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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 20th 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 78th 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,

Alisa James
President NYS AHPERD
The NYS AHPERD Foundation Proudly Recognizes the Following Contributors

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.

Cash Gifts
Gifts of Property
Gifts of Personal Property
Your Will
Gifts of Insurance
Deferred Gifts

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

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Ken & Claire Demas
Sandy Morley
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

**FlagHouse ~ Proud Sponsor of our NYS AHPERD Teachers of the Year!**
NYS AHPERD Proudly Recognizes
Our 2015 Amazing People Award Recipients

Section

Adapted Physical Education and Sport
Tracy Sharlow, St. Lawrence Lewis BOCES

Aquatics
Jimmy Cutrone, Queensborough CC

Coaches
Monica Tooley, Little Falls CSD

Council of Administrators
James Rose, Yonkers PS

Dance Education
Cindi Parise, Middletown Enlarged CSD

Elementary/Middle School Physical Education
Ken Wojehowski, Ramapo CSD

Future Professionals
Ken Demas, NYS AHPERD Past President

Health Education
Ryan Fisk, Manhattanville College

Higher Education/Professional Preparation
Melissa Pierce, The College at Brockport

Recreation/Adventure Education Section
RaLuca Gruin, Kappa International HS

Retirees
Helen Robinson, Utica CSD, Posthumously

Secondary Physical Education
Chris Wert, Corning-Painted Post SD

Zone

Capital Zone
Jessica Hull, Shenendehowa CSD

Catskill Zone
Laura Pietropaolo, Monroe-Woodbury CSD

Central North Zone
Diane Penella, Rome CSD

Central South Zone
Greg Woolever, Owego Apalachin CSD

Central Western Zone
Alissa Ingerick, Fairport CSD

Nassau Zone
Vera Trenchfield, Roslyn PS

New York City Zone
Dr. Jane Katz, Jay College of Criminal Justice

Northern Zone
Shayne Sudol, Madrid-Waddington CSD

Southeastern Zone
June Lagan, Pawling CSD

Suffolk Zone
Rollin Haffer, Middle Country CSD

Western Zone
Sheryl Kelley, Oracle Charter School

Departmental Majors of the Year

Kristen Bagley, Adelphi University
Michael Whelan, Adelphi University
Victoria Mikulec, Canisius College
Nicholas Zaccarella, Canisius College
Katharine Darrr, The College at Brockport
Brianna Sullivan, SUNY Cortland
Robert Corter, SUNY Cortland
Ariana Drauch, Hofstra University

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
**Exhibitor Years of Service Awards**

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

**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 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.

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.
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 I 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

NYS AHPERD proudly recognizes our valued sponsors!
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INCREASE COORDINATION
BUILD CONCENTRATION
INSPIRE CONFIDENCE

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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

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**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!

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**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
Dedicated Exhibit Time...................................12:40 pm – 1:55 pm
Session VIII......................................................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 – 11:15 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.
A BETTER PLACE TO BECOME A BETTER TEACHER.

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Learn more about Manhattanville College’s exciting graduate program in Physical Education and Sport Pedagogy, within the Department of Educational Leadership and Special Subjects. This theoretical and “hands-on” program prepares candidates for N.Y.S. Certification in Grades Pre-Kindergarten through Grade Twelve Physical Education.

For more information, please contact:
School of Education Graduate Admissions
Tel: (914) 323-5327  E-mail: edschool@mville.edu

Or, Rhonda Clements, Ed.D., Program Director
(914) 323-5327  clementsr@mville.edu

Or, Maureen Kuperberg, Coordinator of Physical Education Student Teaching Placements (914) 323-5437

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### THURSDAY, NOVEMBER 19

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<tr>
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<tr>
<td>Presidential Welcome and General Session</td>
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<td><strong>Session II</strong></td>
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<tr>
<td>Exhibit Time</td>
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<td><strong>Session III</strong></td>
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<td><strong>Session V</strong></td>
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**Amazing People Awards Ceremony**
7:30 pm - 8:30 pm

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

### FRIDAY, NOVEMBER 20

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<td>Exhibit Hall Open</td>
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<tr>
<td>General Session</td>
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<td><strong>Session VII</strong></td>
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<td>Past President's Luncheon</td>
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<tr>
<td>General Session</td>
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<td><strong>Session XII</strong></td>
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<tr>
<td>Past President's Luncheon</td>
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<td><strong>Session XIV</strong></td>
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**Amazing People Awards Ceremony**
7:30 pm - 8:30 pm

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

### SATURDAY, NOVEMBER 21

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<tr>
<th>Event</th>
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<tr>
<td>Retirees Section Meeting</td>
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<tr>
<td>Executive Council Meeting</td>
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<td>End of Conference Raffles</td>
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<td>Board of Directors' Meeting</td>
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<td>*Will begin immediately following the Noon Raffles.</td>
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NYS AHPERD 78th 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 Tierning 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
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

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.

