New York State AHPERD Presents

Let’s Make This Our Finest Hour

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

69th Annual Conference
Hilton Rye Town
Rye Brook, New York
November 15 - 18, 2006
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:

- New software training: A virtual in-service that shows how to use the program step by step
- New Macintosh version
- 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, visit our booth, go to www.Fitnessgram.net, or contact your K-12 sales representative, John Klein, at

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Let’s Make This Our Finest Hour

2006 Schedule At-A-Glance

Wednesday, November 15, 2006
Registration ........................................ 7:00 am - 5:00 pm
Board of Directors’ Meeting ................ 9:00 am - 5:00 pm
Intensive Training Workshops .......... 9:00 am - 5:00 pm
Program Planners’ Meeting ........ 5:00 pm - 6:30 pm
Executive Council Meeting .......... 6:30 pm - 10:00 pm

Thursday, November 16, 2006
Registration ......................................................... 7:00 am - 5:00 pm
Exhibit Hall Open .................................................. 9:00 am - 5:00 pm
Early Bird Events .................................................. 6:30 am - 7:30 am
Session I ............................................................. 8:00 am - 9:15 am
Presidential Welcome and General Session .................. 9:30 am - 10:45 am
Exhibit Time ......................................................... 10:45 am - 11:15 am
Session II ........................................................... 11:30 am - 1:00 pm
Session III .......................................................... 1:15 pm - 2:30 pm
Exhibit Time ......................................................... 2:45 pm - 3:15 pm
Session IV ........................................................... 3:30 pm - 4:55 pm
Coaches Awards Ceremony ..................... 4:30 pm - 5:00 pm
Section Membership Meetings .................. 5:15 pm - 5:45 pm
All Section Social .............................................. 5:45 pm - 6:45 pm
Section Membership Meetings .................. 6:15 pm - 6:45 pm
Amazing People Awards Ceremony ............ 7:00 pm - 8:30 pm
Evening Social/Battle of the Zones .......... 8:30 pm - 12:30 am

Friday, November 17, 2006
Registration .......................................................... 7:00 am - 5:00 pm
Exhibit Hall Open ................................................... 9:00 am - 5:00 pm
Early Bird Events ................................................... 6:30 am - 7:30 am
Session V ............................................................. 8:00 am - 9:15 am
Exhibit Time .......................................................... 9:15 am - 9:45 am
General Session ..................................................... 10:00 am - 11:15 am
Session VI ............................................................ 11:30 am - 12:30 pm
Session VII ........................................................... 12:45 pm - 2:00 pm
Exhibit Time .......................................................... 2:15 pm - 2:45 pm
Session VIII .......................................................... 3:00 pm - 4:00 pm
Session IX .............................................................. 4:00 pm - 5:15 pm
College/University and Zone Socials ............. 5:45 pm - 6:45 pm
Jay B. Nash Awards Dinner ..................... 7:00 pm - 9:00 pm
Evening Social ....................................................... 9:30 pm - 12:30 am

Saturday, November 18, 2006
Registration ......................................................... 7:00 am - 10:00 am
Early Bird Events .................................................... 7:00 am - 8:00 am
Intensive Trainings .............................................. 8:00 am - 4:00 pm
General Session ...................................................... 9:00 am - 10:00 am
Session X .............................................................. 10:15 am - 11:30 pm
Executive Council Meeting ................... 10:30 am - 1:30 pm
Session XI ............................................................ 11:45 pm - 1:00 pm
Program Planners’ Meeting ................... 2:00 pm - 4:00 pm
Board of Directors’ Meeting ................... 2:00 pm - 4:00 pm
President’s Message

Tom Howard, President

As President of the New York State Association for Health, Physical Education, Recreation and Dance, it is my honor and pleasure to welcome you to the 69th Annual State Conference in Rye Brook, NY. Jessica Synenki, our Conference Director, and our Section Program Planners have worked tirelessly to provide over 160 quality programs to meet the needs and interests of our professional members in the areas of health, recreation, dance, and physical education.

On Thursday morning, November 16th, you will be energized and inspired by our first keynote speaker, Jay Rifenbary. Later, please plan on attending our Amazing People Ceremony, which will be followed by the “Battle of the Zones”. This inaugural event is designed to be a fun-filled competition between all 11 zones. Help your Zone bring the first “championship trophy” back to your area of the state! Visit our Battle of the Zones Booth, next to the Registration Area, to purchase your entrance button and wrist band. This event will kickoff our evening social which will feature the music of Gregg Montgomery, a member of “The Jersey Boys”.

I encourage everyone to attend at least one Section meeting. The times and dates of these meetings are listed in your program. Sections are the backbone of our organization and need your thoughts, ideas, and participation - please check it out!

Friday morning will feature keynote speaker Dr. JoAnne Owens-Nausler, former President of AAHPERD, whose humor and motivational techniques will influence every person in the room. Plan on attending the Dr. Ron Feingold Lecture Series later in the day as Ron’s good friend, Don Hellison will present. Later in the evening we will hold our most formal and esteemed event of the Conference, the Jay B. Nash Awards Dinner where we will honor and celebrate our state award winners. The evening will conclude with a social featuring “Good n Plentie” one of the top rock n roll bands in the metropolitan area.

Executive Director, Colleen Corsi and I have spent a great deal of time designing a program for Saturday that will be highly educational and inspirational. We hope you will remain through Saturday and experience these quality programs and intensive trainings.

I would like to give special thanks to the Southeastern Zone for their contribution to our conference momento. Zone President Lisa Sherman, Zone Past-President Jody Cole and NYS AHPERD Past-President George Blessing have all been extremely helpful in the planning and preparation of this year’s conference.

Hopefully, you will take full advantage of the outstanding professional development opportunities and resources this year’s Conference offers. Please spend time with our exhibitors, welcome and thank them for supporting our Conference. Additionally, take the time to renew friendships with colleagues from across the state. The ability to network is always a great advantage at our State Conference.

I conclude with thanking YOU, the professional members of NYS AHPERD, for taking the time to attend this year’s Conference. “Let’s Make This Our Finest Hour” as you take the knowledge, ideas and friendships you have gained here and put them into use, professionally, throughout New York State.

Sincerely,

Tom Howard
Welcome to Rye Town!

Sara Daggett, President-Elect

Welcome to Rye, and more importantly, to the NYS AHPERD 2006 Conference! Your attendance and participation in this event is proof of your commitment to lifelong personal and professional growth. As you look through this year’s scheduled programs, you can easily see why our theme “Let’s Make This Our Finest Hour” is so appropriate. There truly is something for everyone!

I want to thank our President Tom Howard, our Conference Director Jessica Synenki and the Section Program Planners for all of their efforts in putting this Conference Program together. I would also like to recognize the tireless efforts of the rest of our Central Office Staff, Colleen, Tina, and Kim, the numerous volunteers, and especially the members of the Southeastern Zone for all they will do during the course of this Conference to make it a truly welcoming and quality experience.

Plans are currently underway for our 2007 NYS AHPERD Conference, which will be held in Verona, New York, at the Turning Stone Resort and Convention Center. This will be a new site for our Conference, and we look forward to what our hosts, the Central North Zone, and this amazing facility have to offer.

In my election remarks last year, I asked all of us to consider a new way of looking at ourselves. You all know the story of the Wizard of Oz. Four unlikely characters start out on an unpredictable journey. Each member of this group has his/her own reasons for wanting to get to the Emerald City. Each of the characters contributes and develops their own special talent and strengths toward the success of the group. The Courageous Lion to advocate and handle adversity, the Scarecrow as the strategist and organizer, the Tin Man who has the enthusiasm and passion for motivation, and Dorothy the guiding light that holds the group together. Individually, there is no way that any one of the four could be successful in their quest to reach the Emerald City. Together, however, they are unstoppable.

Their trip is not so unlike the journey we ourselves are on as professionals. Though the analogy was a simple one, I truly believe that the sum experience of our journey is what defines us ~ not just what job we do, or where we work. It is more about how much we grow and give to others, and who we meet and learn from along the way that often makes the most difference as we travel along our own yellow brick roads. Professionally, our futures and our paths are inextricably linked.

No adventure is without it’s challenges, but if we stay the course, rely on each other, and give support to our traveling companions, the journey should be a memorable one. So please join me next year at the Turning Stone Resort and Convention Center for the 2007 NYS AHPERD Conference as we continue our journey ~ With Heart, Brains and Courage... Discovering Our Futures Together.

Sincerely,
Sara Daggett

Submit your 2007 Call for Programs on-line

www.nysahperd.org

NYS AHPERD 70th Annual Conference
November 14 – 17, 2007
Turning Stone Resort and Convention Center, Verona, New York
NYS AHPERD 2006 Honorees

Teachers of the Year
Elementary Physical Education
Judith Mehlenbacher ~ Warwick Valley Central School District

Secondary Physical Education
Michele Marcus ~ Valley Stream Central High School District

Health Education
Bob Winchester ~ Averill Park Central School District

Dance Education
Dorothy McCarthy ~ Lynbrook Union Free School District

Distinguished Service Awards
Dr. Sarah Doolittle ~ Adelphi University
Robert “Bob” Goldberg ~ Retired
Richard Amundson ~ Lyons Central School District

Jay B. Nash Outstanding Major Awards
Jennifer Heim ~ SUNY Brockport
Brian Rath ~ Adelphi University

Professional of the Year
Enid Friedman ~ Hofstra University

Exceptional Leadership Award for a School Health Coordinator
Laura Pietropaolo ~ Monroe-Woodbury Central School District

Award of Distinction for a School Administrator
Dr. Michael Wendt ~ Wilson Central School District

Join us at the Jay B. Nash Awards Dinner, as we celebrate our distinguished honorees
Friday, November 17, 2006, seven o’clock in the evening
Grand Ballroom
NYS AHPERD Proudly Recognizes
Our 2006 Amazing People Award Recipients

Section
Adapted Physical Education and Sport
Mary Ellen Whitney

Aquatics
Steve Busch

Dance
Michelle Denino-Gordon

Elementary/Middle School Physical Education
William “Skip” Earle

Future Professionals
Laura Uhly

Health
Lonnie Wilson

Higher Education/Professional Preparation
Cathy Houston-Wilson

Retirees
Janet and Michael Marcus

Secondary Physical Education
Laura Petersen

Zone
Capital
Carol Atkins

Catskill
Terry Muthig-Seekamp

Central North
Tom Winiecki

Central South
Moira Gae Riddleberger

Central Western
Luz Cruz

Nassau
Mara Manson

New York City Zone
Eric Pliner

Northern
Lisa Lane

Southeastern
Mario Scarano

Suffolk
Jack Foley

Western
Bobbie Becker

Departmental Majors of the Year
Christina Cambria - Adelphi University
Michael Jay Canaday - SUNY Brockport
Jason Clark - SUNY Cortland
Brittany Cunningham - Canisius College
Jennifer Heim - SUNY Brockport

Brian Rath - Adelphi University
Michelle Schroeder - Long Island University, C.W. Post
Benjamin Steuerwalt - Syracuse University
Joshua Tate - Long Island University, C.W. Post

Please join us as we celebrate our Amazing People,
Thursday, November 16, 2006, seven o’clock in the evening, Grand Ballroom South
NYS AHPERD gratefully acknowledges the sponsorships of the following companies for their support and generosity of our 69th Annual Statewide Conference.

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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 “Conference Program” distributed at the conference for the final program listings along with the times and locations.

Attention!
Certified Health Education Specialists

Continuing Education Credits will be available at our conference.

Conference Registration Hours

Wednesday 7:00 am – 5:00 pm
Thursday 7:00 am – 5:00 pm
Friday 7:00 am – 5:00 pm
Saturday 7:00 am – 10:00 am
**Special Olympics NY Coaches Certification**

**Presenter:** Bill Collins (Special Olympics)

**Location:** Elija Budd

This 3-hour workshop is 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 the following sports programs:

- Bowling
- Soccer
- Track & Field
- Floor Hockey

The sport specific portion of the workshop will include discussion and hands-on training to effectively coach athletes with intellectual disabilities. Instruction will include the individual sports skills, how to conduct a practice, and train for competition in that sport.

**Certification Program**

**Aligning Your K-12 PE Curriculum With NYS Learning Standards and Assessments**

**Presenters:** Ron Whitcomb, Shelly Collins, Frank Clark, Deb Savage (Victor Central Schools)

**Location:** Town of Rye Suite

Staff from the Victor Central School District, whose program has received a 3 Star NASPE recognition, will teach you how to develop K-12 Physical Education program with outcomes aligned with the New York State and National Learning Standards. Using enduring understandings and a scope and sequence structure, you will be able to write skill progressions and assessments.

**Physical Best Certification**

**Presenter:** Toni Hagerman (Retired, Pittsford CSD)

**Location:** Grand Ballroom Center

This is a 7-hour workshop designed to educate participants about the Physical Best and FITNESSGRAM Program through hands-on activities that teach the components and principles of health-related fitness education. Physical Best is:

- Practical, ready-to-use, and fits into any K-12 Physical Education Curriculum;
- Based on national Health, Physical Education, and Dance content standards;
- Inclusive and developmentally appropriate, wherein all children can succeed with Physical Best;
- Taught through activity; and,
- Based on guidelines for health and personal improvement, not unrealistic performance-based standards.

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).

**Certification Program**

**INTENSIVE TRAINING & CERTIFICATION PROGRAM DESCRIPTIONS**

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

**WEDNESDAY, NOVEMBER 15TH**
FITNESSGRAM Workshop
Presenter: David V. Harackiewicz (Central Connecticut State University)
Location: John Brundage Suite
This 7-hour workshop includes an in-depth analysis of the program components and philosophy, and hands-on instruction with the FITNESSGRAM software and assessment protocols. The workshop also covers information on implementing the assessment program into your Physical Education curriculum. ACTIVITYGRAM is included with the full-day training. The cost includes 1 required resource: FITNESSGRAM Test Administration Manual
You must bring a laptop to this workshop.

Meeting Fitness Goals Through Adventure Programming
Presenter: Lisa Hunt and Jane Panicucci (Project Adventure)
Location: Grand Ballroom North
The synergy between adventure methodology and an engaging health-related fitness program is profound. In order to improve and maintain fitness, an individual needs to show up for the program, be involved, and push his or her limits while participating in the context of a safe learning environment. In this full-day workshop, participants will learn how cardiovascular conditioning, muscular strength and endurance, and flexibility can all be improved and maintained using non-traditional approaches to training, and, in using adventure activities that will have students running, jumping, lifting, and stretching, while having fun and being truly engaged!

The Guidance Document For Achieving The New York State Standards In Health Education
Presenter: Pat Loncto (Student Support Services Center, Genesee Valley BOCES)
Location: John Halsted Suite
If you are responsible for teaching or supervising Health Education, this session is a must for you! The purpose of this training is for participants to develop a deeper understanding of the Guidance Document in order to align current educational practices to the New York State Standards and to enable students to achieve those standards. This session will feature Health Educators who have successfully used the Guidance Document to create learning experiences and lessons. Educators will share their learning experiences and samples of accompanying student work. Participants will receive a copy of the Guidance Document, copies of the featured learning experiences, as well as newly created posters of the Navigational Stars and Health Education Standards.

Cooperating Teachers, Shaping Our Future
Presenter: Mara Manson and Judy Salerno (Adelphi University), Ariela Herman (Queens College), JoEllen Bailey and Jeff Walkuski (SUNY Cortland), Luz Cruz, Cathy Houston-Wilson, and Alisa James (SUNY Brockport), Phoebe Constantinou (Ithaca College), Nana Koch (CW Post University), and Nancy Halliday (Hofstra University)
Location: Elm Suite
If you’re interested in becoming the best cooperating teacher and mentor to our emerging future professionals then this exciting workshop is for you. This creative workshop is designed to teach the latest skills and strategies that will enrich and enhance those who act as mentors to student teachers. The workshop will highlight up-to-date assessment practices, as well as discuss how to be a highly effective professional mentor. Come join university professors from across New York State, and discuss issues concerning the mentoring of future professionals today! Many of these skill sets can be transitioned into any professional mentoring program that assists first year teachers.

Latin Ballroom Is HOT! Turn Up The Heat With Rumba, Cha Cha, Merengue, And Salsa!
Presenter: Bess Koval (Retired)
Location: Town of Rye Suite
Dancing is hotter than ever thanks to today’s movies and television shows! Join us for this 4-hour workshop that will teach you how to get your students cha-cha’ing toward a healthier, more physically active lifestyle. Help combat the increasing epidemic of childhood obesity by incorporating dance into your curriculum.

