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

68th Annual Conference
Hyatt Regency Hotel and Riverside Convention Center
Rochester, New York
November 9~12, 2005

New York State AHPERD Presents/periodoldstyle/periodoldstyle/periodoldstyle

Small Steps...Big Change

NYS AHPERD 2005
FITNESSGRAM/ACTIVITYGRAM 8.0

Activity and fitness assessment, reporting, and personal physical activity tracking tool

Created more than 20 years ago by The Cooper Institute, FITNESSGRAM provides physical educators with a tool that facilitates communicating fitness test results to students and parents. It’s the only health-related fitness assessment to use criterion-based standards to determine students’ fitness levels based on what is optimal for good health. FITNESSGRAM enables teachers to accurately assess the fitness and activity levels of K-12 students and develop individualized programs to help students set and meet their health and fitness goals.

Now more versatile than ever!

Now, in its newest release, FITNESSGRAM/ACTIVITYGRAM 8.0 includes these expanded features that make it more versatile and convenient than ever before:

- Expanded networking capability
- Centralized database
- A new parent FITNESSGRAM report and other additional reports
- Reports in Spanish
- A new Activity Log module that features customizable activity challenges
- More robust import options
- Improved security features
- New PDA data entry component

FITNESSGRAM/ACTIVITYGRAM 8.0 offers everything you need to make fitness assessment easier and to encourage students to get more involved in their personal fitness.

For more information, go to www.fitnessgram.net or contact your K-12 sales representative at

1-800-747-4457

Cheri Scott ..................... ext. 2412 Cheris@hkusa.com
John Klein ...................... ext. 2361 JohnK@hkusa.com
Aimee Halcomb ............... ext. 2516 AimeeH@hkusa.com
Kelly Mullin ................... ext. 2386 KellyM@hkusa.com
# SMALL STEPS...BIG CHANGE
## 2005 SCHEDULE AT-A-GLANCE

<table>
<thead>
<tr>
<th>WEDNESDAY NOVEMBER 9</th>
<th>THURSDAY NOVEMBER 10</th>
<th>FRIDAY NOVEMBER 11</th>
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**Please wear your conference badge at all times.**

Remember to check the bulletin board in the conference registration area for conference updates and notices.

**WE HOPE YOU HAVE ENJOYED YOUR VISIT TO ROCHESTER**

**THANK YOU FOR ATTENDING!**

**HAVE A SAFE TRIP HOME!**

**REMEMBER TO SHARE WHAT YOU HAVE LEARNED!**

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Please silence or place your cell phone on manner mode while attending sessions.
November, 2005

Paula H. Summit, President
New York State Association for Health, Physical
   Education, Recreation and Dance
77 North Ann Street
Little Falls, New York 13365

Dear President Summit and Conference Attendees:

On behalf of the citizens of the City of Rochester, I wish to extend a
warm welcome to the members of NYS AHPERD, who will be in
Rochester during the Association's 68th Annual Conference, to be
held November 9 to 12, 2005. We are delighted that this conference will
be held in Rochester, and we anticipate that it will prove to be the most
successful conference to date.

Since its founding, NYS AHPERD has lived up to its mission of providing an environment for
professional growth and enrichment for its members. It supports, encourages and provides guidance
for professionals in school and community health education, physical education, recreation education
and dance education programs. Here in Rochester, we are fortunate to have several local members
who serve in leadership roles in NYS AHPERD, including current President, Paula H. Summit. These
dedicated local professionals have had a major impact on the health and well-being of our citizens.

For those NYS AHPERD members who are visiting Rochester for the first time, I would like to
courage you to take full advantage of the many cultural and historic attractions the Finger Lakes
region has to offer during your stay here. I am certain that our citizens will demonstrate the kind of
unsurpassed hospitality that Rochester has earned a reputation of offering visitors to our community.
I hope that your visit will inspire many of you to plan a return trip to Rochester in the near future.

Again, you have my best wishes for a productive and successful 68th Annual Conference. I know the
members of the planning committee have been working very hard to design an outstanding conference
program, and I look forward to seeing all of you at the Presidential Welcome Ceremony on November
10th.

Sincerely,

William A. Johnson, Jr.
Mayor

EEO/ADA Employer
Dear Conference Attendees:

It is a pleasure to welcome you to Monroe County for this year’s conference.

I commend the New York State Association for Health, Physical Education, Recreation and Dance for its efforts to promote quality health and physical education in our schools and to increase awareness of issues like child obesity.

Monroe County takes pride in our commitment to a healthy community. Promoting good physical activity and healthy habits at an early age is especially important to the development of our youth.

We are fortunate to have many recreational resources in our community, from our parks to our outstanding athletic programs and facilities.

I hope you can take some time and enjoy all we have to offer. Best wishes for a productive and successful conference.

Sincerely,

Maggie Brooks
County Executive

110 County Office Building • 39 West Main Street • Rochester, New York 14614
(585) 428-5301 • fax: (585) 428-2168 • www.monroecounty.gov • e-mail: countyexecutive@monroecounty.gov
President’s Message
Paula Summit, President

Welcome to the New York State Association for Health, Physical Education, Recreation and Dance’s, 68th Annual Conference. Our theme this year is Small Steps...Big Change! I find myself wondering if life has an interesting way of communicating or it is simply a coincidence that the number 68 is significant to me:

✧ ‘68 is when I graduated from Springfield College
✧ ‘68 is when I married Tony Summit
✧ ‘68 was the beginning of my career in physical education here in the suburb of Rochester, New York

Apparently, I was destined to be NYS AHPERD’s President for our 68th Annual Conference! The Hyatt Regency and Riverside Convention Center is a fabulous location to host our ever-growing conference. Linda Geesler, our Conference Director along with our Program Planners, have once again coordinated a dynamic conference. The quality sessions will leave you re-energized and inspired. I guarantee you will return to work renewed and ready to go. I am grateful to them for their diligence and hard work.

Our keynote speaker on Thursday is Deb Tackmann. Deb is a Disney American Teacher Award Winner, was selected in 2004 for the All USA-Today Teacher Team, received the 2004 Health Educator of the Year Award presented by the American School Health Association, and is a nationally recognized health education consultant, presenter and author.

Deb has the ability to inspire the joy of learning in her students through her creative approaches to teaching. She has been in the classroom for more than 25 years and helps empower youth with the knowledge and skills they need to tackle life’s tough issues. She says there is nothing she would rather do than inspire and empower her students to be happy, healthy and successful in life. On Friday, Dr. Rob Gilbert will present our keynote presentation. Dr. Gilbert is one of the world’s foremost experts on peak performance; he has addressed more than 100,000 people with 2,000 seminar and keynote speeches to his credit. Rob is a lead trainer for the Coaching Peak Performance management training seminar. He is an author and editor and has 20 years experience as a sport psychology professor at Columbia, Seton Hall and Montclair State Universities.

Thanks to the Central Western Zone for sponsoring our Thursday evening social, a Hoe Down with line dancing, square dancing that promises to be lots of FUN. Maybe you have seen the “history of the hoe down” on the NYS AHPERD website message board. Friday, after the Jay B. Nash Awards Dinner, Nik and the Nice Guys will be making a command repeat performance for your dancing delight.

Please spend time with our exhibitors, welcome and thank them for their support for our conference. Take the Small Steps that result in the Big Changes that make us the quality professional organization we have become!

Enjoy the area while you are here. Visit the High Falls and the East End areas of Rochester. The Flour/Flower city is home to 8 colleges/universities, 65 visual and performing arts groups (including Garth Fagan Dance), 11,000 acres of parkland, 6 major shopping centers and 6 professional sports teams including soccer, baseball, basketball, hockey, indoor and outdoor lacrosse.

Make the most of your time at the conference. It is a fantastic experience for professional development and celebrating connections with colleagues.

Paula Summit
Welcome to Rochester!
Tom Howard, President-elect

Welcome to Rochester! Thank you for making the commitment to participate in this, our 68th annual conference. Your decision to attend is the first SMALL STEP in the process of enacting BIG CHANGE. It makes no difference whether you are a health educator, health professional, recreation specialist, physical educator, dance educator, coach or administrator. Your attendance here will provide you with the professional development needed to enact this change.

I’d like to thank President, Paula Summit, Conference Director, Linda Geesler and all of our section Program Planners for their tireless efforts in putting this year’s conference together.

Plans are presently under way for next year’s conference to be held at the Rye Town Hilton in Rye, NY. My heartfelt appreciation goes out to Lisa Sherman and the members of the Southeastern Zone for their help in hosting this conference. I am excited as the President-elect and also a lifelong resident of Long Island, to be able to bring the conference downstate for the first time in many years. My conference theme for 2006 will be “Let’s Make This Our finest Hour”. In 2004 then President Ron Whitcomb’s theme was “YOU Can Make It Happen”. We are now taking “Small Steps” in order to effect “Big Change”. I challenge all professionals in our state to now make this OUR FINEST HOUR.

We are all well aware of the increase in childhood obesity, the rise in type II diabetes, the lack of quality daily physical education and quality health education programs. Although the picture may look bleak it is my belief that we are at a ‘tipping point” and it is time for us to take advantage of all the influence our association has to offer. Being involved in our profession we know how to handle adversity, to never give up and how to change a negative into a positive. Now is the time to step up to the plate! Through advocacy, professional membership, staff development coupled with an optimistic attitude, we have the opportunity to “Make This Our Finest Hour”.

Please plan now to join me next November in Rye, NY. I encourage you to invite a colleague or sponsor a future professional who has never attended a state conference. Turn them on to the magic of our Association.

I have witnessed first hand the hard work and tireless effort that went into this year’s conference. I’m sure that it will be all that you have come to expect from NYS AHPERD. Relish your time in Rochester. I’m certain that you will leave inspired and with a wealth of knowledge that you will be able to pass on to immediately affect “BIG CHANGE”. Enjoy!

In loving memory
of our deceased
friend and colleague

Annette Scorse
1958 ~ 2005
NYS AHPERD 2005 Honorees

Teachers Of The Year

Elementary Physical Education
Kathleen Hoerup
Goshen Intermediate School, Goshen

Secondary Physical Education
Catherine Dodd
Roslyn High School, Roslyn

Health Education
Ron Burke
Naples Central School, Naples

Adapted Physical Activity
Diane Penella
Denti Elementary School, Rome

Award of Distinction For A School Administrator
Michael Schwenk
Half Hollow Hills Central Schools, Dix Hills

Exceptional Leadership Award For A School Health Education Coordinator
Sal Chiariello
Clarkstown Schools, New City

Jay B. Nash Outstanding Major
Amy Bielunis
SUNY Brockport
Brook Cleveland
Adelphi University

Professional Of The Year
Dr. Shannon Whalen
Springfield College, Massachusetts

Join us as we celebrate our distinguished honorees
Friday, November 11
Seven o’clock in the evening
Hyatt, Grand Ballroom
NYS AHPERD Proudly Recognizes our 2005 Amazing People Award Recipients

ZONE

Wendy O'Connor
Capital Zone

JoAnn Cox
Catskill Zone

Maryann Boxberger
Central North Zone

Steve Busch
Central South Zone

Rick Amundson
Central Western Zone

Tami Ann DeRose
Nassau Zone

Crystal Hayman
Northern Zone

Donna DiMaggio
Southeastern Zone

Leah Fiorentino
Suffolk Zone

Scott Roberts
Western Zone

SECTION

Doug Collier
Adapted Physical Activity

Bob Zifchock
Council of Administrators

Ann Morris
Dance Education

Ellen Kowalski
Future Professionals

Ron Burke
Health Education

Shannon Whalen
Higher Education/Professional Preparation

Cynthia Matteson
Leisure and Adventure Education

Lee Walls
Retirees

Jason Lehmbeck
Secondary Physical Education

Join us as we celebrate our Amazing People
Thursday, November 10
Seven o’clock in the evening
Hyatt, Grand Ballroom
Please Note:

Every attempt is made to ensure that program cancellations and schedule changes are kept to a minimum. It is inevitable that updates to the following program listing will be required. Please refer to the bulletin board located in the conference registration area for program cancellations and schedule changes.

Attention!!

Certified Health Education Specialists

Continuing Education Credits will be available at our Conference

Small Steps...Big Change

INTENSIVE TRAINING & CERTIFICATION PROGRAM DESCRIPTIONS

** Pre-registration is required for all Intensive Training and Certification Programs

WEDNESDAY, NOVEMBER 9

9:00 AM – 5:00 PM

Physical Best Specialist Certification

Presenters: Cathy Houston-Wilson, SUNY Brockport and Jeff Walkuski, SUNY Cortland

Room: Hyatt, Grand ABC

This is a 7-hour workshop designed to educate participants about the Physical Best and FITNESSGRAM Program and provide them with the information and tools to effectively implement health-related fitness education in their schools. The cost includes 3 required resources: The Physical Best Teacher's Guide, FITNESSGRAM Test Administration Manual and Physical Best Activity Guide (either Elementary or Secondary Level). You must check 3 resources on the conference registration form and indicate which Activity Guide you prefer. Prices for resources reflect a 25% discount off the catalog price, available only to workshop participants. Certification Program

9:00 AM – 3:00 PM

A Taste of SPARK

Presenter: John Hichwa, SPARK

Room: Hyatt, Grand D

The SPARK (Sports, Play and Active Recreation for Kids) Programs began studying elementary physical education in 1989, and today, the name SPARK represents a collection of exemplary, research-based physical activity/nutrition programs. This SPARK session will be FUN, “hands-on”, and designed to share concepts and methodology that will focus on the development of healthy lifestyles, motor skills, movement knowledge, and social and personal skills. A variety of advanced pedagogical skills will be utilized to move you, Physical Educators, forward with a unique, “obesity prevention approach” to instruction. You will leave this session with a greater knowledge of SPARK and be able to share with your students and colleagues ideas, strategies, and ready-to-use tools that will foster positive student/teacher outcomes and enhance your development of quality physical education programs. Participants will work from SPARKs’ K-2 and 3-6 Program curriculum binders to support developmentally appropriate activities for elementary age children. Binders are divided into color-coded sections: reference, resource, and instructional methodology; instant SPARK starters and health related activities; and instructional-skill building activities and games. Combining sections, adding personalized fitness test, social skill themes, academic integration tips and much more...
more will make a complete SPARK experience! Participants will also receive a carefully selected handout (to include program information, sample lessons, assessment tools, etc.) and motivational prizes earned during the session. SPARK Programs: Early Childhood, Elementary Physical Education, Lifelong Wellness, Middle School Physical Education, High School Physical Education and After School. For more information, call 1-800-SPARK-PE or Email spark@sparkpe.org.