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 students “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.

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.

Wednesday, November 18, 2015
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.

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).

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.

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

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
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/.

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 Clixx, Drums Alive, Stomp & Drum, Broom Sticks & Gymnastic Sticks.

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: Cypress D & E

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.

NYS AHPERD Executive Council Meeting

Dr. Alisa James, NYS AHPERD President

Location: Cypress D & E
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
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)
Presider: 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®)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: Lynn Hefele
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
Presider: Marty Nemecck
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 Blitzer (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 and 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.
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!

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

SWEETS KENDAMAS

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
Nutrition For Real - In The Classroom!
Presenter: Jennifer Aull (Half Hollow Hills CSD)
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)  
Presenter: 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)  
Presenter: 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 6 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 Bobeele (Hyde Park CSD), Laura Shaw (Irvington UFSD), Marybeth Stefano (White Plains CSD), Donn Tobin (Mahopac CSD) & Ken Wojehowski (Ramapo CSD)  
Presenter: Jean Marie 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?

Social Security And Your Retirement
Presenter: Amy Mielenicki (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.
Got Behavior? Supporting Challenging Students With Autism And Developmental Disabilities
Presenter: Jonathan Philby (The School at Springbrook)
Presider: 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 Ferris (Burnt Hills-Ballston Lake CS)
Presider: 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 school when you teach!

Implementing Adventure Curriculum Into Your Physical Education Class
Presenter: Brian Hetrick (Lynbrook UFSD)
Presider: 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)
Presider: 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 Rebyea (Guilderland CSD), Jessica Bywaters (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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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.
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What's Your Superpower? SHAZAM! We Teach PE!  
Presenter:  Lori Bifarella (Attica CSD)  
Presider:  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  
Presenter:  Rob Sliwinski & Evan Tabachnick (Rugby NY)  
Presider:  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.

Engaging Activities For Health Education  
Presenter:  Marybeth Mueller (Rochester CSD)  
Presider:  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)  
Presider:  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  
Presenter:  Lino Zovich & Rohan Murphy (The Murphy Mat)  
Presider:  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  
Presenter:  Tracy Sharlow & Jannelle Wingerter (Potsdam CS)  
Presider:  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)  
Presider:  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)  
Presider:  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)  
Presider:  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)
Presider: 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)
 Presider: 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)
Presider: 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 Djiekan (Genesee Community College)
Presider: 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)
Presider: 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 Luycks & Judy Zielinski (Voorheesville CSD)
Presider: 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)
Presider: 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
Presider: Colleen Corsi
Location: Meadow
Past and present leaders of NYS AHPERD will share their experiences 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)
Presider: 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.

30
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
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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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 Pomeren (Merton Community SD, WI)
Presider: 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 Ranick, April Sablan, Marissa Sell, Reed Warner, John Wellington & Olivia Zureck (Roberts Wesleyan College)
Advisor: Dr. Elaine Gregory (Roberts Wesleyan College)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: Dylan Jaklitsch
Location: Seneca
This sixty minute workout will feature fun, simple moves that will demonstrate working in the aerobic and anaerobic 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 & Chrsissy Popper (Fayetteville-Manlius SD)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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!
UNDERGRADUATE PROGRAMS

B.S. in Education – Physical Education
5 Year Dual Degree Program
Physical Education and Health Education
B.S./M.S.
Dr. Nancy Halliday: (516) 463-5811

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

GRADUATE PROGRAMS

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
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 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 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 - 4:45 pm
Session V

DancEnergy
Presenter: Alexandrino DuCarmo (District 75)
Presider: 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)
Presider: 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)
Advisor: Melissa Pierce (The College at Brockport)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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 (College at Brockport)
Advisor: Melissa Pierce (The College at Brockport)
Presider: 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!
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)  
Presider: 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)  
Presider: 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)  
Presider: 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)  
Presider: 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)  
Presider: Malea 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)  
Presider: 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)  
Presider: 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)  
Presider: Jim Cadispoiti  
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  
Presider: 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.