NYS AHPERD Board of Directors Meeting
Presenter: Susan Petersen, NYS AHPERD Board Chair
Location: Port Chester
THURSDAY, NOVEMBER 16TH

6:30 AM – 7:30 AM

A New Twist On Stretch And Tone
Presenter: Cathy Dodd (Roslyn High School)
Location: Grand Ballroom North
Looking for new ways to spice up your stretch and tone program? This early bird session is just for you! The different topics to be covered are: the use of a parachute for group resistance, creating a circuit, and using jumpbands. Learn how to introduce fitness activities that will bring excitement to your programs!

Dance Section

8:00 AM – 9:15 AM

Bring On Adventure
Presenter: Christopher Farrell (Plainville High School)
Presider: Donna DiMaggio
Location: Westchester Ballroom A1 & A2
This is a high-energy, dynamic and extremely interactive workshop on cooperative games in the Physical Education setting. This activity session will give Physical Educators some new, exciting, and innovative ideas they will be able to bring into the classroom. These kinds of activities promote communication, trust, problem-solving skills, teamwork, and interaction with peers; which could lead to newfound friendships.

Leisure/Adventure and Elementary/Middle School Physical Education Sections

Self Awareness/Self Defense: A Unit That Every High School Girl Should Take!
Presenters: Cathy Haight (East Aurora HS) and Toni Hagerman (Pittsford-Sutherland School District)
Presider: Sandy Morley
Location: Mianus River Room
Come experience what two high schools are teaching their female students to prevent assault and rape. The unit teaches students how to make themselves safe in various situations (including while running, walking, and bicycling), as well as the actual self-defense techniques. Unit and lesson plans will be shared.

Secondary Physical Education Section

Kayaking At Chenango Forks High School
Presenter: Steve Busch (Chenango Forks High School)
Presider: Mark Yaeger
Location: Indoor Pool
Interested in incorporating kayaking in your school district? Come see how kayaking is taught in the pool at Chenango Forks High School. The presenter is an American Canoe Association Instructor Trainer for both whitewater kayak and canoe. Participants will be made aware of safety concerns in instructing paddling, learning progressions for teaching kayak skills, and become familiar with the American Canoe Association Instructor Training Program.

Leisure/Adventure Section

Using Icebreakers And Energizers In The Health Classroom
Presenters: Alex Gutierrez-Holowach, Britton DuBois, Lauren Story, Erica Pease (Ithaca College)
Advisor: Ann Kolodji (Ithaca College)
Presider: Roy Speedling
Location: Westchester Ballroom A3
This interactive session will explain why icebreakers and energizers are critical to the Health Education classroom. It will help you meet your learning objectives around sensitive topics by energizing and engaging your students. Participants will explore a variety of icebreakers and strategies for connecting them to Health Education.

Future Professionals and Health Sections

CHES
You Snooze, You Lose – AGAIN!
Presenters: Todd Santabarbara and Scott Cooper (Clarkstown Central School District)
Presider: Sean Edwards
Location: John Haisted Suite
This workshop will actively engage participants in new, creative, fun, and exciting teaching strategies to utilize in your middle and high school Health classroom. Effective, experiential, and hands-on activities will be demonstrated to help supplement your curriculum.
*Health Section*

CHES

Communication Skills For Teens (And Adults)
Presenter: Donna Ahnert (Retired)
Presider: Dely Francisco
Location: William Odelle
Teach teens the difference between facilitative and obstructive communication styles while giving them the tools to respond appropriately when someone uses poor communication skills with them. Give your students, and yourself, the tools to identify the true messages being sent to them, and you, and how to send clear messages in return.
*Health Section*

CHES

Aquatic Physical Activity In K-12 Public Schools: A View From The Sunshine State
Presenter: Angela Beale (Adelphi University)
Presider: Lauren Giordano
Location: Robert Bartell
This presentation will illustrate the results of a study conducted during the 2005-2006 school year in Florida. The purpose of the research was to investigate the current status of Aquatic Physical Activity (APA) in K-12 public school Physical Education programs throughout Florida. If steps are ever taken to effectively promote APA in Florida public schools, efforts must be taken to assess the current standing of such programs.
*Aquatics Section*

CHES

Interdisciplinary Teaching And Disability Awareness
Presenter: Chris Acosta (SUNY Cortland)
Presider: Jerry Casciani
Location: John Brundage Suite
This program will connect classroom learning with Physical Education class. After leaving, you will be able to help students use different learning styles to enhance their education and disability awareness. Assessments can help the Physical Education teacher check for learning, which will enable them to create better communication between the Physical Education teacher, classroom teacher and give the children awareness about people with disabilities.
*Adapted Physical Education and Sport Section*

CHES

Gender, Sex, And Sexual Orientation In The Physical Education Classroom
Presenter: Eric Pliner (New York City Department of Education)
Presider: Bradley Washington
Location: Seymour Boton
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.
*Health Section*

CHES

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**A Helpful Hint!**
*Tennis shoes or white sneakers MUST be worn on the tennis court at all times. Throughout the Conference Program, you will notice “tennis shoes” next to those sessions that will require them. Thanks for your cooperation.*
Authentic Assessment In Physical Education
Presenter: Matthew Zuccarello (Polar Electro Inc.)
Presider: Tom Stewart
Location: Port Chester
This presentation explains the benefits of using technology (such as heart rate monitors) fitness assessment systems and hand-held computers in Physical Education. Participants will discover how to use this technology to objectively assess student and class fitness levels while exploring ways to track progress and gain improvement recommendations.

Council of Administrators Section

Commercial Presentation

Ballroom Dance In Your Physical Education Class
Presenter: Cheryl Tahan (Somers High School)
Presider: Meghan Fanning
Location: Town of Rye Suite
Within this program, participants will learn the basic steps and some advance steps of two (2) different ballroom dances. The two (2) will be chosen out of the following five (5) options: Swing, Cha-Cha, Salsa, Hustle, and Merengue. There are many students who will never have an opportunity to go to a private studio for lessons; why not be the one who gives them the chance to experience this wonderful lifetime activity.

Dance Section

Integrate Academics Into Elementary Physical Education
Presenter: Kate Merrill (Erwin Valley Elementary School)
Presider: Chris Wert
Location: Birch Suite
Interested in helping your school increase State Assessment Scores in ELA, Math, Science, and Social Studies? Come learn about the different Physical Education activities that parallel classroom instruction. You will be able to go back to your school district and WOW your colleagues and principal with some of the “academic” rhetoric your program may be missing.

Elementary/Middle School Physical Education Section

Building Better Athletes With Easy To Use Technology
Presenter: Brad McLam (Gym Source)
Presider: Josh Berlin
Location: Oak Suite
This will be a demonstration of the Cybex Trazer Interactive Training System and its application to improving athleticism. The key components of athleticism (power, speed, reaction time, vertical leap, and agility) will be objectively measured and programs to improve them will be demonstrated. Cognitive abilities in game situations and the ability to train and motivate, will also be discussed.

Coaches and Exercise Science/Sports Medicine Sections

Commercial Presentation

Introduction To Injury Prevention And How To Teach
Presenters: Charles DeFrancesco, Scott DeBellis, Gil Chimes, Chris Mah (Greenwich Sports Medicine)
Presider: Gil Callan
Location: Poplar Suite
Training athletes, especially high school athletes, requires a multi-dimensional approach. This should include strength training, educating on how to avoid injury, and, how to prevent and correct over use injuries. Program participants will learn how to detect muscle imbalances, how to eat for sports, what to strengthen and what to stretch, and the importance of balance and flexibility.

Exercise Science/Sports Medicine Section

Teaching Personal And Social Responsibility
Presenter: Douglas Collier (SUNY Brockport)
Presider: Brian Rath
Location: Maple Suite
Our gymnasiums are excellent venues for the teaching of behaviors and values we consider vital to successfully navigating elementary, middle and high school. This program will begin by presenting what research says with regard to the effective teaching of personal and social responsibility. You will then explore practical strategies useful to teachers working with students of all ages.

Higher Education/Professional Preparation Section
Welcome SUNY Brockport Alumni, Students and Friends

Join Us for a Social Gathering Combined with the Central Western Zone

Friday, November 17th - From 5:30-6:30 PM
In the John Brundage Suite

Celebrate Our Department Award Winners:

Departmental Majors of the Year
Jennifer Heim
&
Jay Canaday
&
JB Nash Female Award Winner
Jennifer Heim

Amazing Person from Central Western Zone
Dr. Luz Cruz

Amazing Person in Higher Education
Dr. Cathy Houston-Wilson
READY FOR SOMETHING NEW?

Try the exciting and unique game of FLAG (non contact) RUGBY supported by an asset-based curriculum where everyone gets to RUN, CATCH, PASS, TAG, EVADE & SCORE! It’s the ultimate FUN way to engage your students while helping them build teams and keep fit!

GIVE RUGBY A TRY!

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Christian Mayo
Director of Programs
(c) 212 810 1529
christian.mayo@playrugbyusa.com
Internet Safety
Presenters: Lt. Ronald Stevens, Inv. Joseph Donohue, Inv. Casey Quinlan (NYS Internet Crimes Against Children Task Force)
Presider: Joette Curiano
Location: Elija Budd
Recent revisions to the NYS Health Education Guidelines include Internet Safety under Prevention Functional Knowledge for students K-12. This program will give teachers the necessary tools and information to properly and efficiently instruct their students on the topic of Internet Safety.

Health Section
CHES

Elementary Circus Arts
Presenters: Emily Mills, Peter Panagos, Jeannie Romano, and Randy McCumber (Midland Elementary School)
Presider: Margaret Robelee
Location: Tennis Courts
Circus Arts are a fun and unique way to include, challenge, and let every student be creative and successful. This workshop will include presentations, instruction, modifications, assessment, and the hands-on skills of Circus Arts for grades K-6. Participants will have the opportunity to practice skills for knowledge and teaching purposes.

Elementary and Middle School Physical Education Sections

9:30 AM – 10:45 AM
KEYNOTE: “No Excuse! – An Action Plan for Success”
Presenter: Jay Rifenbary, President, Rifenbary Training and Development Center
Presider: Tom Howard, NYS AHPERD President
Location: Grand Ballroom

“If you are sick and tired of people whining, ”No Excuse! – An Action Plan For Success” will be a program worth investing in. ”No Excuse!” validates for many of us that certain principles, and skills still matter when it comes to the success of both our personal and professional lives. ”No Excuse!” is built on a solid foundation of self-responsibility, integrity and purpose. Principles such as self-control, personal respect, forgiveness, passion, and attitude are just a sampling of other ideas that will be presented. Having a greater understanding of the importance of consistency in behavior, decisiveness, and personal honesty will only enhance an individual’s productivity and efficiency in the work place. Ultimately this contributes to the overall atmosphere and productivity of the organization. ”No Excuse!” will contribute to an individual’s ability to lead, manage, sell and most importantly set a positive and professional example for themselves and others.

VISIT THE EXHIBITORS 10:45 AM - 11:30 AM

KEYNOTE BREAKOUT: “No Excuse! – An Action Plan for Success”
Presenter: Jay Rifenbary
Presider: Toni Hagerman
Location: Westchester Ballroom A3

“No Excuse! – An Action Plan for Success” is built on a solid foundation of self-responsibility, integrity and purpose. Principles such as self-control, personal respect, forgiveness, passion, and attitude are just a sampling of other ideas that will be presented. Having a greater understanding of the importance of consistency in behavior, decisiveness, and personal honesty will only enhance an individual’s productivity and efficiency in the work place.
Updating Your ATOD Activities
Presenter: Lori Reichel (North Shore High School)
Presider: Jody Cole
Location: Mianus River Room
Are your drug prevention lessons based on knowledge only? This workshop will focus on this question and what can be done for better skill development and value clarification. At the end of this session, participants will be able to: 1) Have a deeper understanding of the need for doing more than knowledge based lessons for drug prevention; 2) Identify their own values on drug prevention; and 3) Experience activities focused on skill development and value clarification.
Health Section
CHES

Low Budget? Build Your Own Creative Equipment For Teaching Skills
Presenters: Vinny Miller, Jennifer Calabro, Vasken Choubaralian, Orlando Cordero, Brendan Coxen, Frank Pavilla, Annie Huang, Karla Khouri, Rita Limitone, Thomas Schuchaskie, Jessica Zagajeski (Queens College)
Advisor: Ariela Herman (Queens College)
Presider: Anthony Serravite
Location: Westchester Ballroom A1 & A2
Learn how to think creatively in the inexpensive building of equipment to develop fundamental and more advance motor skills. See many different pieces of equipment for the sequential development of numerous skills that have been built on low budgets. Instruction on how to create and assess students utilizing the equipment will be provided for each piece.
Future Professionals and Elementary/Middle School Physical Education Sections

Dance For Life: Fitness Technology Integration In Physical Education
Presenter: Anne Gibbone (Adelphi University)
Presider: Susan Petersen
Location: Grand Ballroom North
Integrate technology in Physical Education via this interactive movement activity designed for various class sizes. The Dance for Life program will enhance your curriculum and motivate students through the use of an efficient method to connect technology and physical activity.
Higher Education/Professional Preparation and Secondary Physical Education Sections

Innovative Movement Games And Activities
Presenters: Sue Garcia (Nassau Community College) and Linda Quitoni (Hofstra University)
Presider: Mark Yaeger
Location: Grand Ballroom Center
At this program, participants will learn fun and easy movement and activity techniques for all age levels. You will walk away with great ideas for improv and choreography. Participants will be able to take ideas back to their school districts that can be immediately implemented.
Leisure/Adventure and Dance Sections

Game Shaping: A Tool For Teachers
Presenters: JoEllen Bailey and Kath Howarth (SUNY Cortland)
Presider: Jerry Casciani
Location: Grand Ballroom South
Participants will learn to understand game shaping as a tool for designing developmentally appropriate small-sided games using the tactical concepts of the TGFU model. They will also use the game shaping tool to design team passing and striking/fielding games. Participants will also be able to take part in a discussion on the ways in which game shaping can be used in Physical Education and/or coaching.
Secondary Physical Education Section

Prisons, Funeral Homes, And Portfolios... How To Spice Up Your High School Health Course
Presenter: Laura Pietropaolo (Monroe-Woodbury High School)
Presider: Betty Mendieta
Location: John Halsted Suite
Have you ever run out of ideas on how to teach those hard-to-reach students in your High School Health class? Come find out about field trips to prisons that offer Youth Assistance Programs and local funeral homes, which welcome teachers and students. Learn about an authentic way to assess your students learning at the end of the semester by using a final portfolio, instead of a final exam.
Health Section
CHES
The Elementary/Middle School Physical Education Section would like to Congratulate our 2006 AMAZING PERSON

William “Skip” Earle
Bedford Hills Elementary School
Bedford Central Schools

Please join us at the Amazing Person Awards Ceremony, Thursday, November 16th, 7:00pm

Don’t forget our Section Business Meeting and all Section Social, also on Thursday, November 16th, 5:15pm
Grand Ballroom North.

Come and see what’s going on in the Section!
Thank You

2006 Conference Program Planners
A Very Special Thank You for Your Commitment and Dedication to NYS AHPERD

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

Michele Walsh Myers - Adapted PE and Sport
    Janet Carey - Aquatics
    Josh Berlin - Coaches
Tom Stewart - Council of Administrators
    Carol Powers - Dance
Chris Wert - Elementary/Middle School PE
Gilbert Callan - Exercise Science/Sports Medicine
Christine Romano and Ellen Kowalski - Future Professionals
Heather Collier and Sal Piscitelli - Health Education
Gail L. Arem - Higher Education/Prof. Preparation
Mark Yaeger - Leisure/Adventure
Gene A. Dobbins, Jr. and Robert Brown - Retirees
Leslie Sewell - Secondary PE

NYS AHPERD Salutes Our Registration Team Volunteers!

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

George Blessing
Samuel Corsi
Claire and Ken Demas
Sally Ess
Lois Gerhardt
Toni Hagerman
Judy Ingram
Pat Pestile
Jason and Linda Quitoni
Janet Tully-Kuzman
Barbara Smith
Jerry Walczak
Ed Woolston

Thank you Colleen, Tina, Kim, Jessica, Stephanie, and Nikki for all you have done in preparation of the 2006 conference.

Grateful Appreciation

We extend a grateful Thank You to Past President Paula Summit for sharing her love for photography with NYS AHPERD.

Please smile bright when you see Paula snapping your picture as it will become part of NYS AHPERD history!!