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<th>Time</th>
<th>Event</th>
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<tr>
<td>9:00 AM – 4:00 PM</td>
<td><strong>NYS Health Education Scope And Sequence In Practice</strong></td>
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<td>Presenters: Kim McLaughlin and Heather Bacon, Mid West Student Support Services Center</td>
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<td>Room: Hyatt, Wilmorite AB</td>
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<td>If you are responsible for teaching or supervising health education, this session is a must for you! The purpose of this session is for participants to develop a deeper understanding of the NYS Health Education Scope and Sequence in order to align current educational practices and enable students to achieve the standards. This session will feature health educators who have successfully used the Scope and Sequence and incorporated the learning experience design process into their professional practice. Educators will share their learning experiences and samples of accompanying student work. Participants in this session will receive a copy of the Scope and Sequence, copies of the featured learning experiences as well as newly created colorful posters of the Navigational Stars, Scope and Sequence and Health Education Standards.</td>
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<td>9:00 AM – 4:00 PM</td>
<td><strong>The Adventure Approach To Teaching Health And Wellness</strong></td>
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<td>Presenters: Daryl Essensa, Project Adventure</td>
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<td>Room: Hyatt, Grand EFG</td>
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<td>This workshop is for health and physical educators interested in applying a dynamic, interactive approach to their health and wellness curricula. Participants will learn how to utilize adventure activities and experiential techniques to address national and state standards for health education as well as new ideas for augmenting current wellness programs. This workshop will be based on the health and wellness curriculum developed by Project Adventure.</td>
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<td>9:00 AM – 1:00 PM</td>
<td><strong>A Tactical Approach To Teaching In Physical Education (Grades 3-12)</strong></td>
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<td>Presenters: Raj Subramaniam, Phoebe Constantinou, Roseanne Moresco and Ithaca College Students</td>
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<td>Room: Hyatt, Regency A</td>
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<td>The purpose of this workshop is to provide in-service teachers and prospective teacher candidates in physical education with a unique and innovative way to teach games to students at the elementary and secondary levels. The technical model has been the predominant model used in teaching games at the elementary and secondary levels for decades. Relying solely on the technical model to teaching games has not produced the desired results. The tactical model also known as the Teaching Games for Understanding Approach (TGfU) focuses on teaching tactical awareness through modified games. Skill development is taught within the context of the game. The premise of this model is that tactical understanding needs to be taught first in order to make learning of skills purposeful. Teaching tactical awareness of game play also enables students to make appropriate decisions about “what to do” and “how to do it.” The tactical model offers us an alternative approach to teaching games that allows students to make appropriate decisions in game play through active learning.</td>
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<td>1:00 PM – 5:00 PM</td>
<td><strong>Creating And Implementing A Local Wellness Policy - Are You Ready?</strong></td>
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<td>Presenters: Mark Doody and Michelle Burke, Hudson Falls Central School, Sandy Pawlak, Rochester City School, Sandy Sheedy, NYS Education Department, Heather Collier, Belleville-Henderson Central School, Phil Haberstro, Be Active NYS and Jack Levine, MD.</td>
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<td>Room: Hyatt, Loftus Carson</td>
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<td>Recent legislation includes a provision that requires each school participating in the National School Lunch Program, School Breakfast Program, Special Milk Program and Summer Food Service Program to establish a local wellness policy no later than the first day of the school year after June 30, 2006. Are you ready? This intensive training sponsored by Action for Healthy Kids will help schools understand their responsibility for the local wellness provision and will expose attendees to resources and a strategic planning framework for guiding the work of their wellness team in creation of this policy. Participants will also hear from a school superintendent who has first hand experience with a functioning wellness committee and the creation of a wellness policy. Cost of attendance includes a resource packet and enrollment in a statewide list serve to facilitate future policy development and networking among participants.</td>
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<td>9:00 AM – NOON</td>
<td><strong>Special Olympics New York Coaches’ Certification Program</strong></td>
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<td>Presenters: Bill Collins, Peter Lawrence, Neal Johnson and Carlo Lorenzetti, Special Olympics New York</td>
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<td>Room: Hyatt, Regency C</td>
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<td>This is a 3-hour workshop designed to educate participants about Special Olympics New York and certify them as an official coach. Upon completion of this workshop, participants will be able to conduct a training program that will permit their students to compete in Special Olympics NY competitions at no charge. Participants will begin with a one hour general orientation. This covers the Special Olympic mission, philosophy, and organizational history. Participants will learn about athlete eligibility, and opportunities to train year round in 23 official sports. Participants will choose to become certified in one of four levels for decades. Relying solely on the technical model to teaching games has not produced the desired results. The tactical model also known as the Teaching Games for Understanding Approach (TGfU) focuses on teaching tactical awareness through modified games. Skill development is taught within the context of the game. The premise of this model is that tactical understanding needs to be taught first in order to make learning of skills purposeful. Teaching tactical awareness of game play also enables students to make appropriate decisions about “what to do” and “how to do it.” The tactical model offers us an alternative approach to teaching games that allows students to make appropriate decisions in game play through active learning.</td>
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sports programs: track and field, soccer, bowling, or floor hockey. This sport specific section will be a discussion and hands-on training on coaching athletes with intellectual disabilities. Instruction will include the individual sports skills, how to conduct a practice, and train for competition in that sport.

**9:00 AM – 5:00 PM**

**New York Certified Instructor Program**
Presenter: David Newert, New York Safety
Room: Hyatt, Eastman Boardroom
Participants will train to become Certified Instructors eligible to teach the Defensive Driving Course in this 8-hour workshop. Instructors can earn $125 per training and are eligible to become Agents. Agents can earn from $700 to $1400. Instructors will benefit from potential additional earned income, as well as a point violation reduction (4-points) on your license and generous cost savings on your auto insurance all while promoting safer driving habits in your community. For an application and a list of prerequisites call Denise Borgese, New York Safety Program at 1-800-942-6874. Pre-registration by October 1st is required. Certification program

**9:00 AM – NOON**

**Aquanaut Adventures**
Presenters: Gerry Stryker and Mary Ann Pierce, Webster Community Partnership
Room: Webster Pool
Discover Scuba Diving and how it can be introduced into your aquatics program. While on this Aqua-Mission, you will dive into an adrenaline-pumping, adventurous underwater journey. During your initial explorations, you’ll master basic concepts and scuba skills. A 1-hour shallow water training will take place – no scuba experience necessary. You will simulate training that Astronauts/Aquanauts undergo and learn how pool based training can be a great experience for everyone. You will work as part of a team to construct model structures while underwater. Cost is $45/per diver and includes all equipment. Stryker Scuba Adventures provides a BC (buoyancy controller), regulator, weights, masks, fins, snorkel and compressed air tank. Participants will meet in the Hyatt Regency Hotel lobby and travel to the Webster Aquatic Center for this program. Pre-registration is required to ensure proper equipment sizes and health screening/liability releases. Contact Mary Ann Pierce at 585-670-1081 to provide sizing information.

**1:30 PM – 3:30 PM**

**H2O: The Cross-Training Secret Weapon**
Presenters: Bernie Gardner, Honeoye Falls-Lima CSD
Room: Hyatt, Pool
Bernie Gardner has 22 years experience as a three sport coach who believes in cross-training and begins his pre-season training for all three sports in the pool. This aquatics session will cover drills and exercises, as well as games that can be used to facilitate cross-training building flexibility, strength and endurance while minimizing the risk of injury. This session will be in the Hyatt Regency Hotel swimming pool. No bathing suit required. Participants will observe during the pool demonstration that will be provided by Honeoye Falls-Lima Central School District athletes.

**8:00 AM - 9:15 AM**

**Aligning Assessment With Instructional Outcomes**
Presenter: Alisa James, SUNY Brockport
Presider: Tiffany West
Room: CC, Cascade ABCDEF
This session will focus on designing simple assessments that align with instructional outcomes. Audience will receive the chance to participate in creating assessments that will make assessment and evaluation easier.

**An Overview Of Sexual Harassment**
Presenter: Desiree Voorhies, Student Support Services Center
Room: CC, Highland AK
This session will highlight the relevant NYS and Federal laws that impact sexual harassment issues. Often physical educators and health educators are among the first to see, hear or get told about sexual harassment. Will you know what it really is and what to do?
360 Degrees Of Activities In Physical Education
Presenters: Jessica Dileo, Brook Cleveland, Jason Rubenstein, Jodelle Hamlet and Bryan Horrmann, Adelphi University
Presider: Amy Horan
Room: Hyatt, Grand ABC
Participants will gain knowledge of different exciting activities which will get students actively involved. 360 degrees of activities in physical education brings an outside approach to the sport education model and cooperative activities. Instead of just “rolling out the ball”, this session will offer countless games to work on skills in a creative environment.
Future Professionals Section

Star Tech PE – Going Where No Program Has Gone Before
Presenter: Beth Kirkpatrick, Polar Electro
Presider: Michelle Sherman
Room: Hyatt, Grand D
Leading children to select a healthy lifestyle means providing PE programs that create motivation and awareness for this lifelong process. Teachers can have cutting-edge equipment to objectively assess student and class performance. Discover how technology can produce visual evidence to educate students, administrators and parents on the importance of living a healthy lifestyle - even demonstrating how career choices impact fitness. With these tools teachers will leave no child behind because they will move every one of them to the front of the class. This class, naturally, is in the school of life and that is what the New PE is all about.

Yoga Basics
Presenter: Carol Powers, SUNY Suffolk
Presider: Kaylie Howard
Room: Hyatt, Grand EFG
Warm-ups, Postures (Asanas), Yoga Flow (vinyasa), Salutation to the Sun, Relaxation techniques. Experience, learn and relax. Challenge your abilities and feel the benefits yourself!

Dance Section

A Guide to Teaching Water Polo
Presenter: Tom Tracey, American Water Polo
Presider: Mary Ann Pierce
Room: Hyatt, Pool
Water Polo combines the aerobic workout of swimming with the hand-eye coordination required in all ball sports. The purpose of this program is to teach physical educators the basic skills required to play water polo and help incorporate the sport in current aquatic curriculums. The program will include both demonstrations in the pool and written material to allow a better grasp of skill instruction.

Aquatics Section

Chicken Soup for Health Classes: Affective Activities in ATOD Education
Presenters: Dom Splendorio and Sal Chiariello, Clarkstown
Presider: Dom Splendorio
Room: Hyatt, Regency ABC
Emotions play an important role in decision-making. This is especially true when it comes to using alcohol or other drugs. Participants will be involved in activities that integrate affective or “feelings-based” teaching strategies into their chemical health curriculum.

Health Education Mandates: What Needs To Be Taught
Presenter: Trish Kocialski, New York State Education Department
Presider: Randy Williams
Room: Hyatt, Wilmorite AB
Just what has to be taught by whom and for how long is not always understood by health educators or administrators. Understanding Education Law and Commissioner’s Regulations regarding health education is crucial to developing your local health education program and curriculum. This workshop will provide new (and experienced) health educators with an overview of the current regulations and laws regarding what needs to be covered in the health education classroom, who is required to teach health, and other topics pertaining to health education.

Coordinated School Health – Our Positive Approach
Presenter: Tim Grace, The Children’s Health Market
Room: CC, Highland AK
Healthy children come to school ready to learn. Healthy children can achieve academic excellence and increase scholastic performance. The Children’s Health Market Monthly Planner demonstrates how our approach to health education effectively brings together all components of CSH.

Creative Basketball and Fitness Fundamentals
Presenter: Sandy Slade, Skillastics
Presider: Jeff Danaher
Room: CC, Highland BJ
The objective of this workshop is to present basketball skills in a way that is non-competitive, differentiates according to abilities and is a whole lot more fun. The goal is to not only help those individuals who may not be very knowledgeable in the sport gain more confidence in teaching, but also help that individual who may have knowledge about the game, but is interested in learning new ways to teach it. This workshop deals with fine motor skills and cross lateral training. Sandy puts a unique twist on a popular game that makes it fun for all students of all abilities to participate in.
Teaching TaeBo/Kickboxing To Students With Special Needs
Presenter: Barbarajean Douglas, Stimson Middle School
Presider: Sharee Deichman
Room: CC, Highland CH
In this presentation, participants will learn effective techniques to modify TaeBo/Cardio Kick Boxing activities to meet the needs of students in special populations such as Autism, Downs Syndrome, Behavior Conduct Disorder, Emotionally Disturbed. Special modifications to the class environment and body movements will allow for all students to be successful in activity and with assessment. Review of appropriate assessment accommodations for students with disabilities will be discussed.