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 1st 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 it 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 Spiekball 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.

To learn more, visit education.adelphi.edu/ehps, or contact Emilia Patricia Zarco, chair at zarco@adelphi.edu or 516.877.3346.
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)
Presider: 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 afterschool program that promotes family fitness, fights childhood obesity and builds community. After an active DXF lesson, attendees will learn how 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)
Presider: 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)
Presider:
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)
Presider: 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)
Presider: 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.
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 Mittrakos (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 lifelong 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.

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

SAVE THE DATE
NASSAU ZONE CONFERENCE
MARCH 18, 2016 - ADELPHI UNIVERSITY
www.nassauzone.org
The MACHO Foundation “My Actions Can Help Others” Character Building Education Program For Teachers & Students
Presenter: Cary Epstein (LIU/The MACHO Foundation)
Presider: 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)
Presider: 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.

Keynote Presentation by David Casullo
9:25 am - 10:40 am
Location: Showroom
How To Lead Change By Improving Presence And Influence
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

Insight Grants Development
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 Midwest 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
or
http://www2.cortland.edu/admissions/
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 Hefele
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 Fitgo, 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.
A Little Bit Of LATIN!  Spice Up Your Classes With Some Popular LATIN Dance!
Presenter:  Barbara Muller (Cresskill Public Schools, NJ)
Presider:  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)
Presider:  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)
Presider:  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)
Presider:  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.

LOTSA! (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)
Presider:  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)
Presider:  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 78th 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
Playout
Polar Electro, Inc.
Project Adventure
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
Straight From Seattle!
Presenter: Shelly Connors (Auburn Enlarged CSD)
Presider: 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)
Presider: 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)
Presider: 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 presnters 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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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)
Presider: 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!

2:30 pm - 3:30 pm
Session IX

Coaches Section Business Meeting
Presenter: Barbara Smith (Coaches Section President)
Location: Birch

Brain Beats - Brain Body Training
Presenter: Carrie Ekins
Presider: 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)
Presider: 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 esquiva, 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)
Presider: 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!
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 Bíra, 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!

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**11th 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.

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**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.
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
Presenter: 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!

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 21st!

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!

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

• Quality, engaged, diverse faculty
• Faculty-student joint research
• One-year program (30 credits) with non-thesis and thesis options
• Tuition reduction of up to 70% with graduate assistantship
• Exchange program with Cornell University
• Small faculty-student ratio
• No GRE required
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
(P. S. 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.

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
2015 EXHIBITOR DIRECTORY

ADA Sports and Rackets
Representative: George Blessing
2925 Chrysler Road
Kansas City, KS  66115
Telephone: 800-234-0460   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

Advantage Sport & Fitness
Representatives: Mitch Clark, Matt Bogumil
2255 North Triphammer Road
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American Heart Association
Representatives: Meg Gibbons, Ramona Englebrecht
25 Circle Street, Suite 102
Rochester, NY  14607
Telephone: 585-615-6196   www.heart.org

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177 Hudson Street
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Representatives: Dr. Clancy Seymour, Bryan Sibbitts
2001 Main Street
Buffalo, NY 14218
Telephone: 716-888-2548   www.canisius.edu

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Telephone: 808-271-4110   www.drums-alive.com

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601 Flaghouse Drive
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Food & Drug Administration
Representative: Diana Monaco
622 Main Street, Suite 100
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G&G Fitness Equipment, Inc.
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Anthony Rufalo, Ron Collier
7350 Transit Road
Williamsville, NY 14221
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Generation Floorball, LLC.
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Interactive Health Technologies
Representative: Jen Ohlson
1101 W. 34th Street #213
Austin, TX 78705
Telephone: 512-848-8044  www.ihtusa.com

International Federation of Kin-Ball Sport & Omnkin
Representative: Pierre Julien Hamel
4545 Pierre-De-Courtertin Avenue, PO Box 1000, Station M
Montreal, QC, Canada H1V3R2
Telephone: 514-252-3210  www.kin-ball.com

Ithaca College
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953 Danby Road
Ithaca, NY 14850
Telephone: 607-274-3659  www.ithaca.edu

