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

With Heart, Brains, And Courage . . .
Discovering Our Futures Together!

70th Annual Conference
Turning Stone Resort and Convention Center
Verona, New York
November 7 - 10, 2007
FITNESSGRAM/ACTIVITYGRAM: Authoritative and meaningful assessment

The FITNESSGRAM program helps you learn about your current level of fitness and how much fitness you need for health. Enter your scores for all of your fitness test results. Having good fitness will help you look good, feel good, and have energy for your activity! Click on FITNESSGRAM now!

ACTIVITYGRAM
Use ACTIVITYGRAM to learn about your normal level of physical activity and discover ways to be more active. The ACTIVITYGRAM report shows you what types of activity you do and how often you do them. Click on ACTIVITYGRAM now!

ACTIVITY LOG
With ACTIVITY LOG you can keep a daily log of total pedometer steps or minutes of physical activity. Set goals for steps and minutes and keep track of your progress over time. You can also see challenges issued by your teacher for your class or school. Click on ACTIVITY LOG now!

- Assess students’ fitness and activity levels
- Report results and communicate with students, parents, and administrators
- Encourage personal goal setting and program planning
- Training available through Physical Best

Find out why schools, districts, and states across the country are making FITNESSGRAM their fitness assessment of choice. To find a wealth of information about FITNESSGRAM/ACTIVITYGRAM and how to use it, stop by Human Kinetics’ booths 415 and 514 today, visit www.Fitnessgram.net or contact John Klein at 800.747.4457 ext. 2316 or JohnK@hkusa.com.
With Heart, Brains, And Courage . . .
Discovering Our Futures Together!
2007 Conference Schedule At-A-Glance

**Wednesday, November 7, 2007**

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<tr>
<td>Registration</td>
<td>7:00 am - 5:00 pm</td>
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<tr>
<td>Board of Director’s Meeting</td>
<td>9:00 am - 5:00 pm</td>
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<tr>
<td>Intensive Training Workshops</td>
<td>8:00 am - 9:30 pm</td>
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<tr>
<td>Program Planners’ Meeting</td>
<td>5:00 pm - 6:30 pm</td>
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<tr>
<td>Executive Council Meeting</td>
<td>6:30 pm - 10:00 pm</td>
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**Thursday, November 8, 2007**

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<tr>
<td>Early Bird Events</td>
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<tr>
<td>Session I</td>
<td>8:00 am - 9:15 am</td>
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<tr>
<td>Presidential Welcome and General Session</td>
<td>9:30 am - 10:45 am</td>
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<tr>
<td>Exhibit Time</td>
<td>10:45 am - 11:30 am</td>
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<tr>
<td>Session II</td>
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<tr>
<td>Section Meetings</td>
<td>1:00 pm - 1:30 pm</td>
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<tr>
<td>Session III</td>
<td>1:30 pm - 2:45 pm</td>
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<tr>
<td>Exhibit Time</td>
<td>3:00 pm - 3:45 pm</td>
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<tr>
<td>Session IV</td>
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<tr>
<td>American Heart Association Meeting</td>
<td>5:30 pm - 6:00 pm</td>
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<tr>
<td>Coaches Awards Ceremony</td>
<td>5:30 pm - 6:30 pm</td>
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<tr>
<td>Future Professionals Section Meeting</td>
<td>5:30 pm - 6:30 pm</td>
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<tr>
<td>Amazing People Awards Ceremony</td>
<td>5:30 pm - 6:30 pm</td>
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<tr>
<td>Evening Social/Battle of the Zones</td>
<td>7:00 pm - 8:30 pm</td>
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**Friday, November 9, 2007**

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<tr>
<td>Early Bird Events</td>
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<tr>
<td>Session V</td>
<td>8:00 am - 9:15 am</td>
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<tr>
<td>Exhibit Time</td>
<td>9:15 am - 9:45 am</td>
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<tr>
<td>General Session</td>
<td>10:00 am - 11:15 am</td>
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<tr>
<td>Session VI</td>
<td>11:30 am - 12:30 pm</td>
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<tr>
<td>Section Business Meetings</td>
<td>11:30 am - 12:30 pm</td>
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<tr>
<td>Thematic Sessions</td>
<td>12:45 pm - 2:00 pm</td>
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<tr>
<td>Exhibit Time</td>
<td>2:00 pm - 2:30 pm</td>
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<td>Session VII</td>
<td>2:30 pm - 3:45 pm</td>
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<td>Session VIII</td>
<td>4:00 pm - 5:15 pm</td>
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<tr>
<td>College/University and Zone Socials</td>
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<tr>
<td>Jay B. Nash Awards Dinner</td>
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<td>Evening Social</td>
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**Saturday, November 10, 2007**

