*Scholarship Award*



*Marissa J. Sell*  
*Roberts Wesleyan  
College*

*Robert Corter*  
*SUNY Cortland*



*Please join us at the Jay B. Nash Awards Dinner,  
as we celebrate our distinguished honorees,  
Friday, November 20, 2015, at 6:45 p.m. in the Oneida Room.*

# Recognizes Our 2015 Honorees

*Adapted Physical Education  
Teacher of the Year*



*Mike Gibbons*

*Half Hollow Hills Central School District*

*Dance Education  
Teacher of the Year*



*Leslie Zeelika Pieters*

*Roosevelt Union Free  
School District*

*Health Education  
Teacher of the Year*



*Frances M. Vincent*

*Bethlehem Central School District*

*Elementary Physical Education  
Teacher of the Year*



*Lynn Hefele*

*Huntington Union Free  
School District*

*Middle School Physical  
Education Teacher of the Year*



*Douglas Hallberg*

*Mohonasen Central  
School District*

*Secondary Physical Education  
Teacher of the Year*



*Helen Flynn*

*Smithtown Central  
School District*

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# NYS AHPERD Proudly Recognizes Our 2015 Amazing People Award Recipients



<b>Section</b>	<b>Zone</b>
<p><u>Adapted Physical Education and Sport</u> Tracy Sharlow, St. Lawrence Lewis BOCES</p>	<p><u>Capital Zone</u> Jessica Hull, Shenendehowa CSD</p>
<p><u>Aquatics</u> Jimmy Cutrone, Queensborough CC</p>	<p><u>Catskill Zone</u> Laura Pietropaolo, Monroe-Woodbury CSD</p>
<p><u>Coaches</u> Monica Tooley, Little Falls CSD</p>	<p><u>Central North Zone</u> Diane Penella, Rome CSD</p>
<p><u>Council of Administrators</u> James Rose, Yonkers PS</p>	<p><u>Central South Zone</u> Greg Woolever, Owego Apalachin CSD</p>
<p><u>Dance Education</u> Cindi Parise, Middletown Enlarged CSD</p>	<p><u>Central Western Zone</u> Alissa Ingerick, Fairport CSD</p>
<p><u>Elementary/Middle School Physical Education</u> Ken Wojehowski, Ramapo CSD</p>	<p><u>Nassau Zone</u> Vera Trenchfield, Roslyn PS</p>
<p><u>Future Professionals</u> Ken Demas, NYS AHPERD Past President</p>	<p><u>New York City Zone</u> Dr. Jane Katz, Jay College of Criminal Justice</p>
<p><u>Health Education</u> Ryan Fisk, Manhattanville College</p>	<p><u>Northern Zone</u> Shayne Sudol, Madrid-Waddington CSD</p>
<p><u>Higher Education/Professional Preparation</u> Melissa Pierce, The College at Brockport</p>	<p><u>Southeastern Zone</u> June Lagan, Pawling CSD</p>
<p><u>Recreation/Adventure Education Section</u> RaLuca Gruin, Kappa International HS</p>	<p><u>Suffolk Zone</u> Rollin Haffer, Middle Country CSD</p>
<p><u>Retirees</u> Helen Robinson, Utica CSD, Posthumously</p>	<p><u>Western Zone</u> Sheryl Kelley, Oracle Charter School</p>
<p><u>Secondary Physical Education</u> Chris Wert, Corning-Painted Post SD</p>	

## Departmental Majors of the Year

<p>Kristen Bagley, Adelphi University Michael Whelan, Adelphi University Victoria Mikulec, Canisius College Nicholas Zaccarella, Canisius College Katharine Dartt, The College at Brockport Brianna Sullivan, SUNY Cortland Robert Corter, SUNY Cortland Ariana Drauch, Hofstra University</p>	<p>Alison Grunder, Ithaca College Kyle Bouchard, Ithaca College Kimberly Bulmer, Long Island University Post Francisco Viera-Pereira, Long Island University Post Angel Martinez, Manhattan College Marissa Sell, Roberts Wesleyan College Shane Cole, Roberts Wesleyan College</p>
--	---





## *Exhibitor Years of Service Awards*



<i>Focused Fitness</i>	<i>5 Years</i>
<i>Insight Grants Development</i>	<i>5 Years</i>
<i>Rugby NY</i>	<i>5 Years</i>
<i>Canisius College</i>	<i>10 Years</i>
<i>NYS Bowling Proprietors Association</i>	<i>10 Years</i>
<i>SHAPE America</i>	<i>10 Years</i>
<i>Spark</i>	<i>10 Years</i>
<i>Everlast Climbing</i>	<i>15 Years</i>
<i>Gopher</i>	<i>20 Years</i>
<i>Adelphi University</i>	<i>25 Years</i>
<i>Hofstra University</i>	<i>25 Years</i>
<i>FlagHouse</i>	<i>40 Years</i>

## *Jump Rope For Heart/Hoops For Heart Top Ten Schools*

### *Jump Rope For Heart Events*


*French Road Elementary School  
Gayhead Elementary School  
Unqua Elementary School  
Cottle Elementary School  
William B. Ward Elementary School  
Greenville Elementary School  
Klem Rd. South Elementary School  
Concord Rd. Elementary School  
Lincoln Avenue Elementary School  
Mandracchia Sawmill Intermediate School*

### *Hoops for Heart Events*


*Victor Intermediate School  
Floral Park Bellrose Elementary School  
Purchase Elementary School  
Claremont Elementary School  
Glenmont Elementary School  
Ardsley Middle School  
French American Elementary School  
Herman L. Bradt Elementary School  
Churchville-Chili Middle School  
Goshen Intermediate School*

### *Combined Events*

*Plank Rd. South Elementary School  
Sea Cliff Elementary School  
Manetuck Elementary School  
State Rd. Elementary School  
John F. Kennedy Intermediate School  
Ontario Primary School  
Mendon Center Elementary School  
P S 122 Q Mamie Fay School  
Pine Brook Elementary School  
James Dever School*



*Please join us as we celebrate our Amazing People,  
Departmental Majors of the Year, Dedicated Exhibitors &  
Jump Rope For Heart/Hoops For Heart Top Ten Schools on  
Thursday, November 19, 2015, at 7:30 pm in the Cypress Rooms.*



# 2016-2017 NYS AHPERD Leadership Candidates

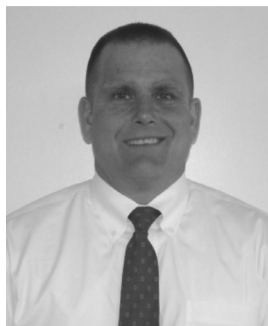
President-Elect Presentations will be just prior to the  
Keynote Presentation, Thursday, November 19th,  
at 9:10 am in the Showroom.

Voting will begin immediately following the  
Thursday Keynote Presentation at the  
NYS AHPERD Conference Headquarters in the Event Center.

Voting will remain open until December 31, 2015; you may only vote once.

---

## President-Elect Candidates



*David Garbarino* David received his Bachelor's Degree and his Master's Degree in physical education and a Certificate of Advanced Study in Educational Administration from SUNY Cortland. He taught physical education for 16 years and has been the director of health, physical education, athletics and health services for the Binghamton City School District for the past 13 years. David developed a fitness database and comprehensive curriculum in physical education for grades K-12. He is the coordinator of violence prevention programs, chairperson for the Comprehensive Health Advisory Council promoting health and wellness and the School Safety Task Force co-chair. In his position on the Safety Task Force, he is responsible for safety procedures including the development of the district emergency manual. He is a past president of the New York State Athletic Administrators Association and is the Section IV Football Chairman. In service to NYS AHPERD, David has served as the Council of Administrators (COA)

President and the Central South Zone COA Section Representative. In the capacity of COA president he worked diligently to build membership and encourage active participation within the section. With vision and determination, David laid the groundwork for the revitalization of the COA Section. He is a member of the National and State Athletic Administrators Association and SHAPE America. David was honored as the COA Amazing Person.



*Robert Zifchock* Bob received his Bachelor of Science Degree in physical education and both his Master's of Science in Educational Administration and his School District Administrators Certification from SUNY New Paltz. During his career, he taught physical education, health education, driver education and coached several sports. He served as an elementary and high school assistant principal and as district director of health, physical education and athletics, retiring from Nyack in 2009. Bob is the current NYS AHPERD Treasurer and a past president of the Council of Administrators (COA) Section and past editor to the COA newsletter. He has made numerous presentations at conferences and meetings and testified before the Senate and Assembly's public hearing on obesity. Bob served Section VIII athletic council as chair of the Constitution and By-Laws Committee. He served the NYSPHSAA as a member of the Selection Classification Revision Committee. He is a member of the National and State

Athletic Administrators Association, SHAPE America; NYS Council of Administrators and Supervisors; and the Association for Supervision and Curriculum Development. Bob has received recognition and awards including the following; the Council of Administrator's Special Service, Director of the Year and Amazing Person Award, the Nassau Zone Director of the Year and has been inducted into the New York State Wrestling Coaches Hall of Fame.

---

## Board of Directors - 3 Year Term (female)



**Kerri Bullock** Kerri received her Bachelor of Science Degree in health and physical education from Ithaca College, her Master of Science Degree in education and her Certificate of Advanced Study from SUNY Cortland. Kerri is the Director of the Professional Development and Resource Center for Broome-Tioga (BT) BOCES where she provides leadership and support to the BT BOCES component school districts in all areas of curriculum and instruction. She works with the Comprehensive School Health & Wellness Service on curriculum development, creating assessments, and providing coaching for teachers in both health and physical education. Kerri regularly provides staff development on topics such as, health and physical education leadership team meetings, effective teaching, cooperative learning, new teacher workshops, and assessment development workshops. She coordinates the regional Model School Service that supports the integration of technology in the classroom. Kerri is an active member and past president of the Central South Zone. She has served as the Health Section representative for the Zone and she served on the Zone conference planning committee. Kerri has presented numerous programs on technology and recently presented a webinar titled, "Going Google In Health & Physical Education", for NYS AHPERD members. Kerri has been honored with the Award of Distinction for a School Administrator and as the Central South Zone Amazing Person.



**Murphee Hayes** Murphee received her Bachelor of Science Degree in health and physical education from the University of Delaware, her Master of Science Degree in health and physical education and her Certificate of Advanced Study in administration and supervision from SUNY Cortland. She has been the Director of Health, Physical Education and Athletics and Assistant Principal for the Whitney Point Central School District for the past fourteen years. Murphee has secured grants in support of academics, wellness and after school programs. She has chaired the district wellness committee and athletic action committee. She is a member of the safety committee, the shared decision making team, the high school literacy team and the district facilities committee. Murphee is a current member of the NYS AHPERD Board of Directors and was the Council for Conventions representative to the Eastern District Association. She is past president of the Central South Zone, Coaches Section representative, a member of the conference planning committee and leadership committee. She is also a past president of the NYS AHPERD Secondary Section. She is president-elect of the New York State Athletic Administrators Association, and past Chapter IV representative and awards chair. Murphee was honored as the NYS AHPERD Professional of the Year and the Central South Zone Amazing Person.

---

## Board of Directors - 3 Year Term (male)



**Rod Mergardt** Rod received his Bachelor's Degree in physical education from SUNY Cortland, his Master's Degree in physical education from the University of Bridgeport and his Athletic Administrators Certificate from New York University. Currently in his 53rd year in education, Rod spent 31 years in the Bedford Central School District as a teacher and director of health, physical education and athletics. He has held the role as an interim director in five school districts prior to his current position in the Rye City Schools. Rod recently stepped down as Adjunct Professor of Sport Law, in the Graduate School Physical Education at Manhattanville College. He is a supervisor of student teachers for SUNY Cortland and the national Director of Professional Development and Coaches Safety Certification for Bigger, Faster, Stronger, Inc. Rod has trained and certified more than 1200 coaches as an instructor of the New York State Coaching Certification Courses. He has served as the Section 1 Girls Gymnastics and Boys Lacrosse Coordinator, and President of the New York State Gymnastics Officials Association. Rod has presented extensively at the local, state and national levels. He serves as Secondary Physical Education Representative for the Southeastern Zone and has been honored as their Amazing Person. Rod is the immediate past president of NYS AHPERD.



**Jason Quitoni** Jason received his Bachelor of Science Degree from Long Island University, his Master of Science Degree from Stony Brook University and his School Administrator Certificate from The College of New Rochelle. Jason began his career as an alternate education physical education teacher at Mamaroneck High School. He then began his thirty plus year career in the Longwood Central Schools where he was a physical education teacher, district department chairperson for physical education, and interim athletic director. He finished his career at Hofstra University as a physical education advisor and instructor. Jason has been an active member of NYS AHPERD throughout his career. He is a NYS AHPERD past president and former member of the NYS AHPERD Board of Director's, as well as a past president of the Suffolk Zone and former vice president of the Secondary Physical Education Section. He is currently co-chair of the annual Future Professionals Leadership Conference. Jason has presented numerous local, state and national workshops and has volunteered at the NYS AHPERD Conference registration desk for several years. Jason has been honored with the Suffolk Zone Service Award, Suffolk Zone Amazing Person, Future Professionals Section Amazing Person and the Secondary Physical Education Teacher of the Year Award.

# ***A Very Special Thank You!***

2015 Conference Program Planners A Very Special  
Thank You For Your Commitment And Dedication  
To NYS AHPERD

*Be sure to thank our Program Planners for the exceptional sessions  
you attend! Their dedication to our Association is shown by  
their year long commitment to seek out innovative programs and  
information to benefit our members.*

Dr. Cathy Houston-Wilson – Adapted PE and Sport  
RaLuca Gruin – Aquatics  
Barbara Smith – Coaches  
Kermit Moyer – Council of Administrators  
Leslie Pieters – Dance Education  
Monica Wolfe – Elementary/Middle School PE  
Dustin Verga – Exercise Science/Sports Medicine  
Joshua Wooldridge – Future Professionals  
Madison Hornung – Future Professionals  
John Strong – Future Professionals  
Juliann DellaRocco – Health Education  
Kathy Gurak – Higher Education/Prof Preparation  
Melissa Pierce – Recreation/Adventure Education  
Sandy Jago – Retirees  
Allison Relyea – Secondary PE

—◆◆◆◆◆—  
NYS AHPERD Salutes Our  
Registration Team Volunteers!

*This stellar group of dedicated volunteers will be busy again  
this year to set the stage for a great conference experience. Our  
deepest heartfelt appreciation and recognition goes out to these  
valuable, enthusiastic members:*

Frank Bartok  
Jim Codispoti  
Lois Codispoti  
Sam Corsi  
Mollie Cotton  
Larry Debel  
Claire Demas  
Ken Demas  
Skip Earle  
Donna Feingold  
Judy Ingram  
Mara Manson  
Lee Mittelstaedt  
Jason Quitoni  
Linda Quitoni  
Tim Reynolds  
Barbara Smith  
Ed Woolston

*And the Central Office Staff!*

Colleen Corsi	Mara Manson
Lisa Corbett	Lisa Reardon
Amy Johnson	Jessica Synenki

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# Please Take Note!

Every attempt is made to ensure that program cancellations and schedule changes are kept to a minimum.

However, it is inevitable that updates to the following program listing will be required. Please refer to the registration area for last minute changes to the schedule, along with the times and locations.

## Conference Registration Hours

### Wednesday

8:00 am ~ 5:00 pm

7:00 pm ~ 8:30 pm (E-Z Pass Holders Only)

### Thursday

7:00 am ~ 5:00 pm

### Friday

7:00 am ~ 3:00 pm

### Saturday

8:00 am ~ 10:00 am

## NYS AHPERD Raffle Extravaganza!

*Stop by the NYS AHPERD  
Conference Registration Area to  
check out the awesome Raffle Prizes  
and purchase your tickets!*

*Tickets are \$1 each!*

*Open Thursday, 8 am to 5 pm &  
Friday, 8 am to 3 pm.*

*Drawings to be held Friday Night at  
9:40 pm in the Mohawk Room.*

*Prizes this year include:*

*Fitbits  
iPad  
Chromebook  
Apple Watch  
and more!*

## New Feature!

*As you read through your  
Conference Program, you will  
notice QR codes next to many of  
our program descriptions. By using  
your smart phone or tablet, you can  
scan the QR code and have instant  
access to the presenter's handouts!*

*There are many QR code readers  
available to download in the  
Apple iTunes & Google Play  
Stores to take advantage of this  
opportunity.*

*We hope you enjoy this  
new feature!*

# VISION + ACTION = CHANGE

## 2015 Conference Schedule At-A-Glance

### WEDNESDAY, NOVEMBER 18, 2015

Registration.....	8:00 am – 5:00 pm
Board of Director's Meeting.....	8:00 am – 1:00 pm
Intensive Training Workshops.....	9:00 am – 9:00 pm
Executive Council Meeting.....	6:30 pm – 10:00 pm
Registration (EZ Pass Holders Only).....	7:00 pm – 8:30 pm

### THURSDAY, NOVEMBER 19, 2015

Registration.....	7:00 am – 5:00 pm
Exhibit Hall Open.....	8:00 am – 5:00 pm
Session I.....	8:00 am – 9:00 am
General Session.....	9:10 am – 10:40 am
Session II.....	10:50 am – 11:50 pm
Dedicated Exhibit Time.....	11:50 am – 12:20 pm
Session III.....	12:30 pm – 1:30 pm
Session IV.....	1:40 pm – 2:55 pm
Dedicated Exhibit Time.....	2:55 pm – 3:25 pm
Session V.....	3:30 pm – 4:45 pm
NYS AHPERD 5K.....	3:30 pm start time
Treasurers' Meeting.....	5:15 pm – 5:45 pm
PhysEdCamp.....	5:00 pm – 6:30 pm
Nassau Zone/Adelphi University Social.....	5:30 pm – 7:15 pm
Amazing People Awards Ceremony.....	7:30 pm – 8:30 pm
Spikeball Tournament.....	8:30 pm – 11:00 pm



### FRIDAY, NOVEMBER 20, 2015

Registration.....	7:00 am – 3:00 pm
Exhibit Hall Open.....	8:00 am – 3:00 pm
Session VI.....	8:00 am – 9:15 am
General Session.....	9:25 am – 10:40 am
Dedicated Exhibit Time.....	10:40 am – 11:10 am
Session VII.....	11:15 am – 12:30 pm
Past President's Luncheon.....	12:00 pm
Session VIII.....	12:40 pm – 1:55 pm
Dedicated Exhibit Time.....	1:55 pm – 2:25 pm
Session IX.....	2:30 pm – 3:30 pm
Session X.....	3:40 pm – 4:55 pm
Pickleball Social.....	5:00 pm – 8:00 pm
College Socials.....	5:45 pm – 6:45 pm
Jay B. Nash Awards Dinner.....	6:45 pm – 9:00 pm
Raffle Extravaganza Drawing.....	9:40 pm (approx.)

### SATURDAY, NOVEMBER 21, 2015

Registration.....	8:00 am – 10:00 am
Retirees Section Breakfast Meeting.....	7:30 am – 9:00 am
Session XI.....	9:00 am – 10:15 am
Executive Council Meeting.....	9:00 am – 11:30 am
Session XII.....	10:30 am – 11:45 am
Board of Directors Meeting.....	12:00 pm* – 2:00 pm
End of Conference Raffles.....	12:00 pm

\*Will begin immediately following the noon raffles.

*Need to keep track of your  
professional development  
hours to help with your  
Annual Professional  
Performance Review  
(APPR)?*

*Check out page 63-64 in this  
Conference Program!*

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# PERSONAL CONFERENCE PLANNER

Use this worksheet to help identify where you want to be and when!