We truly appreciate your creative efforts Paula!
Teaching Sexual Violence Prevention: Strategies And Resources For Health Teachers
Presenter: Joette Curiano (Troy City School District), Jacqui Williams (NYS Coalition Against Sexual Assault), Jennifer Sponnoble (Capital Region BOCES), and Melissa Parkman (Rape Crisis Volunteer)
Presider: Diana Lopez
Location: Elija Budd
This presentation will give teachers information about child and teenage sexual violence, increase their awareness of this growing problem, and build upon their current knowledge. Suggestions for curriculum resources, strategies for teaching risk-reduction skills, and accessing community resources for the classroom will be discussed. We will also explore preparation to handle disclosures about sexual violence from students and the ethical and legal responsibilities of a teacher.

Health Section

Moving Beyond Abstinence: Supporting Adolescents’ Sexual Development In Schools
Presenter: Ann Kolodji (Ithaca College)
Presider: Lauren Story
Location: William Odelle
Educators can address sexuality in a way that both acknowledges and confirms a young person’s developing sense of self. Participants will explore responses to sexual expression in the school setting that both validate youth and are respectful and responsive to their parents and the community. Participants will also have the opportunity to discuss teaching strategies that find common ground in the abstinence debate.

Health Section

Say What? A Tool Kit For Effective Expressive/Receptive Communication
Presenters: Renee McCall (North Syracuse School District), Matt Dadey (East Syracuse Minoa School District), and Maryrose Balloni (OCM BOCES)
Presider: Roy Speedling
Location: Seymour Boton
A teacher/student relationship can be at its strongest, when you are communicating as equally and effectively as possible. Learn and experience the use of basic sign language, communication boards, augmentative communication devices and easy to make visual aides, along with other effective communication strategies. Time will also be given for participants to discuss individual challenges and brainstorm solutions to communication issues that directly effect the learning environment.

Adapted Physical Education and Sport Section

Leadership Is For ALL!
Presenter: Robert Zifchock (Nyack Union Free School District)
Presider: Diana Boryk
Location: Port Chester
Everything rises or falls as a direct result of leadership. Leadership is a learned skill, not a gift or a trait that we are born with. Be the leader that has a 360 degree influence on students, colleagues, parents/guardians, and superiors. Be the leader you should be!

Council of Administrators Section

Dance For Non-Dancers
Presenter: John Hichwa (The SPARK Programs)
Presider: Nisha Puri
Location: Town of Rye Suite
Do you have two left feet? Join in this fun, hands-on (or should we say feet-on) program! You will have the opportunity to take part in a variety of dances, both cultural and traditional. Participants will learn assessments for dances and leave with a myriad of ideas which will make instruction easy and fun for you!

Dance Section

Commercial Presentation

NYSPHSAA Update – Eligibility And Standards and Q&A Session
Presenter: Nina VanErk (NYSPHSAA)
Presider: Susan Reid
Location: Birch Suite
This program will provide an overview of NYSPHSAA rules and regulations and highlight the current initiatives of the Association. We will focus on the eligibility standards for student athletes with the opportunity to address the Executive Director with questions pertaining to all aspects of the interscholastic athletic program.

Council of Administrators Section
The Capital Zone congratulates our honorees for the Amazing People Award

Carol Atkins Capital Zone and Lonnie Wilson Health Section

We know they are amazing and now you do, too!

OUR DOORS ARE OPEN AND WE WANT TO SEE YOU!!!

ADAPTED PHYSICAL EDUCATION & SPORT SECTION MEMBERS MEETING
Thursday, November 16, 5:15 - 5:45 pm
Westchester Ballroom A2
Information/Contacts/Resources/Friendly People

JOIN YOUR COLLEAGUES AT THE ALL SECTION SOCIAL IMMEDIATELY FOLLOWING IN THE GRAND BALLROOM ASSEMBLY

Congratulations To Mary Ellen Whitney
2006 Recipient of the Adapted Physical Education & Sport Section Amazing Person Award
Frisbee Skills, Tricks, And Games For All Ages And Abilities  
Presenter: Gary Auerback (Spinning Bees Foundation) 
Presider: Kate Merrill  
Location: John Brundage Suite  
Learn basic skills with a Frisbee and see how easy it is to excite student with a “whole new ball game!” Frisbee is a perfect lifelong activity that shares the movement skills of other sports. Learn to play ‘ball sports’ with a ‘bee!’ 
Elementary/Middle School and Secondary Physical Education Sections

Aquatics 101: Creating A Comprehensive Aquatics Curriculum  
Presenter: John McVan (United States Military Academy)  
Presider: Joseph Gizzo  
Location: Robert Bartell  
As we dive head first into a new millennium and a professional forum that continues to evolve with such advancements as wave generated facilities, deep-water jumping jacks, and a new found love for all things involving pool water; a few ideas will be discussed that you can consider as you sit down to develop your next syllabi. This program will explore various developmental strategies for maximizing your aquatics education programming, with in-depth discussion and demonstration on various methodologies to successfully target almost any level of student populace. A must attend session that will keep you professionally challenged and your students actively engaged! 
Aquatics Section

Coaching Principles: Fundamentals Of Being A Successful Coach  
Presenter: Robert Walters (Manhattanville College)  
Presider: Deborah Weeks-Petranchik  
Location: Oak Suite  
This program is an introduction to the Coaching Principles Course that develops the entire coach. Coaches are challenged to define who they are as coaches (coaching philosophy, objectives, and style). Enhance communication and motivational skills, and become more effective teachers and trainers by attending! 
Coaches Section

Designing And Developing High School Sports Medicine Programs  
Presenter: Dick Zapolski (Sports Medicine Curriculum Developers)  
Presider: Aubrie Dellinger  
Location: Poplar Suite  
High School Sports Medicine is a cutting-edge Physical Education elective program that is growing rapidly in schools throughout New York State. Program participants will learn how to design, develop, and implement this innovative and highly successful program. You will also learn about program resources, including, but not limited to, books, videos, and computer technology. 
Exercise Science and Sports Medicine Section

Students Win When They Learn To Climb  
Presenter: Kevin Sudeith (Everlast Climbing Industries)  
Presider: Jared Booth  
Location: Maple Suite  
Indoor rock climbing is one of the most dynamic curriculum offerings today. It is both a rewarding and challenging activity for many students, not just natural athletes. If you are thinking of adding climbing to your curriculum, you won’t want to miss this presentation! Learn about construction, funding, safety-liability and night lock-up. 
Secondary Physical Education Section

Commercial Presentation

Health Education Care-To-Share  
Presenters: Dom Splendorio (Prime Time Health Educational Consulting), Joanne Thornton and Lisa Bower (North Syracuse Central School District), and Sal Piscitelli (Connetquot High School)  
Presider: Bob Winchester  
Location: Elm Suite  
Have a good lesson or learning experience that you would like to share? What about an icebreaker, “Do Now”, home-school assignment, project, assessment, rubric, video, music, or anything else that might be of interest to anyone teaching Health? This Care-To-Share program will be kicked-off by four experienced classroom teachers who will each share something they do. The remainder of the program will be a “show and tell” of good ideas by participants. 
Health Section

CHES
Great Games And Activities For Your Elementary Physical Education Classes  
Presenter: Laura Petersen (Dows Lane Elementary School)  
Presider: Chris Wert  
Location: Tennis Courts  
Participants in this program will have the opportunity to participate in a variety of activities that can easily be incorporated into your elementary curriculum. Interdisciplinary activities, fitness activities, movement education ideas, and mass games will be presented. You will leave this session with ideas that you can incorporate into your class right away!  
Elementary/Middle School Physical Education Section

1:15 PM – 2:30 PM

Map Adventures (Orienteering)  
Presenter: Ed Hicks and Bob Burg (Orienteering Unlimited, Inc.)  
Presider: Keith Meilak  
Location: Indoor Pool  
Imagine engaging students in whatever course content you wish while they enjoy the natural excitement of a treasure hunt. Come enjoy a Map Adventure, indoor or outdoor (weather permitting), that exercises both body and mind. Based on the “Thinking Sport” of Orienteering, this fun hands-on workshop will introduce you to the creative possibilities of integrating map navigation into any part of the curriculum.  
Leisure/Adventure Section

Stepping It Up! Incorporating Dance Techniques Into Aerobic Fitness Lessons  
Presenters: Lori Benson and Dignorah Perez (New York City Department of Education)  
Presider: Gebrielle Cottrell  
Location: Westchester Ballroom A1 & A2  
In this interactive program, participants will learn elements of swing, hip hop, salsa, and other dance styles that can be incorporated into lessons emphasizing aerobic fitness. Raise your heart rate while improving your skill at teaching dance and building your students’ aerobic fitness in the Physical Education classroom. Come prepared to move!

Creating Healthy Habits: An Adventure Approach To Teaching Health And Wellness  
Presenter: Lisa Hunt (Project Adventure Inc.)  
Presider: Stefanie Smith  
Location: Westchester Ballroom A3  
This program is intended for Health and Physical Education educators interested in applying a dynamic, interactive approach to their health and wellness curricula. Participants will learn adventure activities that can help teach state and national standards for Health Education, as well as new ideas for augmenting current wellness programs. The program will be based on Project Adventure’s new book, “Creating Healthy Habits: An Adventure Guide To Teaching Health And Wellness”.  
Health and Leisure/Adventure Sections

Inexpensive Modified Equipment For Special Needs Students  
Presenter: TJ Hapshie, Cindy Slagle, Vic Brevard (Texas AHPERD)  
Presider: Brian Rath  
Location: Grand Ballroom Center  
This presentation will highlight easy ways to modify equipment and activities to show how simple modifications can make a successful environment for all kids. Participants will be shown a wide variety of equipment that has been made and its many uses.  
Adapted Physical Education and Sport Section

Starting The Adventure In Elementary Physical Education  
Presenter: Brian Clocksin (Hofstra University)  
Presider: Margaret Robelee  
Location: Grand Ballroom South  
This session will provide participants with an opportunity to learn strategies and activities for bringing adventure education into Elementary Physical Education. Participants will actively participate in a variety of developmentally appropriate adventure activities and learn ways to sequence the learning experience. The session will also highlight ways to draw meaning (e.g. processing) from activities to enhance student learning.  
Elementary/Middle School Physical Education Section
Congratulations to Mario Scarano
The SouthEastern Zone’s 2006 Amazing Person

To Smile and To Grow Together With TCHOUKBALL

TCHOUKBALL ...

😊 improves students’ self-confidence and cooperation
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Holiday And Season Games/Activities
Presenter: Chris Wert (Corning-Painted Post School District)
Presider: Joe Carbone
Location: Grand Ballroom North
Fun games and activities that can be used for upcoming and future holidays. Connect school-wide themes (holidays and seasons) through these different games in Physical Education class. These games and activities can be used at anytime through the year by changing the name of the game or making modifications.
Elementary/Middle School Physical Education Section

Babies Are Such A PAIN!
Presenter: Sandra Vorse (Voorheesville Central School District)
Presider: Jennifer Cvelic
Location: Elija Budd
Need a way to help students learn about self and relationship management? This unit is standards-based and student-centered; utilizing sand-filled soda bottles to create a skills-based learning experience. A variety of birth situations can be used, including: surrogates, fertility drugs, and multiple births. Participants will learn how to use these babies to teach a variety of real-life situations and acquire several ideas to add to a relationship management unit.
Health Section

Change Your Life The Ironman Way!
Presenter: Ron Burke (Naples Central School District)
Presider: Lori Reichel
Location: John Halsted Suite
This program is for those who feel stuck in their job, relationships or life situation, or for people who have not previously succeeded in getting the level of healthy lifestyle they desire. Participants will gain the knowledge and skills of mind, body, and spirit that are common to an Ironman lifestyle. The instructor has completed just under 100 Olympic distance Ironman races and 7 full Ironman races.
Health Section

Teaching Tips: Rubrics And Assessments In The Health Classroom
Presenter: Sue Baldwin (Buffalo State College)
Presider: Lauren Giordano
Location: William Odelle
After teaching fitness contents such as target heart rate, weight loss/management, exercise guidelines, health-related fitness components, weight training principles, exercise benefits, goal-setting, stages of a workout, and periodization/progression of a workout, students will design their own personal fitness plans to implement in Physical Education (high school) or in the physical activity portion (college) of their course. The exercise benefits section will be enhanced to focus on the mental, emotional and stress management benefits of exercise.
Health Section

Adventure Fitness And Health Activities
Presenter: Myra Davis Thomas (PS #8)
Presider: Shannon Brooks
Location: Robert Bartell
The Physical Best Curriculum has begun in New York City and in order to develop a more comprehensive approach to health-related fitness programs, we would like to present Physical Best, Project Adventure activities. These activities are simple leadership programs that will enhance the existing Physical Education Program, and can be done in a classroom as well as a gymnasium.
Leisure/Adventure Section

Functional Supplements For Your Strength And Conditioning
Presenter: Paul Whissel, II (University of Texas)
Presider: Sherrina Bradshaw
Location: John Brundage Suite
This presentation will introduce participants to several movements and drills that can be easily supplemented into an existing strength and conditioning program to help improve movement patterns and prevent injuries. It will focus on various stretching and joint mobilization techniques, along with exercises and drills to improve stability.
Exercise Science/Sports Medicine and Coaches Sections
RETIREES SECTION
NEW YORK STATE AHPERD

WE CONGRATULATE THE GINNY KENDALL
AMAZING PERSON AWARD WINNERS

JANET MARCUS and MICHAEL MARCUS

RETIREES
PLAN ON ATTENDING
OUR ANNUAL “BREAKFAST MEETING”
SATURDAY, NOVEMBER 18, 2006,
7:45 a.m. – 9:00 a.m. - Hilton Rye Town
Mianus River Room In the Tulip Tree Restaurant

Retiree Officers
President – Rhonda Petroccelli
Past President – Ed Woolston
President-Elect – Ken Demas
Secretary – Judy Ingram
Treasurer – Jack Baker
Newsletter – Sandy Jago
Program Planners – Gene Dobbins, Bob Brown
Awards – Robert Kenney

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
Strategies For Teaching Children With Autism And Asperger’s Syndrome In Physical Education
Presenters: Ellen M. Kowalski and Anne Gibbone (Adelphi University) and Cathy Houston-Wilson (SUNY Brockport)
Presider: Brad Morris
Location: Seymour Boton
Participants will learn about the nature and characteristics of Autism and Asperger’s Syndrome and how this knowledge can facilitate successful teaching and communication plans. Strategies and helpful pointers can be immediately implemented in the gymnasium.

Using The Physical Education Profile Assessments In Your Program
Presenter: Sarah Doolittle (Adelphi University)
Presider: Christine Romano
Location: Port Chester
The state assessments can be used in a number of ways if teachers can record student results effectively. In this program, we will provide strategies for using assessments to plan, or evaluate and refocus programs K-12 or elementary, middle, and high school levels.

Afro-Brazilian Latin With Creative Movement
Presenter: Alexandrino DuCarmo (Teaching Artist)
Presider: Venus Cooke
Location: Town of Rye Suite
In this program, participants will experience ways that the Latin Americans express themselves through movements, which are based on their exciting music and rhythms. You will learn a series of movement and dance combinations from traditional Afro-Brazilian and Latin cultures. At that point, you 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 you have never danced before, you will have fun participating in this program!

Innovative Planner For Physical Educators
Presenter: Lou Rosati and Janine Corning (Physical Education Planners)
Presider: Settimia Tripi
Location: Maple Suite
This planner will help you organize and make your Physical Education program more professional, as well as allow your administrators to appreciate a well-structured program. Each planner page is structured with headings and subtitles that apply to Physical Education, in a format geared for Physical Education Curriculum, scheduling, and state standards.

Ethics In Sport And Physical Education: A Future Professional’s Guide
Presenters: Peter Hager and Robert Schneider (SUNY Brockport)
Presider: Randi Maryjanowski
Location: Oak Suite
After a brief introduction to ethical theory, the participants will examine values and principles of which future Physical Educators and coaches should be mindful. The focus of the presentation will be on the practical application of these values and principles within sport and Physical Education settings. Participants will partake in case studies to help understand the significance that moral reasoning and action have for sporting communities and Physical Education programs.

DON’T FORGET!

~ Check the bulletin board in the Registration Area for Conference Updates and Notices.
~ Wear your Conference Badge at all times.
~ Silence your cell phone while attending sessions.
Developing Sequential And Advanced Sports Medicine Programs
Presenter: Dick Zapolski (Sports Medicine Curriculum Developers)
Presider: Raymond Grijalvo
Location: Poplar Suite
Participants will learn ideas that will enable them to build upon their current Sports Medicine course. They will also be able to develop advanced programs in Sports Medicine, Exercise Physiology and Introduction to Medical Aspects. Participants will leave with a model curriculum for an innovative course that provides students with hands-on experiences in a variety of medical aspects.