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<td>Retirees Section Meeting</td>
<td>7:30 am - 9:00 am</td>
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<tr>
<td>Intensive Trainings</td>
<td>8:00 am - 4:00 pm</td>
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<td>Session IX</td>
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<tr>
<td>Executive Council Meeting</td>
<td>9:00 am - 11:30 am</td>
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<tr>
<td>Session X</td>
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<tr>
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Dear Colleagues,

Welcome to the Turning Stone Resort and Convention Center! All of us at NYS AHPERD are so happy you have joined us for this four-day adventure on the yellow brick road. We are excited to be here; the 2007 Conference has so many new and exciting things to offer! While we can't promise flying monkeys or talking trees, we do have an expanded number of Intensive Trainings, new thematic sessions, two keynote speakers and a vendor area that allows for product demonstrations! In addition, we have an Internet Café so that you can stay in touch with Kansas (or wherever you are from) while you are with us. Please be sure to visit this Café to fill out our online Conference Survey.

The Turning Stone Resort and Convention Center offers more than we could hope for, including, several large breakout rooms, an Event Center, the LAVA Nightclub, two fitness centers, three pools, two spas, several golf courses, a Golf Dome, tennis, and 14 restaurants! We are glad that you have joined us on what is sure to be “an excellent adventure”!

If you remember our story, Dorothy and her new friends get to Oz after many trials and tribulations. The Wizard agrees to give each what they have traveled so far to find. He promises to take Dorothy to Kansas in his hot air balloon and as you already know, he ends up leaving without her; just imagine Dorothy’s disappointment when all she had been through to get home appeared to have been for nothing. It was Glinda the Good Witch who turned the tables with just a few simple words... “You have had the power within yourself all along” ~ with 3 clicks of the heels Dorothy was home.

Often in our professional lives we feel out numbered and isolated from fellow professionals. This Conference is just one way that NYS AHPERD, through your membership and active participation, you will find yourself among many friends.

So come on - Just click your sneakers together three times and say... “There’s no place like NYS AHPERD”. Whether it is your first click or your twenty first click, I guarantee you will leave energized and ready to journey on!

With Heart, Brains And Courage... We Will Discover Our Futures Together!

Sincerely,

Don’t forget to join me for the Presidential Welcome to the Turning Stone Resort and Convention Center on Thursday, November 8th at 9:30 am!

Followed by Keynote Presenter, Sandy Queen from Lifeworks, Inc. with “Lighten Up! - A Lighter Look at Health and Fitness”.
Welcome to Turning Stone!
C. Brian Oaks, President-Elect

Dear Colleagues,

Welcome to the Turning Stone Resort and Convention Center! Thank you for demonstrating your commitment to professional excellence by attending our 70th Annual NYS Association of Health, Physical Education, Recreation and Dance State Conference! I am humbled and honored to have been elected to serve as your President during the upcoming 2007 ~ 2008 year. For 83 years, those who have come before me have paved the way to where we are today. I commit to you that I will do my very best to carry out the traditions of NYS AHPERD and to set the course for a year filled with challenge and accomplishment.

Our Mission Statement says the following ~

Our professional organization supports, encourages, facilitates, advocates and promotes physically active and healthy lifestyles through school and community programs in health education, physical education, recreation and dance.

As we fulfill our mission, we ultimately provide quality educational and recreational opportunities for our students. These experiences encourage them to become healthy productive adults. When I reflect on how the disciplines of Health, Physical Education, Recreation and Dance influence future generations, my thought always settles on: "You Are the Most Important Piece". Without you doing the important work that you do, day in and day out, the children of New York State would not have the foundation for healthy living that they so desperately need and deserve. I am proud to serve and look forward to the coming year!

Sincerely,
C. Brian Oaks

NYS AHPERD gratefully acknowledges the sponsorship of Insight Grants Development for their generosity and support of our 70th Annual Conference!

