NYC High School Health, Physical Education and Athletics Conference
Monday, January 27, 2020: Grand Street Campus, Brooklyn

When you scan the red QR codes next to each session, you will find a specific evaluation for that session. To enable us to provide you with the best possible professional development we respectfully request you take the time to evaluate each session you attend. Thank you!

7:00 am to 8:15 am
Registration & Packet Pick-up
Light breakfast fare will be available.

8:15 am to 8:30 am
Conference Welcome
Location: Auditorium

8:40 am to 9:40 am
Session I

Leading your Athletic Department (for Administrators)

**Speaker:** John Wenz (Positive Coaching Alliance)

**Location:** Library

Creating a positive, character-building youth or high school sports experience requires organizational leaders committed to creating and maintaining a Development Zone™ for developing "Better Athletes, Better People." This presentation helps your leadership team do exactly that. One key outcome of the presentation is a written action plan for your leadership team, created with the guidance of the PCA Trainer, specific to the needs and circumstances of your organization and the population it serves. Throughout the presentation, and reflected in the action plan, is an emphasis on PCA’s “Single-Goal” Leader model, in which shaping the culture of your organization is the primary task of your leadership team.

Starting Relationships with Social Emotional Learning

**Speakers:** Matthew Wechsler, Stacey Altruda & Kelli-Ann Henry
(NYCDOE Office of School Wellness Programs)

**Location:** Gymnasium 1

Physical educators have a unique opportunity to immerse students in intentional learning experiences that develop social and emotional skills. Participants will learn strategies to create a safe and inclusive learning environment through physical activities that develop communication and cooperation skills to support students in establishing positive relationships. Through team-building and problem-solving activities, and debriefing strategies, participants will experience the skills needed to establish effective communication in student interactions to create a supportive learning environment.

Introduction to Flag Rugby as a Youth Development Tool

**Speaker:** Dominic Wareing (Play Rugby USA)

**Location:** Gymnasium 2

Teachers will learn how to teach developmentally appropriate flag rugby fundamentals to students with a strong focus on student empowerment and decision making that will transfer into the classroom. The training covers the values underpinning the sport of flag rugby, basic skills, terminology, rules, regulations, offensive and defensive techniques and lead-up games.

Rising New York Road Runners

**Speakers:** Cliff Sperber & Lyncia Beggs (NY Road Runners)

**Location:** Gymnasium 3

This session will present free tools and simple techniques for teaching movement to high school students of all athletic abilities. Utilizing “Rising New York Road Runners”, a free program serving more than 1,300 schools/200,00 students nationwide, as its primary resource, teachers will learn how to access and use fun games and activities that build the ability, confidence and desire to be physically active for life.

Middle and High School PE Assessments

**Speakers:** Dr. Sarah Doolittle (Adelphi University) & Hannah Gordon
(NYC DOE Office of Periodic Assessment)

**Location:** Gymnasium 4

Participate in assessments you can choose for 7th, 9th and 11th graders. Try out the Part A activity assessment and Part B written assessment for one grade level and understand the possibilities of using these assessments for student, program and/or teacher evaluation.

Enhancing Communication in Competitive Sport Environments: Practical Applications for Coaches

**Speaker:** Dr. Jeff Cherubini (Manhattan College)

**Location:** Classroom A

Understanding and appreciating the power of effective communication in shaping attitudes, emotions, and behaviors in human performance settings is fundamental to successful sport coaching. Communication between coach and athlete, as well as among coaches, athletes, sports medicine personnel, parents and significant others, is essential to enhancing the sporting experience. Drawing from contemporary sport, counseling, and clinical psychology literature, the session will focus on practical applications to enhancing communication in competitive sport environments.

**IMPORTANT**
Your CTLE form/session tracking sheet can be found in this conference program on pages 5 & 6. Please complete all sections legibly. Print the title of each session you attend on the tracking sheet and obtain a signature at the conclusion of each session.
Starting a Youth Bike Program at Your School  
**Speaker:** Richard Conroy (Bike NY)  
**Location:** Classroom B  
Many cities are working hard to encourage residents to shift their mode of transportation from motor vehicles to active transportation, especially cycling. Cycling is an everyday physical activity that is available to almost everyone, right outside their front door. This presentation will cover different types of youth cycling programs, how to get started, what's happening with cycling within New York City schools, and what curricular resources are available.