Exercise Science/Sports Medicine Section

Physical Education Content From A Superintendent’s Point Of View
Presenter: Rick Amundson (Lyons Central School District)
Presider: Ron Whitcomb
Location: Elm Suite
The New York State Learning Standards are useful in guiding the content for Physical Education curriculum and instruction. This session will examine Physical Education content that is critical to teach our students from the eyes of a school superintendent.

Council of Administrators Section

Tackle Tennis!
Presenter: Barbara Muller (Cresskill High School)
Presider: Kristen Legg
Location: Tennis Courts
So, you don’t have tennis courts or very much space at your school? No problem! Come join fellow participants and receive tons of tips that will help you tackle tennis at your school; including how to teach in a limited space. Participants will be able to teach individual or partner tennis skills and know where to access more information to further their tennis “know-how”.

Secondary Physical Education Section

Building A Successful Majors Club
Presenters: Alisa James and Douglas Collier (SUNY Brockport)
Presider: Randy Williams
Location: Birch Suite
This program will focus on building a successful majors club at the university level. An overview of the SUNY Brockport majors club will be provided along with the techniques for recruiting and maintaining club membership.

Future Professionals Section

SHOW YOUR SUPPORT FOR THE EXHIBITORS

3:45 PM – 5:00 PM

NYS AHPERD Treasurer’s Meeting
Robert Zifchock, NYS AHPERD Treasurer
Location: Port Chester
Zone and Section Treasurers are required to attend this important informational meeting. Zone and Section Presidents are encouraged to attend as well.

Pinching Pennies With PVC: Modified Equipment
Presenters: Vic Brevard, TJ Hapshie, and Cindy Slagle (Texas AHPERD)
Presider: Kerri Crandall
Location: Grand Ballroom Center
Do you have a small equipment budget for your Physical Education class? You won’t want to miss this program that will show you how to build modified equipment using inexpensive PVC.

Adapted Physical Education and Sport Section

Lines, Circles, And Pairs… No Squares! Pre-K, Elementary/Middle School Specific
Presenter: William “Skip” Earle (Bedford Hills Elementary School)
Presider: Maryanne Ceriello
Location: Grand Ballroom North
Participants will learn dances and rhythmic activities that are applicable to Pre-K and Elementary/Middle School populations. All dances taught, will include corresponding music and dance notes. Put dance into your curriculum tomorrow!

Elementary/Middle School Physical Education Section
Attention Health Section Members

Come to the Health Section Membership Meeting!

Friday November 17, 12:45 - 1:45 pm
Room : John Halsted Suite

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

Light refreshments will be provided!

All Are Welcome!

Congratulations to the 2006 NYS AHPERD Health Section Award Winners

Teacher of the Year
Robert Winchester
Retired, Niskayuna School District

Exceptional Leadership Award for a School Health Coordinator
Laura Pietropaolo
Monroe-Woodbury Central School District

Amazing Person
Lonnie Wilson
Niskayuna School District

Award of Distinction for a School District Administrator
Michael Wendt
Wilson School District
A Twist On Fitness, Adventure, And Physical Activities
Presenter: Kelly Schulz (Oswego County BOCES)
Presider: Kristina LoCastro
Location: Westchester Ballroom A1 & A2
Having difficulty finding activities for students with multiple disabilities or younger students? Come learn a variety of activities that help kids to think, learn, take charge and have fun. Participants will be able to take activities home and immediately implement them into their classes.
Adapted Physical Education and Sport Section

Run, Catch, Pass, Tag, Evade & Score – A Flag Rugby Experience!
Presenters: Mark Griffin and Christian Mayo (Play Rugby USA)
Presider: William Stowe
Location: John Brundage Suite
Come and experience the fun, dynamic, and continuous game of flag (non-contact) rugby hands-on in this highly interactive workshop. Play new games related to this team-based sport that promotes cooperation, leadership, respect and discipline. Learn how to introduce this game in your school through an asset-based physical fitness curriculum.
Commercial Presentation

Making Your Physical Education Vision Reality: Finding And Winning The Grant Funding
Presenter: Rosalie Mangino-Crandall (Insight Grants Development, LLC.)
Presider: Diana Boryk
Location: Westchester Ballroom A3
This program is focused on grant funding and the application process, including information on: the elements required to produce a successful grant from a realistic and pragmatic standpoint; creating goals, objectives, and outcomes for your project; matching; the various types of funding; and online resources. The presentation is geared toward both beginner- and intermediate-level grant seekers. Attendees will also receive information on specific grant programs available to schools, as well as "winning tips" from grant reviewers.
Secondary Physical Education Section

Health Promotion: Complementary And Integrative Approach
Presenter: Srijana Bajracharya (Ithaca College)
Presider: Diana Lopez
Location: William Odelle
Knowing that 80% of the world population and about 40% of the US population integrate various kinds of health promotion and care modalities, it is imperative that the dialogue needs to be expanded at different levels of population, including school students. This presentation will touch on the basic concepts of complementary and integrative modalities and ways to promote wellness. Discussion and activities related to some of the important modalities and their integration in students’ daily lives will be emphasized.
Health Section

CHES
Up Close And Personal
Presenter: Bob Winchester (BWA Educational Group)
Presider: Lonnie Wilson
Location: Elija Budd
Want a program that is entertaining, involving, and useful? This presentation will share a program that helps students develop and apply their skills to make good decisions. When you leave this program you will have made new friends, learned something about yourself and explored a new way of helping students integrate knowledge, skills, and behavior.
Health Section

CHES

A Quarter Of A Million Served! Revolutionizing Fitness Assessment With NYC FITNESSGRAM
Presenters: Lori Benson and Eric Pliner (New York City Department of Education)
Presider: Craig Santangelo
Location: Maple Suite
By conducting uniform health-related fitness assessment for over a quarter of a million students in fewer than six months, the largest school system in America has taken Physical Education to the next level, amassing the largest collection of student health-related fitness assessment data anywhere in the world. Not only that, but the NYC FITNESSGRAM assessment system is part of a technological revolution: both web-based and Pocket PC-based assessment tools are intertwined with a series of classroom curricula and activities, extensive professional development for teachers, and parent education tools and programs. If we can do it, so can you!
Suffolk Zone
Professional Recognition Awards
2006

Suffolk Zone recognizes the efforts of our local professionals. This year, awards will be presented on December 11, 2006 at The Old Field Club in Setauket.

**Suffolk Zone Amazing Person Award Winner**
Jack Foley, Retired Athletic Director Three Village

**Elementary Physical Education Teacher of the Year**
Denise Marie Kiernan, Half Hollow Hills

**Middle School Physical Education Teacher of the Year**
Deidre Kirwin, Connetquot

**High School Physical Education Teacher of the Year**
Deb Lutjen, Shoreham-Wading River

**Professional of the Year Award**
Ted Nagengast, Bay Shore Schools

**Athletic Director Recognition Award**
Don Webster, Three Village Schools

**Physical Education Director Recognition Award**
John Valente, Harborfields
Aquatics Care-To-Share
Presenter: Janet Carey (Fallsburg Central School District)
Location: Indoor Pool
This is your opportunity to share your knowledge and experience on a variety of topics including: maximizing the use of your pool, scheduling, and life guards. You will also be able to walk away with new ideas to incorporate into your Aquatics Program.

Aquatics Section

Are We Addressing The NASPE Learning Standards?
Presenters: Michael Kniffin, Kath Howarth, and John Foley (SUNY Cortland)
Presider: Jerry Casciani
Location: Seymour Boton
This program describes a research project that examines how well secondary Physical Educators are addressing the NASPE learning standards across the State of New York. Data collection will feature a teacher coding system and an administrator survey. The results will reveal to what degree the teachers, in this study, are able to meet the NASPE Learning Standards through their teaching.

Higher Education and Professional Preparation and Secondary Physical Education Sections

Defining Moments: How Leadership Shapes Players’ Character, Values And Self
Presenter: Carol Alberts (Hofstra University)
Presider: Matthew Schober
Location: Oak Suite
Successful coaches and players have a high degree of task orientation and self confidence. This presentation will examine verbal and non-verbal messages that coaches send to players through actions, decisions, and leadership style. It will present for discussion leadership practices that promote goal rather than an ego orientation and foster the development of sport communities that build character, confidence, and positive pro-social behavior.

Coaches Section

Special Olympics: Inclusion Through Sports
Presenter: Bill Collins (Special Olympics New York)
Presider: Renee McCall
Location: Poplar Suite
Special Olympics believe that students with intellectual disabilities benefit physically, mentally and socially from sports training and competition. Our sports related programs can enhance and complete efforts to promote inclusion among all students.

Adapted Physical Education and Sport Section

Technology Using Dance Dance Revolution And Game Bikes In Physical Education
Presenters: Jeff Alger and Jennifer Forsey (Webster Central School District)
Presider: Margaret Robelee
Location: Grand Ballroom South
This is the new era of Physical Education: motivating kids to be physically fit. This program will show new and exciting ways that we can teach our students about the importance of fitness and how to maintain a healthy lifestyle. You will also spice up your curriculum and reach out to those kids that aren’t responsive to the traditional PE setting and you will leave with exciting ideas that will incorporate cooperative learning, sportsmanship and assessment tools into your program.

Secondary Physical Education and Elementary/Middle School Physical Education Sections

Bullying: Assessment Across A Lifespan
Presenters: Sue Baldwin and Scott Roberts (Buffalo State College)
Presider: Betty Mendieta
Location: John Halsted Suite
Bullies rely on compulsive lying, deception, deviousness, evasiveness, charisma, and, they are highly skilled at denial, counter-acting, projection, and feigning victim-hood to evade accountability. This program will teach participants to evaluate physical, social, and emotional factors that influence bullying behavior at various age levels. Participants will be able to rank bullying behaviors on a continuum, their traumatizing effects, and plan an effective bullying prevention model, based in a Coordinated School Health Program, for use in their school or district, or place of employment.

Health Section

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

Laura Petersen

Please attend the Amazing Person Award Ceremony On Thursday November 16, 2006 at 7:00 PM.

Section Meetings will be held on Thursday, November 16, 2006 from 5:15 PM-6:15 PM Please attend and support the Secondary Section.

Jay B. Nash Awards Dinner
Friday, November 17, 2006
7:00 PM-9:00 PM
Follow The Leader  
**Presenter:** Bryan Harris (Ithaca College)  
**Advisor:** Alisa James (SUNY Brockport)  
**Location:** MED 15/35  
A must for Future Professionals! Follow The Leader is NYS AHPERD’s mentoring program that 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 13.  
*Future Professionals Section*

**KIN-BALL® Sport= Cooperation-Accessible-Aerobic**  
**Presenter:** Louis Grondin (International Kin-Ball Federation)  
**Presider:** Cathy Haight  
**Location:** Tennis Courts  
The International KIN-BALL® sport federation (IKBF) includes 10 countries playing KIN-BALL® sport in the world. This sport uses a 4’ ball that is very light and three teams. Participants will learn the objectives and rules. You will also have the opportunity to try to win a ball!  
*Secondary Physical Education Section*

**Commercial Presentation**

5:15 PM – 6:15PM  
**Coaches Award Ceremony**  
**Location:** Town of Rye Suite  
NOTE: Coaches Section will have their Membership Meeting Friday, November 17, 12:45 – 2:00 pm in William Odelle.

5:15 PM – 6:15PM  
**Future Professionals Business Meeting**  
**Location:** John Halsted Suite  
Bryan Harris, Section President

5:15 PM - 5:45 PM  
**Section Business Meetings**  
The following sections will be conducting their Section Membership Meetings at this time:

**Adapted Physical Education and Sport**  
**Location:** Westchester Ballroom A2  
Renee McCall, Section President

**Elementary and Middle School Physical Education**  
**Location:** Grand Ballroom North  
Laura Petersen, Section President

**Higher Education and Professional Preparation**  
**Location:** Westchester Ballroom A1  
Mara Manson, Section President

**Secondary Physical Education**  
**Location:** Westchester Ballroom A3  
Cathy Dodd, Section President

5:45 PM – 6:15 PM  
**All Section Social**  
**Location:** Grand Ballroom Assembly  
Your chance to network with others who are committed to their own professional excellence.  
*Section Members Only*
Nassau Zone of NYS AHPERD

This year the Nassau Zone congratulates

DR. MARA MANSON
Nassau Zone Amazing Person
Adelphi University

Join us at our Annual Professional Conference

Friday, March 2, 2007
Long Island University, C.W. Post Campus
Brookville, NY
Pratt Recreation Center

Don’t miss Nassau Zone’s Midnight Madness Social
Friday Night after the Jay B. Nash Dinner
Location: Presidential Suite
ADELPHI UNIVERSITY
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- SPORT MANAGEMENT
- 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

Special Summer Workshop
Social Foundations of Physical Education
July 9 – 14, 2007 ~ Don Hellison
May take as a non-credit workshop or as 3 college credits

For Further Information, Contact
Stephen J. Virgilio, Ph.D.
Chairman
Woodruff Hall
ADELPHI UNIVERSITY
Garden City, New York 11530
Voice (516) 877-4262,
Fax (516) 877-4258
virgilio@adelphi.edu
6:15 PM – 6:45 PM  
**Section Business Meetings**  
The following Sections will be conducting their Section Membership Meetings at this time:

**Aquatics**  
**Location:** Westchester Ballroom A3  
Janet Carey, Section President

**Council of Administrators**  
**Location:** Westchester Ballroom A2  
Tom Stewart, Section President

**Dance**  
**Location:** Westchester Ballroom A1  
Kaylie Howard, Section President

**Exercise Science/Sports Medicine**  
**Location:** Port Chester  
Dick Zapolski, Section President

**Leisure/Adventure**  
**Location:** Elija Budd  
Mark Yaeger, Section President

7:00 PM – 8:30 PM  
**Amazing People Awards**  
**Location:** Grand Ballroom South  
Join us as we honor members who have distinguished themselves in their Zones and Sections.

8:30 PM – 12:00 AM  
**Battle of the Zones/Evening Social**  
**Location:** Grand Ballroom North and Center  
Join your Zone for lots of fun and excitement while competing against other Zones for the chance to win prizes and the coveted title of 2006 Conference Zone Champions!