## THURSDAY, NOVEMBER 19

**Exhibit Hall Open**  
8:00 am - 5:00 pm

**Session I**  
8:00 am - 9:00 am

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**Presidential Welcome  
and General Session**  
9:10 am - 10:40 am

**Session II**  
10:50 am - 11:50 pm

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**Exhibit Time**  
11:50 am - 12:20 pm

**Session III**  
12:30 pm - 1:30 pm

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**Session IV**  
1:40 pm - 2:55 pm

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**Exhibit Time**  
2:55 pm - 3:25 pm

**Session V**  
3:30 pm - 4:45 pm

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**Amazing People Awards Ceremony**  
7:30 pm - 8:30 pm

**Spikeball Tournament**  
8:30 pm - 11:00 pm

## FRIDAY, NOVEMBER 20

**Exhibit Hall Open**  
8:00 am - 3:00 pm

**Session VI**  
8:00 am - 9:15 am

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**General Session**  
9:25 am - 10:40 am

**Exhibit Time**  
10:40 am - 11:10 am

**Session VII**  
11:15 am - 12:30 pm

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**Past President's Luncheon**  
12:00 pm

**Session VIII**  
12:40 pm - 1:55 pm

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**Exhibit Time**  
1:55 pm - 2:25 pm

**Session IX**  
2:30 pm - 3:30 pm

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**Session X**  
3:40 pm - 4:55 pm

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**Pickleball**  
5:00 pm - 8:00 pm

**College Socials**  
5:45 pm - 6:45 pm

**Jay B. Nash Awards Dinner**  
6:45 pm - 9:00 pm  
*\*Doors open at 6:15 pm*

**Raffle Extravaganza Drawing**  
Approximately 9:40 pm

## SATURDAY, NOVEMBER 21

**Retirees Section Meeting**  
7:30 am - 9:00 am

**Executive Council Meeting**  
9:00 am - 11:30 am

**Session XI**  
9:00 am - 10:15 am

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**Session XII**  
10:30 am - 11:45 am

Title: \_\_\_\_\_  
Location: \_\_\_\_\_

**End of Conference Raffles**  
12:00 pm

**Board of Directors' Meeting**  
12:00 pm\* - 2:00 pm

*\*Will begin immediately following the Noon Raffles.*

### Special Notes:

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# NYS AHPERD 78<sup>th</sup> Annual Conference

## Intensive Training & Certification Programs

*Pre-registration by November 1, 2015, may have been required for the Intensive Training/Certification Programs.*

**WEDNESDAY, NOVEMBER 18, 2015**

**8:00 am – 1:00 pm**

**Board of Directors Meeting**  
**Ken Demas, Chair of the Board**  
*Location: Cedar*

**9:00 am – 12:00 pm**

### **The First Tee: DRIVE Program**

*Presenters: Benna Cail, Dr. Ted France, Dr. Al Petitpas (The First Tee) & Debbie Maronic (Tampa School District)*

*Location: Seneca/Onondaga*

This intensive training will certify participants in the DRIVE (Develops Rewarding, Inspiring Values for Everyone) program. This program is for after-school programs and uses golf skills in games like baseball, soccer, bowling, and tennis to develop behaviors associated with respect, courtesy, responsibility, honesty, sportsmanship, confidence, judgment, perseverance, and integrity. Join us to examine the connection between Physical Education and after school physical activity programming while creating engaging learning activities for golf and fundamental motor skills.

*Certification Program*

### **PEHPC 103 – Teacher Evaluations And Professional Development**

*Presenters: Dr. James Wright (South Huntington SD), Claude Kasman (Bayshore Schools) & William Groth (Riverhead CSD)*

*Location: Appalachian*

Directors and potential directors will receive an overview of current APPR regulations and updates on district and state negotiations. The observation process will be reviewed and basic knowledge of standards based instruction and its relationship to the APPR will be provided. Professional development will be discussed as it applies to relevant programs to fit the needs of the individual program.

*Certification Program*

### **Basketball Coaching Clinic**

*Presenters: Jim Johnson (Greece Athena High School Varsity Basketball Coach) & Greece Athena HS Varsity Basketball Players*

*Location: The Basketball Clinic will take place at VVS High School (approximately 1 mile from Turning Stone on Beacon Light Road)*

Jim Johnson has twelve consecutive Section V final four appearances & six championships. He played his autistic manager, Jason McElwain (J-Mac), in Greece Athena HS's final home game in 2006 where J-Mac scored 20 points in just over four minutes.

### **Lacrosse Coaching Clinic**

*Presenters: Paul Wehrum (Union College Head Mens Lacrosse Coach) & New Hartford HS Varsity Lacrosse Players*

*Location: Event Center A*

Paul Wehrum, has the best winning percentage in the program history and ranks second in career wins at Union College. He led the Dutchmen to two NCAA Quarterfinals (2014, 2012) and four NCAA Tournament berths (2015, 2014, 2012, 2011). Prior to moving to Union, he coached eight national championship teams at Herkimer Community College (2003, 1996, 1995, 1994, 1993, 1992, 1989, 1988), including five in a row (1992-96). In 24 seasons (1980-2003), he guided the Generals to a 403-62 record and to 21 consecutive National Junior Collegiate Athletic Association Region III Championships. At one point, the Generals won 59 consecutive games. Coach Wehrum is a four-time NJCAA Coach of the Year recipient (1994, 1992, 1986, 1985) and a member of the National Lacrosse Hall of Fame (Class of 1999).

# The Central South Zone Congratulates the following 2015 Award Recipients!

Cathy Haight, Distinguished Service Award  
Greg Woolever, Central South Zone Amazing Person  
Chris Wert, Secondary PE Section Amazing Person  
Kyle Bouchard, Departmental Major of Year

9:00 am – 4:00 pm

## National Standards And Outcomes

Presenter: Tina Hall (SHAPE America)

Location: Cypress A

This workshop is designed to help elementary physical education teachers better understand the newly revised national standards and grade-level outcomes. Information gained from this workshop will assist teachers in curriculum design and assessment of student learning in elementary physical education. Through both cognitive and psychomotor engagement, workshop participants will experience the grade-level outcomes leading to mature patterns of skill execution and their application in gymnastics, dance and game environments.

## The Dignity For All Students Act (DASA) Training

Presenter: Julianne DellaRocco (DASA Trainer)

Location: Meadow

DASA requires school professionals applying for a certificate or license, on or after December 31, 2013, to complete the six hour DASA training. This training will address the social patterns of harassment, bullying and discrimination, marginalization and microaggressions, including but not limited to, those acts based on a person's actual or perceived race, color, weight, national origin, ethnic group, religion, religious practice, disability, sexual orientation, gender or sex. This training will address these issues from a proactive - rather than a reactive - position and present the "goal" as creating an affirming educational environment for all students through addressing school culture and climate. It will also cover the identification and mitigation of harassment, bullying and discrimination; and strategies for effectively addressing problems of exclusion, bias and aggression in educational settings. Successful completion of this course will meet the certification requirements in §14(5) of Chapter 102 of the Laws of 2012.

Certification Program

9:00 am – 4:30 pm

## Instructor Training For The National Archery In Schools Certification Program

Presenter: Melissa Bailey (NYS Department of Environmental Conservation)

Location: Oneida

Instructor Training was developed so teachers could be certified to present National Archery in Schools Program lessons that are safe for students, instructors, bystanders, and the facility. At the end of the training, teachers will be certified as NASP Basic Archery Instructors (BAI). During the training, teachers learn how to set up and operate a safe archery range in their gymnasium. They are taught whistle signals which are used to move students to various taped lines on the range floor or ground to "get bows", "shoot", and "go get arrows". They learn how to determine a student's "dominant eye" and make a "string bow" training aid to teach the "Eleven Steps to Archery Success" -- archer form, shot execution, and follow-through. Teachers are provided advice on how to provide positive coaching. Finally, sessions are conducted to explain inspection, maintenance and operation of the bows and arrows.

Certification Program

9:00 am – 6:00 pm

## Bigger Faster Stronger National Safety Certification Course

Presenter: John Robotham (Bigger Faster Stronger)

Location: Tuscarora/Cayuga

Bigger, Faster, Stronger (BFS) has created a National Safety Certification Course for teachers and coaches responsible for the supervision and instruction in weight rooms/fitness facilities within schools. This Certification course will focus on the legal duties required of the teacher/coach responsible for instruction and supervision of the weight room/fitness facility; it will teach participants everything necessary to avoid injuries to students and to protect the teacher/coach in the event of an injury resulting in a lawsuit. This course will also address the teacher/coach's legal duty to continue his or her professional development and keep pace with the most current and best safety practices in the field of physical education and athletics. Upon completion of this course, participants will be given a packet of instruction materials to study, so that within ten business days of the workshop, participants will be sent a final exam by email. Once the test is completed, Bigger, Faster, Stronger will send a certificate of completion and the teacher/coach is given access to the BFS Online Learning Center.

Certification Program

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10:30 am - 5:00 pm

**Higher Education Teacher Educator Academy (TEA)**

*Presenter: Dr. Alisa James (The College at Brockport)*

*Location: Cypress B*

The Higher Education TEA will provide an overview of the NYS AHPERD Curriculum and Assessment Guidance Document. In addition, the presenter will provide information regarding how PETE faculty at The College at Brockport have incorporated the NYS AHPERD Curriculum and Assessment Guidance Document into their PETE methods classes and provide suggestions to the audience regarding pedagogical practices that are effective and enhance student learning when using the document in PETE methods classes.

12:00 pm - 4:00 pm

**Yoga Tools For Teachers**

*Presenter: Joan Nichols (Inspire Yoga)*

*Location: Cypress D*

We believe that by empowering teachers, and other educational professionals to bring yoga to children and teens, we can make a long-lasting impact on those young lives. Our evidence-based curriculum and programming, that is in full compliance with the National and NYS PE standards, provide effective tools for youth to practice self-awareness, self-regulation and self-motivation for enhanced overall mind-body fitness and academic performance. This program gives you an overall look at the many benefits of yoga for physical health, mental health, emotional health, social skills and academic skills. You will learn how to apply these skills in your classes. With this program you will receive a digital copy of "Tools for Teachers" manual and will be able to apply these hours to most districts for CEC (Continuing Education Credit).

1:00 pm - 4:00 pm

**Football Coaching Clinic**

*Presenter: Bob Casullo (Former NFL Coach)*

*Location: Mohawk*

Bob is a former NFL assistant coach for the Oakland Raiders, New York Jets, Seattle Seahawks and Tampa Bay Buccaneers and former collegiate assistant coach for Brockport State, Syracuse University, Georgia Tech and Michigan State. This workshop will focus on developing a successful football program. Specific offensive, defensive, and special teams schemes will be discussed as well as the types of assistants needed and the responsibilities of each. He will discuss how to get and keep players and avoiding and dealing with distractions and the rules and regulations to follow.

**Volleyball Coaching Clinic**

*Presenter: Kyle Salisbury (Nazareth College Assistant Mens Volleyball Coach & Midlakes HS Boys and Girls Varsity Volleyball Coach)*

*Location: Event Center A*

Kyle Salisbury has been an assistant coach for Nazareth College since the programs inception in 2005. He has been active in volleyball for more than two decades. He played an integral role in helping Nazareth capture the Molten Division III championship in 2011 and was recognized as Assistant Coach of the Year by the American Volleyball Coaches Association. He also assisted in getting Nazareth to the inaugural NCAA Division III Tournament in 2012 as well as a berth in the national championship match in 2013.

1:00 pm to 5:00 pm

**The First Tee: Our National School Program**

*Presenters: Benna Cail, Dr. Ted France, Dr. Al Petitpas (The First Tee) & Debbie Maronic (Tampa School District)*

*Location: Seneca/Onondaga*

This intensive training will certify participants in The First Tee National School Program . This program is for elementary physical education teachers and includes safety, class management and instructional methods to teach golf motor skills, The First Tee Nine Core Values™ and Nine Healthy Habits™.

*Certification Program*

2:00 pm to 6:00 pm

**American Red Cross Lifeguard Recertification**

*Presenter: Lisa Sarto (Little Falls YMCA)*

*Location: Lodge Pool*

The lifeguard recertification program will include CPR, AED, First Aid and water skills.

*Certification Program*

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2:00 pm to 5:00 pm

**Preparing Athletes For Collegiate Programs**

*Presenters: Dr. Nina Marinello (UALBANY), Dan Taylor (Siena College), Dr. Wally Bzdell (Bzdell Sport Psychology LLC), Abby Arceneaux & Anthony Barker (College of Saint Rose)*

*Location: Willow*

During this intensive training, presenters will provide valuable information from critical vantage points of successful athletic programs from both Division I and Division II institutions. As those who possess experiential wisdom in college athletics, we see it as our responsibility to keep Physical Education teachers and coaches better informed on sound fundamental training practices to better serve the process of developing the student athlete. Attendees will learn how the developing body of the early to mid-adolescent must be prepared for higher levels of competition, strategy on how to prevent overuse injuries and help transition the athlete to a college program, a holistic approach to Life Skills in its relation to the Student Athlete and more! For a detailed description of the course, please view the trailer at: <http://www.preparingathletes.com/>.

5:00 pm to 9:00 pm

**Stomp & Drum (Powered By Drums Alive®)**

*Presenters: Carrie Ekins & Karen Watanabe (Drums Alive)*

*Location: Event Center A*

Join Carrie and Karen with this power packed rhythmical and dance extravaganza that will be sure to get your heart pumping, your feet stomping and your body rocking! This innovative symposium of rhythm, beats and moves. Transform your classes into magical moments of motion and fun! Stomp & Drum utilizes body rhythms, and materials such as garbage cans, broom sticks, newspaper and other creative equipment to provide a fun exploratory environment for learning, movement, and self-expression! Unlock limitations and empower students with this new approach to traditional PE classes. This 4-hour intensive training will feature Fit Clix, Drums Alive, Stomp & Drum, Broom Sticks & Gymnastic Sticks.

6:00 pm to 9:00 pm

**Coaching Is Teaching**

*Presenter: Bob Casullo (Former NFL Coach)*

*Location: Cypress A*

This workshop will be an all inclusive presentation that focuses on positive leadership related to coaches including the importance of having a plan with everyone's responsibilities defined, the role of leadership with a 5 point plan, the necessity of specific and focused organization and the need to set season, monthly and daily goals. He will discuss the journey including objectives, adjustments and results along the way as well as interaction with administration, parents, community, etc.

**Make Your Move: Comprehensive School Physical Activity Programs (CSPAP) In Action**

*Presenters: Pam Powers (SHAPE America) & Sean Gustafson (NYC PS Recruitment Manager)*

*Location: Seneca/Onondaga*

This is an interactive session that will ground participants in the identification and understanding of the key components of a Comprehensive School Physical Activity Program (CSPAP) and generate ideas about operationalizing each of the components. Participants will be provided with resources necessary for planning and implementing a CSPAP and will learn how to use the Let's Move! Active Schools roadmap to develop an active school environment.

**PEHPC 101/102 Foundations Of Physical Education And Health Education Administration & Roles And Responsibilities Of Health And Physical Education Directors**

*Presenters: Dr. James Wright (South Huntington SD), Claude Kasman (Bayshore Schools) & William Groth (Riverhead CSD)*

*Location:*

This course includes both PEHPC 101 and 102 and is for both directors and potential directors. Focus will be on the roots of Health and Physical Education in New York State with attention placed on the various areas of Federal and local laws that make up the mandates for Health and Physical Education. Additionally, the connection will be made to professional organizations and websites that will serve to assist the director in developing contacts that staff may use to enhance instruction. Participants will understand the role of the HPE director in an educational setting. Areas of discussion will be related to management styles, organizational skill development, and operational procedures and attendees will receive a template for implementation of policies and procedures for professional development and departmental meetings.

*Certification Program*

6:30 pm – 10:00 pm

**NYS AHPERD Executive Council Meeting**

**Dr. Alisa James, NYS AHPERD President**

*Location: Cypress D & E*

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*NYS AHPERD's Catskill Zone Proudly Recognizes*

**Laura Pietropaolo**

Catskill Zone Amazing Person

**Ken Wojehowski**

Elementary/Middle School PE Section Amazing Person

**Cindi Parise**

Dance Section Amazing Person

**Robert Corter**

Jay B. Nash Outstanding Major Award Recipient

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Thursday, November 19, 2015

8:00 am - 9:00 am

Session I

**Jump Rope For Heart/Hoops For Heart Coordinator Meeting**

Presenter: Paula Summit (American Heart Association NYS Coordinator)

Location: Meadow

This annual breakfast meeting is for the NYS AHPERD Zone Board Representatives and AHA Youth Market Directors.

**New York State Education Department Health Education & Physical Education Updates**

Presenter: Darryl Daily (NYSED)

Presenter: Greg Warren

Location: Cypress D

Attendees will benefit from this question-and-answer session related to the New York State Education Department. Come to this session to discuss current issues relative to all health education and physical education programs.

**Be Drumtastic®**

Presenter: Carrie Ekins (Drums Alive®)

Presenter: Jennifer Perfect

Location: Event Center A



This NEW innovative “Cross-Curriculum” and “Cross Fitness” drum and dance extravaganza incorporates the best of the Drums Alive® Kids, Youth and educational programs that are fun, implementable, and designed to ignite the brain and activate the body. It is a fitness and kinesthetic learning experience that brings curriculum, fitness drumming, music and brain health together. Take home powerful tools that you can use in your classroom on how to build a better brain, fight childhood obesity, improve learning and increase neurological connections all while having FUN!!!

**Get Up And Moving With A Morning Workout**

Presenters: Mike Rose & Heather Crowley (Devereux Foundation)

Presenter: Michele Myers

Location: Showroom

This is a fun and exciting dance cross fitness program that consists of: calisthenics, dancing, stretching, kickboxing and lightweight strength training. Students of all abilities, including those with developmental disabilities are able to start their day by getting up and moving to current, popular music.

**Using Skill Themes To Enhance Your Aquatics Program**

Presenter: Kevin Stuttle (Canajoharie CSD)

Presenter: Janet Carey

Location: Lodge Pool

This program will take you through the first part of creating an aquatics curriculum that utilizes the skill theme approach. Attendees will leave with a copy of the movement concepts covered in the curriculum as well as skill spirals for the themes taught. Challenge learners of all abilities using this approach and get the results you desire!

**Mental Health Matters**

Presenters: Colleen Clancy & Elizabeth Conrad (Catskill CSD)

Presenter: Jessica Wright

Location: Cypress A

Do you struggle with how to confidently address mental health topics? Come to this interactive session and leave with a tool box full of activities that can be used K-12. Activities will increase awareness and communication about the importance of strong mental health and its impact on your overall wellness.

**Continuing Education For.....Your Students**

Presenter: Ron Malm (Focused Fitness)

Presenter: Philip Curley

Location: Jessica Wright

Most physical education teachers not only feel, but know they don't have enough time to teach their students what they believe is necessary. With decreased days and shrinking class time, trying to cover it all is a challenge. So when it comes to reinforcing the health, fitness and nutrition content taught in class, most teachers are at a loss. At this session, we will look at “out-of-class” options using online technology for students to review and apply academic content.



**Turn Your Lesson Or Assessment Into A Game**

Presenter: Laura Campbell (Ithaca College)

Presenter: Darleen Philpotts

Location: Cayuga/Onondaga

This session will help you make any lesson fun and exciting for your students. Participants will play and share classroom games that can be applied to just about any health lesson. Many of the games can be used to replace lectures or traditional assessments.

**Fit Kids Fit Future Health And Physical Education Curriculum**

Presenters: Tammy Alcott (Waterville CS) & Josh Lewis (Garage Gym)

Presenter: Lynn Hefeley

Location: Seneca

This hands-on, interactive training session will provide an overview of both the physical education and health education curriculum. We will introduce our step-by-step lesson plans written for grades 4-12 that supplement your curriculum with data-driven instruction. The presenters will explain how to quantify a student's fitness outcomes with a Fit and Ready Score, include a leadership development component and adventure games. The Health curriculum includes never before seen topics that has the standards alignment done for you. Join in the fun as you learn how all students can find success within this curriculum!



**Next Steps To Implementing A Complete Program**

Presenters: Marybeth Walker, Scott Bringley, Steve Newman & Robert Young (Penfield CSD)

Presenter: Marty Nemecek

Location: Birch

We previously shared “PE The Penfield Way”, now it's time to help you move your program forward! This interactive session will assist you in taking the next steps. We will provide examples and help you work through scheduling, junior and senior electives, assessments, scope and sequencing, grading, program accountability and advocacy. This is a session you will not want to miss.

### Teaching Sports Concepts Through Spatial Awareness And Cooperative Games

Presenters: Zachary Wright, Betsy Howard & Simone Stevenson (St. Ann's School)  
Presider: Christopher Dabney  
Location: Tuscarora

Too often, teachers and coaches place emphasis on instruction around on-ball-skills. As a result, the most active kids tend to participate while leaving out their less sport enthused peers. In this session, you will learn to introduce strategical and tactical sports concepts through simple activities, with minimal equipment. In this hands-on session, participants will demonstrate these games and allow for questions and debriefing after each game. Bring your enthusiasm and be ready to have fun!

### Doing It All, Except Dodgeball, With Foam Covered Balls!

Presenter: George Blessing (ADA Sports & Rackets)  
Presider: Christina Buschmann  
Location: Mohawk

We will present a series of developmentally appropriate activities focusing on the teaching of balance, strength, tossing, catching and agility skills, utilizing foam balls. The skills and drills for both elementary and secondary students make learning fun while providing learners with opportunities for both self-assessed and teacher assessment feedback. We encourage everyone to come out, participate and enjoy developing skills that can be used throughout life. (Sorry dodgeball)

### Elementary Physical Education Hacks

Presenter: Danielle Bartow Grant (Potsdam CS)  
Presider: Sarah Fiacco  
Location: Oneida

Twenty life hacks to make learning, teaching and managing the physical education classroom more enjoyable! Participants will learn a variety of techniques to reinforce key concepts, manage student behavior and increase student learning. Through hands-on activities, discussion and handouts, participants will leave with several methodologies to help make their teaching day easier, more efficient and fun!