Marathon Kids
Representatives: Chad Mann, Laura Clarke
P.O. Box 41317
Austin, TX 78704
Telephone: 512-77-1259  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

Monroe Community College
Representatives: Elizabeth Kelly, Doug Henneberg
1000 E. Henrietta Rd.
Rochester, NY 14623
Telephone: 585-292-2854  www.monroecc.edu

Murphy Mat
Representatives: Rohan Murphy, Lino Zovich
154 Northern Blvd
St. James, NY 11780

NYS Bowling Proprietors Association (In-School Bowling)
Representatives: Kathy Leitgeb, Marvin Sontz
435 New Karner Road
Albany, NY 12205
Telephone: 518-464-1176  www.msbpa.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

New Balance Foundation – Billion Mile Race
Representatives: Emily Nichols, Sarah Lange
150 Harrison Avenue
Boston, MA 02111

Playout, LLC
Representatives: Eddie Kovel, Jane Kovel
1422 Tuxworth Circle
Decatur, GA 30033

Polar Electro, Inc.
Representatives: Julian Acevedo, Sharon Warren
1111 Marcus Avenue, Suite M15
Lake Success, NY 11042
Telephone: 800-290-6330  www.polar.com

Project Adventure, Inc.
Representatives: Bill Bates, Lisa Howard
719 Cabot Street
Beverly, MA 01915
Telephone: 978-524-4638  www.pa.org

RampShot
Representatives: Kevin Texeira, Josh Bonventre
18 Cynthia Lane
Center Moriches, NY 11934

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

S&S Discount Sports
Representatives: Kevin Lovely, Darci Stryker
PO Box 513
Colchester, CT 06415
Telephone: 800-642-7354  www.ssww.com

SHAPE America
Representatives: Carly Braxton, Pam Powers
1900 Association Drive
Reston, VA 20191
Telephone: 800-213-7193  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

SPARK
Representative: Jeff Mushkin
438 Camino Del Rio S. Ste 110
San Diego, CA 92108
Telephone: 800-772-7573  www.sparkpe.org

Spikeball, Inc.
Representative: Scott Wilson
1235 N. Damen Avenue
Chicago, IL 60622
Telephone: 530-519-3965  www.spikeball.com

SUNY Cortland
Representative: Lynn MacDonald
1126 Park Center, PO Box 2000
Cortland, NY 13045
Telephone: 607-753-4956  www.cortland.edu

Sweets Kendamas
Representatives: Margaret Ricci, Cooper Eddy
9743 Humboldt Avenue S
Bloomington, MN 55431
Telephone: 651-206-1470  www.sweetskendamas.com

Tchoukball, Inc.
Representative: Shari Frank
P.O. Box 9182
Naperville, IL 60567
Telephone: 800-939-0273  www.tchoukballpromo.com

The Children’s Health Market
Representative: Shannon Wilber
27 Cannon Rd. Suite 1B
Wilton, CT 06897

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

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

US Games
Representatives: Aaron Hart, Ashley Vation
1901 Diplomat Drive
Farmers Branch, TX 75234
Telephone: 1-800-327-0484  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

USA Volleyball - IREVA Region
Representatives: Hazel Goldstein, John Goldstein
590 Mullock Road
Port Jervis, NY 12771
Telephone: 845-978-1663  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

WonderWorks
Representative: Ashley Doss
9090 Destiny USA Drive
Syracuse, NY 13204
Telephone: 315-466-7700  www.wonderworksdestiny.com

“Y-Ties” - EFS Fundraisers
Representative: Eric Shapiro
4651 A NW 6th Street
Gainesville, FL 32609
Telephone: 888-969-8437  www.y-ties.com

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

Exhibitor Demonstration Schedule
Thursday, November 19th

Generation Floorball
11:50 am - 12:20 pm

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

Friday, November 20th

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!
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 78th Annual Conference
November 18-21, 2015
Turning Stone Convention Center