*Stay after to enjoy dancing to the music of Gregg L. Montgomery, a member of the A Plus DJ’s Network.  
Gregg has been an Elementary Physical Education Specialist for most of his 36 year career, as well as a K-12 supervisor of Health and Physical Education for two different school districts in New Jersey.*

**NYS AHPERD would like to thank Speed Stacks, Inc. and Sportime for their help with the items in our 1st place award baskets for the Battle of the Zones Competition.**

FRIDAY, NOVEMBER 17TH  
6:30 AM – 7:30 AM  
**TaiChi And Qigong**  
**Presenter:** Judith Budd-Walsh (Commack Central School District)  
**Location:** Town of Rye Suite  
Spend your “finest hour” in a wellness program! With emphasis toward health and physical activity, Yang style Tai Chi and Qigong movements will be demonstrated. Come participate and learn this daily moving meditation program to share with your students and incorporate into your personal fitness plan.  
**Dance Section**

8:00 AM – 9:15 AM  
**NYS Physical Education Profile Elementary & Middle Levels Focus Forum**  
**Presenter:** Tom Fay (St. Lawrence University)  
**Location:** Oak Suite  
The commencement level for the PE Profile is now in production! The next step will be to renew efforts to complete the elementary and middle level assessments. The intent of this forum is to establish the foundation and plan for this project.
Motivation Is The Key: Innovative Activities For Physical Education
Presenters: Sheri J. Brock, Gina Pucci, Jeanine Fittipaldi-Wert, Dani Leroux (Auburn University, AL and Perryville High School, MD)
Presider: Maribeth Albin
Location: Westchester Ballroom A1 & A2
This session will provide you with ready-to-use games and activities that will keep the students in your Physical Education program motivated and engaged, regardless of class size, age, or skill level. Adaptations to the games and activities presented will be explored through participation and practical implementation; concerns will be addressed. The presentation will feature a specific focus on creating a safe and inclusive Physical Education environment.
Secondary Physical Education and Elementary/Middle School Physical Education Sections

Tips For Effective Management Of Challenge Courses
Presenter: Lisa Hunt (Project Adventure, Inc.)
Presider: Anthony Vertuccio
Location: Westchester Ballroom A3
While a well-managed challenge course can be an effective tool for engaging students and meeting state and national standards, a poorly managed one can be unsafe and produce negative results. Participants in this workshop will be introduced to the following management-related topics: risk management, program design, the importance of developing operating procedures, course inspection and maintenance and the importance of staff and program credentialing. This workshop is critical for anyone who has a challenge course or is interested in implementing a challenge course program.
Leisure/Adventure Section

The Catskill Zone is Proud to Recognize our Zone Award Winners

Elementary Teacher of the Year
Judy Mehlenbacher

Amazing Person
Terry Muthig-Seekamp

Your success is demonstrated by way of dedication and commitment to professional excellence. Congratulations and thank you for all that you contribute to our profession.
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1 888 GYM SOURCE Ext 120 or visit GYMSOURCE.COM
**Powerful Original Games**  
**Presenter:** Howie Weiss (New York City Department of Education)  
**Presider:** Laura Petersen  
**Location:** Grand Ballroom Center  
Powerful Original Games allows students of all abilities to work together by offering numerous cooperative and competitive choices and variations. These enormously enjoyable games combine skill and fitness instruction with practice. Every game is uniquely crafted to utilize diverse approaches to learning while maximizing physical and mental activity.  
*Elementary/Middle School Physical Education Section*

**Junkyard Closet Games**  
**Presenters:** Benjamin Steuerwalt, Jon Carey, Kerry Carter, and Mike Walser (Syracuse University)  
**Advisor:** Elaine Gregory (Syracuse University)  
**Presider:** Amy Colantuono  
**Location:** Grand Ballroom South  
Do you have equipment in your school closets that hasn’t been used in a while, but you don’t want to throw it out? Then you need to come and learn how to get more use out of the equipment you already have! Public School Physical Education closets will be inventoried to discover what is in them. Games and activities will be presented to utilize equipment that is not used much anymore, if at all.  
*Future Professionals and Elementary/Middle School Physical Education Sections*

**Tchoukball: New, Exciting, Vigorous, And Fun**  
**Presenter:** Pierre-Alain Girardin and Lisa Rucker (Tchoukball Inc.)  
**Presider:** Venus Cooke  
**Location:** Town of Rye Suite  
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 your program.  
*Secondary Physical Education Section*

**CSH And Health Education: Corner Stones Of A Supportive Learning Environment**  
**Presenter:** Kim McLaughlin (NYS Student Support Services Center, Genesee Valley BOCES)  
**Presider:** Michelle Sullivan  
**Location:** John Haisted Suite  
Supportive Learning Environments are a critical component of student academic and overall success in life. Coordinated School Health, including research-based Health Education, plays a critical role in creating and enhancing school-based supportive learning environments. Participate in this program to learn about and become part of a new state initiative designed to clearly identify and demonstrate the critical role our profession contributes to student learning and academic success.  
*Health Section*

**CHES**  
**A New Outlook For HIV And AIDS**  
**Presenter:** Maria Macarle (York College)  
**Presider:** Sal Piscitelli  
**Location:** William Odelle  
Participants in this program will learn additional methods of instruction for HIV and AIDS. Come learn to utilize a variety of techniques when teaching this topic. Facts and figures are fine, but values and integrity encourage safer choices.  
*Health Section*

**CHES**  
**Hoops For Heart And Jump Rope For Heart Coordinator Meeting**  
**Presenter:** Jeff Kaller, NYS Jump Rope For Heart and Hoops For Heart Coordinator (Victor Central School District)  
**Presider:** Paula Summit  
**Location:** Robert Bartell  
This session will provide our Hoops for Heart and Jump Rope for Heart Coordinators with information and will establish a support system for both NYS AHPERD and the American Heart Association.
**Totally Stress Free In 40 Minutes**
**Presenter:** Donna Ahnert (Retiree)  
**Presider:** Kaitlin Driscoll  
**Location:** John Brundage Suite  
You may think it’s impossible, but I can get a severely ADHD child to stay still for 30 minutes and anger management problem students to say “I couldn’t punch anyone right now”. With the technique you will learn by participating, you will be able to experience these results for yourself. Have high blood pressure? It was originally the only proven effective treatment available prior to modern medicines. **Wear slacks and bring a beach towel and a bath towel to this session.**  
Adapted Physical Education and Sport Section

**Turn Your Black Thumb Green!**  
**Presenter:** Judy Ingram (Retiree)  
**Presider:** Gene Dobbins  
**Location:** Seymour Boton  
Learn about gardening do’s and don’ts, the importance of color, texture and height variations and how to enhance your gardens with eye-catching, whimsical additions. Find out how easy it is to start and manage a compost pile and understand why mulch and compost are the cure-all for most gardening problems. Together, we’ll determine what new projects to undertake in the spring, how to take care of your plants during the summer heat, and the importance of buttoning up your garden in the fall.  
Retirees Section

**The Student Teaching Experience**  
**Presenter:** Kristen Colasanto (Eastern Connecticut State University)  
**Presider:** Susan Reid  
**Location:** Port Chester  
This program discusses the student teaching process from writing the initial application to completing the final portfolio. A personal recount of the experience in terms of designing, instructing, and assessing lessons is provided by a recent graduate. Come learn about the positive impact of this experience.  
Council of Administrators Section

**Using Resources To Enhance Your Health Program – Not Replace It!**  
**Presenter:** Lori Reichel (North Shore High School)  
**Presider:** Brittany Cunningham  
**Location:** Maple Suite  
Some Health Education programs have a reputation as a video watching course. Instead, you can use various resources, including video clips, to create effective discussions and activities. Different resources will be shown and discussed.  
Health Section

**Youth Conditioning: Facts And Fallacies**  
**Presenter:** Jeff Patten (International Youth Conditioning Association, IYCA)  
**Presider:** Adam Collister  
**Location:** Poplar Suite  
The world of Youth Conditioning has grown to become a 4 billion dollar industry. With the amount of information available it is sometimes difficult to determine fact from fallacy. The purpose of this session is to dispel the rumors and myths about Youth Conditioning.  
Exercise Science/Sports Medicine and Coaches Sections

**Multimedia Case Studies In Physical Education Preparation**  
**Presenters:** Christoph Lienert and Deborah Adams (Manhattan College)  
**Presider:** Stefanie Gozdziewski  
**Location:** Elm Suite  
This program will demonstrate the development of a multimedia case study as a resource for pre-service Physical Education teacher preparation. The multimedia case study-CD contains video of exemplary teaching, reflection, and analysis of an Elementary Physical Education lesson. This case study allows pre-service teachers to view and break down the lesson into a number of segments for learning about what is “best practice”.  
Higher Education and Professional Preparation Section
A BETTER PLACE TO BECOME A BETTER TEACHER.

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

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MANHATTANVILLE COLLEGE
2900 Purchase Street, Purchase, New York 10577 www.manhattanville.edu
**Speed Development**  
**Presenter:** Tom Graham (Lynbrook Central School District)  
**Presider:** Josh Berlin  
**Location:** Tennis Courts  
The presenter has coached All-State and All-American athletes in sprinting. He will demonstrate many of the drills and technique work he used with his former athletes which can be applied to many athletic activities. Participants will learn proper sprinting techniques, how to increase speed development in athletes and understand proper mechanics.

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**VISIT THE EXHIBITORS**  
9:15 AM - 9:45 AM

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**Secure Your Own Mask First!**  
**Presenter:** Dr. JoAnne Owens-Nauslar  
**Director of Corporate/Community Relations, Walk4Life, Inc.**  
**Presider:** Tom Howard, NYS AHPERD President  
**Location:** Grand Ballroom  
Prepare to laugh, learn, and share while understanding that our professions have always been marginalized; yet we prevail! We will focus on 1) what is wrong with the picture, 2) the power of connectedness, 3) health and humor, and 4) action solutions to continue to be a part of the solution to America’s path to better health and more physical activity. Be ready to “SECURE YOUR OWN MASK FIRST!”

JoAnne Owens-Nauslar has spent thirty six years promoting the benefits of healthy, active living and is considered one of the nation’s most vocal personalities on issues of physical activity. She promotes concepts, such as:

- Living in a peak performance body has numerous benefits;
- You don’t stop exercising because you grow old, you grow old because you stop exercising;
- No Deposit . . . No Return - You must invest in your own well-being;
- Secure Your Own Mask First so you can be a great role model for children and youth;
- Pedometers are a great awareness tool to measure your activity levels; and,
- If Your Horse is Dead . . . Dismount!

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**Special Day Activities Using Fundamental Skills For Elementary And Middle School Teachers**  
**Presenters:** Jenny Gabryelski and Brittany Cunningham (Canisius College)  
**Advisor:** Tim Sawicki (Canisius College)  
**Presider:** Vincent Garofalo  
**Location:** Westchester Ballroom A1 & A2  
This presentation is an active, fundamental skills learning session which will use movement education to provide variety. The special day activity will be organized around a special event; past events have included Olympics, Survivor, School House Rock, Pokemon, and Space.

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**Motivation Through Inspiration Equals Success In All You Do**  
**Presenter:** Tom Howard, NYS AHPERD President (Locust Valley Central School District)  
**Presider:** Kaylie Howard  
**Location:** Westchester Ballroom A3  
Attendees will learn the difference between inspiration and motivation and how goal setting leads to success in life. Tom Howard, President of NYS AHPERD, will challenge 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!

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**Secondary Physical Education and Coaches Sections**
Special Olympics Powerlifting Demonstration  
Presenter: Bill Collins (Special Olympics New York)  
Presider: Kristina LoCastro  
Location: Grand Ballroom Assembly  
Special Olympics athletes will demonstrate their athletic abilities while participating in a mini-competition during the conference. Come witness the value and purpose in offering athletic opportunities to all students and experience, first-hand, the basics of a Special Olympics competition and the pageantry of a Special Olympics Awards Ceremony.  
Adapted Physical Education and Sport Section  

Administration: What Avenues Exist For The Health and Physical Education Teachers  
Presenter: Tom Stewart (Rush-Henrietta Central School District)  
Presider: Lisa Sherman  
Location: Elija Budd  
This program is designed for the Health/Physical Education teacher aspiring to become a School Administrator. Find out what opportunities are available in the areas of supervision for Health and Physical Education. Opportunities in Athletic Administration will also be discussed.  
Council of Administrators Section  

Water Workout And Synchro Basics  
Presenter: Jane Katz (John Jay College, CUNY)  
Presider: Nisha Puri  
Location: Indoor Pool  
This program will highlight the benefits of exercising in water through an interactive and fun water workout. Learn how to employ the use of aquatic equipment, timely music and enjoyable partner activities poolside. Come and see Dr. Jane Katz perform her championship routine.  
Aquatics Section  

He Said, She Said: Male And Female Communication Styles  
Presenter: Dom Splendorio (Prime Time Health Consulting)  
Presider: James Hambel  
Location: John Halsted Suite  
Discuss research related to male-female communication and how it impacts personal and professional lives. Administer “Sex Talk Quiz” and process why men are from Mars and women are from Venus. Have a lot of fun attempting to understand why perfectly wonderful men and women sometimes behave in ways that completely baffle their friends and partners!  
Health Section  
CHES  

How To Plan A Hoops For Heart And Jump Rope For Heart Event  
Presenter: Betsy Shurack (American Heart Association)  
Presider: Jeff Kaller  
Location: Robert Bartell  
Hoops for Heart and Jump Rope for Heart are exercise-based, educational community service programs designed to get children moving while educating them about the benefits of cardiovascular exercise. Come discover how children can learn about fitness while raising money to help fight our nations #1 and #3 killers, heart disease and stroke. Education tools are provided, including the newest kit; schools and students earn great gifts!  

Fundamentals Of Resistance Training  
Presenter: Dignorah Perez (New York City Department of Education)  
Presider: Matthew Foley  
Location: John Brundage Suite  
In a fun and interactive session, participants will learn principles of effective resistance training, along with ways to develop an effective strength training program using resistance bands. Come and sample an array of exercises using resistance bands! Participants will have the opportunity to develop and share strategies for adapting a resistance training program to the specific needs of their students.  
Exercise Science/Sports Medicine Section  

“Do” Get Technical With Me  
Presenter: William “Skip” Earle (Bedford Hills Elementary School)  
Presider: Gene Dobbins  
Location: Elm Suite  
This program will help participants learn how to find dance appropriate music on the internet. The use of I-pods, other Mp3 players, and “burning” music onto discs will also be explored.  
Retirees and Dance Sections
**Guidelines For Management Of Head Injuries In Sports And Physical Education: The Latest On Concussions**
*Presenter: Lloyd Mott (NYSPHAA)*
*Presider: Patrick Feliciotto*
*Location: Seymour Boton*

The Guidelines for managing concussions to high school student athletes have changed in the last year. The latest research completed by some of the world’s top neurologists has significantly affected the thinking of the NFHS Sports Medicine Committee. School teachers, nurses, Coaches, and athletic trainers should be aware of the new guidelines.

*Aquatics, Coaches, and Exercise Science/Sports Medicine Sections*

**Alternative Physical Education Ideas On A Low Cost Budget**
*Presenters: Christine Fisher and Tim Day (Wheatland-Chili Elementary School)*
*Presider: Danny Bernstein*
*Location: Port Chester*

Expand your curriculum with non-traditional activities such as ice skating, disc golf, orienteering, bocce, and more. Presenters will share some creative ways to make it all happen on a limited budget, and you will still be able to maximize student involvement and interest. Several handouts, lesson ideas, and assessments will be provided to help you get started.

*Higher Education and Professional Preparation Section*

**Tackling Obesity: Strategies For School Success**
*Presenter: Sue Baldwin (Buffalo State College)*
*Presider: Becky Carman*
*Location: William Odelle*

This session targets our nation’s exploding child and adolescent obesity crisis. Participants will understand cutting-edge nutrition and physical activity guidelines that are targeted toward addressing these issues in their school. This program targets obesity with the following tools: (1) the 2005 Dietary Guidelines for Americans, (2) the MyPyramid Food Guidance System, and (3) the School Health Index. This program is targeted for Health Educators, Physical Educators, Nurses, Coaches, Athletic Trainers, and exercise enthusiasts looking to expand their skills in exercise and nutrition.

*Health and Adapted Physical Education and Sport Section*

**Make Physical Education The Finest 60 Minutes For Children!**
*Presenter: John Hichwa (The SPARK Programs)*
*Presider: Jesse Arnett*
*Location: Town of Rye Suite*

Sixty minutes of Moderate to Vigorous Physical Activity (MVPA) should be the finest part of a child’s day! This session will address strategies for increasing MVPA and will make Physical Education part of the day that kids want to partake in. Leave with sample lesson plans to start you on your way to more MVPA!

*Elementary/Middle School Physical Education Section*

**Commercial Presentation**

**Survivor D.P.S. “Taking Elementary School Project Adventure To A New Level”**
*Presenters: James Holtz, Adam Vooris, and Jack Alvey (Donald P. Sutherland Elementary)*
*Presider: Jean Schult*
*Location: Birch Suite*

Survivor D.P.S. incorporates traditional project adventure initiatives such as Mohawk Crossing, Swamp Crossing, Spider’s Web, and Prouty’s Landing and fuses them together into a single challenge format. Also included, are academic areas such as Math, Science, Social Studies, and ELA. The object is to culminate a traditional elementary level project adventure unit with a grand challenge that will pair students together in a manner that will test their ability to tolerate, respect, trust, care and otherwise be responsible toward peers that they may not be close to. If you are looking for a way to merge physical activity with character education, interdisciplinary studies, school wide teacher cooperation, and prime-time television, Survivor D.P.S. is what you are looking for!

*Elementary/Middle School Physical Education Section*

**Children’s Fitness Programs, Project ACES**
*Presenter: Len Saunders (Valley View Elementary School, New Jersey)*
*Presider: Barb Wurz*
*Location: Poplar Suite*

The presenter will go over various methods and programs that will motivate your students to exercise, including discussion on Project ACES (All Children Exercise Simultaneously), where millions of children exercise simultaneously all around the world. Len Saunders will share his most popular and successful programs that have received national attention.
Training And Utilizing Para-educators In Physical Education
Presenters: Gina Potenza and Kaitlin Driscoll (SUNY Brockport)
Advisors: Lauren Lieberman and Doug Collier (SUNY Brockport)
Presider: Liane Musella
Location: Maple Suite
Children with disabilities are often accompanied by Para-educators in their academic areas which should include Physical Education. At this time, there is no mechanism in place to train the Para-educators for the Physical Education environment. This presentation will assist all Physical Educators in their training of Para-educators to ensure they are utilized effectively.