### De-Mystifying edTPA: A Case Study Of Preparation And Implementation At Brooklyn College

Presenter: Dr. Laura Blitzler (Brooklyn College)  
Presider: Melissa Pierce  
Location: Oak

This presentation is a review of our program's experiences with edTPA. Unfamiliar terrain forced us to evolve past initial reluctance and resistance to embrace and becoming competent with presentation, preparation and implementation. Work related to the development of an edTPA lesson plan, video guidelines, and working with local schools will be shared.

### Rosendale Master's Field Day... Teamwork, Sportsmanship And FUN!

Presenter: Jo Ann Sabourin (Niskyauna CSD)  
Presider: Archie Palmer  
Location: Willow

Come see how our entire school unites in red, white and blue for our Annual Masters' Golf-themed Field Day! With the help of parents and staff, our students participate in activity "holes" emphasizing cooperation and good sportsmanship for a day of FUN!

### Mindfulness Based Physical Education: The Stress Reduction Lab

Presenter: Deborah DeBetta (Lynbrook UFSD)  
Presider: Rob Kolb  
Location: Briar

This session will teach you how to integrate mindfulness based practices of yoga and meditation into the physical education curriculum. We will explore the mind-body connection in relationship to the stress response and understand how the physical practices of yoga, meditation and breath work can significantly improve overall health reduce stress. This class is rooted out of the MBSR Mindfulness Based Stress Reduction Clinic at the University of Massachusetts Medical School, The Center for Mindfulness.



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*Presidential Welcome, President-Elect Candidate Forum & Keynote Presentation*

*9:10 am - 10:40 am*

*Location: Showroom*

*Join us as President Alisa James welcomes each of us to the 2015 NYS AHPERD Conference and introduces our 2016-2017 NYS AHPERD Slate of Officers! Both President-Elect Candidates will be given an opportunity to express to you why they want to be the next NYS AHPERD President-Elect! After both candidates are done speaking, President James will welcome our Keynote Presenter, Yvonne Conte!*



*Yvonne Conte*

*Creating A Dynamic School Culture That Works Utilizing The Power Of Humor*

This fast paced humorous presentation is peppered with personal anecdotes of growing up in Yvonne's slightly dysfunctional, hysterical immigrant family. A seasoned motivational humorist, Yvonne takes good clean real-life experiences and adds a delightful serving of laughter to provide insights into trials and triumphs we face at home and at the workplace. She has met personal challenges, major career changes, death, illness, divorce and single parenthood with unshakable optimism, deep faith, and a sense of humor. She brings laughter and encouragement, delighting her audiences as she offers life-changing material.

Creating a School Culture that Works's dynamic fun approach, exceptional design, and reputation for producing immediate and long term results has distinguished this keynote address as a landmark in the industry and a refreshing change from the norm. Introduce your attendees to the uses of humor and reap the benefits of greater creativity and increased productivity, thus surrounding you with happier people. Find out how laughter and humor will lower your blood pressure and heart rate, elevate your mood, and even further promote good health! Creating a School Culture that Works is an inspirational message of finding a well-balanced life filled with Personal Happiness & Joy! Look at life from a different perspective and see how easy it is to move forward.

This Keynote Presentation is sponsored by



## Conference Updates

Stay up to date with Conference changes and updates by liking us on Facebook, following us on Twitter, or by signing up for text message notices!

Facebook: New York State Association for Health, Physical Education, Recreation and Dance

Twitter: @nysahperd

Text Messages: text @nysa to 81010

10:50 am - 11:50 am  
Session II

**Nutrition For Real - In The Classroom!**

Presenter: Jennifer Aull (Half Hollow Hills CSD)

Presider: Laura Pietropaolo

Location: Meadow

What are the most health supportive foods for our students? How can we change our focus in the classroom to help teach our students the skills that can help them make the best decisions for themselves regarding their diet? Come explore how you can shift the way you teach nutrition in the classroom. Lessons and activities will be shared.

**New Technologies And Web-Based Resources In Physical Education**

Presenters: Nick Zaccarella (Canisius College)

Advisor: Dr. Clancy Seymour (Canisius College)

Presider: Shayna Marriam

Location: Briar

Participants will be introduced to a wide variety of new technologies and web resources that can be utilized by physical educators. These technologies can help motivate and engage students in the learning process, can offer support to physical educators in need, and provide formative feedback opportunities for both the teacher and students. It is amazing what can be accomplished with a simple idea or a mobile, tablet, or PC application.

**Dance Expression For Special Needs Students**

Presenter: Alexandrino DuCarmo (District 75)

Presider: Gary Johnson

Location: Showroom

In this workshop, after an exciting warm-up, the participants will be guided through a process of creating dance pieces considering especially our Special Need Students. The participants will experience ways to purposefully employ the basic elements of dance, creative movement and dramatics, and the use of props-while enhancing the learning of the core curriculum. This is a fun experience for dancers and non-dancers alike!

**Elementary/Middle School Physical Education Decathlon**

**Part 4 The FINAL Performance**

Presenters: Maryanne Ceriello (Beacon CSD), Lori Bifarella (Attica CSD), Chris Keenan (Arthur S May School), Dr. Mara Manson (Adelphi University), Tom Micucci (Pleasantville UFSD), Tara Nelsen (Lawrence PS), Margaret Robelee (Hyde Park CSD), Laura Shaw (Irvington UFSD), Marybeth Stefano (White Plains CSD), Donn Tobin (Mahopac CSD) & Ken Wojehowski (Ramapo CSD)

Presider: JeanMarie Jacques

Location: Event Center A

10 seasoned professionals. 10 incredible ideas. Games and activities to use immediately and for a multitude of purposes. Activities will range from grades K - 8. Join the fun with former Teachers of the Year and Zone and Section leaders for an exciting, dynamic workshop! Participation is highly encouraged!



**The Pictures On The Wall**

Presenter: Tom Howard (Adelphi University)

Presider: C. Brian Oaks

Location: Cypress A

This session is designed to inspire teachers and coaches to remember those people in their lives who have played a significant role in helping them develop their philosophy of teaching and coaching. Through motivational stories, video clips and audience participation the presenter will challenge each participant to recall/share those mentors who have made us who we are today. Who helped you get to where you are today?

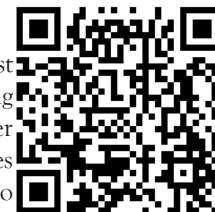
**The Silent Epidemic: Recognizing & Supporting Students With Brain Injury**

Presenter: Karen Thomas (Brain Injury Association of NYS)

Presider: Michael Whelan

Room: Willow

According to the CDC, brain injury is the most frequent cause of disability and death among children & adolescents in the US, with over one million children sustaining brain injuries annually. Problems seen in children subsequent to brain injury may include deficits in attention and concentration, memory, organizational skills, changes in behavioral functioning, social skills, and emotion. This presentation will help educators to recognize brain injury and will provide strategies to meet these students' unique needs.



**Sex, Drugs & Uptown FUNK**

Presenter: Scott Cooper (Clarkstown CSD)

Presider: Bruce Risley

Location: Cypress B

This is a high-energy, dynamic and interactive session, which focuses on youth risk behaviors, while demonstrating how to use music and activities to enhance your lessons. This session will actively engage participants in new, creative and exciting learning activities to utilize in your middle or high school health classroom to supplement your skills based curriculum. This session is for the new teacher looking to further develop their "bag of tricks"!

**Happiness, Health & Health Class**

Presenter: Lindsay Armbruster (Burnt Hills-Ballston Lake CS)

Presider: Ryan Fisk

Location: Cypress D

Happiness has been scientifically linked to improved health. What better place to work on improving happiness (and therefore health) than in a health education classroom? This session will explore the research behind happiness and health and will provide practical, ready to use strategies for improving happiness among students.



**Social Security And Your Retirement**

Presenter: Amy Mielnicki (Paradigm Consulting)

Presider: Sandy Jago

Location: Cedar

Join us as we discuss how your Social Security benefits can factor into your retirement planning. Our agenda will include thoughts on how much you might expect, and how and when you should consider taking your benefit.

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### Got Behavior? Supporting Challenging Students With Autism And Developmental Disabilities

Presenter: Jonathan Philby (The School at Springbrook)

Presenter: Dylan Versage

Room: Cypress E

During this session, we will look at the functions of problem behaviors, review common assessments tools, and provide a summary of a behavioral assessment. The session will also include a brief introduction to the evidence based practice of applied behavioral analysis (ABA) and how it can be used in the gym and/or classroom setting. Finally, we will look at who to talk to and the possible ways to treat, replace, motivate, and/or change these problem behaviors so that the students are more successful in your classroom.

### Creative Ways To Teach K-2 Physical Education

Presenter: Kimberly Ferrie (Burnt Hills-Ballston Lake CS)

Presenter: Tracy Hudson

Room: Cayuga/Onondaga

Come try some creative ways to teach Physical Education to your elementary students. The "PE Fairy" will show school to home connections, as well as the importance of having high energy when you teach!

### Implementing Adventure Curriculum Into Your Physical Education Class

Presenter: Brian Hetrick (Lynbrook UFSD)

Presenter: Rob Kolb

Room: Seneca

During this session, participants will discuss how to get an adventure based program started in their schools. Our very own "Lynbrook Owl Adventure" program will be introduced and adventure activities will be discussed and demonstrated.

### Plyos And Agility Drills Tailored To Your Athletes

Presenter: John Strong (Niagara CC)

Presenter: Joshua Wooldridge

Room: Tuscarora

Plyometric and Agility drills are often under-utilized or mis-utilized in the instruction of basic locomotor movement and sport specific movement practice. This session will help you to isolate the most important movements of your target population and design drills/stations to help them become more proficient at them. Stop "rolling the ladder out" and begin designing deliberate skill practices that will produce the results you want!

### The Sensational Secondary Session

Presenters: Allison Relyea (Guilderland CSD), Jessica Bywalters (Greater Amsterdam CS), Shelly Connors (Auburn Enlarged CSD), Cathy Haight (Southern Cayuga), Charlie Rizzuto (Oyster Bay East Norwich CSD), Kiki Seago (Penn Yan CSD) & Chris Wert (Corning-Painted Post ASD)

Presenter: Christina Buschmann

Room: Oneida

The Sensational Secondary Session will be packed with games, concepts, and ideas to bring back to your school and immediately add to your existing Secondary PE curriculum. Several different teachers from around the New York State will showcase quick presentations. *The Secondary PE Section Business Meeting will immediately follow this session in the Oneida Room.*

### Community Based Youth Development Through Sport And Physical Activity: Connecting Physical Education With The Community

Presenter: Dr. Thaddeus France (Springfield College)

Presenter: Dr. Alisa James

Location: Mohawk

As physical educators continue to work to make our content meaningful to youth, school administrators and families we must examine new models that will assist in creating partnerships beyond the school day. The purpose of this presentation will be to examine the connections among in school, after school and summer learning. Special attention will be given to Positive Youth Development as an instructional model that can serve as a catalyst to build a Community Youth Development through Sport and Physical Activity curriculum. The work of The First Tee will be used as a model to examine these topics. This session will be both activity based and lecture, at various times, where participants will work in small groups.

### Making Physical Activity And Physical Education The Norm: Let's Move! Active Schools

Presenters: Pam Powers (SHAPE America) & Sean Gustafson (NYC PS Recruitment Manager)

Presenter: Kevin Stuttle

Location: Oak

Ready to make your school a hub for physical activity and physical education? Join Pam Powers, Let's Move! Active Schools National Recruitment Manager, as she reveals the "secret sauce" to developing a school culture where physical education and physical activity are the foundation to academic success. Powered by an unprecedented national collaboration, Let's Move! Active Schools is the solution to ensure 60 minutes of physical activity is the new norm for your school. In this session, you will learn how Let's Move! Active Schools can help you become the champion to lead the change! Participants will also receive a walk-through of how to sign up and will have the opportunity to participate in a live Q&A session.

### Making A Difference Project East New York: Teaching Personal Responsibility Through Swimming

Presenter: Sheldon Sucre (Brooklyn Sports Club)

Presenter: RaLuca Gruin

Location: Birch

During this session, participants will learn about the program developed to promote personal responsibility in underserved youth in East New York at the Brooklyn Sports Club.

11:50 am - 12:20 pm

Exhibit Time

Be sure to check out the  
Generation Floorball  
in Event Center B!

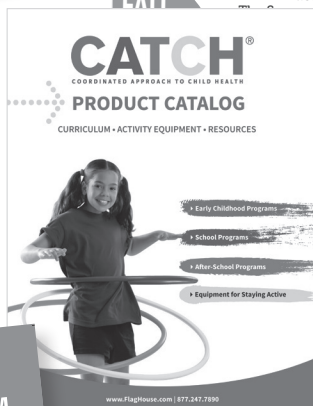
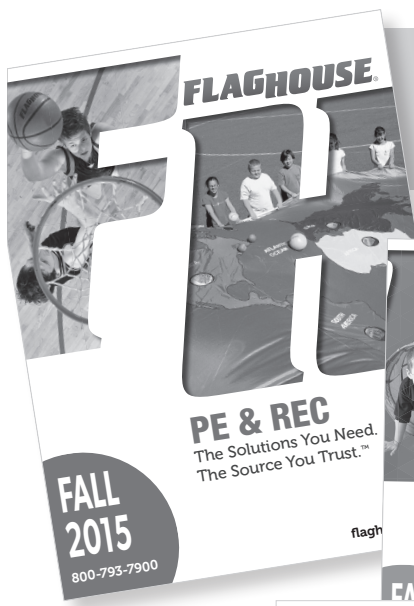
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12:30 pm - 1:30 pm  
Session III

**What's Your Superpower? SHAZAM! We Teach PE!**

Presenter: Lori Bifarella (Attica CSD)

Presenter: Kimberly Bulmer

Room: Event Center A

Attending this session will make your super program even better! Discover real activities and ideas that meet high quality physical education standards. These inventive activities will focus on getting the most out of participation, incorporating technology, improving fitness and successful skill development. Be ready to fly away with great activities!

**Rookie Rugby**

Presenters: Rob Sliwinski & Evan Tabachnick (Rugby NY)

Presenter: Jarrett Spector

Location: Event Center B

Rookie Rugby is a non-contact version of the game suitable for grades k-12. Rookie Rugby features simple rules, low start-up costs and exceptional fitness benefits for all. As a simple, safe introduction to rugby, players pass and run to score. Communication, teamwork and decision-making are skills developed in this fast paced game.

**Teaching Butterfly And Breaststroke**

Presenter: Jimmy Cutrone (Queensborough CC)

Presenter: RaLuca Gruin

Location: Lodge Pool

In this session, participants will learn simple and easy-to-use drills to help any swimmer learn the Breaststroke and Butterfly; it's not as hard as it looks! Participants are invited to join us in the water or just observe if they prefer!

**Engaging Activities For Health Education**

Presenter: Marybeth Mueller (Rochester CSD)

Presenter: Cheryl Joeger

Location: Cypress A


This session will showcase interactive activities to utilize in the classroom so students will be engaged in learning. Session participants will learn how these activities enhance the 8 dimensions of health and give our students a better understanding of the health standards. Attendees are expected to participate in all of the activities!

**Pear Deck, Google Forms, And Flubaroo: Reimagining Student Engagement, Assessments, And Data Collection**

Presenter: Ryan Fisk (Manhattanville College)

Presenter: Bruce Risley

Location: Cypress B

 During this in-depth presentation, we'll discover several ways to easily incorporate Pear Deck and Google Forms into your classrooms, and learn how to use the free Flubaroo add-in to create assignments that literally grade themselves! Watch and learn, or bring your laptop/tablet/smartphone and a free Google account to try it out for yourself.

**Using The Murphy Mat**

Presenters: Lino Zovich & Rohan Murphy (The Murphy Mat)

Presenter: Diane Penella

Location: Cypress D

Rohan Murphy describes the affect his physical education teacher had on his life and how it inspired him to overcome his adversity. Rohan gives back to the PE community by introducing the Murphy Mat and provides keys to using and teaching with the mat. Participants learn to create a safe, viable, and comfortable station for their students.

**RESPECT Tools And Tricks Of The Trade For APE Teachers**

Presenters: Tracy Sharlow & Janelle Wingerter (Potsdam CS)

Presenter: Ann Davis

Location: Cypress E

Come learn some tricks and tools from a seasoned veteran APE teacher and advocate for the APE profession by gaining respect amongst of your professional peers, administrators, and parents. This session will help both the mainstream PE teacher and the APE teacher with self-contained classes. Items to be covered are: identifying students who need APE services, data driven assessments to identify the least restrictive environment for APE students, use of IEP Direct, written annual CSE Reports for your APE students, simplifying the APPR SLO/LLO process, how to best use your teacher assistants, and a question and answer session.



**Keep Calm And Carry On: Breathing Techniques**

Presenter: Erin Byron (Mamaroneck UFSD)

Presenter: Allyson Warren

Location: Cayuga/Onondaga

Learn different types of breathing techniques like diaphragmatic breathing, progressive relaxation and quick "grounding" activities. These techniques will help students deal with stress, build compassion and help increase focus and attention span. This can and should be incorporated in a Physical Education setting.

**Roll It Out!**

Presenter: Danielle Panaro (Mamaroneck UFSD)

Presenter: Emily Oakes

Location: Seneca

Come learn about foam rolling, which applies the restorative measure of "myofascial release" to loosen up your muscles and fascia tissue and make you feel brand new. Myofascial release can correct muscle imbalances, improve joint range of motion, relieve muscle soreness and joint stress, and just simply make you feel better! In addition, we will cover a posture and spine alignment sequence using the roller that will leave you sitting up straight in your chair and walking tall.

**PoundFit!**

Presenter: Krista Kozma (FitnessFarmacy)

Presenter: Destinee Joseph

Location: Showroom


POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. POUND fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses. Come learn how to can incorporate POUND into your class today!

### Where's Your Sense Of Adventure?

Presenters: Shelly Connors & Jason Birchard (Auburn Enlarged CSD)

Presenter: Katharine Dartt

Room: Tuscarora




Through this session, participants will understand how important Adventure Education can be to their Physical Education program. With schools focusing on bullying and diversity Adventure Education works helping students understand differences of every individual. This session will demonstrate activities, which will promote 21st century skills and how they can be used in the real world. The session will explain how Auburn High School has evolved their Adventure Education program into a four semester elective course.

### Warm-Ups And Work Outs: Get Large Groups Moving

Presenter: Doug Hallberg (Mohonasen CSD)

Presenter: Ann Martin

Location: Mohawk



In this highly active session, participants will see how we quickly get our kids moving with instant activities, and then move into the warm ups and workouts we use in class each day. As you participate in these activities you'll see how versatile each of them is, and how quickly you can incorporate them into your own program. Come join me, I'll provide the music, you provide the energy, and we will all participate and learn together!

### A Potpourri Of Activities For Your Elementary Physical Education Classes

Presenter: Laura Shaw (Irvinginton UFSD)

Presenter: Pete Girolamo

Location: Oneida

This session will include a variety of activities that can easily be incorporated into your Elementary P.E. classes. Skill activities, fitness activities, assessments, technology, instant activities, and much more will all be covered. Come learn some new activities to spice up your curriculum!

### Using Rubrics For Assessments

Presenter: Kathleen Gurak & Rebecca Dziekan (Genesee Community College)

Presenter: Larry Debel

Location: Oak

Do you want to learn about backward design and develop a rubric to use for assessment? Bring a skill or activity you want assessed to this workshop and take home the basics for development.

### Cobbles Daytona 500

Presenters: Tracy Perkins & Wayne Smith (Penfield CSD)

Presenter: Brenna Martini

Location: Briar

Are you looking to promote your program to close to 1,000 parents, grandparents, administrators, spectators, etc. in one week? Are you looking to get kids excited about fitness when they are ready for a break? Are you looking to transform your gymnasium into a Daytona race track - then you will not want to miss this session. All the information you will need to start your own when you return to school.

### Setting Up Successful Wellness Days For ALL Levels (Kindergarten-Staff)

Presenters: Terry Luyckx & Judy Zielinski (Voorheesville CSD)

Presenter: Kyle Bouchard

Location: Birch

In this session, participants will learn how to set up wellness days for elementary, middle/high school levels and/or staff. We will cover all steps starting with internet interest surveys and going all the way through to writing thank you letters. Participants will have the opportunity to extend their knowledge of community resources to support wellness.