2007 General Session Sponsor

Contact:
Rosalie Mangino-Crandall
153 Hamilton Street
226 Alameda Street
Third Floor
Rochester, NY 14613
Phone: (716) 474-0981
rmangino@insightgrants.com
www.insightgrants.com
NYS AHPERD 2007 Honorees

Teachers of the Year

Elementary Physical Education
Jennifer Higgins - Amherst Central School District, Smallwood Elementary

Secondary Physical Education
Katie Zinkiewich - Brockport Central School District, Brockport High School

Adapted Physical Education and Sport
Helen Robinson - Utica City School District, Thomas Jefferson Magnet School

Health Education
Lori Reichel - North Shore School District, Glen Head School

Exceptional Leadership Award for a School Health Coordinator
Veronica Dwyer - Yorktown Central School District

Award of Distinction for a School Health Administrator
Mark Doody - Hudson Falls Central School District

Jay B. Nash Outstanding Major Awards
Dely Francisco - Adelphi University
Joseph Aquilina - SUNY Brockport

Please join us at the Jay B. Nash Awards Dinner, as we celebrate our distinguished honorees Friday, November 9, 2007, at six forty-five in the evening, Oneida Room.
NYS AHPERD Proudly Recognizes Our 2007 Amazing People Award Recipients

Sections
Adapted Physical Education and Sport
Darlynne MacDougall

Dance
Barbara Muller

Elementary/Middle School Physical Education
Howie Weiss

Future Professional
Jack Hogan

Health Education
Dom Splendorio

Higher Education/Professional Preparation
Alisa James

Retirees
Jack Baker

Secondary Physical Education
Cathy Haight

Zones
Catskill
Joanne Woodworth

Central South
Lisa Hrehor

Central Western
Susan Petersen

Nassau
Maureen Kuperberg

Northern
Danielle Bartow Grant

New York City
Tong Ngo

Southeastern
Denise Tomici

Suffolk
Denise Kiernan

Western
Courtney Kelly

Departmental Majors of the Year
Joseph Aquiline, SUNY Brockport
Kerri Crandall, SUNY Cortland
Brandon Faulkner, Adelphi University
Dely Francisco, Adelphi University

Dinarae Squatriglia, Long Island University ~ CW Post
Michelle Sullivan, SUNY Brockport
Susan Weber, Hofstra University

Please join us as we celebrate our Amazing People, Thursday, November 8th, 2007, at seven o’clock in the evening, Mohawk Room.
The 2007 Recipient of the NYS AHPERD Elementary Teacher of the Year Award is Jennifer Higgins. Jennifer received her Undergraduate Degree at Ithaca College and completed her Masters at Canisius College. She currently teaches Elementary Physical Education at Smallwood Elementary School in Amherst. Jennifer has received well deserved accolades from parents, colleagues, students, and administrators for her tireless and successful efforts on behalf of physical education programming that she has brought to her school, to the Western Zone, and to our profession. Her innovative approaches to teaching make the school and community her classroom. Jen has created and followed through with her vision to bring healthy living into the lives of each of her students. She uses technology and portfolios to assist them in becoming their own teachers relative to their patterns of exercise, eating, and caring for others. Her students experience authentic and interdisciplinary learning at its best. Jen has extended herself and her expertise repeatedly to other professionals throughout the country. She serves in leadership positions in her own school community as well as in NYS AHPERD presenting at state and national conferences. She has been recognized by the Western Zone, NYSUT, and Canisius College for her efforts and excellence. She has been the recipient of many local and state grants in addition to having received the prestigious Carol M. White Grant on two different occasions. Jen’s enthusiasm, extraordinary organizational ability, and efforts on the behalf of others have not gone unnoticed by those with whom she works. Barbara Marotto, Principal at Smallwood Elementary offer this, "Jen maintains high expectations for achievement and behavior, a rigorous program and has created an environment that is respectful, fair and compassionate. Her students are motivated and engaged because of her ability to create an atmosphere of excitement about the importance of healthy living."

Teacher of the Year ~ Secondary Physical Education
Katie Zinkiewich ~ Brockport Central School District, Brockport High School

The 2007 recipient of the NYS AHPERD Secondary Teacher of the Year Award is Katie Zinkiewich. Katie received her Undergraduate Degree from St. Bonaventure University and her Masters from SUNY Brockport. She is a Physical Education teacher at Brockport High School.

Katie’s focus and dedication to the students and program at Brockport High School is worthy of the highest praise. She is a teacher who is committed to the success of all students, from the elite athlete to the unwilling participant. As the author of a successful $457,000 Carol M. White Grant, Katie has expanded opportunities for all students. The current curriculum supports programs such as in-line skating, rock-climbing, cross country skiing, mountain biking, and snowboarding. A leader in technology, she has designed the high school physical education website. This website serves as an ever evolving resource for students, parents and community members.