Adapted Physical Education and Sport Section

Update Your HIV Knowledge And Skills Online
Presenter: Desiree Voorhies (NYS Student Support Services Center)
Presider: Lonnie Wilson
Location: Oak Suite
This session will preview the new HIV education on-line course available through the Statewide Student Support Services Center website. Connections will be made to the Guidance Document for Achieving the Standards in Health Education. Course highlights will be reviewed along with course expectations, strengths, and limits.

Health Section

Let’s Move It! Fun Movement Activities
Presenter: TJ Hapshie, Cindy Slagle, and Vic Brevard (Texas AHPERD)
Presider: Christina Cambria
Location: Tennis Courts
Find the beat with fun activities for students of all ages. Rhythmic movement routines using therapy balls keeps all kids moving. This presentation will include active participation with hands-on use of special equipment for a showcase effect. Great for school programs!

Adapted Physical Education and Sport Section

NYS AHPERD Past Presidents’ Luncheon
Location: Mianus River Room off the Tulip Tree Restaurant

12:45 PM – 1:45 PM

Health Section Business Meeting
Dom Splendorio, Health Section President
Location: John Halsted Suite

Build Your Budget And Trim The Fat
Presenter: JoAnne Owens-Nauslar (Walk4Life, Inc.)
Presider: Lisa Hrehor
Location: Westchester Ballroom A3
This session will focus on the Pilot Program and Lincoln, Nebraska’s, largest elementary school. The session will include ideas on finding money, champions, and volunteers, all while increasing the physical activity levels of school age children. Prizes and fun are always an added bonus to information and how-to sessions.

Coaches Section Business Meeting
Ronald Woodruff, Coaches Section President
Location: William Odelle

Map Adventures (Orienteering)
Presenter: Ed Hicks and Bob Burg (Orienteering Unlimited, Inc.)
Presider: Eric Kohl
Location: Indoor Pool
Imagine engaging students in whatever course content you wish while they enjoy the natural excitement of a treasure hunt. Come enjoy a Map Adventure, indoor or outdoor (weather permitting), that exercises both body and mind. Based on the “Thinking Sport” of Orienteering, this fun hands-on workshop will introduce you to the creative possibilities of integrating map navigation into any part of the curriculum.

Leisure/Adventure Section
Adapting Activities
Presenter: Dean Bowen, Haley Schedlin, Sean Condon, and Eric Kohl (SUNY Brockport)
Advisor: Cathy Houston-Wilson (SUNY Brockport)
Presider: Anthony Serravite
Location: Westchester Ballroom A1 & A2
This program will consist of SUNY Brockport Physical Education majors in the Adapted Physical Education concentration presenting a variety of activities that are adapted to meet the unique needs of students with disabilities. Participants will learn about modifications to Physical Education activities and be able to participate in modified activities.
Adapted Physical Education and Sport Section

Fast Footwork: 3,001 Touches Of Eye-Foot Coordination
Presenter: Paul Gannon (United States Military Academy)
Presider: Christian Collazo
Location: Grand Ballroom North
Fast footwork is a unique program that blends foot speed and technical touches on a soccer ball to enhance eye-foot coordination. The program includes speed work, direction changes, lateral movement, one vs. one, hesitation dribbles, and combination work.
Coaches Section

Adventure Innovations: The Latest Adventure Activities From Project Adventure
Presenter: Lisa Hunt (Project Adventure, Inc.)
Presider: Justin Korb
Location: Grand Ballroom Center
Looking for new activities to use with your Physical Education classes? Come re-fill your bag of tricks! This high-energy program will cover the newest adventure activities and adaptations created by Project Adventure. Participants will learn activities that are appropriate for a wide range of ages and spaces.
Leisure/Adventure Section

Dogs, Cats, And Kids: Integrating Yoga Into Elementary Physical Education
Presenters: Lisa Toscano and Frances Clemente (Manhattan College)
Presider: Kevin Blake
Location: Grand Ballroom South
This presentation will introduce the principles of Yoga and how it can easily be implemented into an Elementary School Physical Education Program. Basic Yoga postures will be presented to teachers who are interested in adding Yoga to their curriculum. These activities can develop strength, balance, and flexibility in a fun and a safe environment.
Elementary/Middle School Physical Education Section

New York State Education Department Update
Presenter: Trish Kocialski and Owen Donovan (New York State Education Department)
Presider: Colleen Corsi
Location: Robert Bartell
Attendees will benefit from this question and answer session related to NYS Education Department current issues relative to all Physical Education and Athletics initiatives.

Developing Functional Athletes
Presenter: Paul Whissel, II (University of Texas)
Presider: Gil Callan
Location: John Brundage Suite
This presentation will introduce participants to several new concepts pertaining to improving athletic performance. It will focus on the areas of workout preparation, strength training, conditioning and pre- and post-workout nutrition, giving scientific rationale for the various concepts discussed along with ideas for easy and practical implementation.
Exercise Science/Sports Medicine and Coaches Sections

New York State Teachers’ Retirement System Update
Presenter: Andy Whitney (New York State Teachers’ Retirement System)
Presider: Gene Dobbins
Location: Seymour Boton
This program will provide a clear and concise review of the key benefits provided by the New York State Retirement System: Death Benefits, Disability, and Service Retirement.
Retirees Section
Issues Related To Assessment In Student Teaching
Presenters: Mara Manson (Adelphi University) and Ariela Herman (Queens College)
Presider: Alisa James
Location: Port Chester
Participants will learn and discuss various areas related to the assessment of student teachers/candidates in Physical Education. Methods for helping student teachers/candidates assess their own students’ learning are critical when sending new teachers into the field. Bring your own experiences and join in our discussion about these important issues.

Higher Education and Professional Preparation Section

A Little Bit Of Latin
Presenter: Barbara Muller (Cresskill High School)
Presider: Kerri Crandall
Location: Town of Rye Suite
Salsa, Cha Cha, and Rumba your way into the hearts and feet of your students! You will receive all of the tools that you’ll need to begin a HOT dance unit at your school. We’ll “do a little dance, ..have a lot of fun,”...

Dance Section

Secondary Physical Education Care-To-Share
Presenter: Cathy Dodd (Roslyn High School)
Presider: Mark Gryzlo
Location: Oak Suite
What are you doing in your Physical Education classes? Come to this session with a few ideas of your own and walk away with three times that amount. Please bring enough handouts of your best practices to share with everyone at this presentation.

Secondary Physical Education Section

Get The Whole Family Involved In Physical Education
Presenters: Benjamin Steuerwalt and Jonathan Carney (Syracuse University)
Advisor: Elaine Gregory (Syracuse University)
Presider: Jennifer Cvelic
Location: Poplar Suite
If we wish to achieve ultimate fitness levels in our students, we need to get parents involved! This session will offer ideas and strategies to help you accomplish this. This session will also include time to share and handouts.

Future Professionals and Secondary Physical Education Sections

National Board Certification...You Can Do It!
Presenter: Tom Winiecki (Mott Road Elementary School)
Presider: Tom Stewart
Location: Elm Suite
Interested in learning how you can pursue National Board Certification? Then this program is for you! Come learn how you can become both a better Physical Educator, as well as a leader in your building, district, and state. The presenter is a National Board Certified Physical Education teacher.

Council of Administrators Section

New York State Department Of Health: An Aquatics Update
Presenter: Doug Sackett (New York State Department of Health)
Presider: Janet Carey
Location: Maple Suite
This session will provide you with the most up-to-date rules and regulations pertaining to the aquatics environment. A must for anyone who has an aquatics program in their school district.

Aquatics Section

Super Light Balls, Super Games
Presenter: Louis Grondin (Omnikin)
Presider: Craig Santangelo
Location: Tennis Courts
Using lightweight balls (18 inch to 6 feet), you will learn new games and activities that will help you motivate your students and help you reach your teaching objectives. You will also have the opportunity to try to win a ball.

Secondary Physical Education Section

Commercial Presentation
It's the helpful little shortcut to a healthier life.

The Smart Spot from PepsiCo is the symbol of smart choices made easy.

Over 100 products have qualified by meeting one or more nutritional standards, based on authoritative statements from the FDA and the National Academy of Sciences (learn more at smartspot.com). Which adds up to 55 billion servings per year. And more are on the way. Because eating healthier should be easy. And tasty. And just plain fun. It's the smart spot.
VISIT THE EXHIBITORS
2:00 PM - 2:30 PM

SECOND ANNUAL DR. RON FEINGOLD LECTURE SERIES
2:30 PM - 3:45 PM
Presenter: Dr. Donald R. Hellison
Presider: Dr. Ron Feingold
Location: Westchester Ballroom A3

We are honored to have Dr. Donald R. Hellison, University of Illinois, present the 2nd Annual Dr. Ron Feingold Lecture. This lecture will focus on our Conference Theme, “Let’s Make This Our Finest Hour.”

Don Hellison is a Professor in the College of Education, Director of the Urban Youth Leader Project, Faculty Associate at the Center for Youth & Society, and Great Cities Institute Faculty Scholar at the University of Illinois at Chicago. He is also an Affiliate Professor at the University of Northern Colorado. Before coming to Chicago, he was Professor of Physical Education and Director of the Governor’s Leadership Training Program for High Risk Youth at Portland State University (OR). He has also been Visiting Professor at the University of Calgary, University of Saskatchewan, Ohio State University, George State University, University of Oregon, Montana State University, and California State University.

2:30 PM – 3:45 PM

Antiquing And Flea Marketing On The East Coast
Presenters: Janet and Michael Marcus
Presider: Gene Dobbins
Location: Seymour Boton
This program is designed to provide you with places to go, for a day, a weekend, or a week, to look for your favorite collectible or start a new collection. Tips on buying will be offered, as well as sources for research and evaluation.
Retirees Section

Fun Filled Activities For Elementary Students
Presenters: Tara Nelsen (Lawrence Public Schools #4) and Paula Luparello (Connolly Schools)
Presider: James Hambell
Location: Westchester Ballroom A1
Looking for activities you can implement on Monday morning? Come and join us for some fun-filled, instant, easy-to-use activities your students will enjoy. Activities include warm-ups, line dances, and lead-up games.
Future Professionals and Elementary/Middle School Physical Education Sections

Movement – A Child’s First Language
Presenters: Judy Berton and Rick Guimond (Kidrich Corporation)
Presider: Liane Musella
Location: Westchester Ballroom A2
This program will provide coordinators, home visitors, and administrators with movement and dance activities which will assist them in helping children learn. Participants will develop, create, and practice hands-on movement activities to use in their outreach parent-child programs.
Commercial Presentation
Get Your Students Active With Hand Soccer And Swat Ball!
Presenters: Matthew Moscola and Justin Korb (SUNY Cortland)
Advisor: Jeff Walkuski (SUNY Cortland)
Presider: Michael Jay Canaday
Location: Grand Ballroom North
Looking for some new games that will get your students moving? Hand Soccer and Swat Ball are just what you’re looking for! Come join this active informative session and see the possibilities of these two fun and movement orientated games!
Elementary and Middle School Physical Education Section

How To Teach Handball Using Existing Facilities
Presenter: Gary Cruz
Presider: Jennifer Heim
Location: Mianus River Room
Handball improves all areas of physical fitness and develops both sides of the body. Maximum participation and maximum success is stressed. Presenter will demonstrate how to teach handball using cooperative drills and adaptive equipment.
Secondary and Elementary and Middle School Physical Education Sections

Cheap, Cheap, Dance Evolution: Incorporating Dance Inexpensively In Physical Education
Presenter: Jaclyn Melillo (Manhattan College)
Advisor: Shawn Ladda (Manhattan College)
Presider: Tiffany Bentley
Location: Grand Ballroom Center
With the current popularity of Dance, Dance, Revolution and Twister, this program will provide Physical Educators with ways to incorporate ideas from these two games, as well as incorporate low/high impact aerobics and fitness exercises in inexpensive and creative ways which will help students become more proficient in their rhythmic and listening abilities. Progressions will be demonstrated to incorporate many forms of dance in Physical Education classes from kindergarten to the twelfth grade levels. Participants will not only be exposed to already choreographed sequences but will have opportunities to create their own movement sequences.
Future Professionals and Elementary/Middle School Physical Education Sections

On The Move With Speed Stacks: Sport Stacking & Fitness Fun
Presenter: Matt Reed (Speed Stacks, Inc.)
Presider: Lindsay Granger
Location: Grand Ballroom South
Learn the 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! Designed for both “experienced” stacking instructors and new-to-the-sport instructors!
Secondary Physical Education Section
Commercial Presentation

Health Education With Heart
Presenters: Lonnie Wilson (Niskayuna Central School District) and Rebecca Carman (Shenendahowa Central School District)
Presider: Dom Splendorio
Location: Elija Budd
Looking for a way to create an environment that will get into kid’s hearts and make lasting impressions in their heads? Come see the “twist” these teachers have put on their lessons to get students engaged in class. Learn new classroom procedures and health activities that will pull children in and connect them emotionally so they can make better and healthier lifestyle decisions in the future.
Health Section
CHES

Sports Programs For Students With Disabilities
Presenter: Cathy Houston-Wilson (SUNY Brockport)
Presider: Christian Collazo
Location: John Brundage Suite
Learn about sports opportunities for students with disabilities. Incorporate new activities into your Physical Education curriculum which will help you meet Learning Standard 3 - Resource Management.
Adapted Physical Education and Sport Section
COPS CARE, Choosing To Lose Program
Presenters: Michael Countryman and Anthony Pagluighi (COPS CARE)
Presider: Lori Reichel
Location: John Halsted Suite
"Choosing to lose" is an intervention through education program being offered to middle schools by COPS CARE, NYS Correctional Officers, and the Police Benevolent Association. It is not a scared-straight program. "Choosing to lose" is not an extra activity, it is a tool that middle school Health teachers can use as a different approach to topics already found in their curriculum; this includes drugs, alcohol, decision making, and character education. "Choosing to Lose" will describe scenarios that many adolescents are likely to experience involving negative peer pressure and will illustrate how easy it can be to make a poor choice and suffer the consequences that never seemed possible...

Health Section

CHES

A Winning Warm-up For Coaches, Physical Education Teachers, and Trainers: PART 1
Presenter: Jeff Patten (International Youth Conditioning Association, IYCA)
Presider: Damien Greevey
Location: Robert Bartell
The purpose of this session is to educate coaches, teachers, and trainers on the science and proper use of dynamic flexibility warm-ups. Dynamic flexibility warm-ups can be the most important part of any class, practice, competition, or conditioning session. A properly designed and implemented warm-up will increase flexibility, strength, balance, proprioception, power, coordination and agility, in less than fifteen minutes.

Coaches and Secondary Physical Education Sections

Skill Animation And New Technologies To Enhance Learning & Assessment
Presenter: Glenna DeJong (Michigan Fitness Foundation)
Presider: Dely Francisco
Location: Maple Suite
Learn about and interact with a new DVD-based instructional tool for teaching motor skills. The staff at the Exemplary Physical Education Curriculum (EPEC) have created animations to illustrate 20 motor skills with interactive features, such as right- and left-handed versions, visual and auditory cue words, and developmentally appropriate progressions. This session will also cover the use of Digital Video Imaging for assessment and feedback.

Interview Techniques: Learning From The Best
Presenters: Rick Amundson (Lyons Central School District)
Presider: Jason Clark
Location: Port Chester
This session will address what Physical Education school districts are looking for during that important interview process. Sample strategies, questions, and a mock interview will be provided. There will also be time for questions from the audience.

Higher Education and Professional Preparation and Future Professionals Sections

Tap Into Fitness
Presenters: Sue Garcia and Linda Quitoni (Nassau Community College)
Presider: Christine Romano
Location: Town of Rye Suite
Come learn easy, fun, and basic tap dance techniques! See how aerobic tap dancing really is! All ability levels are encouraged and welcome to attend. **Tap shoes or any hard soled shoe is recommended, not rubber soles.**

Dance Section

Pickle Ball Craze
Presenters: Paige Franey and D'Lynn Noyes (Union Endicott Central School District)
Presider: Brad Morris
Location: Tennis Courts
The program will offer middle through secondary teachers an opportunity to incorporate a new non-traditional activity into their curriculum. You will be able to participate in hands-on skills needed to instruct the unit, and will also be given assessment ideas that have worked in our curriculum. This is a great activity that is used for a lead into other racket sports that are considered lifelong activities.

Secondary Physical Education and Elementary/Middle School Physical Education Sections
Almost all public health experts agree that it is only a matter of time before a pandemic flu strikes the United States. This workshop explains what steps schools and communities can take now that will provide better health environments and help prepare for infection outbreaks that will occur in the future. Think your school is already set? Come and take the challenge!