### Bridging The Communications Gap - Your Key To Successful Interviewing

Presenters: Dr. Jerry Casciani, Linda Foster, Rod Mergardt, Sandy Morley (SUNY Cortland) & Dr. John Lutz (Former Superintendent of Cortland & Oneonta Schools)

Presenter: John Strong

Location: Willow

This is an audience participation panel session especially for students, but also for supervisors, advisors, placement officers and directors of physical education. Subjects to be discussed include interview preparation, professional presentation, questions to expect, questions to ask and the importance of communicating one's ability to integrate the standards and their assessment into teaching. Different panel members will introduce each topic, followed by comments from other panel members on that particular topic, followed by questions and comments from the audience on that particular topic.

### The Cycle Of Leadership

Presenters: NYS AHPERD Leadership

Presenter: Colleen Corsi

Location: Meadow

Past and present leaders of NYS AHPERD will share their experiences and successes. The panel of speakers will discuss how being involved in a professional organization has shaped their careers, styles of leadership, along with an opportunity for questions. This session is recommended for both future professionals and young professionals, but all are encouraged to attend.

1:40 pm - 2:55 pm  
Session IV

### NYS AHPERD Curriculum And Assessment Guidance Document Review


Presenters: Dr. Alisa James (The College at Brockport), Jason Czarny (Onondaga CS), Sara Daggett (Liverpool CS, Retired) & Matt Murphy (Fayetteville-Manlius SD)

Presenter: John Strong

Location: Cypress A

This presentation will provide an overview of the NYS AHPERD Curriculum and Assessment Guidance document. In addition, it will provide examples of benchmarks and assessments that accompany the document. Moreover, it will provide teachers with important information regarding how to use the document to facilitate teaching and learning in their classroom.





The NYS AHPERD Suffolk Zone would like to congratulate the following professionals for their outstanding achievements!

Lynn Hefele - NYS AHPERD Elementary PE Teacher of the Year

Helen Flynn - NYS AHPERD Secondary PE Teacher of the Year

Michael Gibbons - NYS AHPERD Adapted PE & Sport Teacher of the Year

Rollin Haffer - NYS AHPERD Suffolk Zone Amazing Person Award

Lynn Hefele - Suffolk Zone Elementary PE Teacher of the Year

Nancy O'Donnell - Suffolk Zone Middle School PE Teacher of the Year

Andrea Drost - Suffolk Zone Secondary PE Teacher of the Year

Michael Gibbons - Suffolk Zone Adapted PE & Sport Teacher of the Year

Kristina Bittner - Suffolk Zone Elementary Health Teacher of the Year

Diane Miller - Suffolk Zone Secondary Health Teacher of the Year

Jennifer Champagne - Suffolk Zone Aquatics Teacher of the Year

Bill Groth - Suffolk Zone Physical Education Director of the Year

Maryann Hamilton - Suffolk Zone Higher Education Award



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### Sharing Ideas In Teaching The Beginner Swimmer Class

Presenters: Susan Garcia & Daniel Armstrong (Queensborough CC)

Presenter: Jimmy Cutrone

Location: Lodge Pool

Participants will be able to get ideas in teaching the beginner swimmer some land drills before going into the water. Learn some ideas to help the swimmer to get their face wet/submerge and rhythmic breathing. Finally to learn some drills in safety skills.

### Physical Therapists Role In Concussion Management And Return To School And Sport

Presenters: Dr. Drew Jenk, Dr. Theresa Hall & Alanna Pokorski (Sports Physical Therapy of NY)

Presenter: Joshua Wooldridge

Location: Briar

This session will highlight the physical therapists role in diagnosis and treatment of concussions, as well as safe return to sport and school criteria.

### Playout Exercise Card Games - Fun Fitness For PE

Presenter: Eddie Kovel (Playout)

Presenter: Lisa Campbell

Location: Tuscarora

The Playout Fitness Program gives your PE class a fun and engaging fitness curriculum, complete with fitness tests, games and activities using Playout: The Exercise Card Game. Our program and games create a lasting connection in a student's mind between Play and Exercise while teaching them 30 different bodyweight exercises that don't require space or equipment. In this session, we give you a glimpse into the endless possibilities available to you with Playout: The Exercise Card Game and show you how you can unlock your students' love for fitness using our games and activities. Let us show you how fun exercise can be! We offer an Assembly and Fitness Games program, in addition to selling our cards.

### Teaching Students With Autism

Presenter: Patrick Colgan (NYC DOE)

Presenter: Alison Grunder

Room: Cypress E

This program is designed for teaching students with autism, but adapted physical educators in general will benefit too. The program will include unique curriculum ideas, behavior management, assessments, routines and other ideas to enhance your teaching.

### Health Education: Where Do We Find The Time?

Presenter: Shannon Wilbur (The Children's Health Market)

Presenter: Kristi Newton

Room: Oak

Are you looking for a current health education program that does not overwhelm the classroom teacher? If so, this session is for you! The Great Body Shop is a research-based, comprehensive curriculum for children in grades PK-9th. Designed for teachers, students and their families, The Great Body Shop is a motivational, fun, hands-on approach to teaching health and critical thinking skills in just one lesson per week! Participants will enjoy an interactive session which will overview the curriculum, including an alignment to the Common Core, and engage participants in several activities.

### Twitter For Free & Continuous Professional Development? #YOUBET!

Presenter: Ryan Fisk (Manhattanville College)

Presenter: Kathleen Vogt

Location: Cypress B

Calling all connected educators! Bring your laptop, tablet, or smartphone for a hands-on Twitter experience like no other! Whether watching or actively participating in this workshop, attendees will learn how to use hashtags, find and network with educators worldwide, and share articles, videos, and other relevant professional resources.



### Creating A Student Centered Learning Environment In Health Class With GAFE (Google Apps For Education)

Presenter: Matthew Pomeroy (Merton Community SD, WI)

Presenter: Lisa Hackett

Room: Cypress D

You will learn about many different apps that you can use to create a classroom environment where students are in control of their learning. You will learn how to use GAFE to create differentiated learning situations so your students feel empowered and excited about their class work. You will learn how to use GAFE to create an efficient digital workflow for handing out, turning in, and grading assignments with teacher and / or peer feedback.



### No Child Left On Their Behind

Presenters: Shane Cole, Tyler Bast, Madison Gosch, Cassley Jackowski, Cody Lewis, Andrew McNeice, Nathan Rarick, April Sablan, Marissa Sell, Reed Warner, John Wellington & Olivia Zureck (Roberts Wesleyan College)

Advisor: Dr. Elaine Gregory (Roberts Wesleyan College)

Presenter: Francisco Viera-Pereira

Room: Cayuga/Onondaga

Physical education is about moving and children should be moving as much as possible during class. This session will showcase purposeful games and activities where every child in class is active and not standing in line or sitting out.

### Guaranteed Benefits Of The New York State Teachers' Retirement System (NYSTRS) For New & Mid-Career Teachers

Presenter: Peter Murphy (NYSTRS)

Presenter: Tom Howard

Location: Willow

Even in turbulent economic times like these, you can achieve future financial strength and security by building a strong pension at NYSTRS. This presentation will provide an overview of the important benefits NYSTRS provides, with an emphasis on issues pertaining to new members, as well as mid-career members. Highlights include explanations of the guaranteed benefits for which you will be eligible, the tools needed to maximize these benefits, and answers to questions you may have about retirement.

### Maximize Your Students' Movement and Success - Everyone Engaged!

Presenter: Greg Otis (Southern Cayuga CSD)

Presenter: Cathy Haight

Location: Event Center A

Learn tried and true activities to make the most of your class time with these drills for team passing sports. You will come away with soccer, football, and basketball drills that engage all students and getting them moving! These activities set the stage for students at all levels to find competition and success. You will also get to participate in low-budget, cooperative warm-up and strengthening activities!



### High Intensity Interval Training (H.I.I.T.) And Core Exercises

Presenter: *Gay Elliot (Aristo-Fit)*

Presenter: *Dylan Jaklitsch*

Location: *Seneca*

This sixty minute workout will feature fun, simple moves that will demonstrate working in the aerobic and anerobic zones. Functional core exercises will be included in this session. Using a step and a medicine ball and demonstrating a variety of options, the participant will go home with a myriad of lesson plans.

### Tiny Space? Large Classes? Net And Court Games Rock!

Presenters: *Marissa Patrick, Nicole Corcoran, Jason Hayes & Chrissy Popper (Fayetteville-Manlius SD)*

Presenter: *Angel Martinez*

Room: *Mohawk*

When faced with the challenge of accommodating a large group in a small space, instructors need to be creative. In addition, the weather often forces net/court lessons indoors. As a result, a wide variety of net/court games can be incorporated to assess students while keeping the unit fresh and fun.

### Elementary Energizers Part I

Presenters: *Kevin Yarnell (Rhinebeck CSD), Alyson Lamonte (Great Neck CSD) & Scott Miele (Mt. Vernon CSD)*

Presenter: *Steve Yarnell*

Room: *Oneida*

Come get energized with new activities and ideas to incorporate into your elementary physical education classes. This diverse group of presenters will be sure to energize you!



### SHAPE America Resources To Help You Advocate For Your Program

Presenter: *Carly Braxton (SHAPE America)*

Presenter: *Judy Stalter*

Location: *Meadow*

Advocacy is vital to the success of effective health and physical education programs across the country. SHAPE America offers training on new advocacy resources for the national, state, and local levels. Attend to gain access to resources and learn how to increase your advocacy impact. We are ALL advocates!

### KIN-BALL® Sport Initiation & Cooperative Games

Presenter: *Eric Garand Raymond (International federation of KIN BALL and OMNIKIN)*

Presenter: *Kiki Seago*

Location: *Event Center B*

This sport played with 3 teams at the same time using a very light 4 feet ball, is excellent to develop Cooperation, Aerobic capacity, Feet-hands skills, Sportsmanship and is totally non-conventional and accessible to all. Also different activities of cooperation and team work by using giant and light OMNIKIN® balls of 4 feet; easy to learn, it will help your participants to reach physical education objectives.



NYS AHPERD's  
Southeastern Zone

congratulates

Jim Rose

as he embarks on his  
journey as

NYS AHPERD President!

2:55 pm - 3:25 pm

Dedicated Exhibit Time

Be sure to check out the  
ADA Sports Demo  
in Event Center B

# HOFSTRA UNIVERSITY

School of Education

Department of Specialized Programs in Education

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B.S./M.S.

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B.S. Health Education  
Dr. Michael Ludwig: (516) 463-5885

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M.A. in Physical Education (Initial Certification)  
Dr. Nancy Halliday: (516) 463-5811

M.S. in Health Education  
Prof. Andrew Herman: (516) 463-6673

For additional information, contact Dr. Elfreda Blue, Chairperson  
Phone: (516) 463-5762 Email: [elfreda.blue@hofstra.edu](mailto:elfreda.blue@hofstra.edu)



**We are offering free individual consultations to NYS AHPERD attendees to discuss grant opportunities and strategies you can use to bring your project ideas to life!**

**How do I sign-up for a consultation?** Email [info@insightgrants.com](mailto:info@insightgrants.com) with information on your organization/school and some basic information on areas you are looking to improve through grant funding as well as any other grant related questions. We'll set up a time for a phone call.

**What will the consultation cover?** We'll discuss areas of need and present ideas of existing grant opportunities that may be a good fit for your program. We will also discuss what you can do to prepare to apply for future grants. Grants have increasingly become more competitive and require more preparation than ever. We can give you some ideas to develop a strategy that will allow you to be ready to pursue opportunities as they become available.

**What's in it for Insight?** Connecting with schools and organizations allows us to help support grant funding efforts. If you decide you need professional assistance with writing, editing, or other grants-related services we are here to help. There is absolutely no obligation to utilize Insight for any services after the call.

**About Insight:** We help schools and non-profit organizations with grant writing, development, planning, research, and evaluation. Since 2006 we've helped our clients secure over \$60 million for PE, physical activity, nutrition, health, and safety programs, including over \$42 million through the Carol M. White Physical Education (PEP) grant. We have seen the positive impact that funding can have when students are provided with new or additional strength, fitness, and movement equipment; new curricula; new activities; personal physical activity and fitness tracking devices; and nutrition education programming, among other additions.

**For more information visit [InsightGrants.com](http://InsightGrants.com) or reach us by phone at 716-474-0981.**

*Welcome to the Turning Stone Convention Center  
and the Central North Zone!*



*Congratulations to the following Central North Zone Members!*

*Monica Wolfe, NYS AHPERD President-Elect*

*Central North Zone Amazing Person*

*Diane Penella, Rome CSD*

*Coaches Section Amazing Person*

*Monica Tooley, Little Falls CSD*

*Retirees Section Amazing Person*

*Helen Robinson, Utica CSD, Posthumously*

*Join the Central North Zone in congratulating these recipients  
after the Amazing People Awards Ceremony in the Tin Rooster!*

**SAVE THE DATE!**

**Central North Zone Conference**

**Onondaga Community College**

**Friday, March 4, 2016**

**Hope to see you there!**

3:30 pm

3<sup>rd</sup> Annual NYS AHPERD 5K Race - Sponsored By The Elementary/  
Middle School And Secondary PE Sections Of NYS AHPERD



Location: Vernon-Verona-Sherrill HS  
Cross Country Course  
Please visit the 5K Race table in the Event Center for directions, transportation details and to pick up your packet. If you didn't pre-register, please stop by to see if space still remains!



3:30 pm - 4:45 pm  
Session V

DancEnergy

Presenter: Alexandrino DuCarmo (District 75)

Presenter: Elizabeth Maffett

Location: Showroom

In this session, participants will experience ways that people from different cultures express themselves through movement, based on their exciting music and rhythms. They will learn steps from traditional dances from around the world, especially Latin, Asian, Afro, and Brazilian Cultures. Then, participants will be guided through a process where the basic elements of dance, creative and traditional movement are joined together to create new dance combinations. Even if one never danced before, he or she will have fun participating in this session!

The Hunger Games

Presenters: Cathy Henry & Shayne Sudol (Madrid Waddington CS)

Presenter: Patricia Ryan-Curry

Room: Event Center A

This 6-day unit for middle and high school students involves activities related to the book, The Hunger Games, by Suzanne Collins. Students will have an integrated experience and the opportunity for success no matter their skill level. The 'Tributes' compete for their District in cooperative, skill-related fitness, and interdisciplinary activities such as The Cornucopia, Tracker Jacker Sting and Nightlock.

Tchoukball, Not Just Another Traditional Team Sport!

Presenter: Sheri Frank (Tchoukball)

Presenter: Michael Miller

Location: Event Center B

This fast-paced game promotes teamwork, physical activity, and social skills, with maximum student participation and supports the National Standards for Physical Education. Performance is based on the skills of throwing and catching and sport has no contact, intimidation, interference, or interceptions. Defense is all about good positioning which makes it appropriate for all ages and skill levels.



Change It Up! New Ideas For Today's Health Education Classroom

Presenters: Laura Pietropaolo & Jessica Wright (Monroe-Woodbury CSD)

Presenter: Bruce Risley

Location: Cypress A

The presenters, with a combined forty seven years' worth of teaching Health Education experience, will share some of their most thought provoking activities, including interactive websites, ice breakers, and project based learning. We will also include outlines and curriculum for Health Electives such as Critical Issues in Health, First Aid and CPR and Concepts of Health and Wellness. Resources and authentic assessments will be included.



Towards LGBTQ Inclusion In Health Education

Presenters: Lauren Schneider (SUNY Cortland)

Presenter: Penny Sayles

Location: Cypress D

This session will discuss current research and trends in understanding and serving LGBTQ students. Additionally, there will be discussion on the differences between sex, gender, and sexuality; the distinctions and intersections between sexual orientation, identity, and behavior; and modern trends in inclusive language when discussing issues pertaining to LGBTQ people in the health classroom. Participants will learn new activities to use in the classroom that promote the celebration and acceptance of difference, as well as how this information can be used to fulfill the intended goals of the Dignity for All Students Act. (Formerly Alphabet Soup: Gender and Sexual Minorities in Health Education)

Alert! It's A Game Changer: Adolescent Pre-frontal Cortex Is Immature

Presenter: Peggy Cowan (NJ Physicians Advisory Group)

Presenter: Bonnie Johnson

Location: Cypress B

We want young people to make smart decisions - bad news - likely they can't. Experience demonstrations you can turn-key that "connect the dots" for them, activities that are critical for a brain that's "under construction." Empower your students with decision making skills through character-based sex education.

State Of Interscholastic Athletics - NYSPHSAA Updates

Presenter: Robert Zayas (Executive Director, NYSPHSAA)

Presenter: Kermit Moyer

Location: Cypress E

During this session, a review of the current status of the state of Interscholastic Athletics will be provided. All new NYSPHSAA policies and regulations will be highlighted and clarified. Time will be provided for questions and answers.

Slack Lining: Indoor And Outdoor

Presenter: Jacquelyn Nieves (The College at Brockport)

Advisor: Melissa Pierce (The College at Brockport)

Presenter: Katie Stang

Location: Cayuga/Onondaga

Slack lining is an alternative recreational program for all levels. It is a relatively new, and fun activity that is similar to tight rope walking but with a twist. Slack lining can be done both indoors and outdoors; come check it out!

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### Adapting Sports For Students With Visual Impairments

Presenters: Dr. Lauren Lieberman, Lily Jagodzinski, Kelsey Linsenbigler, Alex Stribing, Jessica Suppa (The College at Brockport) & Tiffany Mitrakos (Central Association for the Blind & Visually Impaired)

Presenter: Brianna Sullivan

Location: Seneca

This session will introduce concepts and strategies of how to include students with visual impairments into after school and community based sports programs. A visual impairment should not stop students from sport participation when simple accommodations or modifications can be made. With the provided strategies attendees will feel more confident in their ability to modify activities and make sport programs accessible for students with visual impairments.

### Common Mistakes When Teaching Volleyball

Presenter: Jason Demas (Queensborough CC)

Presenter: Lori Bifarella

Location: Tuscarora

Volleyball is one of the most popular and fastest growing sports in the US. However sometimes basic skills could be over looked and taught incorrectly. This seminar will focus on the proper way teaching forearm passing, setting, hitting, and game strategy. While also explaining common problems and solutions for each of them. Techniques and tips will help for beginners to advanced players.

### Infusing Literacy Into Elementary Physical Education

Presenters: Kristen Bagley, Joseph Giardina, Mary O'Reilly & Michael Whelan (Adelphi University)

Advisor: Dr. Mara Manson (Adelphi University)

Presenter: Christina Palmenteri

Location: Mohawk

Literacy is a necessary component of every lesson. This workshop will focus on infusing reading, writing and speaking and listening into elementary games and activities. Join us and learn new ways to incorporate literacy into the physical education curriculum.

### OPEN For Skill Development And Fun

Presenter: Aaron Hart (SUNY Cortland)

Presenter: Alissa Ingerick

Location: Oneida

OPENPhysEd.org is an online curriculum project and is accessible to all teachers. It provides complete physical education learning modules designed to help ensure academic rigor while working toward and assessing student growth. This session explains the outcomes-based, backward design that is applied to OPEN curriculum tools and highlights academic rigor strategies within the context of effective physical education.

### Fuel Up To Play 60

Presenters: Colleen McHeard (Greater Amsterdam SD) & Christina Deecher (American Dairy Council, Syracuse)

Presenter: Maleda Funk

Location: Meadow

The Fuel To Play 60 program is a joint initiative of the American Dairy Council and the National Football League that encourages students to eat healthy and play for sixty minutes every day. The program provides both students and adults in the schools a myriad of opportunities. There will be opportunities to experience what has been done in schools in the Greater Amsterdam School District.

### Strategies For Incorporating Technology In #PhysED

Presenter: Jeff Mushkin (The SPARK Programs)

Presenter: Dennis Shields

Location: Oak

Where are you on the PE tech scale? Are you a 1: You think a gigabyte is an appetizer in a sports bar? Or a 5: You're a PE Geek who has been integrating a variety of apps in your PE classes for years? Wherever you are in your personal technology quest, if you teach K-12 physical education, you'll learn the 3 BEST ideas and strategies at this session!

### School Of Rock...Climbing: How To 'Rock' Your Traverse Wall

Presenter: Kevin Sudeith (Everlast Climbing)

Presenter: Leigh Wright

Location: Willow

Refresh your climbing wall unit or receive the knowledge needed to use that traverse wall you inherited. Learn climbing wall best practices, including basic climbing techniques, safety and risk management protocols and strategies to maximize moderate-to-vigorous physical activity. Participants will be introduced to a variety of dynamic climbing wall activities that help develop physical, social-emotional and cognitive skills.

