

Educational Websites For Health, Physical Education and Athletic Administrators

The following is a list of some educational resources. It contains New York State, as well as National sites for up-to-date information. These resources may be helpful to you and/or your staff throughout the year.

Educational Websites

New York State Athletic Administrators Association
www.nysaaa.org

New York State Council of Administrators
www.nysaaa.org/coa.html

New York State Education Department (NYSED)
www.nysed.org

U.S. Department of Education
www.ed.gov

National School Boards Association
www.nasba.org

New York State Council of Superintendents
www.users.aol.com/NYSCSS/home.html

American Fitness Alliance
www.americanfitness.net

American Alliance for Health, Physical Education, Recreation & Dance
www.aahperd.org

Centers for Disease Control and Prevention
www.cdc.gov

Michigan Exemplary Physical Education Curriculum Project
www.michiganfitness.org

Education Week
www.edweek.org

Association for Supervision and Curriculum Development
www.ascd.org

National Center for Educational Statistics (NCES)
www.ed.gov/NCES

Upstate Center for School Safety Ulster BOCES
www.mhrcc.org/scss

Discover Safe Schools Newsletter
www.stwnews.org/safety

Professional Preparation Council For Physical Education

The New York State Professional Preparation Council for Physical Education (NYSPPCPE) is an organization with a membership of approximately twenty colleges in New York State that have a physical education major program preparing students to be physical educators in schools. Faculty members, who teach in the teacher education preparation programs from each college, attend the yearly meeting. The NYSP-PCPE meets in early October, in Albany, to discuss a variety of issues related to teacher education. Guests at the meeting include state education officials to keep colleges up-to-date with the latest in teacher certification and accreditation issues. In addition, the last several years NYSPPCPE invited a Council of Administrators (COA) representative to inform the group about its concerns and/or needs related to new teachers being hired. As a group, the NYSPPCPE is looking to improve communications with the COA. With improved communication, both councils can benefit. Both the NYSP-PCPE and the COA are working towards the same goal, QUALITY physical education programs.

As current NYSPPCPE president, I encourage our dialogue to continue. Feel free to contact me.

Shawn Ladda,
NYSPPCPE President
Manhattan College
(718) 862-7811
www.sladda@manhattan.edu



Administrative TIMES



Volume II No. 4

468 Shawanga Lodge Rd. • Bloomingburgh, NY 12721

October 1999

THE PRESIDENT'S MESSAGE

Dear Friends,

What a great COA conference—"Putting It All Together..." we had in October at the Woodcliff Lodge. Thank you to Toni Hagerman, Kathy Broughton and their committee in the Central Western Zone for all their hard work.

To refresh memories and help those unable to attend, I would like to briefly summarize the conference. Dr. Ron Feingold, AAHPERD President was our keynote speaker during Sunday evening's dinner. He shared research with us that factually proves active children are healthier cognitively, psychologically and physically. Yet, with this and other like research, parents and Boards of Education do not often connect research with nor have support for quality physical education programs.

In the panel discussion, we heard Colleen Corsi talk about increasing membership in NYS AHPERD and COA; Tom Fay update Goals 2000 part III workshop; Kent Gray address professional preparation plans for all teaching staff by June 2000 and the 175 continuing education hours required of those graduating with physical education degrees after the year 2004; and Ron Feingold reminded us about the importance of what we do.

We heard, at the Anne Mackey luncheon, several renowned speakers on a variety of pertinent topics, and celebrated the awards of our colleagues. Xerox officials outlined their corporate wellness program and translated the value of a healthful workforce into dollars and cents.

Rita Mercier instructed us on how to be change agents in our home districts and cautioned that

real change is a process that takes time. Regent Farley spoke at Monday's dinner. She reminded us to, "Carry on the traditions that came long before us and to place physical education squarely where it belongs and assess it for its intrinsic values." The Board of Regents remains committed to supporting physical education curriculum.

Rick Stein, Assistant Superintendent at the Webster School District, told us that, "Change happens from the inside out" and "We are the culture of schools. It's about relationships, relationships, relationships and connecting kids to the standards by working together."

Dr. Neil Dougherty and a panel outlined director responsibilities regarding liability issues in our districts.

Everyone, who attended the conference, had numerous opportunities to become re-energized, reconfirm positive accomplishments and to refocus on goals yet to be realized.

The "Putting it All Together..." conference was a great success. The real success will come when all the State programs ensure that children receive a quality physical education programming.

Our next opportunity to meet will be in November at the NYS AAHPERD conference held in Syracuse. It promises to be another outstanding conference where directors and teachers continue to grow professionally. Hope to see you there.