Food and Nutrition Education for All  
**Speakers:** Julia McCarthy (Tisch Food Center) & Corey King (Sylvia Center)  
**Location:** Classroom C  
What your students eat impacts their concentration and health, as well as social justice and the natural environment; yet teaching about food and nutrition can seem complicated. This presentation connects educators to the tools needed to bring this topic to life in your classroom.

Supporting Student Mental Health: Implementing the NYS Mental Health Education Legislation  
**Speaker:** Amy Dawson (NYCDOE Office of School Wellness Programs)  
**Location:** Classroom D  
Participants will learn strategies and techniques for effectively teaching the required mental health education component of health classes (K-12). Topics and skills covered include: coping strategies for challenging emotions (including stress, anger, rejection, and grief); communication skills (asking for help; helping a friend/family member); accessing community resources and more.

Strategies for Teaching Breathing Techniques in an Inclusive Aquatic Setting  
**Speakers:** Snecko Mavrek (Kappa International HS/Hostos CC)  
**Location:** Classroom E  
Teaching proper breathing techniques is often one of the most significant challenges a swimming instructor faces. Attend this session to learn how to teach step-by-step breathing skills to build your students’ confidence and competence in an inclusive aquatic setting. Participants will learn and discuss several strategies for teaching breathing patterns for the novice swimmer including static and dynamic dry land exercises.

Instant Activities that Utilize Moderate to Vigorous Physical Activity  
**Speaker:** Dr. Chris Mekelburg (Rockville Centre UFSD)  
**Location:** Gymnasium 1  
This session will mesh best practice lesson design with high energy instant activities. Attendees will participate in small-sided, standards-based activities while utilizing 21st century heart rate technology. Heart rate data will be reviewed and recommendations for data uses will be displayed.

Net Generation Tennis and Schools, the Perfect Match  
**Speakers:** Joe Arias (Arias Tennis Corp) & Jerry Rodriguez (USTA)  
**Location:** Gymnasium 2  
As part of our mission to promote and develop the growth of tennis, USTA Eastern is looking to support high school PE teachers as they introduce the lifetime sport of tennis to high school students. This fun, interactive session will include parts of the full 3-hour Net Generation School workshop that USTA Eastern Clinician can deliver at no cost in school districts throughout New York State. We will showcase the comprehensive Net Generation curriculum for physical education teachers designed in conjunction with SHAPE America as well as the free equipment and other benefits/resources available, all free to partnering schools.

BOKS and Spartan Races: Functional Fitness Program for High Schools  
**Speakers:** Laura Burati, Allyson Trenteseaux & Shea Pease (Build our Kids’ Success)  
**Location:** Gymnasium 4  
Join us for a fun interactive training with BOKS and learn about their High School programming that was created in collaboration with SPARTAN Races. Be prepared to move, sweat, and learn how to implement functional fitness in your high school. Be prepared to move! The goal of the high school BOKS/SPARTAN program is to give students who may not participate in traditional high school sports the opportunity to embrace and enjoy physical activity. With functional fitness at it’s core, students will gain endurance, strength and mental perseverance that will prepare them for SPARTAN races.

Microsoft Teams: Creating a Virtual Professional Learning Community (PLC)  
**Speaker:** Orlando Cordero (NYCDOE Office of School Wellness Programs)  
**Location:** Classroom A  
Learn how to utilize Microsoft Teams to collaborate with other secondary PE teachers around the city. Create a resource library where you could share files with your colleagues. Video conference and share best practices in a virtual PLC during extended days without leaving the comfort of your school site.

Using the Physical Education Scope and Sequence to Address the Framework for Teaching  
**Speaker:** Dignorah Laporte (NYCDOE Office of School Wellness Programs)  
**Location:** Classroom B  
During this session, participants will discuss how the new PE Scope and Sequence can be used to address the four domains of the Framework for Teaching. Each component will be explored, as well as supporting resources to strength classroom practice and student learning.