Katie has not only been committed to her own professional development, but through the years she has taken the time to share her knowledge and experiences with her colleagues at the zone, district and state level.

She is noted by her colleagues as a remarkable role model and a motivational leader. An administrator in the Brockport district said, “As an experienced teacher, Katie possesses the higher-level skills, knowledge and characteristics associated with both a master teacher and leader. Mrs. Zinkiewich is a risk taker and is always seeking out ways to improve her instruction and contribute to her department. She is never satisfied with the status quo. She is a genuine caring individual who is widely respected throughout our school community”.

Katie’s efforts have set the course for positive change, not only for the Physical Education program at Brockport High School, but for all of the student’s fortunate enough to call Ms. Zinkiewich their teacher.
**Jay B. Nash Award Winner Biographies**

**Teacher of the Year ~ Adapted Physical Education and Sport**

Helen Robinson ~ Utica City School District, Thomas Jefferson Magnet School

The 2007 recipient of the NYS AHPERD Adapted Teacher of the Year Award is Helen Robinson. Helen graduated from SUNY Cortland with both her undergraduate and Master’s Degree. She is a Physical Education teacher at the Thomas Jefferson Magnet School in the Utica City School District. The most appropriate descriptor for Helen’s work is the word “inclusion”. She exhibits extraordinary effort to deliver innovative standards based curricula to all of her students. Helen makes extensive use of progressive instructional centers in her classroom which allow for maximum time on task, appropriate challenge, and the opportunity for individual creativity. Helen has instituted many programs in her district. A wonderful example of Helen’s work is the “Lose the Training Wheels” program. Helen pairs children with bicycles, individually modified for each of them, allowing them to experience the joy and freedom of riding a bicycle independently. She has coordinated peer tutoring/assistance programs connecting upper elementary students with their disabled peers, and she directs a district wide “Healthy Steps” program with a nutritional component. As a result of Helen’s hard work and persistence, the Utica School District received a 2007 Carol M. White Grant for $436,000. Thomas Jefferson Magnet School’s physical education program has been chosen by the NYS Department of Health as a model, demonstrating key positive relationships between the physical education teacher, nurse, and principal.

Helen is recognized as a gifted and giving educator. Her principal said, “In all my years of experience, I have never worked with a Physical Education teacher with the drive, commitment and compassion possessed by Helen Robinson. Her Adapted Physical Education program has inspired our students, parents and community”. A colleague said, “Helen’s dedication and devotion are a credit to the teaching profession”.

**Teacher of the Year ~ Health Education**

Lori Reichel ~ North Shore School District, Glen Head School

The 2007 recipient of the NYS AHPERD Health Teacher of the Year Award is Lori Reichel. Lori holds a Bachelor of Arts in Sociology, a Master of Arts in Liberal Studies with a concentration in health, and her School District Administrator Certificate from Stony Brook University. Her extensive experience has been shared over the past years via her role as Coordinator for Health in the Syosset Schools and as District Coordinator for Health in Plainview Old Bethpage. She is an Adjunct Professor at Adelphi University where she instructs graduate level courses on health preparation for teachers focusing on violence prevention, abduction prevention, and the abuse and neglect of children. She is also a Health Consultant for the Health Education Training and Resource Center of Long Island. Lori is currently a Health Education teacher in the North Shore School District. She has chaired district-wide Nutrition Advisory Committees, Wellness Policy Committees and has overseen curriculum development and Peer Education Programs.

One of her colleagues says, “Lori is first and foremost an outstanding teacher. Her dedication to her craft is sincere and untried. Lori lives the mission of a master teacher and she is on a constant quest to deliver the good news of living a healthy lifestyle to everyone she comes to know.” Her numerous presentations at state and local conferences and workshops support her efforts to make best practices in health education a reality for those in the classroom. Lori has a sincere dedication to her job and has garnered the respect of colleagues and students alike.

Lori has presented at Zone, State, and EDA Conferences. She currently serves as Secretary for NYS AHPERD’s Executive Council. She is a role model for the standard to which she teaches in terms of her own commitment to health and discipline. She is noted by her colleagues for her impeccable work ethic, her willingness to support and work with others, and her creativity in her profession. Lori was honored by the Nassau Zone in 2004 as the Health Educator of the Year.
The 2007 recipient of the NYS AHPERD Exceptional Leadership Award for a School Health Coordinator is Veronica Dwyer. Ronnie is a graduate of Arnold College and the University of Bridgeport and earned her Master’s Degree from Long Island University. She currently works as the K – 12 Health Coordinator in the Yorktown School District.