Best Regards,
Mary Berhang

Pre-Sorted
First Class Mail
U.S. Postage
PAID
Walden, NY
Permit No. 4



Council of Administrators
New York State AHPERD
568 Shawanga Lodge Rd.
Bloomingburgh, NY 12721



Editor's Column

Be an ambassador, be a role model

A key part of leadership is not just bringing out the best in yourself, but bringing out the best in others. Directors or physical education teachers, at one time, most likely coached a team. Haven't you "preached" to your team about the importance of being a role model in school and community and/or being an ambassador for your sport. It all begins with the leader.

School leaders are the men and women who have an impact on our children's future. They have and do the most important job in the school, in the community. Teachers need to be leaders. Directors need to be a leader of leaders. Together, you give hope for the future and opportunity to our children. Be an ambassador, be a role model.

Good leaders are also good role models. They model what they ask their employees to do. If they want their staff members to keep abreast of the best educational strategies, directors seek out and attend a variety of professional development opportunities such as workshops, conferences or in-service courses. Directors gather up-to-date information for and share with their staffs challenging materials, motivating them to be on the cutting edge of change. Directors have to encourage and promote the development of teachers as leaders by being good role models themselves.

Through developing and promoting a plan for professional development opportunities, directors show regard for good role models. Accordingly, directors model effective leadership. A leadership that is connected to each other and one that is committed to the betterment of all stakeholders: children, employees and community members. A good role model sees professional development as a serious business toward ongoing development of a quality health and physical education program.

Honored leaders, recognized role models.

Annually, The Anne Mackey luncheon, which is an integral part of the statewide directors' conference, recognizes and honors particular leaders whose accomplishments designate them as physical education ambassadors, role models. They are nominated, screened and selected by criteria.

The Ellis H. Chapman award is the most prestigious award given by our professional organization. The winner is an outstanding individual who exhibits dedication and leadership in the profession; who is a contributor, supporter and worker for the purposes of the Council, physical education and the children throughout the State. Congratulations to the 1999 Ellis H. Chapman award winner Robert Goldberg, Herricks School District.

The Director of the Year Award is given to an outstanding director who has contributed significantly to the improvement of physical education programs in serving the youth of his/her own school district in the State. Congratulations to the 1999 award recipient, Stuart Chandler, Schoharie Central School.

The COA Special Service Award is presented to individuals who have given many years of dedicated service to the State Council. The 1999 award winners are Collen Canorro Corsi, Thomas Fay and Lloyd Mott.

Teachers and directors of health and physical education:

Are you obsessed with the quality of instruction and student learning?

Do you take professional development as a serious business?

Are you an ambassador for our profession, discipline?

Can someone point to you or nominate you as a role model?

Bob Zifchock
Valley Central Schools

Cooper Institute: Fitness Certification Course, Three Years Later

For the past three years, the Council of Administrators have both endorsed and sponsored the certified fitness specialist course taught by the world-renowned Cooper Institute of Aerobics Research. The course emerged, in 1997, from a single week-long session, at SUNY Cortland, to three regional weeklong sessions this past summer held at the following sites: Shaker High School, Hofstra University and Rochester Institute of Technology. Course attendance has grown to nearly 250 individuals, most of whom are physical education teachers and members of NYSAHPERD. They completed a rigorous fitness study plan and have passed their certification exams.

The Fitness Certification course has received high marks from its participants for two basic reasons: content—*challenging, current, clear, concise* and teaching. The instructors that the Cooper Institute assigned to our regional courses have proven themselves to be *interesting, motivational and instructionally sound*. These instructors bring with them a direct pipeline to the Institutes world famous research center, as well as a valuable resource to NYSAHPERD and its members.

Based on course participant feedback, each year's plan of study has been modified to include different components. Major changes occurred in the areas of youth fitness and youth fitness testing—year one; specific youth fitness segments were altered and youth fitness training—year two; and an introduction to up-to-date AAHPERD's Physical Best and Cooper's Fitnessgram programs.

This year's participants were also honored to have AAHPERD's President Dr. Ron Feingold as a guest instructor at two of the regional Fitness Certification workshops.

What does the future look like for this course? One thing can be stated. Zones, school districts and other related agencies would be encouraged to consider organizing, sponsoring a course in their own locale. There are several certified individuals, who have the necessary experience and desire, to assist local people with course organization. Do you need motivation? Just ask any of the 250 recently certified fitness specialists about the value of this course or how it fits into their daily teaching, personal life and understanding of wellness. Be prepared for an earful. These fitness specialists are extremely passionate about this topic!