Adapted PE Section

Designing And Developing A High School Sports Medicine Program
Presenter: Dick Zapolski, Sports Medicine Curriculum Developer
Room: CC, Highland DG
Participants learn how to design, develop, promote and implement a Sports Medicine program. Students who have taken this very popular physical education elective are achieving high levels of collegiate and professional success.

Exercise Sci./Sports Med. Section

Outrageous Teaching Techniques in Health and Sexuality Education: Part ONE
Presenter: Deborah Tackmann, Health Education Instructor/Consultant
Presider: Tom Howard
Room: CC, Highland EF
This interactive and hands-on health session will help you energize your classroom and empower your students with the knowledge and skills they need to make healthy sexual decisions in the 21st century. We will creatively use milk, beach balls, dice, string, play sexy label, use bags of beans and have fun while learning how to help kids choose healthy behaviors. Come in and join the FUN! You can participate in Part One or Part Two, OR BOTH! Each session will demonstrate different hands-on lessons and activities.

Health Section

Throwing In K-1: If Not Now...When?
Presenters: David Wiener, Hewlett-Woodmere School District and Ariela Herman, Queens College
Presider: Bob Brown
Room: CC, Aqueduct ABCD
Participants will be exposed to a range of motivational strategies that produce proper throwing techniques in young children that will provide a foundation for a wide variety of basic sport skills. Participants will discover the simplicity with which these skills can be taught to young children, the ease with which it can be assessed and the connection between the simple skill of throwing and its relationship to more advanced sport skills.

Elementary/Middle PE Section

USA School Tennis
Presenters: Shawna Macfarlane and Joe Steger, United States Tennis Association
Presider: Laura Petersen
Room: CC, North Hall A
This program will serve as an introduction to and an invitation for schools to participate in one of the United States Tennis Association’s signature programs. We will conduct an interactive session in which attendees will be invited to take part in tennis-related games and learn methods that can be used to teach tennis in any physical education class with or without access to tennis courts. We will provide attendees with contact information for USTA staff in their area so that they can sign their districts up for this free program that includes teacher training, assemblies, equipment donations and discounts, and support from the USTA.

Secondary PE Section
Commercial Presentation

Great Ideas For Teaching Lacrosse Skills In Your PE Classes
Presenter: Christina Schutrum, East Aurora High School
Presider: Timothy Doran
Room: CC, North Hall B
Never played or taught lacrosse before? Today is the day you will learn to play! Basic skills, drills, lesson plans and techniques will be taught to you as you participate or observe.

Secondary PE Section

Commercial Presentation

Virtual Reality In The Gymnasium: Make Your Physical Education Classes Come Alive
Presenter: Anne Gibbone, Adelphi University
Presider: Kim McCormick
Room: Hyatt, Grand A
This session will include a presentation of digital video clips in a variety of physical education settings. Attendees will have an opportunity to participate and experiment with various “real world clips”. How this experience impacts K-12 physical education programs will be discussed.

Higher Ed./Prof. Prep. Section

On The Move With Speed Stacks: Sport Stacking And Fitness Fun!
Presenter: Matt Reed, Speed Stacks
Presider: Brent Kiszka
Room: Hyatt, Grand BC
In this newly developed activity-based sport stacking session we have something for everyone! You will learn the very basic skills of Sport Stacking AND participate in a variety of fitness, movement and relay challenges! Experience the benefits of sport stacking through increased hand-eye coordination, ambidexterity and bilateral proficiency! This presentation is designed for both “experienced” sport stacking instructors looking for fresh ideas, AND instructors new to the sport, learning ways to introduce sport stacking into their programs. Receive a free set of Speed Stacks “On The Move” Activity Guide, and Instructional Video.

Commercial Presentation
Special Day Activities For Elementary And Middle School Teachers  
Presenters: Robert Kozyra, Rob Booker and Tim Sawicki, Canisius College  
Presider: Bryan Harris  
Room: Hyatt, Grand D  
A theme based movement education program in which students work on a fundamental skill. Music is played and situations around the gymnasium allow teams to compete with one another while cooperating with their team.  

Future Professionals Section  
Salsa Dance For High School Students  
Presenter: Edie Sostre, Fashion Industries High School  
Presider: Kaylie Howard  
Room: Hyatt, Grand EFG  
Participants will learn basic Salsa steps needed to start a dance class. They will get a brief history of Salsa, terminology of steps, basic music counts (class will be taught on the count of 1/3), ideas on how to create a lesson plan for the class, partner dancing for socials, and what attire should be worn in the class. This is a participation class geared to participants who have little or no dance background. Participants should wear old socks, or slipper socks (NO SNEAKERS PLEASE).  

Dance Section  
Instructional Swimming: Tips for Teaching Strokes and More  
Presenters: Keith Schields, Victor Schools and Linda Joyce, Fairport Schools  
Presider: Cindy Kohl  
Room: Hyatt, Pool  
Participants will learn key cue words and corrections for strokes along with formations used to teach a class of 20 or more students. A unit plan for a middle or high school swim class will be discussed. Participants will learn a couple of activities to brighten up the swimming classes.  

Aquatics Section  
Benefits Of Certified Athletic Trainers In The High School Setting  
Presenter: Timothy Henry, SUNY Brockport  
Presider: Dick Zapolski  
Room: Hyatt, Loftus Carson  
This presentation will address the role of the ATC in the high school setting. The advantages and benefits that ATC’s bring are numerous. This presentation will provide rationale for administrators to hire ATC’s.  

Exercise Sci./Sports Med. Section  
Abilities, Not Disabilities  
Presenters: Amy Horan, Heidi Emery, Carmine Anastasio, Don Kant and Chris Claro with advisor Jeff Walkuski, SUNY Cortland  
Presider: Michelle Sherman  
Room: Hyatt, Regency ABC  
As teachers and prospective teachers, we are only being truly effective if we are able to reach all our students, regardless of their ability. We should ensure that every child would have the opportunity to participate in our lesson in order to have a sound educational experience. During this session, various activities and modifications to activities will be presented that focus on students’ “abilities not disabilities” so that physical education lessons benefit all of our students.  

Adapted PE and Elementary/Middle PE Sections  
Incorporating Nutrition Education Into A Childhood Weight Loss Program  
Presenter: Jack Thomas, Long Island University/CW Post Campus  
Room: Hyatt, Wilmorite AB  
Three major components of a childhood weight loss program should be behavior modification, nutrition education and physical activity. An age appropriate nutritional education curriculum is imperative for both the children and their parents. Improper implementation of nutrition education in weight loss leads to decreased overall adherence increased attrition.  

Health Section  
CHES  
Professional Newsletter Nuts and Bolts  
Presenter: Tami Ann DeRose, Jericho Public Schools  
Presider: Jason Lehmbeck  
Room: Hyatt, Eastman Boardman  
This workshop will teach participants how to create an affordable, professional looking newsletter that can be designed by anyone with basic computer skills, a little vision and an open mind. By the end of the workshop, each participant will walk away with a personalized 4-6 page newsletter template that can be used immediately to inform, promote, recognize, inspire, and advocate for quality educational programs in their school districts and professional organizations. Please note program requirements: Each participant must bring their own laptop with Microsoft Office XP and Microsoft Publisher Version 2002 or later. A zip disk stick with a minimum of 256MB is also required.  

Steps To Implementing And Sustaining An Adventure Program  
Presenters: Daryl Essensa, Project Adventure and Peggy Tuttle, NY PEP Grant Recipient  
Room: CC, Highland BJ  
Learn strategies for successfully implementing and sustaining an adventure-based component within your Physical Education program. Hear from New York State Physical Educators who currently run adventure programs. Teachers will share what they have learned from running their programs, including what has helped them be successful and ideas for overcoming common challenges.  

Leisure Adventure Section
Using Cardio-Based Activity To Enhance Brain Chemistry For Better Behavior And Higher Academic Achievement
Presenter: Michael Wendt, Wilson Central School District
Presider: Lori Reichel
Room: CC, Highland CH
This program will highlight how cardio-intense exercise performed at a designated frequency and intensity will impact the behavior and academic performance of children. This presentation will also highlight how exercise can reduce a child’s interest in using drugs and alcohol.
Adapted PE and Exercise Sci./Sports Med. Sections

Tap Into Your Resources
Presenters: Heather Collier and Shawn Baker, Belleville Henderson CSD, Michelle Burke and Mark Doody, Hudson Falls and Martha Slack, Massena Central Schools
Room: CC, Highland DG
Presider: Heather Collier
In this session, participants will learn about three “New York Healthy Schools”. The presentation will explore the Coordinated School Health Model and provide key strategies and programs that will positively affect a school.
Health Section

Outrageous Teaching Techniques In Health And Sexuality Education: Part TWO
Presenter: Deborah Tackmann, Health Education Instructor/Consultant
Presider: Lisa Perrone
Room: CC, Highland EF
This interactive and hands-on health session will help you energize your classroom and empower your students with the knowledge and skills they need to make healthy sexual decisions in the 21st century. We will creatively use a variety of high energy teaching methods and modalities that creatively engage the learner to choose healthy behaviors. These activities are kid tested and approved! Come in and join the FUN! You can participate in Part One or Part Two, OR BOTH! Each session will demonstrate different hands-on lessons and activities.

New Approach To Elementary School Field Days
Presenters: Barb Wurz and JoAnn Sabourin, Sacandaga Elementary School
Presider: Judy Mehlenbacher
Room: CC, Cascade ABCDEF
Try a “skills station” approach for a new way to have a kindergarten field day. By using what you have taught all year as a culminating activity, you will have an opportunity to showcase to parents and family members what your program is all about! Leave with the information you need to make your next Field Day one that students and parents will remember!
Elementary/Middle PE Section

Creativity Is The Key - Part II: Making The Link
Presenters: Sheri Brock, Gina Pucci and Jeanine Fittipaldi-Wert, Auburn University
Room: CC, North Hall A
This continuation of last year’s hit session will provide participants with more non-traditional games and activities that can be used in large and small classes with students of all ages and skill levels. This session will include exploration of problem-solving and team building, while analyzing game design and strategy. Practical concerns and issues for implementing games and activities to create an inclusive and cooperative classroom climate will be addressed.
Secondary PE and Higher Ed./Prof. Prep. Sections

Fitness is Elementary
Presenter: Jennifer Higgins, Amherst Central Schools
Presider: Dan Horton
Room: CC, North Hall B
Are you searching for fitness activities for your elementary physical education program? Look no further; this session will provide a “hands-on” experience for participants using pedometers, heart rate monitors, medicine balls and more. Learn how the PEP Grant enhanced this school’s physical education curriculum.
Elementary/Middle PE Section

11:00 AM - 11:30 AM

PRESIDENTIAL WELCOME TO ROCHESTER

Join us in the Galleria located in Convention Center as Paula Summit, NYS AHPERD President welcomes conference attendees to Rochester.

★★★★
How Perceptions Of Skill Level Impact Teaching And Learning
Presenter: Mara Manson, Adelphi University
Presider: Kristine Fallon
Room: CC, Highland BJ
Motivating students in physical education is one key to success. It is very important to consider how perceptions of skill level can influence teaching behaviors. This workshop will provide insight to strategies necessary for developing a safe and successful learning environment.

Higher Ed./Prof. Prep. Section

Toto, We’re Not in Kansas Anymore: Developing Your Cultural Competence
Presenters: Jean Harris, Adelphi University and Michael Ludwig, Hofstra University
Room: CC, Aqueduct ABCD
In order to minimize conflicts and increase understanding between and among diverse populations, individuals need to assess their level of cultural competence and improve their ability to work with those who are not like them. This session will present an overview of cultural competence, review characteristics of various cultural groups, provide attendees the opportunity to self-assess and participate in experiential learning activities aimed at increasing cultural competence.

Health Section

EZ Steps: Adding Social Dancing To Your Physical Education Classes
Presenter: Barbara Muller, Cresskill High School
Presider: Kaylie Howard
Room: Hyatt, Grand EFG
You will learn the methods and the steps to incorporate social dancing into your classes...tomorrow!! Handouts will be given with all you need to know to accomplish this. Dancers and Non-dancers alike will enjoy this session...join us!

Dance Section

Aqua Fit 101
Presenter: Mark Grevelding, Fit Motivation
Presider: Mary Ann Pierce
Room: Hyatt, Pool
Discover just how challenging an aquatic workout can be. Explore the unique properties of water that allow for creative exercise programming and intense bursts of activity. Attendees will participate in a fun pool master class that combines all the major components of fitness, including an amazing aqua abdominal workout for the finale.

Aquatics Section

Follow The Leader
Presenter: Jessica Dileo
Room: Hyatt, Regency ABC
The Follow The Leader Program is NYS AHPERD’s mentoring program and was developed to give students the opportunity to meet active educators. Future Professionals and mentors interested in becoming involved in this worthy program can complete the form included in this newsletter on page 31.

Future Professionals Section

Gender, Sex, And Sexual Orientation In The Physical Education Classroom
Presenter: Eric Pliner, NYC Department of Education
Presider: Anthony Mariani
Room: Hyatt, Loftus Carson
How do our overt and unintentional messages about girls and boys, masculinity and femininity, and gender “appropriate” and “inappropriate” behavior impact students’ learning of, appreciation for, and willingness to participate in physical education and fitness-related activities? How do these same messages – about us and about our students – impact the quality of our instruction? Share, learn, and discuss practical strategies for turning gender and sexual identity from barriers to active participation in physical education into supports for all students’ learning and wellness in and out of the physical education classroom.