Health Section

CHES

4:00 PM – 5:15 PM

Skin Cancer Awareness And Prevention
Presenter: Dom Splendorio (Mollie Biggane Melanoma Foundation)
Presider: Sal Piscitelli
Location: Elija Budd
The Mollie Biggane Melanoma Foundation has produced an educational DVD, “The Dark Side of the Sun” which targets High School and Middle School students on sun protection programs. The DVD is 14 minutes in length and will be presented with a lesson plan.

Health Section

CHES

Medicine Ball Fitness
Presenters: Ken Edwards and Pat Mediate (Greenwich High School)
Presider: Sean Condon
Location: Westchester Ballroom A1 & A2
Medicine ball fitness activities are a creative, fun, and motivating way to warm-up, and to improve the health related components of fitness. These unique activities have been piloted and there is pre/post test evidence that they improve fitness. Rubrics have been developed to assist teachers in their assessment of students.

Secondary Physical Education Section

Physical Education K-12: The Victor Way
Presenters: Frank Clark, Deb Savage, Leslie Wilkinson, Shelly Collins, and Bob Thompson (Victor Central School District)
Presider: Tami DeRose
Location: Westchester Ballroom A3
You’re invited to 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.

Higher Education and Professional Preparation and Secondary Physical Education Sections

Linking Fitness, Fun, And The Academics
Presenter: Jennifer Higgins (Amherst Central Schools)
Presider: Tiffany Bentley
Location: Grand Ballroom Center
Learn how one elementary Physical Education teacher is integrating Science, Social Studies, Language Arts and Nutrition to promote, teach, and develop fitness skills. Half of the session will showcase methods of integrating academic activities and games to keep students active. The second half of the session will present original school-wide projects to encourage the development of physical fitness.

Elementary/Middle School Physical Education Section

Abilities And Beyond
Presenters: Michelle Craig (Plank Road North School) and Dawn Finewood (Winslow Elementary School)
Presider: Brittany Cunningham
Location: Grand Ballroom North
This presentation will provide opportunities for you to participate in activities that will enhance your Physical Education program, promote team building and compassion while meeting the New York State Learning Standards. You should leave the session with a variety of new activities, ideas, and resources which will allow your students to have a greater awareness of people with different abilities. Almost all of the equipment necessary to add the activities to your program are probably already in your equipment room or just need simple modifications.

Elementary/Middle School and Adapted Physical Education and Sport Sections
Fitness: Build It In
Presenter: Jeff Walkuski
Presider: Eric Kohl
Location: Grand Ballroom South
Do you have limited time for your classes? Do you find yourself taking away from the development of fitness in your students in order to work on the necessary skills and strategies for your students to successfully play the game? Come join in this interactive session to share ways to work both on skills and fitness during your classes and to learn fun and creative ways to include fitness and fitness activities into the traditional Physical Education curriculum.
Secondary and Elementary/Middle School Physical Education Sections

Maintaining The Momentum With Your Adopted Wellness Policies
Presenters: Mark Doody and Michelle Burke (Hudson Falls Central School District)
Presider: Damien Greevy
Location: William Odelle
All school districts must have adopted Wellness Policies by September 1, 2006. Now that your District has this in place, how do you keep the momentum going to creating healthier schools and increasing student achievement? Learn how the Hudson Falls Central School District has continued to promote the creation of a healthy school district as a major district initiative.
Health Section
CHES

How To Avoid Legal Pitfalls And IRS Hassles By Conducting Sport Camps, Leagues, And Programs Through Your Local Recreation Department
Presenter: Mark Yaeger (Webster Parks and Recreation)
Presider: Lisa Sherman
Location: Robert Bartell
This session will explore the issues of conducting sport camps, leagues, and programs independently and the benefits of partnering with your local Parks and Recreation Department. Participants will have the opportunity to discuss the legal and financial pros and cons of both.
Leisure/Adventure Section

Dynamic Flexibility: Practical Application Of A Winning Warm-Up: PART 2
Presenter: Jeff Patten (International Youth Conditioning Association, IYCA)
Presider: Keith Meilak
Location: John Brundage Suite
The purpose of this session is to lead participants in a dynamic flexibility warm-up and to give examples of exercises that may be used in a warm-up. Dynamic flexibility warm-ups can be the most important part of any class, practice, competition, or conditioning session. A properly designed and implemented warm-up will increase flexibility, strength, balance, proprioception, power, coordination and agility, in less than fifteen minutes.
Coaches and Secondary Physical Education Sections

Standards Based Physical Education: EPEC Model For Fun, Active & Effective
Presenter: Glenna DeJong (Michigan Fitness Foundation)
Presider: Randi Maryjanowski
Location: Maple Suite
You can teach students important outcomes while keeping them active and having fun! The Exemplary Physical Education (EPEC) staff will outline a model of developmentally appropriate teaching progressions, flexible instructional segments, easy-to-use assessments, and fun-filled reinforcing games and activities.

Physical Education Program Design And Management: “Ask The Experts”
Presenters: John McVan, Tom Horne, Sandy Helfgott, and Dawes Strickler (United States Military Academy)
Presider: Lisa Hrehor
Location: Port Chester
This session is designed for any physical educator, administrator, coach, recreation director, or individual involved in planning, developing or renovating a Physical Education/Activity venue. A panel of program design, development, and management experts will be available to answer your questions. Six theme tables: Aquatic Facilities; Facility Design, Development, and Accessibility; Adventure Courses and Climbing Walls; Playgrounds; Multipurpose Gymnasiums and Ancillary Facilities; and Fitness Facilities, will be staffed by programming experts. A must attend session for anyone involved with Physical Education and Facility Administration.
Council of Administrators Section
Physical Education Groove
Presenter: Marisol Sevilla (Baldwin Senior High School)
Presider: Jesse Arnett
Location: Town of Rye Suite
Get your students moving with the latest hip hop dance moves! This program will show you how to get students excited to learn how to improve their levels of cardiovascular and muscular endurance, as well as balance and coordination through simple yet funky dance moves.

Dance Section

Getting on Fire and Staying Lit
Presenter: JoAnne Owens-Nauslar (Walk4Life, Inc.)
Presider: Heather Collier
Location: Birch Suite
This session will focus on motivation and inspiration; learned lessons from the veterans of the profession will be shared. Future professionals or anyone needing rejuvenation will find this session provides ideas for hope and lessons for longevity in the profession. Come prepared to engage with your neighbor, have fun, be inspired, and take the pledge of commitment to make a difference every day!

Learn About Earning An Adapted Aquatics Credential
Presenter: Diane Craft (SUNY Cortland)
Presider: Janet Carey
Location: Seymour Boton
Do you currently teach or want to teach individuals with disabilities in an aquatic setting? Do you want to earn a national credential to indicate your expertise in teaching adapted aquatics? Attend this session to learn more about how to earn the AAHPERD Teacher of Adapted Aquatics Credential and gather new ideas for teaching aquatics to individuals with physical, intellectual, emotional, and sensory disabilities.

Adapted Physical Education and Sport and Aquatics Sections

Jay B. Nash Outstanding Major Award Committee Meeting
Ellen Kowalski, Committee Chair
Location: Oak Suite

Adventure Activities Geared For Middle And High School Students
Presenters: Angela Budovsky, Christina Cambria, Brian Rath, and Anthony Serravite (Adelphi University)
Presider: Jean Schult
Advisor: Mara Manson (Adelphi University)
Location: Tennis Courts
Come and join us in these fun filled adventure activities for middle and high school students. Participants will explore communication, problem solving, and leadership skills through active participation. Take home a great packet filled with ideas of how to implement adventure activities into your program.

Future Professionals Section

5:45 PM - 6:45 PM
Adelphi University Social
Location: John Halsted Suite

New York City Department of Education Reception
Location: Westchester Ballroom A3

SUNY Brockport and Central Western Zone Joint Social
Location: John Brundage Suite

SUNY Cortland Reception
Location: Town of Rye Suite

Southeastern Zone Social
Location: Westchester Ballroom A1

Suffolk Zone Social
Location: Westchester Ballroom A2
SUNDAY, NOVEMBER 18TH

7:00 AM – 8:00 AM

**Yoga**
Presenter: Carol Powers (Suffolk Community College)
Location: Town of Rye Suite
What better way to wake-up and energize yourself for the day than to attend this Early Bird?!
Join fellow colleagues at this Yoga Early Bird program to get your day started on the right foot!

Dance Section

7:45 AM – 9:00 AM

**Retirees Section Membership Meeting and Breakfast**
Rhonda Petrocelli, Section President
Location: Mianus River Room off the Tulip Tree Restaurant

INTENSIVE TRAINING
8:00 AM - 10:30 PM

**Aligning Your K-12 PE Curriculum With NYS Learning Standards and Assessments**
Presenter: Shelly Collins, Frank Clark, Deb Savage, Leslie Wilkinson
(Victor Central Schools)
Location: Elm Suite
Staff from the Victor Central School District, whose program has received a 3 Star NASPE recognition, will teach you how to develop K-12 Physical Education program with outcomes aligned with the New York State and National Learning Standards. Using enduring understandings and a scope and sequence structure, you will be able to write skill progressions and assessments.

SATURDAY, NOVEMBER 18TH

7:00 AM – 8:00 AM

**Jay B. Nash Awards Dinner**
Location: Grand Ballroom
This awards dinner provides an opportunity to recognize our colleagues who have accomplished distinguished professional achievements. Teacher of the Year, Professional of the Year, Distinguished Service, and the Bernard E. Hughes Awards will be presented. Join us for our NYS AHPERD Presidential Rotation and the passing of the gavel. Dinner tickets must be presented at the door.

9:00 PM – Midnight

**The Good and Plentie Band**
Location: Westchester Ballroom ABC
From high energy dance beats to sweet and simple love ballads, the Good and Plentie Band’s versatility reflects its desire to accommodate many musical tastes. The members are skilled musicians and vocalists who infuse each performance with personal style, interpretation and emotion. The Good and Plentie Band’s credits include opening for Blood, Sweat and Tears, and for the Shirelles. Get ready for some high energy dance excitement!
Manhattan College
Department of Physical Education & Human Performance.

- Physical Education-Teaching
- Exercise Science

For Further Information, Contact
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Professional membership and development is critical to maintain outstanding people in our profession. We strongly encourage our students, faculty, and alumni to support the New York State Association for Health, Physical Education, Recreation & Dance (NYSAHPERD).
INTENSIVE TRAINING
8:00 AM – 4:00 PM

Physical Best Certification
Presenter: Jeff Walkuski (SUNY Cortland) and Cathy Houston-Wilson (SUNY Brockport)
Location: Westchester Ballroom A2 & A3
This is a 7-hour workshop designed to educate participants about the Physical Best and FITNESSGRAM Program through hands-on activities that teach the components and principles of health-related fitness education. Physical Best is:
- Practical, ready-to-use, and fits into any K-12 Physical Education Curriculum;
- Based on national Health, Physical Education, and Dance content standards;
- Inclusive and developmentally appropriate, wherein all children can succeed with Physical Best;
- Taught through activity; and,
- Based on guidelines for health and personal improvement, not unrealistic performance-based standards.
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).

Certification Program

9:00 AM - 10:00 AM

Teaching Responsibility in the Gym and Classroom
Presenter: Don Hellison
Presider: Tom Howard, NYS AHPERD President
Location: Grand Ballroom
The Taking Personal and Social Responsibility curriculum model first appeared in school physical education and after-school physical activity programs in the 1970’s. More recently, it has spread to other countries and to other school subjects, including health education. This presentation will include the latest developments in the continuing evolution of this approach.

10:15 AM - 11:30 AM

Inclusion, Physical Education Is For Everyone!
Presenters: Thomas Latterell, Leland Collins, Krystal Moody, Susan Spiegel, and Erica LaRock (Ithaca College)
Advisor: Phoebe Constantinou (Ithaca College)
Presider: Jennifer Heim
Location: Westchester Ballroom B
Come join the Ithaca College Major’s Club as we present innovative ideas for inclusion in your Physical Education classes. This program will include ways to make Physical Education fun for all of your students—no matter what.

Adapted Physical Education and Sport and Future Professionals Sections

Youth Risk Behaviors In New York State
Presenters: Heather Collier (Belleville Henderson Central School District) and Guests
Presider: Benjamin Steuerwalt
Location: William Odelle
The results of the 2005 Youth Risk Behavior Survey can be used to make important inferences concerning the priority health-risk behaviors of all public high school students in grades nine through twelve in the State, as well as provide a basis for program development. Participants will examine the results of the 2005 Youth Risk Behavior Survey.

Health Section

CHES
30+ Ways To Utilize Ropes In Physical Education  
Presenter: Diana Lopez, Lauren Lopez, Lauren Giordano, Betty Mendieta (Adelphi University)  
Advisor: Ellen Kowalski (Adelphi University)  
Presider: Michael Scazafave  
Location: Westchester Ballroom C  
This program is designed to educate participants on traditional and nontraditional ways of using ropes in their Physical Education class. Participants will also gain new ideas on how to incorporate games of low organization that enhance cooperative behavior.  
Future Professionals Section

Yoga For Secondary Students  
Presenter: Melanie May (Sherburne-earlville Central School District)  
Presider: Christina Cambria  
Location: Westchester Ballroom D4  
Interested in learning how to teach a basic yoga class? This program will demonstrate various poses or asana, and cueing. We will also discuss barriers to including yoga in your school’s curriculum and how to overcome them.  
Secondary Physical Education Section

Are We Free Of Discrimination? The Boat Activity  
Presenter: Diane Schneider (Ramapo Central School District)  
Presider: Kristen Legg  
Location: Elija Budd  
This program is an interactive lesson that is an amazing way to allow educators to experience how we tend to stereotype. It will be followed by a powerful video about hate and a Q&A Session. This program is great for Health teachers to use in their classrooms, but appropriate for all those who teach our children.  
Health Section

Using Movement Education To Connect With The Elementary Classroom  
Presenters: Amanda Ost and Nicole Fredericks (SUNY Cortland)  
Advisor: Carlene Wilcox and Kath Howarth (SUNY Cortland)  
Presider: Jason Clark  
Location: Birch Suite  
This program will present some of the advantages of teaching using the Movement Education Model. It will showcase the ideas of Cortland undergraduate students who have designed projects using the Movement Education framework. It will also show how they made connections with work in the elementary classroom.  
Higher Education and Professional Preparation and Elementary/Middle School Physical Education Sections

2 Hour Presentation  
10:15 AM – 12:15 PM  
Resume Building And Interviewing: How You Say It Is Important!  
Presenter: Robert Zifchock (Nyack Union Free School District)  
Presider: Joshua Tate  
Location: Port Chester  
How you say it through the written, spoken, and non-verbal communications is more important than you think! Discover proven techniques to unlock your full potential, enhance your chances of getting an interview, and promote yourself as a highly regarded candidate!  
Council of Administrators

10:30 AM – 1:30 PM  
NYS AHPERD Executive Council Meeting  
Presenter: Sara Daggett, NYS AHPERD President  
Location: Town of Rye Suite
11:45 AM – 1:00 PM

**Middle School Strategies For Success**
Presenter: Ed Kupiec (Eagle Hill Middle School)
Presider: Maryanne Ceriello
Location: John Brundage
This combination lecture and presentation will give practical tips for successful middle school units. Teachers will leave with strategies that can be implemented right away. Come and discover, or rediscover, new ways to get the most out of your students and for students to get the most out of your class.

*Elementary/Middle School Physical Education Section*

**Understanding And Using The New National Health Education Standards (NHES)**
Presenter: Eric Pliner (New York City Department of Education)
Presider: Sean Condon
Location: Elija Budd
For the first time in more than ten years, the National Health Education Standards (NHES) have been updated to reflect changes and progress in the field of Health Education. The new NHES document also includes techniques and strategies for using the standards in development of curriculum, lesson plans, and more! Join one of the sixteen panel members who created and revised the document for an interactive session on bringing the standards to life.

*Health Section*

**CHES**

**Better Individualization Of Childhood Weight Loss Programs Based On Analysis Of Attrition**
Presenter: Jack Thomas (Long Island University)
Presider: Michelle Schroeder
Location: John Halsted Suite
Attrition for childhood weight loss programs is very high and the reasons why children quit these programs vary. Researchers can improve weight loss programs by addressing the major reasons children stop attending. Thus, Nutrition Education and Physical Education programs can be individualized to populations based on variables such as region of the country, gender, age, and degree of family involvement.

*Health Section*

**CHES**

**Developing University-Community Collaborations**
Presenter: Brian Clocksin (Hofstra University)
Presider: Mike Schwenk
Location: Birch Suite
This session will provide strategies for creating collaborations between University Teacher Education Programs and community programs for you. Attendees will learn ways to start after-school programs and use these programs in the preparation of pre-service teachers. A discussion on possible funding opportunities will also be covered.