### What's On Your Playlist?

Presenter: Gay Elliot (AristoFit)

Presenter: Jim Codispoti

Location: Cedar

This session is for anyone who is close to retiring, retired, or knows someone who needs a motivational boost! We will review the need to keep exercise on our "playlist" and will help those who have fallen off the wagon or have made excuses for not exercising. Strategies to succeed and action plans will also be included.

### Nuts & Bolts Of NYS AHPERD

Presenters: NYS AHPERD Leaders

Presenter: Colleen Corsi

Location: Briar

This session is designed for individuals who are interested in becoming more active in NYS AHPERD. Come learn about the structure, benefits, services and increasing involvement in our professional organization. Qualities and expectations of good leaders will also be presented. Incoming NYS AHPERD Executive Council members are encouraged to attend.

5:00 pm - 7:00 pm

### PHYSedcamp

Organizers: Allison Relyea (Guilderland CSD), Charlie Rizzuto (Oyster Bay East Norwich CSD) & Matt Pomeroy (Merton Community SD, WI)

Location: Meadow

Come be a part of the 1<sup>st</sup> NYS AHPERD PHYSedcamp! An edcamp agenda is created by the participants at the start of the event, based on inspirational ideas and questions participants bring with them. Participants can choose to lead a discussion on one of those ideas or questions, or participate in a discussion led by another participant. The goal is to create an opportunity to share ideas and solutions related to topics that matter the most to the participants.



5:00 pm – 5:30 pm

NYS AHPERD Zone/Section Treasurer's Meeting

Robert Zifchock, NYS AHPERD Treasurer

Location: Saranac

Distinguished Service Award & Professional of the Year Award  
Committee Meeting

Location: Chautauqua

Bernard E. Hughes Award Committee Meeting

Location: Canandaigua



5:45 pm – 6:15 pm

Health Education Award Committee Meeting

Location: Saranac

Jay B. Nash Outstanding Majors Awards Committee Meeting

Location: Chautauqua

Teacher of the Year Awards Committee Meeting

Location: Canandaigua



5:30 pm – 7:15 pm

NYS AHPERD Nassau Zone & Adelphi University Reception

Location: Cypress A/B



7:30 pm – 8:30 pm

Amazing People Awards Ceremony

Location: Cypress C, D & E

Please join us as we honor our colleagues accomplishments, outstanding future professionals, dedicated exhibitors and Jump Rope For Heart & Hoops For Heart Top Ten New York State Schools & Coordinators! A list of award recipients can be found on pages 8 and 9 of this program.



8:30 pm

Spikeball Tournament - Sponsored by Spikeball

Location: Oneida

You can pre-register for the Spikeball Tournament by emailing swilson@spikeball.com or by stopping at the Spiekbball Booth in the Event Center Foyer!

*The Elementary/Middle School  
Physical Education Section  
would like to congratulate  
the following 2015 award winners!*

*Lynn Hefele*  
Elementary Physical Education  
Teacher of the Year

*Douglas Hallberg*  
Middle School Physical Education  
Teacher of the Year

*Ken Wojehowski*  
Elementary/Middle School  
Physical Education Section  
Amazing Person

REMINDER:

EMSPE Section Business Meeting  
Friday, November 20, 2015  
1:55 pm - 2:25 pm, Event Center A

\*Immediately following Scott Williams Presentation\*

# Where Health and Physical Education Meet



The Ruth S. Ammon School of Education has pioneering programs in Exercise Science, Health Studies, Physical Education and Sport Management.

We have state-of-the-art instructional facilities and a multidisciplinary approach to teaching and learning. We prepare students for careers in health and physical education with New York State teacher certification. We also offer non-teaching degree programs in community health promotion, exercise science, sport management and physical education specializing in sport-based youth development and adapted physical education.

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**AU ADELPHI UNIVERSITY**  
RUTH S. AMMON SCHOOL OF EDUCATION



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Friday, November 20, 2015

8:00 am - 9:15 am  
Session VI

**Health Education Section Business Meeting**

Presenter: Juliann DellaRocco

Location: Cypress A

All health educators are welcome and encouraged to attend this Section Meeting! This is a fantastic opportunity to meet and network with other health educators from all over New York State; meet your current and incoming Health Education Section Officers, and hear updates about mandates and state initiatives effecting health education. Light breakfast fare and water will be available.

**Follow The Leader**

Presenter: Joshua Wooldridge (Future Professionals President, The College at Brockport)

Advisor: John Strong (Future Professionals Advisor, Niagara CC)

Location: Appalachian/Adirondack

Pre-registration is required for all Future Professionals. You've heard of speed dating? Now there is speed networking...have breakfast with teachers, health/wellness leaders, athletic directors and retirees. Switch tables every 10 minutes. Professional dress, business cards, and resumes encouraged- you never know who you might meet!

**Not Your Mother's Dance Unit: Four Movements For Powerful Results**

Presenters: Bryant Drew Andrews & Melissa Gibson (Dance Xross Fitness)

Presenter: Susan Garcia

Location: Showroom


Dance Xross Fitness (DXF) is an innovative, engaging program that can be used as a dance/group fitness unit within the curriculum, or as an after-school program that promotes family fitness, fights childhood obesity and builds community. After an active DXF lesson, attendees will learn how to teach cardio-interval choreography to children of all ages and abilities. DXF is a fun, uplifting, challenging mix of four movement disciplines ~ dance, strength training, kickboxing and soul line dancing.

**Aquatic Tabata**

Presenters: Cathy Murray & Mary Green (Southern Cayuga CSD)

Presenter: Janet Carey

Location: Lodge Pool

 Take HIIT to the pool with this great workout! Aquatic Tabata requires very little equipment and can be great for sports teams, physical education classes, and community classes alike! Come to this session ready to participate; the presenter and participants will be in the pool for 30 minutes.

The remaining time will be for discussion and changing. Aquatic Tabata is for participants of all ages and abilities!

**Using Heart Rate To Connect With Kids And Connect ALL Data K-12**

Presenter: Jen Ohlson (Interactive Health Technologies)

Presenter:

Location: Cypress E

This session is designed to show participants how heart rate technology and the largest connected assessment platform combine to connect with your students while connecting ALL data from K-12. This highly active, fun session will showcase innovative warm ups and workouts that can be used at any level and can be evaluated using heart rate technology. This session will also showcase how this information can easily be shared with the students, their parents, your administration and correlate to academic performance to show exactly what is happening in your class and elevate PE's value in the overall school day.

**The Amazing Race**

Presenter: Shelly Ellis (2015 SHAPE America Middle School Physical Education Teacher of the Year)

Presenter: Christina Buschmann

Room: Event Center A

The Amazing Race is a reality television game show in which teams of two people, who have some form of a preexisting personal relationship, race around the world in competition with other teams. Clues provided in each leg lead the teams to the next destination or direct them to perform a task, either together or by a single member. I wanted to do something along those lines in my P.E. Classes, so I researched some of my students (7th/8th grade) geography curriculum and some fitness exercises and came up with my own version of "The Amazing Race" to teach in my classes. I also went to my building Math teacher and asked him for some of the concepts he was currently teaching to use as "Road Block Cards" and took Math (grade level appropriate) questions showing Math Common Core Connections in Physical Education. Since my first version, I have compiled over a dozen different versions ranging from a nutrition version, a sport specific version, to a puberty version. My students love it, and it is a great fitness/sport activity, as well as a review of multitudes of curriculum.



**Super Balls, Super Games!**

Presenter: Eric Garand Raymond (International Federation of KIN BALL and OMNIKIN)

Presenter: Tyler Bast

Location: Event Center B

Stimulant activities with 6 balls, 6 colors, 6 teams at the same time; manipulation, collective games and coordination are involved. New games with big footballs "Super Ball" ideal to enhance abilities to kick, pass and run. Experience the brand new OMNIKIN Poison Tag and Poison Ball.

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### Implementing The TGfU (Teaching Games For Understanding) Model Into Your Physical Education Classes

Presenter: Matthew Pomeroy (Merton Community SD, WI)

Presider: Carol Propis

Location: Cypress B



You will learn how to implement the TGfU model into many different units in your physical education classes. You will learn how the TGfU model will create a classroom environment in which students are learning the skills and concepts in more game situations. Students and teachers enjoy this model because they have a better understanding of the game, are more active while learning skills and concepts, compete in many different modified games, get more chances to improve, and are more engaged in the activities.

### Blue Devil Fitness - A New Approach To High School Physical Education

Presenter: Jamie Fishlow (Huntington UFSD)

Presider: Cassley Jackowski

Location: Cypress D



Huntington High School Physical Education has a fitness-based curriculum for each and every student in the school. Focus on fitness improves our student's lives and teaches the important skills that they can use today and in the future. Learn how it came about, how it was implemented, and learn the details of a program that is getting our students moving.

### Community Connections Bring Out the Best In Your PE Program

Presenters: Eric Slifstein (Center Moriches SD) & Jodi Cameron (Central Islip SD)

Presider: Murphee Hayes

Location: Cayuga/Onondaga

Unlock the doors to your gymnasium, and show the world all the great things going on inside. This session will emphasize connecting with classroom staff, parents, students, varsity coaches, and administration like never before. See how easy it is to integrate curriculum, win physical education and health grants, and make your program stand out district wide.

### Active Play For Large Groups Of Students In Small Spaces

Presenter: Wendy Siskin (Wellness in the Schools Coach for Kids)

Presider: Shelby Grigg

Location: Seneca

Wellness in the Schools (WITS) is a national non-profit that provides hands-on food, fitness, and nutrition education programming to public school children so that they have the best possible environments to learn. Activities for large groups which focus on the physical and social-emotional development of students while instructing them on how to work in teams and handle complex social situations, will be presented.

### Engage ALL Of Your Students With Functional Training

Presenters: Kimbra Wilsoncroft & TJ Glosser (Corning-Painted Post Area Schools)

Presider: Chris Dickson

Location: Tuscarora

This session will motivate educators and students! Learn the concept of Functional Training and its lifelong benefits with the six foundational movement patterns: Push, Pull, Hip/Knee Dominant, Pillar and Total Body. Practice movement patterns with emphasis on proper form and technique. Participants will have the opportunity to use a variety of Functional Training equipment. Watch a video of our middle school students demonstrating several FT exercises! Handouts included.

### Adapting Recreation Activities For Students With Visual Impairments

Presenters: Dr. Lauren Lieberman, Lily Jagodzinski, Kelsey Linsenbigler, Alex Stribing (The College at Brockport) & Tiffany Mitrakos (Central Association for the Blind and Visually Impaired)

Presider: Renee McCall-Brown

Location: Mohawk

This session will introduce ideas and strategies of how to include students with visual impairments in recreation activities. The goal of physical education is to create life-long learners and students with visual impairments should be given the same opportunity as their peers, to learn recreation activities that they can participate in for their lifetime. Attendees will be given tips and strategies for modifications and accommodations, so students with visual impairments can be included in recreation activities.

### Toys 4U!

Presenters: William Earle, Frank Bartok (Retired), Maryanne Ceriello (Beacon CSD), Margaret Robelee (Hyde Park CSD) & Laura Shaw (Irvington UFSD)

Presider: Lori Bifarella

Location: Oneida

A collaborative group of NYS AHPERD Teachers of the Year will show you exciting and dynamic teaching ideas for students in grades PRE-K to 8. This session will include dance activities, creative and manipulative activities, fitness activities, character education connections and more! Active participation will be encouraged and handouts will be available.



### Advocacy And SPEAK OUT

Presenter: Kathleen Gurak (Genesee Community College), Maurice Watson (Howe Early Childhood Center)

Presider: Frank Bartok

Location: Briar

Keeping health education and physical education in our schools is a priority! Advocacy on the National Level is making strides. This presentation will give information on advocating for your profession.

*The Nassau Zone*  
*Proudly Recognizes Our 2015 Award Recipients*

*Health Section Amazing Person Award*

**Ryan Fisk, Manhattanville College**

*Nassau Zone Amazing Person Award*

**Vera Trenchfield, Roslyn Public Schools**

*Dance Educator of the year Award*

**Leslie Zeelika Pieters, Roosevelt UFSD**

*Council of Administrators*

*Physical Education Director of the Year*

**Jonathan Bloom, Freeport Public Schools**

*Departmental Majors of the Year*

**Kristin Bagley, Adelphi University**

**Michael Whelan, Adelphi University**

**Ariana Drauch, Hofstra University**

*Your dedication and hard work is an inspiration to everyone that works with you  
and we are very proud that you are part of our team.*

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The Nassau Zone and Adelphi University invite you to their  
social on Thursday evening at 5:30 pm in Cypress A/B

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**SAVE THE DATE**  
**NASSAU ZONE CONFERENCE**  
**MARCH 18, 2016 - ADELPHI UNIVERSITY**

[www.nassauzone.org](http://www.nassauzone.org)

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## The MACHO Foundation “My Actions Can Help Others” Character Building Education Program For Teachers & Students

Presenter: Cary Epstein (LIU/The MACHO Foundation)

Presenter: Madison Gosch

Location: Oak

Let’s face it; the world needs champions. It needs people who will be kind, act on principle and follow their hearts to stand up for things they believe in. But where do we find people like this? The answer is, it must start with us. And within each of us, there’s more power than you can possibly imagine. This is the message behind MACHO. With our motto, “My Actions Can Help Others” we are setting out on a mission to unlock a super power that everyone already has within themselves; the power to help others.

## PEDL: An Online Solution For Standards-Based Elementary Physical Education Programs

Presenter: Byron Clark (Human Kinetics)

Presenter: Jacquelyn Nieves

Location: Willow

When students enter middle school, they must have a strong foundation of physical education skills and concepts. Now there’s a single online resource that provides the program content needed to build that foundation. The Physical Education Digital Library K-5 provides a complete elementary physical education program that is easily accessed from your desktop, laptop, or mobile device. Easy to navigate, PEDL offers more than 200 new lesson plans, plus hundreds of proven activities and assessments developed over the years by leading publisher Human Kinetics and aligned to the specific standards and grade-level outcomes set by SHAPE America.

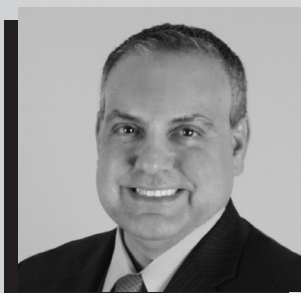
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### *Keynote Presentation by David Casullo*

*9:25 am - 10:40 am*

*Location: Showroom*

#### *How To Lead Change By Improving Presence And Influence*



*David Casullo*

As educators you have the power to change lives daily. In this keynote, Dave Casullo, author of *Leading the High Energy Culture* (McGraw-Hill 2012), and President of Bates, a global leadership development firm in Boston, MA shows you how through proven techniques like understanding what motivates you personally and professionally, developing a vision, and storytelling you can foster change. The stakes are higher than ever in physical education and health education. These times require leaders, like you, to develop presence to marshal action for these important disciplines. Through communicative leadership and intentional execution you can rally people to the cause and sustain progress over time.

This Keynote Presentation is sponsored by



10:40 am - 11:10 am

### Exhibit Time

Be sure to stop by the  
RampShot Demo  
in the Event Center B!

11:15 am - 12:30 am

### Session VII

#### Future Professionals Section Business Meeting

Presenter: Joshua Wooldridge (Future Professionals Section President)

Location: Catskill

#### Adapted Physical Education & Sport Section Business Meeting

Presenter: Cathy Houston-Wilson (APE & Sport Section President)

Location: Cypress D

#### Aquatics Section Business Meeting

Presenter: RaLuca Gruin (Aquatics Section President)

Location: Cedar

#### Urban, Suburban, And Rural Physical Education: A Snapshot Of Secondary Assessments

Presenters: Allison Relyea (Guilderland CSD) & Mark Cerrone (Schenectady CS)

Presenter: Rob Arciolla

Location: Cypress B

This session will be broken into three parts. Part 1 will be an overview of each school demographic highlighting similarities and differences within the context of the PE program. Part 2 will explore a common student assessment administered at each school. Part 3 will be a "breakout", mini-session for participants to work with other schools within their demographic in order to share ideas for assessments based on student needs.

#### LOTS! (Lots Of Teaching Sexuality Activities) For Middle School

Presenters: Su Nottingham (Central Michigan University, Past Mid-West AAHPERD Health Teacher of the Year) & Al Craven (Adrian College & Past Michigan AAHPERD Health Teacher of the Year)

Presenter: Lindsay Armbruster

Location: Cypress E

Movement, interaction, and fun are requirements to keep middle schools students focused and learning. This workshop will provide unique, student centered teaching strategies to address sexuality education aligned with both the National Health & Sexuality Standards. Demonstrated activities are adaptable to address specific community requirements, make connections to the real world, and develop skills for risk reduction, prevention, relationships, communication and real-world issues age-appropriate for middle school students.

#### EZ Steps: Adding Partner Dance To Your Physical Education Classes, TOMORROW!

Presenter: Barbara Muller (Cresskill Public Schools, NJ)

Presenter: Vera Trenchfield

Location: Showroom

You will learn several basic, unisex-steps that will enable you to easily teach students of ANY age how to partner dance! Handouts of these simple steps will be provided. You will be AMAZED at how quickly you will become a star, both on the dance floor as well as in teaching your own students to dance!

#### Quick Hits & Cooperative Games

Presenter: Shelly Ellis (2015 SHAPE America Middle School Physical Education Teacher of the Year)

Presenter: Lori Bifarella

Room: Event Center A

This session you will get a chance to learn some non-traditional lead up games to traditional sports, as well as some quick hit activities that will target some of the skill related components of fitness. Along with these enjoyable activities a couple warm up game scenarios that students love and get a good workout!



#### A 21st Century Approach To Physical Education

Presenter: Ron Malm (Focused Fitness)

Presenter: Marc Vachon

Location: Appalachian/Adirondack

We all know that movement is the centerpiece for an effective physical education class. So how do terms like Online Curriculum, Blended Learning and Flipped Classroom fit into our profession? In this session, we will utilize physical activity with these new learning techniques to help kids understand not only that they should exercise but why!



#### Winning The One Goal Game

Presenter: Corey Crane (Port Chester PS)

Presenter: Aaron Feltz

Location: Cayuga/Onondaga

This coaching presentation will discuss how to integrate an Undulating High Intensity Periodization program to maximize performance and prevent injury. In addition, I will discuss ways to manipulate volume and intensity throughout the season to prevent overtraining and discuss a multi-dimensional approach to conditioning that focuses on developing power, foot speed, agility and conditioning into one training session. Lastly, a discussion of techniques to increase mental toughness and focus to dominate our competition.

# SUNY Cortland MSED in Physical Education



*Preparing physical educators  
who will make a difference in  
their communities and the  
lives of their students...*

**START THIS SUMMER!**

## CONCENTRATIONS

### PHYSICAL EDUCATION LEADERSHIP

An intensive 1-year program (summer, fall, spring) that prepares you to take a leadership role in developing and implementing progressive curricula and advocating for quality physical education programs.

### ADAPTED PHYSICAL EDUCATION

Enhance your expertise in adapted physical education in this nationally recognized program. Graduate Assistant positions available.

### COACHING PEDAGOGY

A 3-year, summers-only program with hybrid delivery. Enhance your coaching and teaching skills through current research and the application of technology.



Contact Lynn MacDonald, Chair  
607-753-5577 or visit  
[www2.cortland.edu/departments/physical-education](http://www2.cortland.edu/departments/physical-education)  
or  
<http://www2.cortland.edu/admissions/>

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## Learning Through Movement For Academic Success -

### The Learning Links Program

*Presenters: Dr. Lauren Cavanaugh (Canisius College), Sarah Rademacher, Gayle Schutrum & Gayle Torpey (Associated Physical And Occupational Therapists)*

*Presider: Julie Dietrich*

*Location: Seneca*

This session will provide participants with the opportunity to learn about the research-based “Learning Links” program. This program targets students in kindergarten through second grade and is designed to promote academic success through the development of foundational abilities that are necessary for learning to occur. This program was developed by Occupational Therapists, Physical Therapists, and a university professor specializing in Adapted Physical Education. A “hands-on” session will be included where participants will have the opportunity to experience various motor lab exercises.

### From Good To Great, Assessment Yoga Poses For Every Sport

*Presenter: Gwen Lawrence (Power Yoga For Sports)*

*Presider: Reed Warner*

*Location: Tuscarora*

Attend this session and learn strategic yoga poses to help assess your athletes’ symmetry, balance and weaknesses to create efficiency and longevity. Come learn why professional sports teams, like the NY Giants, have been using Gwen Lawrence and her techniques for keeping players on the field for over 16 years. Participants will learn the Power Yoga for Sports philosophy of Strength + Flexibility = Power on the field of play, as well as, the six keys to success of power yoga for sports balance, strength, flexibility, mental toughness, focus and breathing.