Adapted PE Section

American Heart Association Presents The 2005-2006 Jump Rope and Hoops For Heart Programs
Presenter: Betsy Shurack, American Heart Association
Room: Hyatt, Eastman Boardroom
JRFH/HFH are exercise based, educational community service programs designed to get children moving while educating them about the benefits of cardiovascular exercise. Children learn about fitness while raising money to help fight our nation’s #1 and #3 killers, heart disease and stroke. Educational tools are provided including the newest kit and schools and students earn great gifts

The Carbohydrate Quandary: Achieving Health Literacy Through An Interdisciplinary WebQuest
Presenter: Owen M. Donovan, SUNY Cortland
Presider: Sal Piscitelli
Room: CC, Highland AK
This program will show Health Education, Physical Education, and ELA teachers how to access and use the “WebQuest” (Web-based inquiry learning experience) that is available via the Internet at http://web.cortland.edu/donovano. This Web-based learning activity incorporates technology in a meaningful way, promotes health literacy skills (is skills-based), and interdisciplinary instruction as they relate to nutrition and obesity prevention. The process as well as the product of using the WebQuest are learner-centered and authentic with regard to implementation and assessment and can easily be linked to the New York State Health Education Scope and Sequence (please preview the contents of the web-site for the presentation, it will be linked directly to NYS standards).

Health and Exercise Sci./Sports Med. Sections
Goal Maintenance For Healthy Diet And Exercise  
Presenter: Jacqueline Dipzinski, East Irondequoit Middle School  
Presider: Don Splendorio  
Room: CC, Highland CH  
This workshop will cover a unit of study for the middle level student utilizing the navigational stars skills matrix. In this work shop you will have an opportunity to see the skills matrix at work in the classroom with examples of student’s authentic assessment. This workshop will cover application of the skills matrix, authentic assessment and validation of health programs with research and tangible evidence.  
Health Section

Cooperative Learning: The Low Down Quick and Dirty  
Presenter: Shannon Whalen, Springfield College, MA  
Presider: Lonnie Wilson  
Room: CC, Highland DG  
Using powerpoint, lecture, role-play and discussion, this session will introduce participants to the theories and concepts behind the use of cooperative learning as well as provide an opportunity to practice effective techniques. Participants will engage in a variety of small group situations and experiment with different cooperative learning activities. Participants will have the opportunity to dialogue with colleagues about their experiences with cooperative learning. Handouts will be provided.  
Health Section

Power Your Memory/Introduction To Memory Wellness  
Presenter: Michael P. Dollard, Alzheimer’s Association of Western New York  
Presider: Gene Dobbins  
Room: CC, Highland EF  
A researched based educational program that focuses on prevention of Alzheimer’s disease and related dementia across the life span. Participants will learn how to put practical tools to use to improve and enhance learning and memory skills. Modifiable and non-modifiable risk factor discussion will demonstrate the need for early educational intervention to reduce the risk of developing Alzheimer’s disease.  
Health Section

Bullying And What Is Being Done About It: An Educator’s Perspective  
Presenter: Lori Reichel, Syosset Central School District  
Presider: Heather Collier  
Room: CC, Cascade ABC  
Many times educators feel there isn’t much one can do in regards to bullying in their schools. This workshop will provide an opportunity for ideas to be shared including how adults can ensure that their behavior is supportive of a bully-free environment. Information from current literature will be shared. For this workshop, the truth behind different forms of bullying will be presented and shared in which different feelings may arise.  
Health Section

Time, Stress And Effectiveness As A Factor In Exercise Prescription  
Presenter: Jamie LaBelle, Plainedge High School  
Presider: Rob Higgins  
Room: CC, Cascade DEF  
The entire presentation is related to the prescription of safe, efficient and productive exercise choices for the physical education student and student - athlete. The program will enable the Physical Education teacher to improve her/his instruction techniques so that the students receive the latest and safest exercise instruction.  
Exercise Sci./Sports Med. and Coaches Sections

Strategies For Using Adventure Activities With Large Physical Education Classes  
Presenter: Alison Rheingold, Project Adventure, Inc.  
Presider: Cathy Dodd  
Room: CC, North Hall A  
Adventure activities can engage a wide variety of students and enhance any Physical Education program-the challenge is how to conduct activities that are safe, engaging and effective with large groups. This dynamic and interactive workshop will provide a variety of solutions to this common problem, including the use of Adventure stations, self-managed processing and more.  
Secondary and Elementary/Middle PE Sections

Common Assessments For Your Elementary Students  
Presenter: Tom Winiecki, Mott Road Elementary School  
Presider: Sarah Lincoln  
Room: CC, North Hall B  
Learn to assess your students by looking for the common things in the many different things you teach. See how to turn your assessments back into your instruction and make your students more aware of what they are learning.  
Elementary/Middle PE Sections

A Very Special Thank You To The 2005 Conference Program Planners For Their Commitment and Dedication To NYS AHPERD

Sharee Deichman  Adapted Physical Activity
Cindy Kohl  Aquatics
Jeff Danaher  Coaches
Tom Stewart  COA
Kaylie Howard  Dance
Chris Wert  Elementary/Middle School PE
Dick Zapolski  Exercise Science/Sports Medicine
Ellen Kowalski  Future Professionals
Trish Stetson  Future Professionals
Heather Collier  Health Education
Sal Piscitelli  Health Education
Gail Arem  Higher Ed/Prof Prep
Gene Dobbins  Retirees
Laura Petersen  Secondary School PE
The children of today live in a world vastly different from that of a few years ago. The risks of teen sexuality, experimentation with tobacco, obesity, alcohol and other drugs, school violence, suicide, etc. are but a few of the issues facing today's adolescents. Knowing that 70% of all deaths among youth ages 10-24 result from life style choices they made, how can we empower our youth with the knowledge and skills they need to make healthy decisions? This high-energy presentation will help you understand teen trends in the 21st century, as well as the five essential elements that are necessary for an effective health/physical education program.

In this workshop, participants will experience ways that Latin Americans express themselves through movement which are based on their exciting music and rhythms. Participants will learn a series of movement and dance combinations from traditional Afro-Brazilian and Latin cultures. Then they 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 workshop.

Recent legislation would amend the education law to increase student awareness regarding the dangers of sun exposure and to encourage the use of simple protective measures in the school environment. This workshop will include a discussion of the provisions of this legislation related to required skin cancer prevention instruction and prevention strategies in NYS schools. In addition, the workshop will include discussion of the evidence-based Environmental Protection Agency's (EPA) "SunWise" sun safety education program focused on increasing sun safety awareness and fostering behavior change for grades K-8. The use of the SunWise program, including how it can be readily incorporated into existing curriculum, will be demonstrated through description of two pilot programs conducted in Tompkins and Suffolk County elementary schools. The results of student and teacher evaluations from these two pilot initiatives will also be shared.

The We Count wellness program uses pedometers as a motivational tool to get children moving and measure their progress. Additionally, classroom activities, student newsletters and parent newsletters are just a few of the program components designed to enhance children's knowledge of nutrition and physical activity concepts while providing the teacher with scientifically based research on instructional strategies that work!
The Dr. Ron Feingold Lecture Series
Presenter: Dr. Ron Feingold, Adelphi University
Presider: Colleen Corsi
Room: Hyatt, Grand ABC

Little Steps – Big Ideas – Change As Seen Through A Child’s Eyes
At this inaugural lecture Dr. Feingold will present a historical and introspective overview of the foundation of the current New York State Learning Standards for Health and Physical Education and National Standards for Physical Education. The issues and directions that led to the “Adult Role Paper” that served as the foundation for our current standards. The implications and the importance of teaching “life skills” will be discussed. Insights as reflected through a child’s mind taking small steps that lead to big ideas and big change.

New York Healthy Schools Incentive Programs
Presenter: Toni Hagerman, NYS AHPERD Past President
Presider: Lonnie Wilson
Room: CC, Aqueduct ABCD

This workshop will provide participants with the information and skills necessary to take advantage of the School Health Index Incentive Program. This program is based on the essential structures that form the foundation of the healthy school model.

Health Education BYOE: Bring Your Own Experience
Presenters: Jennifer Prior and Fran Vincent, Bethlehem Central Middle School
Presider: Sal Piscitelli
Room: CC, Highland CH

A little less conversation, a lot more action. Work collaboratively with other health educators to share, combine, and create learning experiences that meet the standards and incorporate skill-based learning. You will receive a minimum of TWO fully outlined health education projects that can immediately be put to use in your classroom. You will leave with concrete, functional, useable, peer-reviewed learning experiences to bring back to your school.

The Relationship Between Perceived Fitness And Leisure-Time Exercise Behavior
Presenter: Jesse Germain, United States Military Academy
Presider: Melissa Frye
Room: CC, Highland DG

The program will present the results of subjective self-assessments of physical fitness in young people, and the amount of physical activity (mild, moderate or strenuous) in which those individuals engage. The relationship between the two can help us better understand gender differences as they relate to physical activity and fitness in youth. The program will help improve the instructional practices of physical educators by introducing the relationship between a student’s perceptions and activity levels, so that physical educators may be more successful in overcoming the sedentary behavior of many young people.

Challenging, Preparing, And Developing Teachers For Early Childhood Physical Education
Presenters: Ariela Herman, Queens College and David Wiener, Hewlett-Woodmere School District
Presider: Kim McCormick
Room: CC, Highland BJ

Participants will develop innovative strategies for teaching children at the early childhood-primary level that increase participation and activity time in the gymnasium while encouraging children to maintain their level of physical activity outside the physical education setting. Participants will be challenged to develop creative ideas for skill progressions and activities that are suited to the diverse developmental abilities of this age group and will learn various methods for assessing these abilities.

Exercise Sci./Sports Med. And Health Sections

The Importance Of Team Building Activities In Physical Education
Presenter: Bill Levett, Jason Hodge, Bryan Harris, Amanda Crisanti, Susan Spiegel and Tim Clapper with advisors Patti Bevilacqua and Phoebe Constantinou, Ithaca College
Presider: Joe Oliverio
Room: CC, Highland EF

This program will provide information on why team building activities are important and how to use them effectively. It will highlight how certain concepts which are learned through the activities can be incorporated in various other units over the course of the year. Additionally, it will provide professionals and future professionals with engaging team building activities to bring back to their districts or institutions.

Asthma Control In The School Setting
Presenter: Cindy Trubisky, American Lung Association
Room: CC, Cascade ABCDEF

Learn more about Asthma and the increasing epidemic in school aged children. This discussion will include: what is good asthma control, asthma pathophysiology, device trainings, what to do in an emergency, asthma and athletics, and policies for schools.
Inclusion Made Easy: 3 Easy Steps
Presenter: Dean Bowen, Jessica Dudack, Haley Schedlin and advisor Lauren Lieberman, SUNY Brockport
Presenters:  Dean Bowen, Jessica Dudack, Haley Schedlin and advisor Lauren Lieberman, SUNY Brockport
Presider: Sharee Deichman
Room: CC, Highland AK
Although inclusion has been the norm for many years, many general physical education teachers are still faced with difficulties in determining the needs of these children in addition to implementing strategies to meet their needs. This presentation will focus on three strategies to ensure appropriate inclusion. Participants will learn about Individual Education Plans (IEP’s), the use of paraeducators, and adapting activities. Through scenarios and participant involvement these strategies will be applied to every day situations. Participants will walk away with concrete ideas as well as many resources.
Adapted PE Section

Tchoukball: New, Exciting, Vigorous And Fun
Presenter: Pierre-Alain Girardin, Tchoukball, Inc.
Presider: Tami DeRose
Room: CC, North Hall A
Want something new and exciting that promotes physical activity and the development of skills and strategies within an enjoyable and positive social environment? Seeking a vigorous activity that does not exclude participants, but allows everyone to participate within his/her abilities without interference from other players? Tchoukball is the answer! It is a vigorous game that helps students become better team players and more considerate classmates. The game has many elements that could be used to address academic standards. Get into action! Do something different. Come join us and leave enthusiastic about how Tchoukball could become part of the program.
Secondary PE Section
Commercial Presentation

Ultimate Stair Exercises For Fitness And Conditioning
Presenter: Virgil Aponte, Bushwick High School
Presider: Mark Piccarreto
Room: CC, North Hall B
Learn how the stair cases in your own building can be used to condition your physical education students and athletes. Teach your students how this valuable tool can help them with increasing strength, burning calories, increasing power, and improving flexibility. Students will learn the value of using your own environment to exercise.
Secondary PE Section
Commercial Presentation

5:45 PM – 6:45 PM
Coaches Award Ceremony
Room: Hyatt, Regency ABC

Catskill and Southeastern Zones Joint Social
Room: Hyatt, Wilmorite AB

Amazing People Awards
Room: Hyatt, Grand ABCD
Join us as we honor members who have distinguished themselves in their zones and sections.
FRIDAY

BLOOD DRIVE
WE NEED YOU!
FRIDAY, NOVEMBER 11
8AM - 4PM
Room: CC, Empire Lounge

8:00 AM - 9:15 AM
Folk Dance For Fitness
Presenter: Colleen Buchanan, SUNY Cortland
Presider: Kaylie Howard
Room: Hyatt, Grand EFG
These 3-4 folk dances will target all three learning domains.
We’ll be active, learning and socializing all while having fun!
Assessment will also be addressed.

Dance and Elementary/Middle PE Sections

Steps To A Healthier NY: Public Health And Education - A Powerful Partnership
Presenters: Elissa Nolan and Carrie Steindorff, NYS Department of Health
Presider: Heather Collier
Room: Hyatt, Regency A
Through the Steps to a HealtherNY initiative, Health Departments in four New York counties have embarked on a multi-pronged approach to address the childhood obesity epidemic. In Rockland County, the Health Department has partnered with Rockland 21st Century Collaborative for Children and Youth and the Rockland County Teacher’s Center, as well as other community members to form ‘Healthy Schools Healthy Lifestyles’. As a result of this partnership, schools are collaborating with community partners, linking health issues with educational missions, and making changes in practices, policies and environments so that children have access to better nutrition and increased physical activity.