How to Create a Science-Based, Skills-Based Lesson Plan About Vaping  
**Speakers:** Sasha Simon (Drug Policy Alliance) & Angelique Tarazi (Metropolitan HS)  
**Location:** Classroom C  
In the midst of great and serious concerns around vaping in America where researchers are questioning vaping as a legitimate aid and harm reduction tool for smoking cessation, especially within the context of increasing rates of use among teens and never-smokers, participants will learn how to use the CRAAP test to help students hone their ability to evaluate the credibility of online sources, a Common Core-tested and critical health literacy skill. During this session, participants will have the opportunity to learn about important political and scientific debates surrounding vaping and engage with the Drug Policy Alliance’s Safety First: Real Drug Education for Teens curriculum -- designed for 9th and 10th grade students -- to learn a novel approach to teaching about vaping that helps students make their own decisions in a world of conflicting and evolving data.

QB54 - Football Without Injuries  
**Speaker:** Michael Silva (QB54)  
**Location:** Gymnasium 3  
QB54 is an interactive football game that is enjoyed by both boys and girls in over 400 physical education programs across the nation. The games provides a non threatening, non intimidating way of introducing the game of football to students. QB54 is used to teach students how to throw a football at a target, how to kick a football through goal posts, how to catch a football cleanly and off a deflection, and surprisingly strengthens students mental math abilities when keeping score.
opportunities to extend learning outside of the
development, college and career planning services, and
Together we will examine best practices in providing
high impact student-athlete development program.

Building a High Impact Student-Athlete Development Program
Speakers: Joseph Baratta (Curtis HS) & Heidi Vande Hoef (The AthLife Foundation)
Location: Classroom E
This session will provide the framework for creating a
high impact student-athlete development program.
Together we will examine best practices in providing
academic support, life and leadership skill
development, college and career planning services, and
opportunities to extend learning outside of the
classroom and off the field/court.

Developing The Triple-Impact Competitor
Speaker: John Wenz (Positive Coaching Alliance)
Location: Library
While drawing on the same principles that underlie
PCA’s original Double-Goal Coach® workshop, this
presentation recognizes that coaching in high school is
worlds apart from coaching youth sports. Winning
takes on greater importance, and the more important goal of a
Double-Goal Coach – teaching life lessons through sports – is critical
as student athletes mature toward adulthood. We’ll explore how to
apply the principles of Positive Coaching to the role of a coach
striving to win and to teach life-lessons. And we’ll apply these
principles to the role of an athlete committed to making themselves
better, their teammates better, and their sport better. This
presentation recognizes coaches and athletes face challenges that
come with the territory of high school athletics, such as an increased
pressure to win, balancing athletics with other pursuits including
academics, and the desire to play in college. Participants will share
ideas on how to tackle the most significant coaching challenges at
their school, how to succeed on and off the scoreboard, and how to
maximize their ability to create Better Athletes, Better People.

NETBALL-AN INCLUSIVE SPORT FOR CO-ED SPACES
Speakers: Denise Gayle & Margaret Gao (Netball America)
Location: Gymnasium 2
Every year, physical educators strategize on how to avoid basketball units as long as possible and then on how to make it fair
and (maybe) inclusive for girls and boys. Netball is the solution to the problem! Rather than separating the space into boys
and girls’ basketball courts, teachers can use Netball to bridge the gap between those who are learning basketball skills and
those who are seeking mastery because it utilizes the same skills: pivot, pass, and shoot, but utilizes everyone differently. By the time a class
moves on to the basketball unit, they will understand pass first, heads up, no contact basketball and they will learn to use all their teammates
more effectively.

MT Groove
Speakers: Sean McLeod & Kirstyn Zaykoski (NY Institute of Dance & Education)
Location: Gymnasium 3
MT Groove is an incredible soul stirring cardio, body shaping and stress relieving dance workout that will blow your mind
because it is so fun and exciting! Created from the foundational “Groove” of MT Afro Hip Hop, MT Groove combines the soul
of traditional African dance, infectious club music, and “Life Changing Inspiration” with the rush and freedom of everyday
urban social dance. This exhilarating class creates and uses a strong sense of rhythm, community via McLeod Technique
Principles, and action to shape the body and wake up the soul; with easy to understand walking patterns this arm shaping
abdominal working, booty shaking class will help you enjoy getting healthy!
BOKS and Spartan Races: Functional Fitness Program for High Schools