If you are interested in organizing and conducting your own course, call Rick Amundson at (716) 670-5061. Why not schedule your own course now to ensure the best possible choice of weeks?

By
Rick Amundson
Webster Schools

A Follow-up Report of The COA Statewide Directors' Conference

By Toni Hagerman

The 12th annual COA conference was held at the Lodge at Woodcliff in Rochester, New York, on October 17-19, 1999. The conference theme was "Putting It All Together...Standards, Curriculum, Instruction and Assessment." It was filled with special events beginning on Sunday with wellness assessments to the concluding drawing for a VCR/TV on Tuesday.

Mary Berhang, COA President, welcomed everyone to the conference at Sunday's dinner. Werner Kleeman, retired Director from Rush-Henrietta, acted as master of ceremonies introducing our guest speaker. Dr. Ron Feingold, the President for the American Alliance, spoke about "The Future of the Profession" and the role of the director.

Monday's program opened in a general session with a panel discussion chaired by Mrs. Collen Corsi, NYS AAHPERD Executive Director, Dr. Tom Fay, St. Lawrence University, Mr. Kent Gray, NYSED, and Dr. Feingold. Four break out sessions followed and included: Donna Riter providing strategies on how to stop the conflict cycle, ways to interrupt it and how to begin the de-escalation process. Bob Goldberg shared his committees' work on establishing a method of standardizing performance assessments throughout New York State. Marsha Stevens presentation addressed how to put balance in ones life and how to get to win-win solutions while working with others. Ted Kantorowski presented a challenge to conference participants—to aspire to higher standards for their staff and how to use the Peer Review process for staff development. After a break, conferees heard two overviews. Fred Bleiler, Rochester Institute of Technology, gave an overview of R.I.T.'s physical education model. Ron Feingold presented an overview of the revised Physical Best and Fitnessgram assessment programs.

The Anne Mackey luncheon honors outstanding leaders in our profession. Congratulations to Tony Gulli for another excellent awards presentation. Gerald Ellis, Director of Xerox Services Division, was the guest speaker. He noted the importance of Xerox's commitment to wellness in the work place. After lunch, Rita Mercier—author, consultant, and national presenter spoke on "The Dynamics of Successful Change Efforts." The Goals 2000 Grant sponsored her talk.

A new concept, "Chat Rooms," was added to this year's conference. It is designed as informal break out sessions for greater opportunities to generate discussion. Topics included: "Change" with Rita Mercier; NYS AAHPERD with Colleen Corsi; "Technology" with Kate Merrill, NYS AAHPERD President; and "The Directors Role in Evaluation of Staff and Program" with John Steinbrenner, Shirley Bowen and Sam Utter.

Regent Edna L Farley, the dinner speaker, provided her audience with a historical perspective of the importance of our profession and assured our discipline that fellow Board of Regent members are very much aware of the importance physical education has in the overall educational programming for children. She reminded leadership to never let down on your commitment to physical education and continue to champion this message to all stakeholders. Rick Stein, Assistant Superintendent for Webster Central Schools, provided us with exciting and informative closing remarks—"Connecting Students to Standards." Concluding the day, the host Central Western Zone sponsored a baseball/football reception. Special thanks to reception hosts Mary Ann Harrington, Zone President and Paula Summit, Zone Executive Board.

Tuesday's general session was a panel discussion regarding "Managing Risk, Developing School and Limiting Liability in Physical Education." Utica Mutual and Travelers Insurance sponsored this panel discussion. Attorney Mark Miller shared several relevant court decisions and liability suits in physical education and sport. Dr. Neil Dougherty presented statistical information on specific activities that generated the highest incidence of injury, as well as guidelines for supervision, avoiding mismatching and reporting injuries.

Special thanks to the conference planning committee members and the schools they represent: Rick Admunson, Webster; Karen Bolinger, Hilton; Denny Fries; Irondequoit; John Steinbrenner, Pennfield; Sam Utter, Gates-Chili; Ron Whitcomb, Victor; and co-chairs—Toni Hagerman, Pitsford and Kathy Boughton, Rochester.

Best wishes to next year's conference chair—Mike White, who is from the Central South Zone. The statewide directors' conference is to be held in Binghamton.

Time Savers

Reference Checks

How do you find out what previous or current employers think about your candidates? Leave this message on the reference's voicemail after hours, "Please call back if you think this candidate is outstanding." The speed with which a return call is made will say a lot.

Paperwork Pileups

Avoid being buried under a mountain of paper by marking the paper each time you handle it. If it has several marks on it either toss it away or act on it.