### You Can Never Have Too Many Instant Activities

*Presenters: Jamee Rinehart, Sarah Lanier, Nick Pontari, Elizabeth Maffett, Maleda Funk, Caleb Pruch, Briana D’Amico & Katie Stang (The College at Brockport)*

*Advisor: Melissa Pierce (The College at Brockport)*

*Presider: Wendi Haynes-Eklund*

*Location: Mohawk*

Come learn and refresh your memories with some fun instant activities that can be used in your classes. After attending this session, you will have a handful of activities that you can start including next week.



## Elementary Energizers 2

*Presenters: John McGurk, Alissa Ingerick, Lynne Leary & Josh Lenhard (Fairport CSD)*

*Presider: Lynn Hefe*

*Location: Oneida*

Teachers from the Fairport Central School District will present some of their favorite high energy, large group games. Games support the DASA initiative and will teach and reinforce many fitness and nutrition concepts. Get ready to play Fit-go, Battleship, Coach Potatoes, and more! Get involved and have a chance to win a prize!

## GSA’s In Junior High: Promoting Acceptance In Your School

*Presenters: CJ Gannon & Lisa Suarez (North Colonie SD)*

*Presider: Julianne Dunn*

*Location: Meadow*

In today’s world, the need to provide a safe, supportive environment for LGBTQ students and allies is obvious. Having a Gay-Straight Alliance in your school can not only lend support to LGBTQ youth but also educate others to help reduce discrimination and bullying. Learn how our GSA originated, potential roadblocks, considerations for starting your own GSA, suggested meeting structure and activities, and respond to questions.



## Resume And Interviewing Insights: Tips To Securing That First Job

*Presenters: Kermit Moyer & Alanna Golden (Norwich CSD)*

*Presider: Walter Smith*

*Location: Oak*

This session will give participants information that will assist them in preparation for that all important interview. Attendees will learn and actively take part in strategies to answering interview questions and how to present themselves in a positive and professional manner. This session is designed for Health and Physical Education majors and recent graduates who want to create a sound resume and refine their interviewing skills.

## College And Career Readiness: Common Core And Physical Education

*Presenters: Dr. Phoebe Constantinou & Cole Coyle (Ithaca College)*

*Presider: Kyle Bouchard*

*Location: Briar*

The session focuses on developing activities that address common core standards in physical education at both elementary and high school level. The audience is invited to explore sample physically engaging activities that promote reading, writing and math skills. Moreover, strategies of how to use assessment to measure, instruct and reinforce student learning would be discussed. We are aiming for a collaborative session where new ideas and strategies will be built and exchanged.



NYS AHPERD Past Presidents' Luncheon  
12:00 pm  
Chautauqua Room

11:15 am - 12:30 am  
Session VII

**A Little Bit Of LATIN! Spice Up Your Classes With Some Popular LATIN Dance!**

*Presenter: Barbara Muller (Cresskill Public Schools, NJ)*

*Presenter: Lisa Hackett*

*Location: Showroom*

Latin dancing has become very popular and “mainstream.” This session will simplify the basic steps of Rumba, Cha Cha, and Salsa so that you can integrate them immediately. Resources and music ideas will be offered so that you and your classes will be good-to-go!

**Mix Master Madness**

*Presenter: Scott Williams (Meriwether Lewis ES, VA)*

*Presenter: Lori Bifarella*

*Location: Event Center A*

Everyone loves our favorite songs mixed together into one track! See how we use these mixes to increase our PE program’s fun factor through dance and fitness. Our popular halftime show routines can be used for your elementary school’s performance at the local high school or college basketball game, and your middle and high school students will love the routines with the current music mixed with hits of the past! The constant transitions of the mixes are perfect for interval trainings during your fitness workouts. Don’t know how to make a mix? Don’t worry, I will GIVE you mine!

**Reversing The Trend In Youth Sports Injuries**

*Presenter: Dr. Marc Taczanowski (True Sports Care)*

*Presenter: Shane Cole*

*Location: Cypress A*

The trend in sports injuries among young athletes continues to rise. Prominent Orthopedists are convinced that this trend can only be reversed by resting the athletes more. I believe we have additional options. Through compensation pattern identification and mitigation, and proper education on active recovery strategies we can intercept these injuries before they begin.

**Addressing The Activity Gap**

*Presenter: Charlie Rizzuto (Oyster Bay East Norwich CSD)*

*Presenter: Nina Frye*

*Location: Cypress B*

One of the most important elements of our jobs as physical education teachers is to get our students to move, not only when they are with us, but after school, on weekends and over vacations. This presentation addresses the activity gap, why it exists and just how serious it is. Attendees of this presentation will leave with a variety of ideas, techniques and strategies that will not only improve instruction, but student activity levels all year long.

**LOTS! (Lots of Teaching Sexuality Activities) for High School**

*Presenters: Su Nottingham (Central Michigan University, Past Mid-West AAHPERD Health Teacher of the Year) & Al Craven (Adrian College & Past Michigan AAHPERD Health Teacher of the Year)*

*Presenter: Dom Splendorio*

*Location: Cypress E*

Relationships, decision-making, avoiding risk, and recognizing legal implications for adolescents are the focus of this active workshop. Participants will experience unique, student centered teaching strategies to address sexuality education aligned with both the National Health & Sexuality Standards. Demonstrated activities are adaptable, make connections to the real world, and develop skills for pregnancy/abuse/STI prevention, and legal/ ethical issues such as sexting, teen parenting, and healthy relationships. All strategies are age-appropriate for high school level students.

**OMG! I Am Teaching Grades Pre-K – 3!**

*Presenters: Tara Nelsen (Lawrence PS), Alyson Lamonte (Great Neck PS) & Tom Micucci (Pleasantville UFSD)*

*Presenter: Kerry Hogan*

*Location: Cayuga/Onondaga*

Keep all students in your physical education program moving, learning, and on their toes—even when you’re teaching very large classes. If you are looking for fresh ways to teach children in Grades Pre K-3 basic fitness concepts, movement skills, dance and games that emphasize creative thinking and cooperation, then attending our session is for you. Get ideas and solutions to help you increase the time students are active in class. The presenters will share a wealth of innovative ways to motivate kids and make classes more enjoyable. With this collection of invigorating, fun and gym-tested activities, you’ll be able to motivate, engage, and intrigue students in large or small classes for years to come.





## *Southeastern Zone 2015 Award Recipients*

### **Southeastern Zone Amazing Person**

*June Lagan, Pawling Middle School*

### **Council of Administrators Section Amazing Person**

*Jim Rose, Yonkers Public Schools*

### **Departmental Major of the Year**

*Angel Martinez, Manhattan College*

*As we celebrate our 78<sup>th</sup> Annual Conference,  
we want to extend a sincere thank you to our loyal Exhibitors.*

ADA Sports & Rackets  
Adelphi University  
Advantage Sport & Fitness  
American Heart Association  
Bigger Faster Stronger, Inc.  
Canisius College  
ETR Associates  
Everlast Climbing  
FlagHouse  
Focused Fitness  
G&G Fitness Equipment, Inc.  
Generation Floorball  
Goodheart-Willcox Publishing  
Hofstra University  
Human Kinetics  
Insight Grants Development, LLC  
Interactive Health Technologies  
International Federation of Kin-Ball Sport & Omnikin  
Ithaca College  
Marathon Kids  
Mohawk Valley Community College  
Monroe Community College  
Murphy Mat

NYS Bowling Proprietors Association  
New Balance Foundation - Billion Mile Race  
New York State Dept. Of Environmental Conservation  
Plyout  
Polar Electro, Inc.  
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RampShot  
Rugby NY (Rookie Rugby)  
S&S Discount Sports & PE Supplies  
Ski Areas of New York  
SPARK  
Spikeball  
SUNY Cortland  
Sweets Kendamas  
The Children's Health Market  
The College At Brockport- SUNY  
The First Tee  
U.S. Games  
USA Volleyball  
United States Tennis Association Eastern, Inc.  
Wellness In The Schools  
WonderWorks  
Y-Ties

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### **Straight From Seattle!**

*Presenter: Shelly Connors (Auburn Enlarged CSD)*

*Presenter: Kristi Newton*

*Location: Seneca*



Weren't able to attend the 2015 SHAPE America Convention in Seattle, Washington this past spring? No problem! Come check out these invigorating activities, along with some lecture, I brought back, straight from Seattle! Come check out what other educators from around the country are doing!

### **Behavior Management In The Physical Education World**

*Presenter: Kelly Brock (The Sage Colleges)*

*Presenter: Jamie Fishlow*

*Location: Tuscarora*

Struggling with students that exhibit challenging behaviors? This session will focus on providing professionals with meaningful strategies, interventions, and instructional methodologies that will assist not only with individuals but whole class learning. The session introduces professionals to a variety of self-regulations strategies and reinforcement strategies that can be implemented within your classroom for positive change.

### **Middle School Madness**

*Presenter: Christina Buschmann (Clinton CSD), Amy Coleman (Mt. Markham SD), Wendi Haynes-Eklund (New Hartford CSD) & Juliann Zelazny (Rochester CSD)*

*Presenter: Victoria Mikulec*

*Location: Oneida*



This session will provide a medley of activities for your middle school physical education class from outstanding middle school physical education teachers around the state! They will share their favorite app, activity, game, assessment, etc. in round robin format! This presentation will be fast paced and presenters will need your active engagement!

### **Don't Just Be. Be Awesome! : The Power Of Goal Setting**

*Presenters: Ceire Corcoran (Adelphi University) & Dr. Irene Cucina (Plymouth State University)*

*Presenter: Rob Ingerson*

*Location: Meadow*

Health educators and physical educators have the knowledge and skills to be the change that inspires K-12 students to become the best that they can be by teaching goal setting to improve health and overall wellness. During this presentation we will share fun, creative and effective ways to set S.M.A.R.T goals both inside and outside of the classroom that will change and improve K-12 students' abilities, priorities and responsibilities. The importance of goal setting aligned with college and career readiness as well as 21st century learning skills and national and state health and physical education standards will be shared.

### **WSCC: Merging Health And Learning By Refocusing Your School Community**

*Presenters: Dr. Matthew Moyer, Dr. Bonni Hodges, Dr. John Foley (SUNY Cortland) & Jill Pace (Cortland Enlarged CSD & SUNY Cortland)*

*Presenter: Kathleen Whitmore*

*Location: Oak*

This presentation will introduce the Whole School, Whole Community, Whole Child (WSCC) model as a plan to identify resources in the school community to support academic achievement through healthy behaviors. Participants will collaborate using interactive activities to understand and advocate for the employment of the WSCC model. Strategies learned can be transferred to the participant's home school community to reinvent, refocus, and recharge the school's current perspective on health and academic growth.

### **Protect Your Pool! Risk Management Made Easy For Your Facility**

*Presenter: Kevin Stuttle (Canajoharie CSD)*

*Presenter: Sheldon Sucre*

*Location: Briar*



In this litigious society you can never go far to protect yourself, your facility, or your district. This program will go into some things that you can do to protect your facility and make it easy to make corrections to policies and procedures. Each participant will leave this program with copies of forms used by the presenter at their facility.

### **Excellence In Sport: Ethical Issues**

*Presenters: Dr. Peter Hager & Dr. Robert Schneider (The College at Brockport)*

*Presenter: John Strong*

*Location: Birch*

The pursuit of excellence is viewed by many as an important element of competitive sport participation at various levels. This program will examine what excellence in sport is and how it can be ethically achieved in youth, interscholastic, and intercollegiate sport settings. Cases and examples will be used to help coaches and administrators better understand the relationship between excellence and the purpose of competitive sport in developmental and educational contexts.

### **Designing Leisure Experiences**

*Presenter: RaLuca Gruin (Kappa International HS)*

*Presenter: Ariana Drauch*

*Location: Cedar*

Programming is the central focus of the leisure and recreation service profession and the primary mission of leisure and recreation service organizations. The outcome-based programming approach uses inputs, activities/processes, outputs and outcomes to create programs that are beneficial to participants and society at large. Let's learn and experience the three phases of leisure through examples.

**Creating Equitable And Engaging Games For All: Adaptation Games**

*Presenters: Dr. Karen Richardson & Dr. Deborah Sheehy (Bridgewater State University)*

*Presenter: Kathy Guark*

*Location: Willow*

This session is designed for middle and high school teachers interested in getting all their students, even the resistant ones, involved in meaningful and engaging games in physical education. Teachers will learn how to create adaptation games, and more broadly about the principle of game modification through adaptation. Adaptation games feature the concept of the “game as teacher,” a powerful video game design principle that when applied to physical education, can transform games teaching.

**Hands-Only CPR In Schools, Training The Next Generation Of Livesavers**

*Presenter: Tom Mossotti (American Heart Association)*

*Presenter: Laurie Updike*

*Location: Appalachian/Adirondack*

During this session, the new regulation requiring Hands-Only CPR for senior high students will be discussed and a demonstration will be provided.

**Let it Foam, Let it Foam, Let it Foam**

*Presenter: John Smith (FlagHouse)*

*Presenter: Joe Giardina*

*Location: Mohawk*

There are so many products made of foam and many creative ways of using foam. There are long noodles, short noodles, sliced noodles, foam balls, foam fruits and veggies, foam beams, foam rings and foam hands and feet. Foam is everywhere! In this active participation session we will be involved in activities and games with a “foamy” theme. Join us for some creative and educational foamy fun. Safe and very active!

1:55 pm - 2:25 am

Exhibit Time

Be sure to stop by the  
Playout Demo  
in the Event Center!

**Coaches Section Business Meeting**

*Presenter: Barbara Smith (Coaches Section President)*

*Location: Birch*

**Brain Beats - Brain Body Training**

*Presenter: Carrie Ekins*

*Presenter: Laura Zavatto*

*Location: Oneida*

Pump Up the “Gray Matter” and improve “Plasticity” with this epic workout for the BRAIN & BODY Exercise is the single most powerful tool that we have to effectively utilize our brain function. The skills and drills taught in this session are designed to help your students maintain mental, physical and social fitness necessary to maintain a healthy body and brain. Learn how to implement cognition and Brain fitness training into your classroom. Discover how you can ignite your student’s curiosity and enhance brain activity while keeping physically fit at the same time. Experience games, choreography and fitness drumming skills that address coordination, proprioception, balance and brain health.. Go beyond physical fitness and enter the world of BRAIN BODY TRAINING!

**“Capoeira” A Brazilian Martial Art For Fitness**

*Presenters: Dr. Shawn Ladda & Angel Martinez (Manhattan College)*

*Presenter: Lisa Toscano*

*Location: Showroom*

This session will introduce participants to “Capoeira” (pronounced Cap-o-ara), a Brazilian martial art that combines elements of dance, acrobatics, and music. This movement form can be used for maintaining health related fitness as well as a social-cultural dance and is an excellent and creative activity to include in physical education programs and fitness workouts. The basic movements such as the ginga esquivada, and balanca will be taught and then participants will have a chance to put sequences together.

**Welcome To PE - Now Get Moving!**

*Presenter: Scott Williams (Meriwether Lewis ES, VA)*

*Presenter: Victor Spadaro*

*Location: Event Center A*

WARNING! These are meant to be instant activities, but your students will beg to play them longer! What better way to start the class than with instant movement through activities your students love? Minimal setup and explanation is the name of these games that will get your students moving immediately upon arrival without any cue from the teacher. Cooperation, fitness, dance, and fun in three minutes or less!

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## The Real Survival Guide To Teaching Elementary Physical Education

Presenters: *Donn Tobin (Mahopac CSD) & Ken Wojehowski (Ramapo CSD)*

Presider: *Albert Gonzalez*

Location: *Oak*

Future Professionals...want to learn about stuff they don't teach you in college? Think you are truly ready for your first teaching position? Want to learn how incredible it is to be in our profession? This lecture-style workshop will highlight real dilemmas faced by two highly successful veteran teachers, and offers their solutions that are just as realistic and inspiring. Come experience their triumphs and mistakes and see how their practical and common sense solutions made them better prepared as educators!

## Creating A Student Centered Learning Environment In Physical Education Class

Presenter: *Matthew Pomeroy (Merton Community SD, WI)*

Presider: *Marissa Sell*

Location: *Cypress B*



You will learn how to create many differentiated units that involve students being in control of their own learning. You will learn how to use technology to create highly engaging student centered learning opportunities than can be taught in either the gym or alternate spaces within your school. You will learn how physical educators across the globe are using these student centered learning experiences to connect their classes and make their learning more relevant and exciting.

## Using PEP To Produce A Data Driven Physical Education Department

Presenter: *Chris Mekelburg (Rockville Centre UFSD)*

Presider: *Lisa Hackett*

Location: *Cypress D*

This program will introduce districts to the power of the Carol M. White PEP grant, when put into practice in a K-12 school district. It will look at technology and how it is a Physical Educators best friend in the battle of proving results. Living in a 3D world, where "Data, Drives, Decisions" will we be left standing?

## A Community Approach To Coordinated School Health: The Whole Child

Presenter: *Linda Finn (Erie 2-Chautauqua-Cattaraugus BOCES)*

Presider: *Kate Merrill*

Location: *Meadow*

Participants will learn how BOCES has come together with community partners to implement a Coordinated School Health approach to school reform. The whole child approach to education and its relation to current school issues will be explored. Participants will leave with a toolkit for implementation in their district.



## Sizzling Ideas For Your JRFH/HFH Event: K-12th Grade

Presenters: *Meg Gibbons (American Heart Association), Tara Raux (Central Valley Academy) & Monica Wolfe (Cooperstown CS)*

Presider: *Amy Coleman*

Location: *Cayuga/Onondaga*

Are you a veteran JRFH/HFH coordinator looking for ideas or want to change this up? Or maybe you're looking to jump on board and add to your APPR! Either way, we have something for you! Coordinators from the Central North Zone will be sharing what works best in their district for their grade level. From Jump Rope for Heart, Hoops for Heart, Badminton and Volleyball Tournaments. Can any of these be incorporated into your curriculum? Help your students make the connection in physical education on ways to fight heart disease.

## SPIKEBALL! Volleyball And Four Square Just Had A Baby!

Presenters: *Brian Biro, Jennifer Larkin (Hornell CSD) & Adam Dwyer (The College at Brockport)*

Presider: *Michele Myers*

Location: *Seneca*

Four square and volleyball have joined forces and the result is Spikeball! Join us and learn how this net/wall activity will captivate your students while fitting in seamlessly to any curriculum.

## Developing Health Education Strategies With The Teenage Brain In Mind

Presenters: *Su Nottingham (Central Michigan University, Past Mid-West AAHPERD Health Teacher of the Year) & Al Craven (Adrian College & Past Michigan AAHPERD Health Teacher of the Year)*

Presider: *Nicholas Zaccarella*

Room: *Cypress E*

Developing effective teaching strategies to address how the adolescent brain learns, creates connections, and retains health skills is the focus of this workshop. The functioning of the teenage brain is addressed through the demonstration of student-centered teaching strategies in this interactive and practical session. Participants will experience a variety of unique health strategies linked to current research in the adolescent brain addressing a wide variety of learning styles and intelligences. Not just a "sit and get".....but participants experience the brain research toward application and strategies for the K-12 classroom.

## Set-up For Success

Presenter: *Gregory Lukshaitis (2015 SHAPE America Adapted Physical Education Teacher of the Year)*

Presider: *Robert Corter*

Room: *Tuscarora*

In this session you will be presented with set-up ideas and activities that may help organize your own Adapted Physical Education programs. This session will focus on staging a safe and functional environment, while limiting wasted motion and transition time. You will see how Greg structures his class and will be provided with one of his most effective and efficient warm-up routines.

### **Try A Tri!**

*Presenters: Susan Pernick, Becky Edwards, Dave Serotte, Greg Trip, Colleen Tonsoline (Lancaster CSD) & Jeff Clark (Free Speed: Triathlon/Bike Shop & Parent)*

*Presider: Amy Nesbitt*

*Location: Briar*

Passionate presenters will guide you through the steps to organizing and running a successful Kids Triathlon. The William St. School in Lancaster has executed four Triathlons for students in grades 3-6 and are about to host their fifth! Attendees will walk away with a packet of information and the knowledge to implement your own multisport event for your population and facilities.

### **The "R" In AHPERD Equals Career Opportunities**

*Presenters: Mark Yaeger (Webster Park & Recreation) & Ed Leak (Orchard Park Recreation)*

*Presider: Brendan Miller*

*Location: Willow*

This session will focus on career opportunities in the Recreation and Health Fitness industries. We will discuss where to find these career opportunities and how your educational background is a perfect match for this growth industry. We will also discuss resume writing and interviewing skills needed to separate you from the rest of the competition.