**Speakers:** Laura Burati, Allyson Trenteseaux & Shea Pease (Build our Kids' Success)

**Location:** Gymnasium 4

Join us for a fun interactive training with BOKS and learn about their High School programming that was created in collaboration with SPARTAN Races. Be prepared to move, sweat, and learn how to implement functional fitness in your high school. Be prepared to move! The goal of the high school BOKS/SPARTAN program is to give students who may not participate in traditional high school sports the opportunity to embrace and enjoy physical activity. With functional fitness at its core, students will gain endurance, strength and mental perseverance that will prepare them for SPARTAN races.

Teaching Stress Management to Teens

**Speakers:** Nina Dibner & Marshall Kupka Moore (PowerTools)

**Location:** Classroom A

This interactive presentation for educators examines the science of stress, including ways that stress affects teens in particular. We provide concrete activities and research-based strategies you can implement to support teens to manage their stress. You’ll leave the presentation more relaxed, with ready-to-use lesson plans and exercises that work.

Observe, Turn and Share! Embedding Discussions in Physical Education

**Speaker:** Dr. Paul Rukavina (Adelphi University)

**Location:** Classroom B

Do you want to move beyond teaching game rules and fundamental skills? In this session, we will discuss how to teach concepts through embedding discussions in games and activities. We will share some ‘quick and easy’ activity structures and questioning strategies designed to promote the use of learning strategies and higher-order thinking.

How to Incorporate a Harm Reduction Approach to Classroom Drug Education

**Speaker:** Sasha Simon (Drug Policy Alliance)

**Location:** Classroom C

The field of health education has long embraced the fact that abstinence-based health education is ineffective; however, when it comes to instruction about alcohol, tobacco and other drugs, we have clung to abstinence-based forms of prevention strategies that have done nothing to curb drug use. Accidental overdose is currently the leading cause of death of Americans under the age of 50, and it is more important now than ever that health educators be equipped to embrace effective approaches to reducing drug-related harms. In this interactive workshop, participants will learn how to incorporate a skills-based harm reduction approach to classroom instruction about alcohol, tobacco and other drug education (ATOD) by engaging with Safety First: Real Drug Education for Teens, as 15-lesson, evidence-based curriculum developed by the Drug Policy Alliance piloted in New York City and San Francisco.

Raising the Bar: Mental Health Literacy for All

**Speakers:** Cohen Miles-Rath & Sophia Lookretis (Mental Health Association of NYS, Inc.)

**Location:** Classroom D

The Mental Health Association in New York State, Inc. (MHANYS) has established the School Mental Health Resource and Training Center to support all NYS public and private schools to implement Chapter 390 of the Laws of 2016, requiring mental health instruction as part of the K-12 health curricula. The Resource Center staff and project partners are committed to helping schools comply with the required mental health education of students. The Center helps identify resources, develop mental health lesson plans/curriculum, create and implement professional development district wide, and establish community partners to support mental health education and services, while engaging and empowering families along the way.

Prepare to be a Champion: Dream, Plan, Action, Achieve!

**Speaker:** Dr. William Martinov, Jr. (LIU)

**Location:** Classroom E

This presentation is a “Leadership Approach to Winning the Game of Life” that provides coaches, administrators, and student-athletes with the developmental components to build personal success plans through self-awareness, goal setting and action.

It’s All About Relationships

**Speakers:** Dr. Al Pettipas (Positive Youth Development Consulting Services) & Jeff McCann (The Athlife Foundation, Inc.)

**Location:** Library

The purpose of this presentation is to explore and practice skills and strategies that have been proven effective in building quality mentoring relationships with youth. Case studies, role plays, and other activities will be used to provide participants with numerous opportunities to experience how they can initiate and maintain strong mentor/mentee relationships.

12:45 pm to 1:45 pm

**Session IV**

Mandatory PSAL Athletic Director Session/NCAA Eligibility Center

**Facilitator:** Danny Harris (PSAL)

**Location:** Library

ACTION! Team Games from Gopher

**Speaker:** Dr. Chris Mekelburg (Gopher)

**Location:** Gymnasium 1

Action-packed, non-traditional activities are sure to keep your students constantly moving, strategizing, and working together. These games are teacher-friendly and all-inclusive with the best only from Gopher equipment. Join us for these one of a kind activities that are sure to provide your class with lots of fun!