Health Section

Exploring Science Through An Aquatics Adventure
Presenter: Gerry Stryker, Webster Aquatic Center
Presider: Mary Ann Pierce
Room: Hyatt, Loftus Carson
Join us as we explore science through the excitement of water skills and adventure. See for your self how pool based learning can be a great experience for everyone.
This lecture provides team building experiences you won’t want to miss.

Aquatics Section

Children Learn When They Learn To Climb
Presenters: Tim Sudeith and Tony Jambar, Everlast Climbing Industries
Presider: Sarah Lincoln
Room: Hyatt, Wilmorite AB
Considering adding climbing to your program? Learn about the benefits, how to choose a wall, how to facilitate exciting activities and how to overcome hurdles like cost and safety.

Leisure Adventure Section

Wellness Plans: What They Are, How To Create One!
Presenter: Bob Winchester, BWA Educational Group
Presider: Stephen Onderdonk
Room: Hyatt, Regency C
Federal legislation suggests that each community have a wellness plan. The regulations are still being worked out but there are some interesting implications for all NYS AHPERD Members. This work shop will provide some practical insights into starting or improving a Wellness Committee within your community.

Higher Ed./Prof. Prep. Section

CHES

Commercial Presentation
X-Games
Presenters: Jeremy Roberts, Rich Vleck, Mike Makibika and advisor Elaine Gregory, Syracuse University
Presider: Christopher Dahlem
Room: CC, Highland AK
This activity session will introduce you to creative lead-up games that will utilize two or more sports in one game. These games will provide the teacher with innovative ways to practice new skills while revisiting and reinforcing old skills.
Special Olympics: Inclusion Through Sports
Presenter: Bill Collins, Special Olympics New York
Presider: Sharee Deichman
Room: CC, Highland CH

Special Olympics believe students with intellectual disabilities benefit physically, mentally and socially from sports training and competition. The goal of our school-based programs is to give students of all ability levels the chance to participate in athletic training and competition at no charge. Our sports related programs can enhance and complete efforts to promote inclusion among all students.

Adapted PA Section

SPARK’s 10 Steps To Instructional Alignment – Teaching To Standards
Presenter: John Hichwa, SPARK
Presider: Amy Hoffman
Room: CC, Highland DG

Let’s rid the mystery about what it means “teach to standards” and what “outcomes” should be derived in physical education? In this session, attendees will participate in an inter active approach on the necessity to develop quality physical education programs increasing the physical competence, health-related fitness, self-esteem, and enjoyment of physical activity for all students. Leave this session with a handful of games, activities, and ideas to reach our goal in providing quality physical education programs, in which you and your students can work with to maximize outcomes.

Commercial Presentation

Elementary Sexuality Education
Presenter: Sandy Pawluk, Rochester City School District
Presider: Maureen Trefethen
Room: CC, Highland EF

Pre-adolescents are developing physically, socially and emotionally at earlier ages. This session will highlight how to implement sexuality education at the elementary level. An outline of our program will be presented. Resource materials are included.

Health Section

Bringing Your Health Classroom Alive: You Snooze You Lose
Presenters: Scott Cooper, Felix Festa and Todd Santabarbara, Clarkstown CSD
Presider: Dom Splendorio
Room: CC, Cascade ABC

Presenters will demonstrate cutting edge curriculum based on current New York State Standards, which will help participants grow as health educators. Presenters will be providing interactive, new and exciting teaching strategies that have been proven to be successful in the middle school and high school academic setting.

Health Section

Courageous Teachers: Creating A New K-12 And College System In The Afghanistan War Zone
Presenter: Larry Butler, US Military Academy
Presider: Jessica Dudek
Room: CC, Cascade DEF

This presentation will focus on the efforts and challenges of creating a totally new educational system in post-Taliban Afghanistan. The presenter spent 4 months developing an educational and system and school from scratch and will discuss the courage and bravery of the Afghan teachers in re-building their schools. Young girls and women are now attending schools for the first time and provide inspirational stories.

Designing Sequential And Advanced Sports Medicine Programs
Presenter: Dick Zapolski, Sports Medicine Curriculum Developers
Presider: Lindsay Granger
Room: CC, Aqueduct AB

Participants learn how to build upon their current course and develop a sequential sports medicine program. Participants will learn how to add components of an exercise physiology to their curriculum and how to design an introduction to medical aspects course.

Exercise Sci./Sports Med. and Secondary PE Sections

Motivation Through Inspiration Equals Success In All You Do
Presenter: Tom Howard, Baldwin Schools
Presider: Ron Woodruff
Room: CC, Aqueduct CD

Attendees will learn the difference between inspiration and motivation and how goal setting leads to success in life. Tom Howard, President-elect of NYS AHPERD will challenge the participants to take an in depth look at their teaching, coaching and leadership skills. Whether you’re a future professional, physical educator, health educator or coach, you will leave this workshop energized and passionate about what you do!

Coaches and Secondary PE Sections

Tackle Tennis!!!
Presenter: Barbara Muller, Cresskill High School
Presider: Laura Petersen
Room: CC, North Hall A

This session will stimulate the tennis teacher within! Receive tons of ideas and information to begin tackling a tennis program at your school. NO TENNIS COURTS required!!! Join us!

Secondary PE Section

High School PE Mountain Biking: The Wheel Deal
Presenter: Steve Busch, Chenango Forks High School
Presider: Kristen Lutz
Room: CC, North Hall B

High school mountain biking at Chenango Forks. The continuing evolution of a cycling program at a typical public high school (this is a class in the ‘normal’ schedule). You can do it!

Leisure Adventure and Secondary PE Sections
**10:00 AM – 11:15 AM**

**How To Do The Impossible**

**Presenter:** Rob Gilbert, Ph.D., Montclair State University, New Jersey  
**Presider:** Paula Summit  
**Room:** Hyatt, Grand ABCD  

How successful could you become if you had the confidence of a Muhammad Ali, the intensity of a Mia Hamm, and the courage of a Lance Armstrong? Dr. Rob Gilbert, a professor of sport psychology at Montclair State University (NJ) has spent the last 25 years researching the mental strategies of the world’s greatest athletes, coaches, teachers, and administrators. GUARANTEE: This keynote is not a dull lecture. Dr. Gilbert combines storytelling, videos, magic, and humor into a highly charged audience-participation event. For an introduction to Dr. Gilbert right now call his Success Hotline at (973) 743-4690 for a three-minute motivational message.

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**11:30 AM - 12:30 PM**

**SECTION MEMBERSHIP MEETINGS**

The doors are open!!! Anyone is invited to attend our section membership meetings. You may not be a section member yet, but may want to be after learning the importance of getting involved. Come and network with colleagues. Help us brainstorm and share ideas. Get involved with your professional association!! Specific field of interest information will be discussed. Learn how your involvement can contribute to the overall success of YOUR professional association. Help by taking small steps for big change!!

The following sections will be conducting their section membership meetings:

- **Adapted Physical Activity Section**  
  Roy Speedling, Section Past President  
  Room: CC, Highland CH

- **COA Representative Meeting**  
  Tom Stewart, Section President  
  Room: Hyatt, Wilson Boardroom

- **Coaches Section**  
  Jeff Danaher, Section President  
  Room: CC, Aqueduct CD

- **Dance Section**  
  Michelle Denino, Section President  
  Room: CC, Aqueduct AB

- **Elementary/Middle PE Section**  
  Maryanne Ceriello, Section President  
  Room: Hyatt, Wilmorite AB

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**11:45 AM - 12:45 PM**

**NYS AHPERD Past Presidents Luncheon**

Room: Hyatt, Palladio Restaurant  
Past Presidents are invited for lunch at the Palladio Restaurant.

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**12:45 PM - 2:00 PM**

**On The Move With Speed Stacks: Sport Stacking And Fitness Fun!**

**Presenter:** Matt Reed, Speed Stacks  
**Presider:** Sharee Deichman  
**Room:** Hyatt, Grand A  

In this newly developed activity-based sport stacking session we have something for everyone! You will learn the very basic skills of Sport Stacking AND participate in a variety of fitness, movement and relay challenges! Experience the benefits of sport stacking through increased hand-eye coordination, ambidexterity and bilateral proficiency! This presentation is designed for both “experienced” sport stacking instructors looking for fresh ideas, AND instructors new to the sport, learning ways to introduce sport stacking into their programs. Receive a free set of Speed Stacks “On The Move” Activity Guide, and Instructional Video.  

**Adapted and Elementary/Middle PE Sections Commercial Presentation**

**Implementing A “KIDnastics” Gymnastics Program In Your School**

**Presenters:** Maryanne Ceriello, Sargent Elementary and Steve Ciancio, Overlook Primary  
**Presider:** Chris Wert  
**Room:** Hyatt, Grand BC

This session will convince you that the KIDnastics approach will change the way you teach gymnastics forever. It is a user friendly, student centered model of instruction, which allows success at every level of instruction, and adapts to all types of settings. Students learn to challenge themselves, adapt to their environments, self and group assess and have fun every step of the way. Maryanne and Steve work separately in their own respective schools, and combine their efforts in a summer recreation program where the KIDnastics is a sellout year after year.

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**Elementary/Middle PE Section**

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The 75 Minutes That Could Save Your Life
Presenter: Rob Gilbert, Ph.D., Montclair State University, New Jersey
Presider: Cathy Haight
Room: Hyatt, Grand D
In today’s world, one of the major killers is STRESS. Probably the #1 most important thing that we never learned in school was how to relax. In this workshop, you will be led through a deep relaxation session. Then you’ll learn how easy it is to relax yourself. Finally, you’ll discover how to teach these incredibly simple but amazingly powerful skills to others. SUGGESTION: Bring a tape recorder.

Innovative Dance Sequence - Bang That Beat!
Presenters: Polly Sadler and Kevin Sayers, Webster Central Schools
Presider: Kaylie Howard
Room: Hyatt, Grand EFG
Have you seen the dance productions “Stomp?” It is when performers use long sticks, garbage cans and sinks and many other crazy items to make rhythm and dance come alive! Come join two physical education teachers that will guide you through creating “Stomp” like dance lessons for your students. Don’t bring your sink, sticks will be used!

Hydrorider – Underwater Spin Class
Presenter: Mary Ann Pierce, Webster Aquatic Center
Presider: Cindy Kohl
Room: Hyatt, Pool
Enjoy a stress free training good for the joints and lower back along with a soothing water massage when you participate in this spinning class – underwater. Training on a hydrorider stationary bike is a comfortable means of resistance exercise! A total body workout! Water shoes are required.

Leadership: Your Keys To Our Future
Presenters: Jeff Walkuski, SUNY Cortland and Bob Zifchock, Freeport Schools
Presider: Christina Cambria
Room: Hyatt, Regency ABC
Future professionals are the key to the development and advocacy of our profession, they have the potential to be our future leaders, but how many of them are in tune to what it means to be a leader? In this interactive session, participants will reflect on their own level of professional involvement, be exposed to strategies to become more active and passionate about their future work and will learn the essential qualities of effective leadership.

New York State Teachers’ Retirement System Update
Presenter: Ed Redder, NYSTRS
Presider: Gene Dobbins
Room: Hyatt, Loftus Carson
This presentation will provide a clear and concise review of the key benefits provided by the New York State Teachers’ Retirement System: Death Benefits, Disability and Service Retirement.

Pathway To The Soul: Refresh Your Spirit
Presenter: Ron Burke, Naples Central School
Presider: Amanda Crisanti
Room: CC, Highland AK
Come and refresh your soul while learning how complimentary and alternative medicine (CAM) and spirituality can increase wellness.

The 3R’s In Motion
Presenter: Nana Koch, Long Island University/C.W. Post Campus
Presider: Jennifer Heim
Room: CC, Highland BJ
In this workshop, participants will learn about The 3Rs in Motion, an innovative teacher training program that is being implemented in Rockland County as part of a 5-year US Department of Health/NYS Department of Health grant to decrease obesity in the community. The program is designed to teach elementary classroom teachers why children need to move (the relationship between brain functioning and movement) and how to incorporate physical activity and multi-sensory experiences into the teaching of academic subjects, thus helping students to more fully understand subject matter content while experiencing increases in fitness, body awareness and focus. Participants in this workshop will have opportunities to learn about the program’s design and impact on teachers and children (through discussion and video segments), and experience several of the combined physical activity and academic lessons taught to the teachers participating in The 3Rs in Motion.

CATCH ~ Spreading The Message Of Coordinated School Health
Presenter: Peter Cribb, University of Texas
Presider: Jamie McGarry
Room: CC, Highland CH
The Coordinated Approach To Child Health (CATCH) is an extraordinary health program designed to help schools, children and families adopt healthy behaviors. This workshop will introduce participants to CATCH. By coordinating the health messages through a coordinated approach, children can learn the skills needed to be healthy for a lifetime.

Commercial Presentation

Physical Education K-12: The Victor Way
Presenters: Frank Clark, Leslie Wilkinson and Deb Savage, Victor High School
Presider: Lauren Evans
Room: CC, Highland DG
Come see our award winning program. We will cover curriculum development, assessment tools and other program highlights. We will also break into grade level groups to discuss specific questions.
Maximize Jumping Ability And Lateral Movement While Minimizing Injury
Presenter: John W. Kirkwood, Batavia City Schools
Presider: Dick Zapolski
Room: CC, Highland EF
This session will highlight biomechanical injuries of poor jump and lateral movement technique. It will also demonstrate proper jump and lateral movement techniques, drills to improve jump and lateral movement technique and demonstrate jump training and lateral movement programs that are student designed. We teach our student athletes the science behind athletics. We strive to maximize ability, minimize injury and teach our students why we preach what we preach.