### **Ready, Set, Retire!**

*Presenters: Judy Ingram, Ken Demas, Sandy Morley, Jason Quitoni (Retired, NYS AHPERD Past Presidents) & Sandy Jago (Retiree Section President)*

*Presider: Sandy Jago*

*Location: Cedar*

Are you thinking about retiring? Wondering about the next stage in your life? A panel of retirees will share their experiences and respond to your questions/concerns.

### **What's Your Reaction? Activities and Games with Jumbo and Small Reaction Balls**

*Presenter: John Smith (FlagHouse)*

*Presider: Olivia Zureck*

*Location: Mohawk*

This active participation session demonstrates the many uses of small and jumbo foam reaction balls. The session will include hand eye coordination drills and skills, specific sports skills drills, reaction activities and cooperative games. Join us for a session of pure reaction! It's "off the wall" good!



### **11<sup>th</sup> Annual Dr. Ron Feingold Lecture Series**

**Presenter - Dr. Dolly Lambdin  
SHAPE America  
Past President**

*2:30 pm - 3:30 pm, Cypress A*



Dolly Lambdin, Ed.D., is a clinical professor in the Department of Kinesiology & Health Education at the University of Texas at Austin. She earned an Ed.D. and BS from the University of Massachusetts, Amherst and a MA from Teachers College, Columbia University. She has 16 years experience teaching grades K-8 and for many years taught mornings in an elementary school and afternoons at the university. She served as NASPE President in 2004 and on numerous state and national teaching standards committees. She has co-authored numerous texts, including Putting Research to Work in Elementary Physical Education, Fitness for Life Middle School, and Fitness for Life: Elementary School. Her passion is helping teachers learn to nurture their students with the skills, knowledge, habits and desire to be physically active and make healthy choices now, and for the rest of their lives.

**3:40 pm - 4:55 am  
Session X**

#### **Exercise Science/Sports Medicine Section Business Meeting**

*Presenter: Dustin Verga (Exercise Science/Sports Med Section President)*

*Location: Cypress D*

#### **Recreation/Adventure Education Section Business Meeting**

*Presenter: Melissa Pierce (Recreation/Adventure Ed Section President)*

*Location: Briar*

#### **Creative Dance For All Ages (Move, Create, And Dance)**

*Presenter: Joseph DeMers (2015 SHAPE America Dance Teacher of the Year)*

*Presider: Leslie Pieters*

*Location: Showroom*

Creative movement is the foundation of empowering students in dance. Creating a lesson on exploratory movement is all about games and fun, and offers an incredible opportunity for writing.

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### Create A Culture Of Physical Activity In Your School

Presenter: Tom Winiecki (Fayetteville-Manlius SD)

Presider: Andrea DiMaria

Location: Meadow



Learn how to naturally extend your teaching into every classroom and every subject in your building. Create a culture in your building where physical activity is not only fun, but also vital to student success in school. Come and see different project ideas, as well as year-long

initiatives that make physical activity an essential part of the school day.

### Forget Google! Ask Us!

Presenter: Sandy Jago (Retirees Section President)

Presider: Judy Ingram

Location: Cedar

There is no shortage of knowledge.. just a shortage of asking questions. A panel of veteran and retired teachers will listen to questions from young and seasoned professionals in hopes of providing teaching and career advice to the best of their collective experience, knowledge and “wisdom.”

### Climb On! How To Bring Rock Climbing To Your School

Presenter: Kevin Sudeith (Everlast Climbing)

Presider: Jim Codispoti

Location: Willow



Learn about the many benefits of rock climbing, the different climbing wall options and the steps to securing a climbing wall. Safety and risk management information, activities and assessment are also addressed. Participants will leave inspired and equipped with resources that will inform and support a planning process for acquiring a climbing wall.

### #QPE

Presenter: Jason Lehmbeck (Fairport CSD)

Presider: Nathan Rarick

Location: Birch

This session will look at 6 dimension of “Quality Physical Education”. Areas of focus will be meaningful and appropriate curriculum, culture, capacity, legal duties and assessment. How does your department or district compare?

### PY Pickleball

Presenters: Scott Lipitz (Rochester School for the Deaf) & Paul Valenti (Webster CSD)

Presider: Michael Leonard

Location: Event Center B

Pickleball is one of the fastest growing sports in North America. Paulie and I will give you drills, tips, and small-sided games that you can implement Monday in your PE program! Don't be surprised when YOU leave hooked on Pickleball!

### Life Or Death

Presenters: Jennifer Mead & Fran Vincent (Bethlehem CSD)

Presider: Bruce Risley

Location: Cypress A



Come explore ideas to help motivate students to be active participants and cultivate community support for your Health Education program. Learn tactics to make your class the most important one of the day!

### Nutrition On The GO!

Presenter: Margaret Robelee (Hyde Park CSD)

Presider: Hanna Bush

Location: Mohawk



Knowledge of proper nutrition can be a powerful tool to help combat the childhood obesity crisis and as Physical Educators we can empower students to make healthy food choices. This session will focus on activities and simple assessments to increase student knowledge of healthy foods and healthy choices.

### Teaching Media Literacy

Presenter: Ryan Fisk (Manhattanville College)

Presider: Angie Champagne

Location: Cypress B



Laptops, tablets, and smartphones provide access to information wherever and whenever needed, but how can you ensure your “connected” students are connecting to the right content inside and outside of class? Learn how to fuse engaging technologies with good old “chalk and talk” to effectively teach your students how to sift through the nonsense and pinpoint relevant, meaningful information.

### Project Unify-Vision Social Change Through Physical Education And Sport

Presenters: Dr. Paula Scraba (St. Bonaventure University), Dr. Lauren Cavanaugh (Canisius College), Bill Collins (Special Olympics NY) & Dr. Chandra Foote (Niagara University)

Presider: Allison Barnes

Location: Seneca

Sport has been a vehicle for positive social interaction and acceptance in society for years. At the same time those that may not have the skills to participate in sport have been excluded from the enjoyment, peer relationships and socialization. St. Bonaventure University, Niagara University and Canisius College will demonstrate their on-hands programs of Project UNIFY as an avenue that has opened the door for a whole new world for so many students that otherwise would not qualify or be accepted by their peers to participate in a physical education and sporting environment.

Fit Ball-Small Sided Game With The Elements Of Basketball And Handball

Presenter: Jeff Gush (Horseheads CSD)

Presider: John Wellington

Location: Cayuga/Onondaga

Come check out this exciting and new way for your students to get active and play; a simple rule, ball-passing, activity, based on team handball and small sided games. This game meets NY State and NASPE Standards for Physical Education. The game can also be modified for any level of play (2-12). Low cost and small space is a plus in any physical education setting. Easy and instant assessments can be done during game play. 3v3 small sided game format challenges everyone in the class to be a part of the activity. This game has it all!

Noodle Mania – Using Pool Noodles To Enhance Physical Education

Presenter: Chad Triolet (PE Rocks)

Presider: Wendi Haynes-Eklund

Location: Event Center A

Come discover the many ways pool noodles can be used in a variety of creative and motivational activities that will enhance your physical education program. The presentation will focus on many innovative ideas that use noodles for instant activities, fitness, and large group games that promote participation, develop cooperation/teamwork, and practice basic skill development.

If You Had Fun, You Won-For Everyone (Inclusive Elementary PE Model)

Presenters: Lynn Halliwell, Scott Leonard & Stacy Longyear (Hannibal SD)

Presider: Mary O'Reilly

Location: Seneca

Join Fairley Elementary School teachers as they showcase their success with the inclusive elementary physical education model. Watch children as they progress through their skills. Presenters will be showing videos related to rollerblading, dancing, winter outdoor recreation, climbing and their Halloween obstacle course! Come see for yourself!

5:00 pm - 8:00 pm

Pickleball Continues!

Location: Event Center

Get Fit, socialize and have fun participating in Pickleball! Beginner and advanced skill levels intermix for a variety of games. Equipment will be provided for all! Come and make new friends while having a great time!



5:45 pm - 6:45 pm

College Socials

The College at Brockport - Cypress D

SUNY Cortland - Cypress B

6:45 pm - 9:00 pm

(6:15 pm - Doors Open)

2015 Jay B. Nash Awards Dinner

Location: Oneida

The Jay B. Nash Awards Dinner provides an opportunity to recognize our colleagues who have accomplished distinguished professional achievements.

Lifetime Service Award, Distinguished Service Award, Professional of the Year, Teachers of the Year, Health Education Awards, Joy of Effort Award, the Bernard E. Hughes Award, as well as, the 2015 Jay B. Nash Outstanding Major Awards.

Join us for our NYS AHPERD Presidential Rotation and the passing of the gavel!

Approximately 9:40 pm

Raffle Extravaganza Drawing

Location: Mohawk

Don't Miss A Thing!

Our Saturday programming has so much to offer; don't miss out by leaving early!

As an incentive to encourage our members to participate in all that the 2015 NYS AHPERD Conference has to offer, we are planning a Raffle for all Conference Registrants in attendance at NOON on SATURDAY, NOVEMBER 21<sup>ST</sup>!

Prizes Will Include

Complimentary 2016 Conference Registrations  
1-Year NYS AHPERD Memberships  
Additional Prizes May Include -  
Gift Cards, Magazine Subscriptions,  
and much more!

*Not only will you benefit from great programs, you could go home a winner!*

# HEALTH EDUCATION AND PHYSICAL EDUCATION GRADUATE PROGRAMS

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## Saturday, November 21, 2015

7:30 am – 9:00 am

### Retirees Section Breakfast Meeting

Location: Cypress C

9:00 am – 11:30 am

### NYS AHPERD Executive Council Meeting

Location: Cypress D & E

9:00 am - 10:15 am  
Session XI

#### What's Going On With Our Kids?

Presenter: Lindsay Armbruster (Burnt Hills-Ballston Lake CSD)

Presider: Juliann DellaRocco

Location: Cypress A

This panel discussion will bring together health educators and related services providers (school nurse, social worker, and guidance counselor). An facilitated and open discussion will focus on the health trends, behaviors, and outcomes that related service providers witness and deal with and how that may influence the health education curriculum and classroom. Opportunities to share ideas for collaboration and ask questions of these experts will be present.

#### RunJumpThrow - Building A Foundation For Physical Literacy

Presenter: Dr. Jeff Walkuski (SUNY Cortland & SHAPE America)

Presider: Wendi Haynes-Eklund

Location: Tuscarora

During this interactive session, physical educators will be introduced to USA Track & Field's RunJumpThrow program. RunJumpThrow is a fun developmentally-appropriate way to teach children the basic movements that serve as the foundation for developing physically literacy and lifelong participation in regular, health-enhancing physical activity. All of the lessons and activities are in alignment with best practices, youth development research, and SHAPE America's National Standards and Grade-level Outcomes for K-12 Physical Education. Attendees will participate in fun stations while learning how to teach each activity to their students, cues for communication, and proper benchmarks to look for in student performance. Wear comfortable clothing if you would like to participate in the physical activities!

#### Hurdle Fun! Mastering The Fundamentals In PE Class

Presenters: Simone Stevenson, Betsy Howard & Zachary Wright (St. Ann's School)

Presider: Judy Stalter

Location: Mohawk

Experience how to introduce this fun and challenging activity into your curriculum (or coaching) in a safe and inclusive way. In this session you will learn how to introduce basic hurdling technique and running form into your curriculum to all ages using modified equipment. This hands-on session will provide you with some useful dynamic warm-up, lead-up and conditioning activities and knowledge of basic hurdling techniques.

#### Multidisciplinary Teaching Techniques Taught Through Map Adventures (Orienteering)

Presenter: Ed Hicks (Orienteering Unlimited)

Presider: Ryan McAlary

Location: Meadow

Orienteering is a map-navigating sport that brings the fun of a treasure hunt to any program you are designing. EXPERIENCE a step-by-step progression of exercises that foster problem solving, decision-making, team building and self-confidence, and inspire a wide range of applications that you can use immediately with any subject matter, any age group, and in any setting.

#### Bokwa Fitness - Sweat The Alphabet And Draw The Digits!!

Presenter: Tracy Hudson (Central Islip UFSD)

Presider: Leslie Pieters

Location: Cayuga/Onondaga

Bokwa® is a new and completely different approach to group exercise that is rapidly spreading across the globe. Participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine. Moving together to today's most popular music, participants off all ages draw the Bokwa® L, 3, J, K and dozens of other steps.

10:30 am - 11:45 am  
Session XII

#### Fusion Dance: Surveying Dance Styles

Presenter: Joseph DeMers (2015 SHAPE America Dance Teacher of the Year)

Presider: Leslie Pieters

Location: Cayuga/Onondaga

Let's explore many music genres and dance styles, and create a fusion dance choreography.

#### More Adapted Ideas!

Presenter: Gregory Lukshaitis (2015 SHAPE America Adapted Physical Education Teacher of the Year)

Presider: Laura Zavatto

Location: Mohawk

In this session you will participate in adapted activities that work well for students with disabilities. This session will focus on activities you can use to increase student participation and skill development. Those who attend will also receive a warm-up routine that they can take home and use in their own classes.

#### Super PE? - Don't Forget Your C.A.P.E. (Creative Activities for PE)

Presenter: Chad Triolet (PE Rocks)

Presider: Wendi Haynes-Eklund

Location: Oneida

Explore effective activities and concepts that meet high quality physical education standards. These creative activities will focus on maximizing participation, integrating technology, improving fitness and motor development while building success. Be ready to "fly away" with some great activities that will make your "super program" even better!

Noon

#### Annual End of Conference Raffles

Location: Event Center Foyer

12:00 pm\* – 2:00 pm

#### NYS AHPERD Board of Directors Meeting

Location: Cedar

\*Will begin immediately after the "End of Conference Raffles."



# Congratulations Western Zone Award Winners!

Dr. John “Jack” Baker  
Posthumously  
*Lifetime Service Award*

Dr. Lauren J. Ormsby  
*Award of Distinction for a School Administrator*

Carley Antonelli  
*Joy of Effort Award*

Victoria Mikulec, Canisius College  
*Departmental Major of the Year*

Nicholas Zaccarella, Canisius College  
*Departmental Major of the Year*



We also acknowledge & congratulate a longtime Western Zone Member, Cathy Haight, as she receives the NYS AHPERD Distinguished Service Award!



The Central Western Zone would like to say a special congratulations to the following members

*Alissa Ingerick - Central Western Zone Amazing Person*

*Melissa Pierce - Higher Education/Professional Preparation Section Amazing Person*

*Marissa Sell - Jay B. Nash Outstanding Major Award*

*Shane Cole - Departmental Major of the Year*

*Katharine Dartt - Departmental Major of the Year*

*Alison Grunder - Departmental Major of the Year*

*AND*

*Alisa James on a successful year of leadership as  
NYS AHPERD President!*

**NYS AHPERD Capital Zone would like to  
congratulate its members!**



**Amazing Person  
Jessica Hull**



**Middle School Physical Education Teacher of the Year  
Douglas Hallberg**



**Health Education Teacher of the Year  
Francis M. Vincent**



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# 2015 EXHIBITOR DIRECTORY

## ADA Sports and Rackets

Representative: George Blessing  
2925 Chrysler Road  
Kansas City, KS 66115  
Telephone: 800-234-0460 [www.adasportsandrackets.com](http://www.adasportsandrackets.com)

## Adelphi University

Representatives: Dr. Emilia Zarco, Dr. Ron Feingold  
1 South Avenue  
Garden City, NY 11530  
Telephone: 516-877-4100 [www.adelphi.edu](http://www.adelphi.edu)

## Advantage Sport & Fitness

Representatives: Mitch Clark, Matt Bogumil  
2255 North Triphammer Road  
Ithaca, NY 14850  
Telephone: 607-257-2107 [www.AdvantageFitness.com](http://www.AdvantageFitness.com)

## American Heart Association

Representatives: Meg Gibbons, Ramona Englebrecht  
25 Circle Street, Suite 102  
Rochester, NY 14607  
Telephone: 585-615-6196 [www.heart.org](http://www.heart.org)

## Bigger Faster Stronger, Inc.

Representatives: Bob Rowbotham, Sara Rowbotham  
843 West 2400 South  
Salt Lake City, Utah 84119  
Telephone: 800-628-9737 [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)

## Camp Echo Lake

Representatives: Matt Jackowitz, John Pezzolla  
177 Hudson Street  
Warrensburg, NY 12885  
Telephone: 518-623-9635 [www.campecholake.com](http://www.campecholake.com)

## Canisius College

Representatives: Dr. Clancy Seymour, Bryan Sibbitts  
2001 Main Street  
Buffalo, NY 14218  
Telephone: 716-888-2548 [www.canisius.edu](http://www.canisius.edu)

## Drums Alive

Representatives: Carrie Ekins, Karen Watanabe  
Telephone: 808-271-4110 [www.drums-alive.com](http://www.drums-alive.com)

## ETR Associates

Representative: John Henry Ledwith  
100 Enterprise Way, Suite G300  
Scotts Valley, CA 95066  
Telephone: 831-438-4080 [www.etr.org](http://www.etr.org)

## Everlast Climbing

Representative: Kevin Sudeith  
1335 Mendota Heights Drive  
Mendota Heights, MN 55120  
Telephone: 651-789-4215 [www.everlastclimbing.com](http://www.everlastclimbing.com)

## FlagHouse

Representatives: John Ruggerio, John Smith  
601 Flaghouse Drive  
Hasbrouk Heights, NJ 07604  
Telephone: 201-288-7600 [www.FlagHouse.com](http://www.FlagHouse.com)

## Focused Fitness

Representative: Ron Malm  
2426 S. Dishman Mica Road  
Spokane Valley, WA 99206  
Telephone: 509-327-3181 [www.focusedfitness.org](http://www.focusedfitness.org)

## Food & Drug Administration

Representative: Diana Monaco  
622 Main Street, Suite 100  
Buffalo, NY 14202  
Telephone: 716-846-6204 [www.fda.gov](http://www.fda.gov)

## G&G Fitness Equipment, Inc.

Representatives: Kevin Downy, Arthur Speck,  
Anthony Ruffalo, Ron Collier  
7350 Transit Road  
Williamsville, NY 14221  
Telephone: 800-537-0516 [www.livefit.com](http://www.livefit.com)

## Generation Floorball, LLC.

Representatives: Daniel Palm, Jonas Laeben  
106 Hicks St., Apt. 3B  
Brooklyn, NY 11201  
Telephone: 718-889-1555 [www.gffloorball.com](http://www.gffloorball.com)

## Goodheart-Willcox Publisher

Representative: John Marconi  
18604 West Creek Drive  
Tinley Park, IL 60477  
Telephone: 800-323-0440 [www.g-w.com](http://www.g-w.com)

## Gopher

Representative: Bill Grinde  
2525 Lemond St SW  
Owatonna, MN 55060  
Telephone: 507-451-7470 [www.gophersport.com](http://www.gophersport.com)

## Hofstra University

Representatives: Dr. Sharon Phillips, Daniel Gilligan  
220 Hofstra University, 101 Hofstra Dome  
Hempstead, NY 11549  
Telephone: 516-463-5101 [www.hofstra.edu](http://www.hofstra.edu)

## Human Kinetics

Representative: Byron Clark  
1607 North Market Street  
Champaign, IL 61820  
Telephone: 217-351-5076 [www.HumanKinetics.com](http://www.HumanKinetics.com)

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# 2015 EXHIBITOR DIRECTORY

## Insight Grants Development, LLC

Representative: Rosalie Mangino-Crandall  
9381 Ellinwood Road  
Corfu, NY 14036  
Telephone: 716-474-0981 [www.insightgrants.com](http://www.insightgrants.com)

## Interactive Health Technologies

Representative: Jen Ohlson  
1101 W. 34th Street #213  
Austin, TX 78705  
Telephone: 512-848-8044 [www.ihtusa.com](http://www.ihtusa.com)

## International Federation of Kin-Ball Sport & Omnikin

Representative: Pierre Julien Hamel  
4545 Pierre-De-Courertin Avenue, PO Box 1000, Station M  
Montreal, QC, Canada H1V3R2  
Telephone: 514-252-3210 [www.kin-ball.com](http://www.kin-ball.com)

## Ithaca College

Representatives: Dr. Raj Subramaniam, Dr. Phoebe Constantinou  
953 Danby Road  
Ithaca, NY 14850  
Telephone: 607-274-3659 [www.ithaca.edu](http://www.ithaca.edu)

## Marathon Kids

Representatives: Chad Mann, Laura Clarke  
P.O. Box 41317  
Austin, TX 78704  
Telephone: 512-477-1259 [www.marathonkids.org](http://www.marathonkids.org)