Netball—An Inclusive Sport for Co-Ed Spaces

**Speakers:** Denise Gayle & Margaret Gao (Netball America)

**Location:** Gymnasium 2

Every year, physical educators strategize on how to avoid basketball units as long as possible and then on how to make it fair (and maybe) inclusive for girls and boys. Netball is the solution to the problem! Rather than separating the space into boys’ and girls’ basketball courts, teachers can use Netball to bridge the gap between those who are learning basketball skills and those who are seeking mastery because it utilizes the same skills: pivot, pass, and shoot, but utilizes everyone differently. By the time a class moves on to the basketball unit, they will understand pass first, heads up, no contact basketball and they will learn to use all their teammates more effectively.

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A special thank you to...

**NY RR**

for supplying our morning breakfast!

**ETR**

for supplying our conference lanyards!
**Directions for obtaining Continuing Teacher and Leader Education (CTLE) Hours**

1. Complete all items of Section I below (you must print legibly).
2. Print your name legibly on the tracking sheet (backside of this page).
3. Print the title of each session you attend on the tracking sheet (backside of this page); you must attend each session in its entirety.
4. Obtain a signature at the immediate conclusion of each session you attend to verify your attendance.
5. Tear this page out of your conference program and turn your completed form in at the conference registration area, prior to departure.

6. In order to have your certified certificate emailed to you, please email CTLE@nysahperd.org and request the certificate.

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**Completion of Approved Continuing Teacher and Leader Education (CTLE) Hours**

**CERTIFICATE**

CTLE Activity Title: **NYC High School Health Education, Physical Education and Athletics Conference**

Activity Location: **Grand Street Campus, 850 Grand Street, Brooklyn, NY 11211**

Activity Date(s): **January 27, 2020**

Instructor: **Various**

Areas of Activity: 

- [X] Pedagogy
- [X] Content

**Section I: Participant Information**

First Name: ______________________  Last Name: ______________________  Middle Initial: ________

Date of Birth: ______________________  Last 4 Digits of your Social Security Number: [ ] [ ] [ ] [ ]

School District Name: ______________________

Email Address: ______________________

NYS AHPERD Member Number: ______________________

I certify that I attended the professional development hours recorded on this form.

Participant’s Signature: ______________________

**Section II: For Office Use Only**

I certify that the individual listed in Section I completed the CTLE cited above pursuant to Subpart 80-6 of the Regulations of the Commissioner of Education.

Name of Authorized Certifying Officer: **Colleen C. Corsi, NYS AHPERD Executive Director**

Signature of Authorized Certifying Officer: ______________________

NYSED Continuing Teacher & Leader Education (CTLE) Approved Provider #: **23199 (NYS AHPERD, Inc.)**

Date: ______________________  Total number of CTLE Hours Earned: ______________________
In order for us to accurately file your CTLE hours, you must print legibly. If this form is not completely filled out, we will not be able to grant CTLE hours as per the New York State Education Department.

CTLE Activity Title/Date: NYC High School Health Education, Physical Education & Athletics Conference

Participant’s Name:

Conference Welcome: Presented by: NYC DOE Office of School Wellness Programs
(8:15 am to 8:30 am, .25 hour)

Association Leader or Presenter Signature:

Session I Program Title: (8:40 am to 9:40 am, 1 hour)

Association Leader or Presenter Signature:

Session II Program Title: (9:50 am to 10:50 am, 1 hour)

Association Leader or Presenter Signature:

Session III Program Title: (11:35 am to 12:35 pm, 1 hour)

Association Leader or Presenter Signature:

Session IV Program Title: (12:45 pm to 1:45 pm, 1 hour)

Association Leader or Presenter Signature:

CTLE Hours Earned for Monday, January 27, 2020:

*Please tear this CTLE Form out of this program and turn it in to the registration staff near the main entrance on your way out.
*CTLE Forms cannot be accepted after you have left the conference.
*Be sure all information is printed legibly.