Exercise Sci./Sports Med. And Coaches Sections

Effect Of The Home Court On Basketball Players’ Performance
Presenters: Rob DeGrandpre, Justin Beach, Robert Schneider, and Peter Hager, SUNY Brockport
Presider: John Iaculli
Room: CC, Cascade DEF
We will discuss eight basketball player areas that have been identified as being positively affected by the home court “advantage.” These eight player performance areas are as follows: shooting percentage, steals, blocks, assists, rebounding, fouls committed, points scored, and players’ confidence. In addition, we will discuss instructional strategies that coaches may implement - when playing on the “road” - to improve upon the eight player performance areas.

Coaches Section

Creative Volleyball
Presenter: Sandra Vorse, Clayton A. Bouton Jr/Sr High School
Presider: Christopher Dahlem
Room: CC, North Hall A
Teaching ideas to help teachers meet the standards while they, PASS on the 20 players on each side, SET UP everyone for success, and SPIKE up the enthusiasm for a great sport. Learn how to DIG up quick and easy assessment ideas K-12, use modifications to SERVE your needs, and BLOCK the stigma usually attached to this sport through a variety of inclusive activities that maximize skill practice.

Secondary PE Section

OMNIKIN
Presenter: Hans Guenin, OMNIKIN
Presider: Melissa Frye
Room: CC, North Hall B
The KIN-BALL sport consists of 3 teams with 4 players playing simultaneously with the ultra-light 4’ ball (2lb). Cooperative Games are played with colorful MULTI-COLOR balls, ULTRA balls and AIR balls. Their size and lightweight allows you to take advantage of all the dynamics of bouncing and air borne activities.

Secondary PE Section

Commercial Presentation

1:00 PM – 2:00 PM
NYS AHPERD Treasurers Meeting
Presenter: Rick Amundson, NYS AHPERD Treasurer
Room: Hyatt, Eastman Boardroom
Zone and Section Treasurers are required to attend this important informational meeting.

2:00 PM – 2:30 PM
SHOW YOUR SUPPORT VISIT THE EXHIBITS

2:30 PM – 3:45 PM
Fantastic Cooperative Games And Team Building Activities
Presenters: Eric Kohl, Theresa Fernaays, Jesse Hamms, Jennifer Heim, Sarah Lincoln, Michelle Sherman, Jessica Dudek, Julia Mosier, Danielle Harris and Amy Hoffman with advisors Alisa James and Doug Collier, SUNY Brockport
Presider: Amanda Crisanti
Room: Hyatt, Grand ABC
This program will be presented by SUNY Brockport students. The content of the program will provide several different cooperative games and team building activities. Both cooperative games and team building activities have become an important component of many secondary curriculums.

Future Professionals Section

The #1 Greatest Secret To Motivating Students
Presenter: Rob Gilbert, Ph.D., Montclair State University, New Jersey
Presider: Randy Williams
Room: Hyatt, Grand D
Whether you want to motivate just one student or an assembly of hundreds, there are six magic words: “Let me tell you a story.” In this session, you will be trained how to use stories to motivate, inspire, and persuade. You will also discover the four crucial techniques of storytelling: #1. How to choose the right story, #2. How to tell it to the right individual or group, #3. How to tell it the right way, and #4. How to tell it at the right time. DR. GILBERT’S GUARANTEE: You will leave this class with some stories that you will be telling for the rest of your life!

A Little Bit Of Latin
Presenter: Barbara Muller, Cresskill High School
Presider: Kaylie Howard
Room: Hyatt, Grand EFG
Cha Cha, Rumba, and Salsa will be broken down simply so that you will be able to teach them in your classes. We will have an active session and provide you with the necessary materials to achieve this goal. Great handouts will be given to thoroughly explain the session, even once you are back at your own school!

Dance Section
Lifetime Fitness Curriculum: Portfolios, Assessment And Fun Activities
Presenters: Jason Lehmbeck and Linda Joyce, Minerva Deland School
Presider: Leslie Sewell
Room: Hyatt, Regency C
How do you know a student has been physically educated? This session will provide a look at a comprehensive approach to teaching physical education. We will discuss how we use portfolios, assessment and fun activities to raise the bar of expectations.
Secondary PE Section

Take The Small Steps For Big Change The Ironman Way
Presenter: Ron Burke, Naples Central School
Presider: Sandy Jago
Room: Hyatt, Loftus Carson
This workshop is for those who feel stuck in their job, relationship or life situation. It is also for people who have not succeeded previously in obtaining the level of healthy lifestyle they want.
Leisure Adventure Section

New York State Health Department Aquatics Update
Presenter: Douglas Sackett, NYS Department of Health
Presider: Janet Carey
Room: Hyatt, Wilmorite AB
This session will discuss health regulations, preventions, and general information about pools and the open water environment.
Aquatics Section

Distance Learning, A More Personable And Effective Way Of Teaching Health And Physical Education
Presenter: Barry Poris, Long Island University
Presider: Kelly Parkot
Room: CC, Highland AK
What caused a rational or semi-rational traditional health and physical education college professor with over twenty five years of teaching experience to become an advocate for computer-based learning? Health and physical education teachers will learn some techniques, advantages, disadvantages, and potential pitfalls of computer-based learning. Some effective on-line strategies and tools that will be discussed include: enhancing teacher-student and student-student interactions, providing more effective means for students and teachers to manage and benefit from class assignments, using effective ways to administer and grade exams on-line, and making use of internet potential to expand course content.
Higher Ed./Prof. Prep. Section

Interview Techniques For Getting The Job You Want
Presenters: Rick Amundson, Lyons Central School and Ron Whitcomb, Victor Central Schools
Presider: Rob Higgins
Room: CC, Highland BJ
This session will focus on strategies, sample questions and a mock interview that will help you feel more confident about that important interview.
Higher Ed./Prof. Prep. and Future Professionals Sections

Critical Health Issues: Developing And Implementing A High School Health Elective
Presenters: Dom Splendorio and Sal Chiariello, Clarkstown CSD and Laura Pietropaulo and Jessica Funaro, Monroe Woodbury CSD
Presider: Tara Lynch
Room: CC, Highland DG
Wish you could go into more depth in some content areas or spend more time practicing health skills? Offering an elective is one way to expand your health education program. This workshop will provide participants with the information and skills needed to propose, develop, and implement a high school elective course.
Health Section

JRFH/HFH Coordinators Meeting
Presenter: Jeff Kaller, Chair
Room: Hyatt, Eastman Boardroom
This session will provide our Jump Rope for Heart and HFH Coordinators with information and will establish a support system for both NYS AHPERD and the American Heart Association.

Homebased Adapted Physical Education: A Professional And Personal Perspective
Presenter: Renee McCall, North Syracuse Early Education Program
Presider: Connie Gajkowski
Room: CC, Highland EF
In this workshop, attendees will first view video footage of an APE teacher working with several different young children in their homes. This will be followed by discussion on how to successfully utilize the transdisciplinary approach to teaching, along with strategies and techniques to implement, when working with a student and their family. The last segment will focus on two preschoolers in the video footage, now teenagers, whose lasting friendship inspired this APE teacher to write a children’s book based on their message of motivation, acceptance and the power of play!
Adapted PE Section

Predicting Superintendent Intention To Implement A Coordinated School Health Program: An Application of The Theory of Planned Behavior
Presenter: Susan Baldwin, Buffalo State College
Presider: Jennifer Deeb
Room: CC, Cascade ABC
Superintendent attitudes, beliefs, knowledge and decision related to implementing a coordinated school health program will be disclosed. This study was based on the Theory of Planned Behavior and discusses superintendent intention to implement a coordinated school health program in their school district.
Health and Higher Ed./Prof. Prep. Sections
Ethical Issues In Physical Education And Sport
Presenters: Peter Hager, Robert Schneider and Steve Kampf, SUNY Brockport
Presider: Jim Campbell
Room: CC, Cascade DEF
Presenters will examine a variety of ethical issues that physical educators, coaches, administrators and athletes face today. A brief theoretical primer emphasizing the use of values and principles in moral reasoning will establish the starting point from which practical issues will be examined. Realistic scenarios will be provided so that audience members will have opportunities to participate in discussion related to the issues presented.

Coaches Section

Ancient Tools For The Modern Physical Educator
Presenters: Julie Scott, Jaclyn Melillo, Katy Whyte, Deana Napolitano, Sean Nugent, and Orlando Griffin with advisors Deborah Adams and Tedd Keating, Manhattan College
Presider: Lindsay Granger
Room: CC, North Hall A
To bring variety to physical fitness units an educator can move forward by looking back. Athletes and physical culturists throughout history have used various implements with the hope of improving strength and performance. In particular, the club stands out for its rich history and tremendous sport-specific and movement education applications.

Exercise Sci./Sports Med. And Secondary PE Sections

Working Out The Facts About Athletic Conditioning
Presenter: James Petersen, Coaches Choice
Presider: Jeff Danaher
Room: CC, Aqueduct ABCD
Description: This presentation examines several of the most popularly held myths, misconceptions, and misunderstandings concerning athletic conditioning and offers the “reality” for each factor.

Coaches Section

The Stick To Golf Scholastic Learning System
Presenters: Joseph Sindelar, Sr. and Kris Reuland, Sindelar Golf, Inc.
Presider: Chris Wert
Room: CC, North Hall B
Elementary, Middle, and High School Physical Education instructors will be introduced to a simple and fun system for facilitating a golf unit. Participants will learn how to teach all aspects of the lifetime game of golf in a logical sequence using positive and fun activities. A scoring system will be introduced that upholds the integrity of the game, makes it possible to set up individual and group games, to track student progress, and to ensure a positive experience for every student.

Commercial Presentation

Choreography for the Person Who Thinks They Are Creativity Challenged
Presenter: Cathy Teitelbaum, Albany Academy for Girls
Presider: Michelle Denino Gordon
Room: Hyatt, Grand EFG
With the use of visual means, one will learn how to teach choreography using the elements of dance composition. We will use everyday movements, and create a dance in a group setting.

Dance Section
How Recreation Supports Standards-Based Physical Education
Presenters: Mark Yaeger, Webster Parks and Recreation and Webster Community Partnership and Sue Hemingway, Webster Community Partnership
Presider: Cindy Kohl
Room: Hyatt, Loftus Carson
This session will discuss how New York State Learning Standards can be viewed as a vehicle to bring community based recreation programs and school physical education programs philosophically closer then ever before. The Webster Community Partnership is an example of this type of vision. In addition, you will learn how recreation programs can complement and even help assess your physical education programs.

Aquatics Section

Ultra-Light Backpacking: Supercharge Your Hiking Mileage With This New Trend
Presenter: Eric Malmberg, SUNY Cortland
Presider: Kimberly Wager
Room: Hyatt, Wilmorite AB
Learn about the newest trend in backpacking – ultralight backpacking! A great fitness and outdoor activity, ultralight backpacking is revolutionizing outdoor hiking, so catch a peek at this new outdoor trend and fitness activity. Yes, you can have a loaded backpack with all the bells and whistles and still be less than 10 lbs.!? No need to ever feel like a pack mule again!

Leisure Adventure Section

Jay B. Nash Committee Meeting
Presenter: Ellen Kowalski, Committee Chair
Room: Hyatt, Eastman Boardroom

Resume Building
Presenter: Bob Zifchock, Freeport High School
Presider: Jamie McGarry
Room: CC, Highland BJ
Done with college? Are you ready for a career? Your resume is what will get you the initial interview...so get moving! This presentation will assist you in creating your own personal resume. Learn to format, word and create a resume that will capture the attention and interest of the district of your choice. Join us and get a head start on your resume. Please bring paper, pencil and your current resume if you have one.

Future Professionals and Higher Ed./Prof. Prep Sections

Authentic Assessment in PE
Presenter: Matthew Zuccarello, Polar Electro
Presider: Alison Barone
Room: CC, Highland AK
Participants will gain a further understanding of what the New PE is all about and how physical educators can make a difference by teaching their students the skills and knowledge to sustain lifetime fitness. Leading children to select a healthy lifestyle means providing a physical education program that creates motivation and awareness for this lifelong process. Teachers can now have the cutting-edge equipment that enables them to objectively assess each student and provide each one with a personalized fitness and nutrition plan.

Secondary and Elementary/Middle PE Sections
Commercial Presentation

No More Blank Stares: Higher Order Thinking In Health Education
Presenter: Jean Harris, Adelphi University and Michael Ludwig, Hofstra University
Presider: Sal Piscitelli
Room: CC, Highland DG
Educators can engage students and improve the quality of class discussion by planning higher order thinking activities in lessons. Participants will compare levels of thinking and participate in several higher order thinking activities. Planning for higher order thinking in health education will be discussed.

Health Section

Walk Our Children To School/ Safe Routes To School
Presenter: Justin Booth, Be Active New York State
Presider: Judy Mehlernbacher
Room: CC, Cascade ABC
Communities with WOCS/SR2S programs work toward making walking and bicycling safe and appealing ways for children to get to school. The presentation combines safety, health and transportation issues in order to foster community change. It is the goal of the intervention to influence an active lifestyle for youth and adults alike.