*Higher Education and Professional Preparation Section*

2:00 PM – 4:00 PM

**Program Planners’ Meeting**
Presenter: Jessica Synenki, NYS AHPERD Conference Director
Location: Seymour Boton

**NYS AHPERD Board of Directors Meeting**
Presenter: NYS AHPERD Board Chair
Location: Port Chester
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The Brains.
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Polar Electro
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Tchoukball, Inc.
The Children’s Health Market, Inc.
The SPARK Programs
Toledo Physical Education Supply
UCS, Inc.
US Games
United States Handball Association
US Tennis Association, Eastern Section
Y-Ties
Booth 11 - AAHPERD - 1900 Association Drive, Reston, VA  20191
Telephone: 703.476.3415  website: www.aahperd.org
Representative: Gayle Claman

Booth 8 - Adelphi University
Woodruff Hall, Garden City, NY 11530
Telephone: 516.877.4262  website: www.adelphi.edu
Representative: Stephen Virgilio, Tom Greeley

Booth 22 - Advantage Fitness Products
30 Freedom Way, Apt. 305 Jersey City, NJ 07305
Telephone: 917.497.5724  website: www.afproducts.com
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Booth 14 - American Heart Association
125 Bethpage Road, Plainview, NY 11803
Telephone: 800.742.0607  ext. 1010  website: www.heart.org
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435 New Karner Rd. Albany, NY 12205
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Booth 33 - ClimbingForKids.com
845 Phalen Blvd.  St. Paul, MN 55106
Telephone: 651.209.0665  website: www.climbingforkids.com
Representative: Greg Westmoreland, Michael Moore

Booth 40 - Coastal Enterprise
17281 Mt. Wynne Circle, Fountain Valley, CA 92708
Telephone: 800.644.3900  website: www.coastalsportswear.com
Representative: Shayne Perkins, Jay Kollins

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Applied Learning
8187 Orion Place, Columbus, OH 43240
Telephone: 800.848.1567
website: www.glencoe.com
Representative: Don Peters

Booth 17 - G&G Fitness Equipment
7350 Transit Road, Williamsville, NY 14221
Telephone: 585.244.5094
website: www.livefit.com
Representative: Ed Weidman

Booth 6&12 - GOPHER
PO Box 998, Owatonna, MN  55060.
Telephone: 800.533.0446
website: www.gophersport.com
Representative: Deb Macal, Mike Gullickson

Booth 41 - Gym Source
40 East 52 Street, New York, NY 10022
Telephone: 212-688-4222 website: www.gymsource.com
Representative: Bill Hintzen, Brad McLam

Booth 10 - Health Enhancement Fitness Equipment
955 Yonkers Ave., Yonkers, NY 10704
Telephone: 914-237-5592 email: vjhenterprise@aol.com
Representative: Vincent Houston

Booth 34&35 - Human Kinetics
1607 N. Market Street, Champaign, IL 61820
Telephone: 217.351.5076
website: www.humankinetics.com
Representative: John Klein

Booth 3 - Insight Grants Development, LLC
153 Hamilton Street, Second Floor, Rochester, NY 14620
Telephone: 585-413-0344
website: www.insightgrants.com
Representative: Rosalie J. Mangino-Crandall

Booth 4 - Ithaca College
8 Hill Center, Ithaca, NY 14850
Telephone: 607-274-3105 website: www.ithaca.edu
Representative: Dr. Ann Kolodji, Dr. Phoebe Constantine, Dr. Srijana Bajracharya

Booth 47 - Kidrich Corporation
347 Fifth Ave. Suite 610, New York, NY 10016
Telephone: 718.767.5135
website: www.kidrich.com
Representative: Rick Guimond, Judy Berton

Booth 15 - Manhattanville College
2900 Purchase St. Purchase, NY 10577
Telephone: 914.323.5142 website: www.mville.edu
Representative: Alyce Poli, Natalia Fernandez, Diane Negvesky, Nikhil Kumar

Booth 25 - M-F Athletic Company
11 Amflex Drive, PO Box 8090, Cranston, RI 02920
Telephone: 800.420.1909
website: www.mfathletic.com
Representative: Jim Grogan and Jim Giroux

Booth 9 - New York Safety Program
302 5th Avenue, Brooklyn, NY 11209
Telephone: 718.748.5252
website: www.nysp.com
Representative: Denise Borgese and Anthony Perlongo

Booth 46 - NYS Department of Health
Rm 1748 Corning Tower, Albany, NY 12237
Telephone: 518.474.5370
website: www.nyhealth.gov
Representative: Tom Allocco, Dorilee Male, Sarah DelSignore

Booth 32 - Omnikin
PO Box 45009, Charny, QC G6X 3R4 Canada
Telephone: 800.706.6645
website: www.omnikin.com
Representative: Louis Grordin

Booth 43 - PKC Corporation
1 Mill Street, Box C13, Burlington, VT  05401
Telephone: 802.658.5351
website: www.pkc.com
Representative: Dave Southwick, Douglas Farmer

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website: www.pepsico.com

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website: playrugbyusa.com
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website: www.polarusa.com/education
Representative: Matt Zuccarello, Bob Wehinger
Booth 30 - Project Adventure
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website: www.pa.org
Representative: Bill Bates

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19 Sweetgum Lane, Miller Place, NY 11764
Telephone: 631.219.9437
website: www.racquets-plus.com
Representative: Patrick Murphy, Jim Anziano

Booth 23 - SnowSports Ind./Winter Feels Good
8377-B Greensboro Dr. McLean, VA 22102
Telephone: 703.506.4218
website: www.winterfeelsgood.com
Representative: Pete Pandoli, Mary Jo Tarallo

Booth 19 - Speed Stacks, Inc.
14 Inverness Dr. E. D-100, Englewood, CO 80112
Telephone: 877.468.2877
website: www.speedstacks.com
Representative: Bob Fox, Matt Reed, Nicole Bolz and Eva Hoffman

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Telephone: 770-510-7151
website: www.sportime.com
Representative: Jim Curtis

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350 New Campus Drive, Brockport, NY 14420
Telephone: 585.395.5341
website: www.brockport.edu
Representative: Dr. Doug Collier, Dr. Luz Cruz

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Telephone: 607.753.5577
website: www.cortland.edu/physed
Representative: Jerry Casciani, Mike Kniffin

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Telephone: 425.644.3111
website: www.tchoukballpromo.com
Representative: Lisa Rucher, Pierre-Alain Girardin

Booth 7 - The Children’s Health Market, Inc.
PO Box 7294, Wilton, CT 06897
Telephone: 800.585.8075.
website: www.thegreatbodyshop.net
Representative: Tim Grace

Booth 49 - The SPARK Programs
438 Camino Rio South, Suite 110
San Diego, CA 92108
Telephone: 619.293.7990
website: www.sparkpe.org
Representative: John Hichwa

Booth 37 & 38 - Toledo Physical Education Supply
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Thursday, November 16th
9:00 am - 5:00 pm
Friday, November 17th
9:00 am - 5:00 pm
New York State Association for Health, Physical Education, Recreation and Dance, Inc.
A Presidential History

<table>
<thead>
<tr>
<th>President</th>
<th>Years</th>
<th>President</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Herman Norton</td>
<td>1924 - 30</td>
<td>Edith Cobane*</td>
<td>1973 - 74</td>
</tr>
<tr>
<td>Ellis Champlin*</td>
<td>1930 - 36</td>
<td>Richard Ahkao</td>
<td>1974 - 75</td>
</tr>
<tr>
<td>Frederick Wohlers</td>
<td>1936 - 37</td>
<td>H. Jean Berger*</td>
<td>1975 - 76</td>
</tr>
<tr>
<td>Paul Krimmel</td>
<td>1939 - 41</td>
<td>Doris Soladay*</td>
<td>1977 - 78</td>
</tr>
<tr>
<td>Arthur Howe*</td>
<td>1941 - 42</td>
<td>Roger Bunce</td>
<td>1978 - 79</td>
</tr>
<tr>
<td>Elmon Vernier*</td>
<td>1942 - 43</td>
<td>Angela Whisher</td>
<td>1979 - 80</td>
</tr>
<tr>
<td>H. Harrison Clarke</td>
<td>1943 - 44</td>
<td>Norman Fullerton</td>
<td>1980 - 81</td>
</tr>
<tr>
<td>Ethel Kloberg*</td>
<td>1944 - 46</td>
<td>Martilu Puthoff</td>
<td>1981 - 81</td>
</tr>
<tr>
<td>Francis Moench*</td>
<td>1946 - 47</td>
<td>Ronald Hoffman*</td>
<td>1981 - 83</td>
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<tr>
<td>Carroll Smith*</td>
<td>1947 - 48</td>
<td>Barbara DiPalma</td>
<td>1983 - 84</td>
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<tr>
<td>Marie Schuler*</td>
<td>1948 - 49</td>
<td>Ron Feingold</td>
<td>1984 - 84</td>
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<tr>
<td>John Shaw</td>
<td>1949 - 50</td>
<td>Phyllis Bigel</td>
<td>1984 - 85</td>
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<tr>
<td>Lloyd Appleton</td>
<td>1950 - 51</td>
<td>John Ault*</td>
<td>1985 - 86</td>
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<tr>
<td>Jeanette Saurborn</td>
<td>1951 - 52</td>
<td>Barbara Southwick</td>
<td>1986 - 87</td>
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<tr>
<td>Arthur Smith</td>
<td>1952 - 53</td>
<td>Sam Utter</td>
<td>1987 - 88</td>
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<tr>
<td>Julia Pratt*</td>
<td>1953 - 54</td>
<td>Shirley Bowen</td>
<td>1988 - 89</td>
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<td>Julius Kuhnert</td>
<td>1954 - 55</td>
<td>Michael Marcus</td>
<td>1989 - 90</td>
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<tr>
<td>Ray Glunz</td>
<td>1955 - 56</td>
<td>Arlene Seguine</td>
<td>1990 - 91</td>
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<tr>
<td>Paul Fairfield</td>
<td>1956 - 57</td>
<td>Tom Fay</td>
<td>1991 - 92</td>
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<td>Elmer Smith</td>
<td>1957 - 58</td>
<td>Judy Ingram</td>
<td>1992 - 93</td>
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<td>Alice Backus</td>
<td>1958 - 59</td>
<td>Ken Demas</td>
<td>1993 - 94</td>
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<td>Raymond Bradley</td>
<td>1959 - 60</td>
<td>Judy Harris</td>
<td>1994 - 95</td>
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<tr>
<td>Arthur Silverstone*</td>
<td>1960 - 61</td>
<td>George Blessing</td>
<td>1995 - 96</td>
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<td>Ross Allen</td>
<td>1963 - 64</td>
<td>Kate Merrill</td>
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<td>Robert Weber</td>
<td>1964 - 65</td>
<td>Rick Amundson</td>
<td>1999 - 00</td>
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<tr>
<td>Elizabeth Desch*</td>
<td>1965 - 66</td>
<td>Toni Hagerman</td>
<td>2000 - 01</td>
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<tr>
<td>Emilio DaBramo</td>
<td>1966 - 67</td>
<td>Jack Baker</td>
<td>2001 - 02</td>
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<td>Pearl Britton</td>
<td>1967 - 68</td>
<td>Catharine Haight</td>
<td>2002 - 03</td>
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<tr>
<td>Nicholas Zona*</td>
<td>1968 - 69</td>
<td>Ronald Whitcomb</td>
<td>2003 - 04</td>
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<tr>
<td>David Rothenberg*</td>
<td>1969 - 70</td>
<td>Paula Summit</td>
<td>2004 - 05</td>
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<tr>
<td>Doris McMahon</td>
<td>1970 - 71</td>
<td>Tom Howard</td>
<td>2005 - 06</td>
</tr>
<tr>
<td>John Grant*</td>
<td>1971 - 72</td>
<td></td>
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</tr>
<tr>
<td>James Runyan*</td>
<td>1972 - 73</td>
<td></td>
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</tr>
</tbody>
</table>

* deceased
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Contemporary Issues in Athletic Training
3rd Summer: Behavior in Sport, Inclusive Coaching Methods and Programs,
Comprehensive Exam Seminar, Applied Digital Video Analysis

Contact: Jerry Casciani, Chair, PED, SUNY Cortland, PO Box 2000, Cortland, NY 13045
cascianij@cortland.edu 607-753-5577
## Personal Conference Planner

### THURSDAY, NOVEMBER 16

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 5:00 pm</td>
<td>Exhibit Hall Open</td>
</tr>
<tr>
<td>6:30 am - 7:30 am</td>
<td>Early Bird Events</td>
</tr>
<tr>
<td>8:00 am - 9:15 am</td>
<td>Session I</td>
</tr>
<tr>
<td>9:30 am - 10:45 am</td>
<td>Presidential Welcome and General Session*</td>
</tr>
<tr>
<td>10:45 am - 11:30 am</td>
<td>Exhibit Time*</td>
</tr>
<tr>
<td>11:45 am - 1:00 pm</td>
<td>Session II</td>
</tr>
<tr>
<td>1:15 pm - 2:30 pm</td>
<td>Session III</td>
</tr>
<tr>
<td>2:45 pm - 3:30 pm</td>
<td>Exhibit Time*</td>
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<tr>
<td>3:45 pm - 5:00 pm</td>
<td>Session IV</td>
</tr>
<tr>
<td>5:15 pm - 6:15 pm</td>
<td>Coaches Awards Ceremony</td>
</tr>
<tr>
<td>5:15 pm - 5:45 pm</td>
<td>Section Membership Meetings</td>
</tr>
<tr>
<td>5:45 pm - 6:15 pm</td>
<td>All Section Social</td>
</tr>
<tr>
<td>6:15 pm - 6:45 pm</td>
<td>Section Membership Meetings</td>
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<tr>
<td>7:00 pm - 8:30 pm</td>
<td>Amazing People Awards Ceremony</td>
</tr>
<tr>
<td>8:30 pm - 12:30 am</td>
<td>Battle of the Zones</td>
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### FRIDAY, NOVEMBER 17

<table>
<thead>
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<th>Time</th>
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<tbody>
<tr>
<td>9:00 am - 5:00 pm</td>
<td>Exhibit Hall Open</td>
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<tr>
<td>6:30 am - 7:30 am</td>
<td>Early Bird Events</td>
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<tr>
<td>8:00 am - 9:15 am</td>
<td>Session V</td>
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<tr>
<td>9:15 am - 9:45 am</td>
<td>Exhibit Time*</td>
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<tr>
<td>10:00 am - 11:15 am</td>
<td>General Session*</td>
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<tr>
<td>11:30 am - 12:30 pm</td>
<td>Session VI</td>
</tr>
<tr>
<td>12:45 pm - 2:00 pm</td>
<td>Session VII</td>
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<tr>
<td>2:00 pm - 2:30 pm</td>
<td>Exhibit Time*</td>
</tr>
<tr>
<td>2:30 pm - 3:45 pm</td>
<td>Session VIII</td>
</tr>
<tr>
<td>4:00 pm - 5:15 pm</td>
<td>Session IX</td>
</tr>
<tr>
<td>5:15 pm - 6:15 pm</td>
<td>College/University and Zone Socials</td>
</tr>
<tr>
<td>7:00 pm - 9:00 pm</td>
<td>Jay B. Nash Awards Dinner</td>
</tr>
<tr>
<td>9:30 pm - 12:30 am</td>
<td>Evening Social</td>
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### SATURDAY, NOVEMBER 18

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>7:00 am - 8:00 am</td>
<td>Early Bird Events</td>
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<tr>
<td>8:00 am - 4:00 pm</td>
<td>Intensive Trainings</td>
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<tr>
<td>9:00 am - 10:00 am</td>
<td>General Session</td>
</tr>
<tr>
<td>10:15 am - 11:30 pm</td>
<td>Session X</td>
</tr>
<tr>
<td>10:30 pm - 1:30 pm</td>
<td>Executive Council Meeting</td>
</tr>
<tr>
<td>11:45 pm - 1:00 pm</td>
<td>Session XI</td>
</tr>
<tr>
<td>2:00 pm - 4:00 pm</td>
<td>Program Planners’ Meeting</td>
</tr>
<tr>
<td>2:00 pm - 4:00 pm</td>
<td>Board of Directors’ Meeting</td>
</tr>
</tbody>
</table>

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

### Special Notes:

- No other sessions at dedicated time slots.
- Early Bird Events and Exhibit Time are dedicated time slots.
- General Session and Executive Council Meeting are dedicated time slots.
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