## Mohawk Valley Community College

Representatives: Dave Warren, Matt St. Croix  
1101 Sherman Drive  
Utica, NY 13501  
Telephone: 315-792-5674 [www.gomvhawks.com](http://www.gomvhawks.com)

## Monroe Community College

Representatives: Elizabeth Kelly, Doug Henneberg  
1000 E. Henrietta Rd.  
Rochester, NY 14623  
Telephone: 585-292-2854 [www.monroecc.edu](http://www.monroecc.edu)

## Murphy Mat

Representatives: Rohan Murphy, Lino Zovich  
154 Northern Blvd  
St. James, NY 11780  
Telephone: 347-361-3532 [www.pushupmat.com](http://www.pushupmat.com)

## NYS Bowling Proprietors Association (In-School Bowling)

Representatives: Kathy Leitgeb, Marvin Sontz  
435 New Karner Road  
Albany, NY 12205  
Telephone: 518-464-1176 [www.nysbpa.com](http://www.nysbpa.com)

## New York State Dept. Of Environmental Conservation

(National Archery In The Schools Program (NASP))  
Representatives: Melissa Bailey, Amanda Velzis  
207 Genesee Street  
Utica, NY 13501  
Telephone: 315-793-2515 [www.nysdec.gov](http://www.nysdec.gov)

## New Balance Foundation – Billion Mile Race

Representatives: Emily Nichols, Sarah Lange  
150 Harrison Avenue  
Boston, MA 02111  
Telephone: 617-636-0388 [www.BillionMileRace.org](http://www.BillionMileRace.org)

## Playout, LLC

Representatives: Eddie Kovel, Jane Kovel  
1422 Tuxworth Circle  
Decatur, GA 30033  
Telephone: 203-499-7060 [www.PlayoutTheGame.com](http://www.PlayoutTheGame.com)

## Polar Electro, Inc.

Representatives: Julian Acevedo, Sharon Warren  
1111 Marcus Avenue, Suite M15  
Lake Success, NY 11042  
Telephone: 800-290-6330 [www.polar.com](http://www.polar.com)

## Project Adventure, Inc.

Representatives: Bill Bates, Lisa Howard  
719 Cabot Street  
Beverly, MA 01915  
Telephone: 978-524-4638 [www.pa.org](http://www.pa.org)

## RampShot

Representatives: Kevin Texeira, Josh Bonventre  
18 Cynthia Lane  
Center Moriches, NY 11934  
Telephone: 631-524-4696 [www.RampShot.com](http://www.RampShot.com)

## Rugby NY (Rookie Rugby)

Representatives: Rob Sliwinski, Evan Tabachnick  
11 Victoria Way  
Albany, NY 12209  
Telephone: 518-461-9351 [www.rugbyny.org](http://www.rugbyny.org)

## S&S Discount Sports

Representatives: Kevin Lovely, Darci Stryker  
PO Box 513  
Colchester, CT 06415  
Telephone: 800-642-7354 [www.ssw.com](http://www.ssw.com)

## SHAPE America

Representatives: Carly Braxton, Pam Powers  
1900 Association Drive  
Reston, VA 20191  
Telephone: 800-213-7193 [www.shapeamerica.org](http://www.shapeamerica.org)

# 2015 EXHIBITOR DIRECTORY

## Ski Areas of New York

Representative: Scott Brandi  
PO Box 277  
Tully, NY 13159  
Telephone: 518-792-5060 [www.iskiny.com](http://www.iskiny.com)

## SPARK

Representative: Jeff Mushkin  
438 Camino Del Rio S. Ste 110  
San Diego, CA 92108  
Telephone: 800-772-7573 [www.sparkpe.org](http://www.sparkpe.org)

## Spikeball, Inc.

Representative: Scott Wilson  
1235 N. Damen Avenue  
Chicago, IL 60622  
Telephone: 530-519-3965 [www.spikeball.com](http://www.spikeball.com)

## SUNY Cortland

Representative: Lynn MacDonald  
1126 Park Center, PO Box 2000  
Cortland, NY 13045  
Telephone: 607-753-4956 [www.cortland.edu](http://www.cortland.edu)

## Sweets Kendamas

Representatives: Margaret Ricci, Cooper Eddy  
9743 Humboldt Avenue S  
Bloomington, MN 55431  
Telephone: 651-206-1470 [www.sweetskendamas.com](http://www.sweetskendamas.com)

## Tchoukball, Inc.

Representative: Shari Frank  
P.O. Box 9182  
Naperville, IL 60567  
Telephone: 800-939-0273 [www.tchoukballpromo.com](http://www.tchoukballpromo.com)

## The Children's Health Market

Representative: Shannon Wilber  
27 Cannon Rd. Suite 1B  
Wilton, CT 06897  
Telephone: 203-762-2938 [www.TheGreatBodyShop.net](http://www.TheGreatBodyShop.net)

## The College At Brockport- SUNY

Representatives: Jack Hogan, Mike Schaffer  
350 New Campus Drive  
Brockport, NY 14420  
Telephone: 585-395-5341 [www.brockport.edu/ksspe](http://www.brockport.edu/ksspe)

## The First Tee

Representatives: Tony Powell, Mike Blackwell, John Kutsch  
425 South Legacy Trail  
St. Augustine, FL 32092  
Telephone: 904-940-4300 [www.thefirsttee.org](http://www.thefirsttee.org)

## US Games

Representatives: Aaron Hart, Ashley Vation  
1901 Diplomat Drive  
Farmers Branch, TX 75234  
Telephone: 1-800-327-0484 [www.usgames.com](http://www.usgames.com)

## United States Tennis Association Eastern, Inc.

Representative: Joe Steger, Jenny Irwin  
70 West Red Oak Lane  
White Plains, NY 10604  
Telephone: 914-282-4153 [www.eastern.usta.com](http://www.eastern.usta.com)

## USA Volleyball - IREVA Region

Representatives: Hazel Goldstein, John Goldstein  
590 Mullock Road  
Port Jervis, NY 12771  
Telephone: 845-978-1663 [www.ireva.org](http://www.ireva.org)

## Wellness in the Schools

Representative: Wendy Siskin  
31 W. 125th St., 5th Floor  
New York, NY 10027  
Telephone: 212-724-2130 [www.wellnessintheschools.org](http://www.wellnessintheschools.org)

## WonderWorks

Representative: Ashley Doss  
9090 Destiny USA Drive  
Syracuse, NY 13204  
Telephone: 315-466-7700 [www.wonderworksdestiny.com](http://www.wonderworksdestiny.com)

## "Y-Ties" - EFS Fundraisers

Representative: Eric Shapirou  
4651 A NW 6th Street  
Gainesville, FL 32609  
Telephone: 888-969-8437 [www.y-ties.com](http://www.y-ties.com)

**Special thanks to all our exhibitors for their  
commitment to NYS AHPERD!**

### Exhibitor Demonstration Schedule

**Thursday, November 19<sup>th</sup>**

*Generation Floorball*  
11:50 am - 12:20 pm

*ADA Sports & Rackets*  
2:55 pm - 3:25 pm

**Friday, November 20<sup>th</sup>**

*RampShot*  
10:40 am - 11:10 am

*Playout*  
1:55 pm - 2:25 pm

*The above Exhibitor Demonstrations  
will be held in Event Center B!*



NYS AHPERD 78<sup>th</sup> Annual Conference  
November 18-21, 2015  
Turning Stone Convention Center

**VERIFICATION OF PROFESSIONAL DEVELOPMENT HOURS**

Each Conference attendee is provided with a general Certificate of Attendance for the NYS AHPERD Conference. In the event your school requires additional documentation of attendance at specific sessions to receive credit toward professional development hours, this form can be used.

Complete the title and time of the session and present this form to the Session Presenter or Presider for signature at the conclusion of each session you attend.

**Wednesday, November 18, 2015**

**Intensive Trainings**

Time: \_\_\_\_\_

Program Title: \_\_\_\_\_

Presenter Signature: \_\_\_\_\_

Time: \_\_\_\_\_

Program Title: \_\_\_\_\_

Presenter Signature: \_\_\_\_\_



**NYS AHPERD 78<sup>th</sup> Annual Conference**  
**November 18-21, 2015**  
**Turning Stone Convention Center**

**VERIFICATION OF PROFESSIONAL DEVELOPMENT HOURS**

**Thursday, November 19, 2015**

**Session Title**

**Presenter/Presider  
Signature**

Session I, 8:00 am - 9:00 am \_\_\_\_\_  
 Keynote, 9:10 am - 10:40 am \_\_\_\_\_  
 Session II, 10:50 am - 11:50 am \_\_\_\_\_  
 Session III, 12:30 pm - 1:30 pm \_\_\_\_\_  
 Session IV, 1:40 pm - 2:55 pm \_\_\_\_\_  
 Session V, 3:30 pm - 4:45 pm \_\_\_\_\_

**Friday, November 20, 2015**

**Session Title**

**Presenter/Presider  
Signature**

Session VI, 8:00 am - 9:15 am \_\_\_\_\_  
 Keynote, 9:25 am - 10:40 am \_\_\_\_\_  
 Session VII, 11:15 am - 12:30 pm \_\_\_\_\_  
 Session VIII, 12:40 pm - 1:55 pm \_\_\_\_\_  
 Session IX, 2:30 pm - 3:30 pm \_\_\_\_\_  
 Session X, 3:40 pm - 4:55 pm \_\_\_\_\_

**Saturday, November 21, 2015**

**Session Title**

**Presenter/Presider  
Signature**

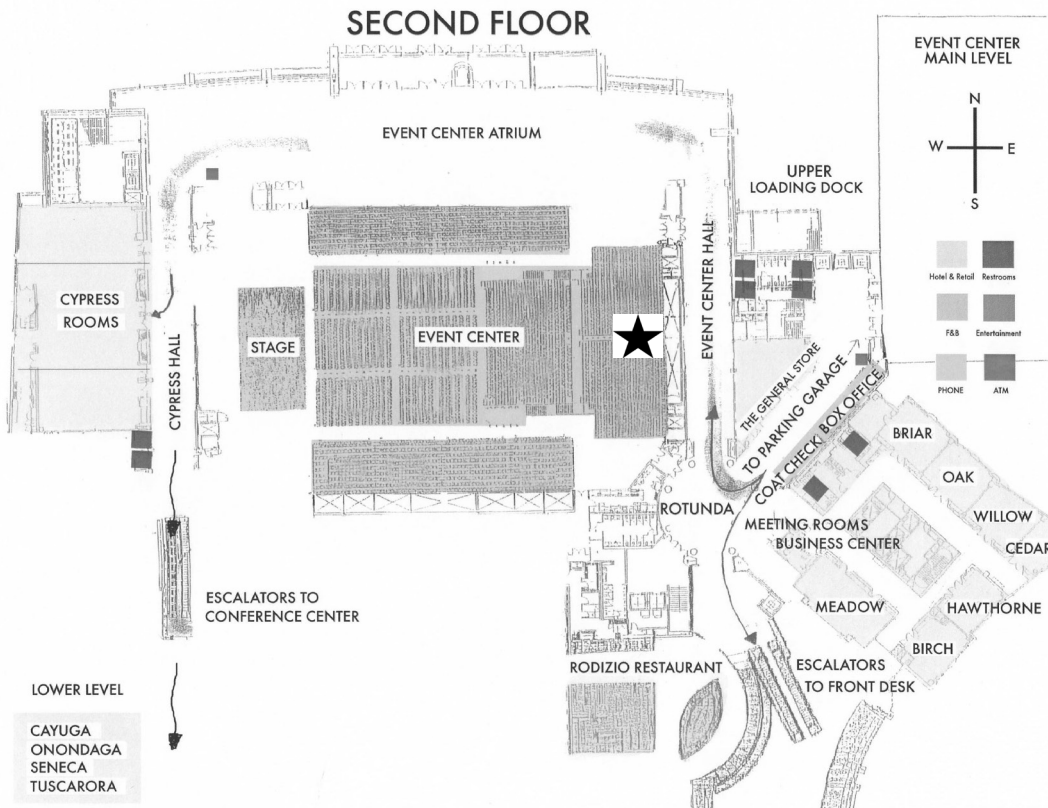
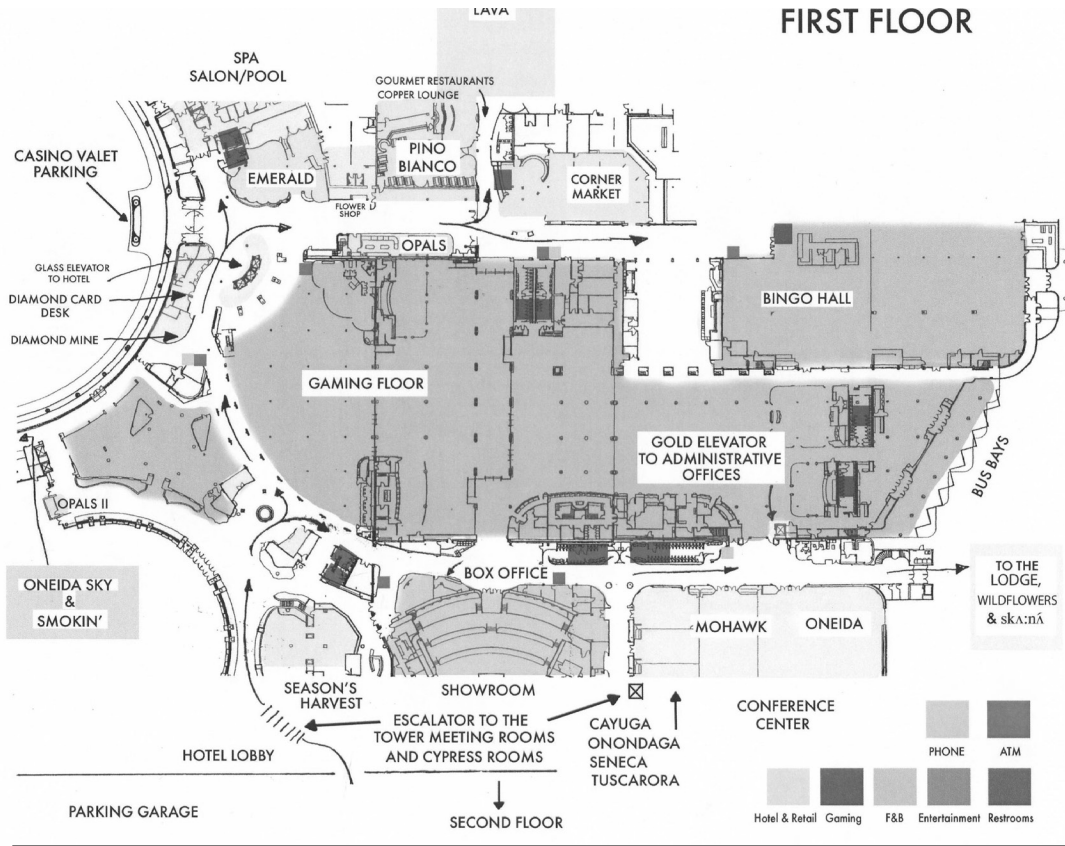
Session XI, 9:00 am - 10:15 am \_\_\_\_\_  
 Session XII, 10:30 am - 11:45 am \_\_\_\_\_



# Presidents of the New York State Association for Health, Physical Education, Recreation and Dance, Inc.

Herman Norton*	1924 - 30	Doris Soladay*	1977 - 78
Ellis Champlin*	1930 - 36	Roger Bunce	1978 - 79
Frederick Wohlers*	1936 - 37	Angela Whisher	1979 - 80
Charles Kraft*	1937 - 39	Norman Fullerton	1980 - 81
Paul Krimmel*	1939 - 41	Martilu Puthoff	1981 - 81
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Elmon Vernier*	1942 - 43	Barbara DiPalma	1983 - 84
H. Harrison Clarke*	1943 - 44	Ron Feingold	1984 - 84
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Carroll Smith*	1947 - 48	Barbara Southwick	1986 - 87
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Arthur Smith	1952 - 53	Tom Fay	1991 - 92
Julia Pratt*	1953 - 54	Judy Ingram	1992 - 93
Julius Kuhnert	1954 - 55	Ken Demas	1993 - 94
Ray Glunz	1955 - 56	Judy Harris	1994 - 95
Paul Fairfield	1956 - 57	George Blessing	1995 - 96
Elmer Smith	1957 - 58	Sandy Morley	1996 - 97
Alice Backus	1958 - 59	Lawrence Debel	1997 - 98
Raymond Bradley	1959 - 60	Kate Merrill	1998 - 99
Arthur Selverstone*	1960 - 61	Rick Amundson	1999 - 00
Joseph Guerrero*	1961 - 62	Toni Hagerman	2000 - 01
William Stebbins	1962 - 63	Jack Baker*	2001 - 02
Ross Allen	1963 - 64	Catharine Haight	2002 - 03
Robert Weber*	1964 - 65	Ronald Whitcomb	2003 - 04
Elizabeth Desch*	1965 - 66	Paula Summit	2004 - 05
Emilio DaBramo*	1966 - 67	Tom Howard	2005 - 06
Pearl Britton	1967 - 68	Sara Daggett	2006 - 07
Nicholas Zona*	1968 - 69	C. Brian Oaks	2007 - 08
David Rothenberg*	1969 - 70	Lisa Hrehor	2008 - 09
Doris McMahan*	1970 - 71	Jason Lehmbeck	2009 - 10
John Grant*	1971 - 72	Mara Manson	2010 - 11
James Runyan*	1972 - 73	Jason Quitoni	2011 - 12
Edith Cobane*	1973 - 74	Lisa Sherman	2012 - 13
Richard Ahkao	1974 - 75	Rod Mergardt	2013 - 14
H. Jean Berger*	1975 - 76	Alisa James	2014 - 15
Robert Bub	1976 - 77		

# Turning Stone Convention Center Floor Plan



★  
NYS AHPERD  
Conference  
Registration



## NYS AHPERD ZONES



- 1 SOUTH EASTERN
- 2 CAPITAL
- 3 CENTRAL NORTH
- 4 CENTRAL SOUTH
- 5 CENTRAL WESTERN
- 6 WESTERN
- 7 NORTHERN
- 8 NASSAU
- 9 CATSKILL
- 10 SUFFOLK
- 11 NEW YORK CITY

NYS AHPERD Central Office ♦ 77 North Ann Street, Little Falls, NY 13365 ♦ Phone: 315-823-1015  
 Toll Free: 1-877-473-7398 ♦ Fax: 315-823-1012 ♦ [www.nysahperd.org](http://www.nysahperd.org)

### CENTRAL OFFICE STAFF

Colleen Corsi, Executive Director  
 Jessica Synenki, Conference Director  
 Lisa Corbett, Administrative Ass't  
 Lisa Reardon, Administrative Ass't  
 Amy Johnson, Accounts Receivable

### OFFICERS

Dr. Alisa James, President  
 James Rose, President-Elect  
 Rod Mergardt, Past President

### BOARD OF DIRECTORS

*Ex-Officio Members*  
 Colleen Corsi, Executive Director  
 Bob Zifchock, Treasurer

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 Dr. Alisa James, President  
 James Rose, President-Elect  
 Rod Mergardt, Past President  
 Murphee Hayes  
 C. Brian Oaks  
 Dr. Tam Ray  
 Lisa Sherman  
 Dr. Jim Wright

### EXECUTIVE COUNCIL MEMBERS

#### Zone Presidents

Maurice Watson, Capital Zone  
 Michelle Henn, Catskill Zone  
 Shelly Connors, Central North Zone  
 Kerri Bullock, Central South Zone  
 Kelly Ahern, Central Western Zone  
 Tara Nelsen, Nassau Zone  
 Srecko Mavrek, NYC Zone  
 Tracy Sharlow, Northern Zone  
 Laura Owen, Southeastern Zone  
 Drew Walker, Suffolk Zone  
 Stacy Ribbeck, Western Zone

### EXECUTIVE COUNCIL MEMBERS

Continued . . .

#### Section Presidents

Cathy Houston-Wilson, Adapted PE & Sport  
 RaLuca Guin, Aquatics  
 Barbara Smith, Coaches  
 Kermit Moyer, Council of Administrators  
 Leslie Pieters, Dance  
 Monica Wolfe, Elem./Middle School PE  
 Dustin Verga, Exercise Sci./Sports Med  
 Juliann DellaRocco, Health Education  
 Kathleen Gurak, Higher Ed./Prof. Prep.  
 Melissa Pierce, Recreation/Adventure Ed  
 Sandy Jago, Retirees  
 Shelly Connors, Secondary PE  
 Joshua Wooldridge, Future Prof. President  
 Madison Hornung, Future Prof. Pres-Elect  
 John Strong, Future Prof. Section Advisor

Chris Wert, Executive Council Secretary

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& BBQ

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