Health Section

Gender Bias Or Cultural Sensitivity?
Presenter: Bob Winchester, BWA Educational Group
Presider: Jennifer Heim
Room: CC, Cascade DEF
This program offers a tough examination of the issues surrounding gender and roles within schools and within communities. The workshop is designed to provoke thoughtful reexamination of the ideas held by the participants. Come prepared to discuss, have fun and be ready to leave thinking about gender roles in new ways!

Health and Exercise Sci./Sports Med. Sections

Guiding Children To Create New Games
Presenter: Marybeth Miller, Slippery Rock University
Presider: Alexis Georgalas
Room: CC, North Hall A
What has been a constant throughout time in the origin of play, regardless of age, are games. This presentation will guide “active participants” on strategies and techniques to create new games from traditional ones by modifying one or more of the four parts of a game. This problem-solving method is used to guide children to create their own game which can be inclusive to all.

Adapted and Elementary/Middle PE Sections

Care To Share
Presenter: Lori Bifarella, Attica Central Schools
Presider: Steve Giancio
Room: CC, North Hall B
This session will share current program ideas that have a positive community impact on your elementary physical education curriculum. Sharing ideas in the following categories: Interactive Open House, Family Swim Days, Bike Rodeos, Integration ideas with Hoops for Heart, Family Fitness “Fun” Nights, Including the “P” in the PTG, All-Star Kids Sports Night, and more.

Elementary/Middle PE Section
### FRIDAY - SATURDAY

#### 5:30 PM – 6:30 PM

- **Adelphi University Social**  
  Room: Hyatt, Regency A  
- **SUNY Brockport and Central Western Zone Joint Social**  
  Room: Hyatt, Loftus Carson  
- **SUNY Cortland Social**  
  Room: Hyatt, Wilmorite AB  
- **Ithaca College Social**  
  Room: Hyatt, Regency C

#### 7:00 PM – 9:00 PM

**Jay B. Nash Awards Dinner**  
Room: Hyatt, Grand Ballroom  
This awards dinner provides an opportunity to recognize our colleagues who have accomplished distinguished professional achievements. Jay B. Nash Outstanding Majors, Award of Distinction for a School Administrator, Exceptional Leadership Award for a School Health Education Coordination, Teacher of the Year and Professional of the Year awards will be presented. Join us for our NYS AHPERD Presidential Rotation and the passing of the gavel. **Dinner tickets are required at the door.**

#### 9:30 PM – 12:30 AM

**Nik and the Nice Guys**  
Nik and the Nice Guys is a high energy, rock and roll band, featuring 11 multi-talented musicians/performers, including female singer/dancers and horn section called the Niktones. Besides playing great mainstream rock and roll, the group conveys a touch of Saturday Night Live craziness, while at the same time encouraging audience participation and dancing. Nice Guys performing credits include performances at the past ten Super Bowls, shows at past Winter and Summer Olympics and special events hosted by Sports Illustrated to name just a few. Join us for an action packed evening you won’t want to miss.  
Room: CC, Highland Rooms

**Nassau Zone Social**  
Room: Hyatt, Loftus Carson

### SATURDAY, NOVEMBER 12

#### 7:30 AM - 9:00 AM

**Retirees Section Breakfast**  
Section members are invited for breakfast in the Palladio Restaurant.  
Room: Hyatt, Palladio Restaurant

#### 9:00 AM – 1:00 PM

**NYS AHPERD Executive Council Meeting**  
Presenter: Tom Howard, NYS AHPERD President  
Room: Hyatt, Regency ABC

### 8:30 AM - 9:45 AM

**Implementing Dance, Dance, Revolution In The Physical Education Classroom**  
Presenters: Santos Rodriguez, Tanner Williams and Syracuse University Students with advisor Elaine Gregory  
Presider: Laura Petersen  
Room: Hyatt, Grand ABC  
DDR is popular right now and makes an excellent fitness tool for physical education. This activity session will offer suggestions for adapting and implementing DDR into the physical education classroom.  
**Secondary and Elementary/Middle PE Sections**

**Ice Breaking Strategies For Upper Elementary And Middle School Students**  
Presenters: Sara Giaimo, Marci Tebbano, Dawn Anselmin, Nick Cuttonaro, Christine Semey with advisor Maria Macarle, Adelphi University  
Presider: Laura Uhly  
Room: Hyatt, Grand D  
This presentation will provide activities to be used by students to get to know each other for beginning of the school year activities.  
**Future Professionals Section**

**Teaching Strategies for Success in Dance**  
Presenter: Colleen Buchanan, SUNY Cortland  
Presider: Kaylie Howard  
Room: Hyatt, Grand EFG  
Using the Foxtrot as the tool, we will explore teaching methods that generate success for the teacher and the student. This session will target all grade levels. We will also look at rubics that can be modified to meet specific grade levels.  
**Dance Section**

**Communication: A Road Map**  
Presenter: Bob Zifchock, Freeport High School and Jeffrey Walkuski, SUNY Cortland  
Presider: Mike Salatel  
Room: Hyatt, Loftus Carson  
Developing excellent communication skills is absolutely essential to effective leadership and advocacy. An individual must be able to share knowledge in a way that is clear and that motivates individuals to act on that knowledge. This session will introduce the participants to the qualities and different facets of good communication skills through activity and discussion.  
**Higher Ed./Prof. Prep. And COA Sections**

**Using Socratic Seminars In Health Education**  
Presenter: Doug Beers, Tri-County TRC  
Presider: Jennifer Deeb  
Room: Hyatt, Wilmorite AB  
Socratic Seminar is based on the theory that students should be able to think for themselves. Recognizing that questions, not answers, are the driving force in thinking, students can explore values, ideas, and issues drawn from readings chosen for their richness. Seminars strengthen student learning by getting them actively involved in rigorous critical thought.  
**Health Section**
Why Kids Get High: Brain Chemistry, Society And Intoxication
Presenter: Michael A. Buscemi, New York City Department of Education
Presider: Maureen Trefethen
Room: CC, Highland AK
To improve instruction for the purpose of preventing substance abuse, teachers need to understand the motivations of youth and adults who seek to become intoxicated. The collaborative and didactic methodologies used in this workshop will help professionals to examine the biological, psychological and social dynamics behind the quest to "get high".

Health Section

The Autism Spectrum Disorders: Teaching, Program Organization and Assessment
Presenter: Doug Collier, SUNY Brockport
Presider: Tiffany West
Room: CC, Highland BJ
Students with autism, asperger's syndrome, pervasive developmental disorder and childhood disintegrative disorder are more and more frequently integrated into their neighborhood schools. Thus having the skills – with regard to best teaching practice, curriculum and behavior management – necessary to teach these learners is imperative. This presentation will present the most current information regarding effectively teaching students with the autism spectrum disorders in the gymnasium.

Health Section

CHES
Excellence in Teaching: Ten Strategies For Improving Instruction
Presenter: Shannon Whalen, Springfield College, MA
Presider: Amy Hoffman
Room: Hyatt, Grand D
This session will detail strategies for excellence in teaching. Using a power point presentation, handouts and audience participation, the presenter will engage participants in a lively dialogue on “what works” when teaching high school and college students.

Higher Ed./Prof. Prep. Section

On Swimming: Thinking About How We Learn
Presenter: John McVan and Molly Haberbusch, US Military Academy
Presider: Eric Kohl
Room: Hyatt, Wilmorite AB
Sure you can swim, but have you ever examined the process of evolution on how you learned? This program explores traditional learning theory in aquatic pedagogy, as well as new methodology trends in water readiness, basic discovery, and rudimentary skill development. Additional materials will explore aquatic learning trends worldwide, as well as ability specific strategy in program design and construction. A must attend session for anyone aspiring to learn to teach!

Aquatics and Higher Ed./Prof. Prep Sections

Eliciting Information Confidentially From Students
Presenter: Bryan Harris and Amanda Crisanti with advisors, Patti Bevilacqua, and Phoebe Constantinou, Ithaca College
Presider: Tanner Williams
Room: CC, Highland AK
This program will provide information on how to elicit information from students in a confidential manner. This way of collecting information from students allows you to plan lessons which comply with the diversity of your class, without being to intrusive or personal. A hands on demonstration will help to emphasize key factors in keeping your students’ confidentiality.

Future Professionals Section

10:00 AM – 11:15 AM

Curriculum Integration: Exercise And Diet
Presenter: Jamie McGarry, Long Island University/CW Post Campus
Presider: Amy Bielunis
Room: Hyatt, Grand A
Health and physical educators can integrate a unit on developing individualized exercise and diet plans for secondary level students. An important component of the unit is to teach the skills necessary for each program to be effective.

Health and Secondary PE Sections

GPS And Geocaching: Let’s Go Treasure Hunting!
Presenter: Geoff Sorenson, Homer High School
Presider: Laura Petersen
Room: Hyatt, Grand BC
In this program we will learn the proper use of Global Positioning System’s. We will introduce the new sport of geocaching and its benefits to physical fitness. To wrap up we will add a computer to everything and learn to do mapping using our GPS and recent trips.

Secondary PE Section

Lines, Circles, Pairs, No Squares!!!
Presenter: William “Skip” Earle, Bedford Hills Elementary School
Presider: Kaylie Howard
Room: Hyatt, Grand EFG
This workshop will allow participants to leave with everything needed to put dance into their curriculum on Monday morning. Attendees will learn rhythmic activities and dances that can be taught to students in grades K through 12. Handouts will be provided, so don’t take notes - JUST DANCE!

Dance Section
Strategies For Teaching Students With Autism And Other PDD’s In Physical Education
Presenters: Cathy Houston Wilson, SUNY Brockport and Ellen Kowalski and Anne Gibbone, Adelphi University
Presider: Alexis Georgalas
Room: CC, Highland BJ
This session will distinguish between the various conditions known as Pervasive Developmental Disorders and focus primarily on two PDD’s – Autism and Asperger’s Syndrome. Participants will learn about the nature and characteristics of children with autism and Asperger’s syndrome and how this knowledge can facilitate successful teaching and communication strategies. Things learned during this session can be immediately implemented in the gymnasium.
Adapted PE Section

11:30 AM – 12:45 PM

Critical Cues: Teaching Concepts To Improve Motor Skill Performance
Presenters: Gail Arem, SUNY Brockport
Presider: Mark Piccarreto
Room: Hyatt, Grand A
Afraid of teaching tennis? Participants will experience how to sneak concepts into the warm-up and how to use a variety of 21st century concepts (i.e. relationship of body to ball physics principles and run pathways) in fun and educational activities. How these critical cues transfer to other sports will also be discussed.
Higher Ed./Prof. Prep. Section

From Lesson Plan To Action Plan
Presenters: Rocky DelFino and Bill Brewer, Monroe County Community College
Presider: Joe Oliverio
Room: Hyatt, Grand BC
Your lesson plans may include them but do you really address the 5 parameters of health related fitness in your activity sessions? This workshop will show you techniques for making fitness a fun part of all your activity lessons. You will be glad you have incorporated these ideas when it comes time to assess your classes fitness level.
Secondary and Elementary/Middle PE Sections

Building The Bull’s Eye - Assessment And Outcomes-Based Learning
Presenter: Aaron Hart, Station PE, Inc.
Presider: Timothy Doran
Room: Hyatt, Grand D
The foundation of an effective physical education program is the extent to which all students are provided opportunities to learn. Building the Bull’s Eye will specifically address how to meet the needs of all learners by crafting and delivering standards-based instruction, working toward outcome-based learning and tracking student progress through practical assessment methods.
Elementary/Middle PE Section

On Purpose: Tools To Live Your Mission
Presenter: Sally Crosiar, Healthy People
Room: Hyatt, Wilmorite AB
It’s not the years in your life that matter. It’s the life in your years! Discover tools to help clarify your purpose, balance your life and your time, set and achieve goals that give you more of what you want in life, and live your purpose every single day!
Health Section

1:15 PM – 2:45 PM

Program Planners Meeting
Presenter: Linda Geesler, NYS AHPERD Conference Director
Room: Hyatt, Loftus Carson

2:00 PM – 6:00 PM
NYS AHPERD Board Meeting
Presenter: Susan Petersen, NYS AHPERD Board Chair
Room: Hyatt, Presidential Suite
<table>
<thead>
<tr>
<th>Name</th>
<th>Organization/Role</th>
<th>Address</th>
<th>Contact Information</th>
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<tbody>
<tr>
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<td>Beth Kirkpatrick</td>
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<td>Jerry Casciani</td>
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<td>Pierre-Alain Girardin</td>
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<td>Tchoukball</td>
<td>PO Box 6176 Silver Spring, MD 20906 301-962-5076 <a href="http://www.tchoukballpromo.com">www.tchoukballpromo.com</a></td>
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<td>Matt Reed</td>
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www.y-ties.com

EXHIBITOR DEMONSTRATIONS

THURSDAY
November 10th

10:00 AM ~ 10:45 AM
EKHO Heart Rate Monitors

12:00 PM ~ 12:45 PM
Speed Stacks

3:30 PM ~ 4:15 PM
Rhythms of Life

FRIDAY
November 11th

11:30 AM ~ 12:15 PM
Bowling Proprietors

12:30 PM ~ 1:15 PM
Tchoukball

1:30 PM ~ 4:15 PM
Special Olympics Power Lifting Competition

EXHIBITOR DIRECTORY

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Ages Golf
American Diabetes Association
American Heart Association
Asthma Coalitions of NYS
Athletic Dynamics LLC
Bowling Proprietors’ Association Of America
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Redfeather Snowshoes
Rhythms of Life
Skillastics
Sindelar Golf
Special Olympics New York
Speed Stacks, Inc.
Sportime
Sportwall International, Inc.
SUNY Brockport
SUNY Cortland
Tchoukball
Teams of Tomorrow
The Children’s Health Market
The Ski Company
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Toledo PE Supply Company
UCS
Y-Ties

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Commitment
to NYS AHERD!

www.nysahperd.org 35
## Presidents of the New York State Association for Health, Physical Education, Recreation and Dance, Inc.