### VERIFICATION OF PROFESSIONAL DEVELOPMENT HOURS

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<thead>
<tr>
<th>Thursday, November 19, 2015</th>
<th>Session Title</th>
<th>Presenter/Presider Signature</th>
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<tr>
<td>Session I, 8:00 am - 9:00 am</td>
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<tr>
<td>Keynote, 9:10 am - 10:40 am</td>
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<tr>
<td>Session II, 10:50 am - 11:50 am</td>
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<tr>
<td>Session III, 12:30 pm - 1:30 pm</td>
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<td>Session IV, 1:40 pm - 2:55 pm</td>
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<td>Session V, 3:30 pm - 4:45 pm</td>
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<tr>
<td>Session VI, 8:00 am - 9:15 am</td>
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<tr>
<td>Keynote, 9:25 am - 10:40 am</td>
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<td>Session VII, 11:15 am - 12:30 pm</td>
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<td>Session VIII, 12:40 pm - 1:55 pm</td>
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<td>Session IX, 2:30 pm - 3:30 pm</td>
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<td>Session X, 3:40 pm - 4:55 pm</td>
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<th>Saturday, November 21, 2015</th>
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<tr>
<td>Session XI, 9:00 am - 10:15 am</td>
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<td>Session XII, 10:30 am - 11:45 am</td>
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<tr>
<td>Herman Norton*</td>
<td>1924 - 30</td>
<td>Doris Soladay*</td>
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<tr>
<td>Ellis Champlin*</td>
<td>1930 - 36</td>
<td>Roger Bunce</td>
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<td>Frederick Wohlers*</td>
<td>1936 - 37</td>
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<td>Charles Kraft*</td>
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<td>Paul Krimmel*</td>
<td>1939 - 41</td>
<td>Martilu Puthoff</td>
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<td>Arthur Howe*</td>
<td>1941 - 42</td>
<td>Ronald Hoffman*</td>
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<td>Elmon Vernier*</td>
<td>1942 - 43</td>
<td>Barbara DiPalma</td>
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<td>H. Harrison Clarke*</td>
<td>1943 - 44</td>
<td>Ron Feingold</td>
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<td>Ethel Kloberg*</td>
<td>1944 - 46</td>
<td>Phyllis Bigel</td>
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<td>Francis Moench*</td>
<td>1946 - 47</td>
<td>John Ault*</td>
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<td>Carroll Smith*</td>
<td>1947 - 48</td>
<td>Barbara Southwick</td>
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<td>Marie Schuler*</td>
<td>1948 - 49</td>
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<td>John Shaw</td>
<td>1949 - 50</td>
<td>Shirley Bowen</td>
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<td>Lloyd Appleton</td>
<td>1950 - 51</td>
<td>Michael Marcus</td>
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<tr>
<td>Jeanette Saurborn</td>
<td>1951 - 52</td>
<td>Arlene Seguine</td>
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<td>Julia Pratt*</td>
<td>1953 - 54</td>
<td>Judy Ingram</td>
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<td>Julius Kuhnert</td>
<td>1954 - 55</td>
<td>Ken Demas</td>
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<td>Ray Glunz</td>
<td>1955 - 56</td>
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<td>Paul Fairfield</td>
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<td>Elmer Smith</td>
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<td>Alice Backus</td>
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<td>Arthur Selverstone*</td>
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<td>Joseph Guerrera*</td>
<td>1961 - 62</td>
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<td>William Stebbins</td>
<td>1962 - 63</td>
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<td>Ross Allen</td>
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<td>Catharine Haight</td>
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<td>Elizabeth Desch*</td>
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<td>Emilio DaBramo*</td>
<td>1966 - 67</td>
<td>Tom Howard</td>
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<td>Pearl Britton</td>
<td>1967 - 68</td>
<td>Sara Daggett</td>
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<td>Nicholas Zona*</td>
<td>1968 - 69</td>
<td>C. Brian Oaks</td>
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<tr>
<td>David Rothenberg*</td>
<td>1969 - 70</td>
<td>Lisa Hrehor</td>
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<td>Doris McMahon*</td>
<td>1970 - 71</td>
<td>Jason Lehmbeck</td>
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<td>John Grant*</td>
<td>1971 - 72</td>
<td>Mara Manson</td>
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<td>James Runyan*</td>
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<td>Jason Quitoni</td>
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<td>Edith Cobane*</td>
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<td>Lisa Sherman</td>
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<tr>
<td>Richard Ahkao</td>
<td>1974 - 75</td>
<td>Rod Mergardt</td>
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<td>H. Jean Berger*</td>
<td>1975 - 76</td>
<td>Alisa James</td>
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<tr>
<td>Robert Bub</td>
<td>1976 - 77</td>
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* deceased
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