If you have questions about your CTLE Form after you leave the conference, please contact Pat Frazier at the NYS AHPERD Central Office at 315-823-1015 or ctle@nysahperd.org.
Please tear your CTLE Form/Tracking Sheet out of this program and turn it in to the registration staff near the main entrance on your way out. CTLE forms cannot be accepted after you have left the conference.

Basics of Track and Field for High School
Speaker: Stephanie Herrick (NY Road Runners)
Location: Gymnasium 3
As an elite runner, the presenter will lead an active session teaching the fundamentals of track and field. Come learn about track and field events, practice structure, proper warm up stretches and drills, workouts and activities to develop track and field skills and running form.

FutbolNet
Speaker: Jonathan Leon (FC Barcelona Foundation)
Location: Gymnasium 4
FutbolNet is a unique methodology which combines the transmission of values, physical activity and fun for the purpose of creating change for children and young people in the most vulnerable communities. The FutbolNet methodology is carried out via a series of sporting exercises which convey educational messages; the topics covered can vary and be adapted to the desired educational needs of the community. It is essential to understand that our methodology although called FutbolNet, isn’t only Futbol or Soccer, there are numerous sports that can be intertwined. During this session the presenter will be demonstrate how FutbolNet can create a safe space for youth to feel recognized within their social groups, enabling them to express themselves freely while enhancing their confidence, interaction skills, and self-esteem, all while augmenting their critical thinking.

Teaching Stress Management to Teens
Speakers: Nina Dibner & Marshall Kupka Moore (PowerTools)
Location: Classroom A
This interactive presentation for educators examines the science of stress, including ways that stress affects teens in particular. We provide concrete activities and research-based strategies you can implement to support teens to manage their stress. You’ll leave the presentation more relaxed, with ready-to-use lesson plans and exercises that work.

REMINDER

Are you an Aspiring Athletic Director?
Speaker: Dr. Jim Wright (South Huntington UFSD)
Location: Classroom B
The world of athletics requires oversight and direction from qualified supervisors. This session will introduce attendees to the requirements of the position, offer professional development opportunities and suggests coursework that will provide increased context to future AD candidates.

Vaping: What Teachers and Students Need to Know and Do!
Speaker: Gaetano Antonacci (NYCDOE Office of School Wellness Programs)
Location: Classroom C
This session will provide teachers with a skills-based approach to teaching about e-cigarette use and vaping in health education. The focus will be on how to differentiate instructional practices to meet the needs of students and school communities. Participants will be empowered to provide young people with the functional knowledge and skills that lead to behavior change.

A Journey to Recovery
Presenter: Stephen Hill (Speak Sobriety, LLC)
Location: Classroom D
This presentation, aligned to health education standards, is the story of Stephen Hill’s battle with a substance use disorder and his journey to recovery. Stephen will take his audience through his dark days in addiction and slowly transition into sobriety, stressing the long, difficult, and everyday battle of living a life in recovery. Stephen ends his presentation with hope and motivation to chase your dreams, be kind and understanding of others, and to live a happy and healthy lifestyle.

Middle and High School PE Assessments
Speakers: Dr. Sarah Doolittle (Adelphi University) & Hannah Gordon (NYC DOE Office of Periodic Assessment)
Location: Classroom E
Participate in assessments you can choose for 7th, 9th and 11th graders. Try out the Part A activity assessment and Part B written assessment for one grade level and understand the possibilities of using these assessments for student, program and/or teacher evaluation.

Upcoming professional development opportunities!

"A Professional Legacy is a Journey"
What Path Will You Travel?
NYS AHPERD

83rd Annual Conference
November 18-21, 2020
Turning Stone, Verona, New York
Your trusted partner for School Health + Teen Health + HealthSmart K–12

YESmeans YES
What does sexual consent look like?
Consent can be an enthusiastic YES or a whispered YES
But it has to be a definite YES

HealthSmart is NYSTL approved

YESmeans YES
Fitness Facts
What is affirmative consent?
Get moving for better health

Snack Smart
Satisfy your craving with 100-calorie snacks

About Vaping
What vaping does to you and your environment

900+ science-based products including HealthSmart K–12 online
etr.org 800-321-4407