<table>
<thead>
<tr>
<th>President</th>
<th>Years</th>
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<tbody>
<tr>
<td>Herman Norton</td>
<td>1924-30</td>
<td>Richard Ahkao*</td>
<td>1974-75</td>
</tr>
<tr>
<td>Ellis Champlin*</td>
<td>1930-36</td>
<td>H. Jean Berger*</td>
<td>1975-76</td>
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<tr>
<td>Frederick Wohlers</td>
<td>1936-37</td>
<td>Robert Bub</td>
<td>1976-77</td>
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<tr>
<td>Charles Kraft*</td>
<td>1937-39</td>
<td>Doris Soladay*</td>
<td>1977-78</td>
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<tr>
<td>Paul Kimmel</td>
<td>1939-41</td>
<td>Roger Bunce</td>
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<tr>
<td>Arthur Howe*</td>
<td>1941-42</td>
<td>Angela Whisher</td>
<td>1979-80</td>
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<tr>
<td>Elmon Vernier*</td>
<td>1942-43</td>
<td>Norman Fullerton</td>
<td>1980-81</td>
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<td>H. Harrison Clarke</td>
<td>1943-44</td>
<td>Martilu Puthoff</td>
<td>1981-81</td>
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<tr>
<td>Ethel Kloberg*</td>
<td>1944-46</td>
<td>Ronald Hoffman*</td>
<td>1981-83</td>
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<td>Francis Moench*</td>
<td>1946-47</td>
<td>Barbara DiPalma</td>
<td>1983-84</td>
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<td>Carroll Smith*</td>
<td>1947-48</td>
<td>Ron Feingold</td>
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<td>Marie Schuler*</td>
<td>1948-49</td>
<td>Phyllis Bigel</td>
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<td>John Shaw</td>
<td>1949-50</td>
<td>John Ault*</td>
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<td>Lloyd Appleton</td>
<td>1950-51</td>
<td>Barbara Southwick</td>
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<td>Jeanette Saurborn</td>
<td>1951-52</td>
<td>Sam Utter</td>
<td>1987-88</td>
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<td>Julia Pratt*</td>
<td>1953-54</td>
<td>Michael Marcus</td>
<td>1989-90</td>
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<td>Julius Kuhnert</td>
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<td>Arlene Seguine</td>
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<td>Paul Fairfield</td>
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<td>Judy Ingram</td>
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<td>Elmer Smith</td>
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<td>Ken Demas</td>
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<td>Alice Backus</td>
<td>1958-59</td>
<td>Judy Harris</td>
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<td>Raymond Bradley</td>
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<td>George Blessing</td>
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<td>William Stebbins</td>
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<td>Kate Merrill</td>
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<td>Ross Allen</td>
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<td>Rick Amundson</td>
<td>1999-00</td>
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<tr>
<td>Robert Weber</td>
<td>1964-65</td>
<td>Toni Hagerman</td>
<td>2000-01</td>
</tr>
<tr>
<td>Elizabeth Desch*</td>
<td>1965-66</td>
<td>Jack Baker</td>
<td>2001-02</td>
</tr>
<tr>
<td>Emilio DaBramo</td>
<td>1966-67</td>
<td>Catharine Haight</td>
<td>2002-03</td>
</tr>
<tr>
<td>Pearl Britton</td>
<td>1967-68</td>
<td>Ronald Whitcomb</td>
<td>2003-04</td>
</tr>
<tr>
<td>Nicholas Zona*</td>
<td>1968-69</td>
<td>Paula Summit</td>
<td>2004-05</td>
</tr>
<tr>
<td>David Rothenberg*</td>
<td>1969-70</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Doris McMahon</td>
<td>1970-71</td>
<td></td>
<td></td>
</tr>
<tr>
<td>John Grant*</td>
<td>1971-72</td>
<td></td>
<td></td>
</tr>
<tr>
<td>James Runyan*</td>
<td>1972-73</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* deceased
NYS AHPERD DIRECTORY

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Fax: 315-823-1012 • www.nysahperd.org

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Linda Geesler, Conference Director
Tina Pohlig, Financial Director
Marisa Lamanna, Support Staff
Sam Corsi, Acting Director, SCHS
Jeanne Richard, Program Manager, SCHS

Newsletter Coordinator
Linda Geesler
E-mail: lgeesler@nysahperd.org

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Tom Howard, President-Elect
Ronald Whitcomb, Past President

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NEW YORK STATE AHPERD

WE CONGRATULATE THE WINNER
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REMEMBER:

WE ARE WORKING FOR YOU ~ ATTEND OUR WORKSHOPS
WE ARE RETIRED ~ BUT STILL ACTIVE
WE ARE WAITING FOR YOU ~ JOIN OUR SECTION WHEN YOUR TIME COMES

RETIREES
PLAN ON ATTENDING
OUR ANNUAL BREAKFAST MEETING
SATURDAY, NOV. 12, 2005
7:30 ~ 9:00 AM IN THE PALLADIO RESTAURANT
LOCATED IN THE HYATT REGENCY HOTEL

Retiree Officers
President ~ Ed Woolston
President-Elect ~ Rhonda Petroccelli
Secretary ~ Judy Ingram
Treasurer ~ Michael Marcus
Newsletter ~ Janet Marcus
Program Planner ~ Gene Dobbins
Awards ~ Robert Kenney
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• Health Education - Teacher Certification
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Graduate Chair, at wuest@ithaca.edu

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The Catskill Zone
would like to congratulate

JoAnn Cox
Our Amazing Person for 2005

A special thanks for all you contributed to our profession.
You have enhanced the lives of the children that had an
opportunity to work with you.

Please join us in thanking our
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Attention Health Section Members
Come to the Health Section Membership Meeting!

Friday November 11, 11:30am-12:30pm,
Highland BJ Room, Convention Center

Meet your Health Section President and President-Elect,
discuss issues relevant to your career, learn how to make
your section work for you...

Lunch will be provided!
All are Welcome!

Congratulations to the 2005 NYS AHPERD
Health Section Award Winners

Teacher of the Year
Ron Burke
Naples Central School District

Exceptional Leadership Award for a School Health Coordinator
Sal Chiariello
Clarkstown Central School District

Award of Distinction for a School District Administrator
Michael Schwenk
Half Hollow Hills Central School District
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- TEACHER PREPARATION
  (Health & Physical Education)
- HEALTH EDUCATION
- COMMUNITY HEALTH

*******

HIGHLIGHTS

New York Medical College -- Physical Therapy

Polar Heart Rate Regional Training Center

Athletes Helping Athletes

ACSM Training Center

Summer workshops for teachers

For Further Information, Contact
Stephen J. Virgilio, Ph.D.
Interim Chairman
Woodruff Hall
ADELPHI UNIVERSITY
Garden City, New York 11530
(516) 877-4262, Fax (516) 877-4258
virgilio@adelphi.edu
SECONDARY SECTION

The Secondary Section of NYS AHPERD is proud to announce this year’s recipient of the Amazing Person Award

presented to:

Jason Lehmbeck

Please attend the Amazing Person Award Ceremony
On Thursday November 10, 2005 at 7:00 PM.

All Secondary Members are cordially invited
to meet the President for breakfast

Friday, November 11, 2005
6:45 - 7:45 am ~ Hyatt, Wilson Boardroom

Stretch and Snack Session
Coffee, Tea, Juice and Bagels will be served
Business Meeting will be conducted.
Nassau Zone of NYS AHPERD

This year the Nassau Zone congratulates
TOM HOWARD
President of NYS AHPERD

CATHERINE DODD
Secondary Physical Education Teacher of the Year
Roslyn Public Schools

TAMI ANN DEROSE
Nassau Zone Amazing Person
JERICHO Public Schools

Join us at our Annual Professional Conference
“Setting the Pace…One Stride at a Time”
Featuring Keynote Speaker Don Hellison
Friday, March 3, 2006
Long Island University, C.W. Post Campus
Brookville, NY
Pratt Recreation Center

Don’t miss Nassau Zone’s Midnight Madness
Friday Night after the Jay B. Nash Dinner
Hyatt, Loftus Carson
SUNY BROCKPORT SOCIAL

Welcome SUNY Brockport Alumni, Students and Friends

Join Us for a Social Gathering

Friday, November 11th - From 5:30-6:30
In the Hyatt, Loftus Carson Room

Congratulations to the following Award Winners:

Majors of the Year
Amy Bielunis
&
Christopher Dahlem

Jay B. Nash Award
Amy Bielunis

Amazing Person in Adapted Physical Education
Dr. Doug Collier

Social to be held in conjunction with
the Central Western Zone Social
Members of the Central Western Zone welcome all attendees to the 2005 Annual Conference of NYS AHPERD!!!!!!!

CONGRATULATIONS to all NYS AHPERD Award Winners for the recognition of their dedication to their professions.

CONGRATULATIONS to these CWZ members:

Marybeth Mueller  CWZ 2005 Health Teacher of the Year

Rick Amundson  CWZ 2005 Amazing Person

Dawn Finewood  CWZ 2005 Elementary Physical Education Teacher of the Year

Jason Lehmbeck  CWZ 2005 Secondary Physical Education Teacher the Year

Congratulations to Paula Summit for outstanding leadership during her term as President of NYS AHPERD!

You are invited! CWZ - SUNY Brockport 1st ever combined “SOCIAL”! Friday, November 11, 5:30-6:30 in the Hyatt, Loftus Carson Room.

Bring your cowboy hats and your dancing shoes…it’s time for a little” Hoe Down in downtown”. Feature caller Mike Callahan will get you movin’ and groovin’ to stylings of the square!
## PERSONAL CONFERENCE PLANNER

### THURSDAY
**NOVEMBER 10**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXHIBIT HALL OPEN</td>
<td>9:00 am – 5:00 pm</td>
</tr>
<tr>
<td>EARLY BIRD EVENTS</td>
<td>6:30 am – 7:30 am</td>
</tr>
<tr>
<td>SESSION I</td>
<td>8:00 am – 9:15 am</td>
</tr>
<tr>
<td>SESSION II</td>
<td>9:30 am – 10:45 am</td>
</tr>
<tr>
<td>PRESIDENTIAL WELCOME</td>
<td>11:00 am – 11:30 am</td>
</tr>
<tr>
<td>EXHIBIT TIME*</td>
<td>11:30 am – 12:00 pm</td>
</tr>
<tr>
<td>SESSION III</td>
<td>12:00 pm – 1:15 pm</td>
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<tr>
<td>GENERAL SESSION*</td>
<td>1:30 pm – 2:45 pm</td>
</tr>
<tr>
<td>EXHIBIT TIME*</td>
<td>3:00 pm – 3:30 pm</td>
</tr>
<tr>
<td>SESSION IV</td>
<td>3:45 pm – 5:00 pm</td>
</tr>
<tr>
<td>COACHES AWARDS CEREMONY</td>
<td>5:45 pm – 6:45 pm</td>
</tr>
<tr>
<td>AMAZING PEOPLE AWARDS CEREMONY</td>
<td>7:00 pm – 9:00 pm</td>
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### FRIDAY
**NOVEMBER 11**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>EXHIBIT HALL OPEN</td>
<td>9:00 am – 5:00 pm</td>
</tr>
<tr>
<td>EARLY BIRD EVENTS</td>
<td>6:30 am – 7:30 am</td>
</tr>
<tr>
<td>SECTION MEMBERSHIP MEETINGS</td>
<td>6:45 am – 7:45 am</td>
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<tr>
<td>SESSION V</td>
<td>8:00 am – 9:15 am</td>
</tr>
<tr>
<td>EXHIBIT TIME*</td>
<td>9:15 am – 9:45 am</td>
</tr>
<tr>
<td>GENERAL SESSION*</td>
<td>10:00 am – 11:15 am</td>
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<tr>
<td>SECTION MEMBERSHIP MEETINGS*</td>
<td>11:30 am – 12:30 pm</td>
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<tr>
<td>SESSION VI</td>
<td>12:45 pm – 2:00 pm</td>
</tr>
<tr>
<td>EXHIBIT TIME*</td>
<td>2:00 pm – 2:30 pm</td>
</tr>
<tr>
<td>SESSION VII</td>
<td>2:30 pm – 3:45 pm</td>
</tr>
<tr>
<td>SESSION VIII</td>
<td>4:00 pm – 5:00 pm</td>
</tr>
<tr>
<td>COLLEGE, SECTION &amp; ZONE SOCIALS</td>
<td>5:30 pm – 6:30 pm</td>
</tr>
<tr>
<td>JAY B. NASH DINNER</td>
<td>7:00 pm – 9:00 pm</td>
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### SATURDAY
**NOVEMBER 12**

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td>EARLY BIRD EVENTS</td>
<td>6:45 am – 7:45 am</td>
</tr>
<tr>
<td>EXECUTIVE COUNCIL MEETING</td>
<td>9:00 am – 1:00 pm</td>
</tr>
<tr>
<td>SESSION IX</td>
<td>8:30 am – 9:45 am</td>
</tr>
<tr>
<td>SESSION X</td>
<td>10:00 am – 11:15 am</td>
</tr>
<tr>
<td>SESSION XI</td>
<td>11:30 am – 12:45 pm</td>
</tr>
</tbody>
</table>

*Indicates a dedicated time slot - no other sessions at that time.

**Special Notes:**

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