Ronnie is the consummate Health Educator and Coordinator as demonstrated by her tireless commitment to the health education community. With a background in physical education and dance, she transitioned to full time Health Education in the early 80’s. She has been a member of the NYS Curriculum and Assessment Leadership Institute and is a state Guidance Document trainer.

Ronnie was responsible for writing and implementing a new skills based high school health curriculum based on the Guidance Document and is currently working with the middle school staff to create and implement a parallel program. She co-chairs the Yorktown School Health Council and Wellness Committee and she directed the writing of the district’s Wellness Policy. In implementing this policy she has also been involved in writing new specifications for the Yorktown School District’s food service contract. For ten years, Ronnie served as the adviser of the Yorktown High Student Senate. She planned yearly leadership retreats to teach leadership skills, promote tolerance and empathy and to unite the student body.

Ronnie serves as a mentor to new teachers in addition to supporting her staff in many ways. Her knowledge is continually shared in designing and delivering trainings to teachers throughout New York State related to best practice in Health Education including curriculum development, instruction, and assessment strategies. Ronnie is a resilient advocate for Coordinated School Health and research based Health Education, thus, she continues to bring Coordinated School Health to life in her district and to professionals across New York State.

The 2007 recipient of the NYS AHPERD Award of Distinction for a School Administrator is Mark Doody. Mark is the Superintendent of Schools in Hudson Falls. As both a former high school principal and now as Superintendent, Mark inspires his school community by being an activist for Coordinated School Health Programs. He took the lead in creating a Comprehensive Nutrition Policy, a Comprehensive Physical Activity Policy, which included the use of heart rate monitors and personalized wellness plans for each student, and a Tobacco Policy for the Hudson Falls Central School District. His ability to work collaboratively, utilizing a comprehensive approach, has promoted a shared ownership by all stakeholders in the school community. Mark is an advocate of programs that support healthy lifestyles and choices for his students and staff. Evidence of his commitment is demonstrated by his districts participation in The Healthy School Leadership Institute. As part of the Hudson Falls team, Mark never missed a meeting and was completely immersed in his team’s efforts and their success. He has been a guest speaker at numerous events including, NYS Action for Healthy Kids Conference on Preventing Childhood Obesity, at the Wellness Policy Development Workshop and at the NYS School Boards Association Conference to name a few. Mark works with other local and regional administrators in their efforts to model the examples which he has set. Mark has distinguished himself in his school community and throughout the state as a "champion" for healthy schools. He recognizes the connection between healthy minds and bodies, and students achieving at higher levels academically. He is an active, engaged, and motivated administrator. With Mark’s leadership, Hudson Falls School District was the recipient of the NYS Healthy Stars Gold Level Award. A colleague of Mark’s offered the following, “He truly exemplifies the characteristics of a fully committed administrator, which is a critical component to the success of a Coordinated School Health Program. He is not a passive supporter of school health, simply permitting others to move forward on activities and initiatives. He is an active, engaged and motivated administrator from start to finish.”
Jay B. Nash Outstanding Major Awards
Dely Francisco ~ Adelphi University

Dely, a senior at Adelphi University on Long Island is majoring in Physical Education and Health. She is a worthy recipient of this year’s Jay B. Nash Outstanding Major Award and is well on her way to becoming a dynamic member of our profession.

Dely juggles her class work, athletics and volunteering and continues to maintain a high academic average. She is a member of her school’s Softball Team, and Majors Club where she serves as Secretary. Dely participated on the Wheelchair Basketball Organizing Committee, the Beep Baseball Organizing Committee, and the Hoops for Heart Organizing Committee. She was also an EXCEL Mentor, on the Student Athlete Advisory Committee, the Hall Council and helped out with the Adelphi Athletic Department’s media relations. Dely has attended Zone and State conferences, participating as a presider and presenter. She and two of her Adelphi classmates, presented a workshop entitled, “Got Respect? Building Character through Physical Activity” earlier today. She has been active in community service coaching little league, helping with food drives, and making hospital visits for her church. Dely has received numerous awards, including Departmental Major of the Year from the Nassau Zone, New York Collegiate Athletic Conference Softball Scholar Athlete of the Year, the Arthur Ashe Junior Sports Scholar, and National Fast Pitch Coaches Association Scholar-Athlete Award. One of Dely’s professor’s called her “a shining star”, and another “the kind of student we desire for the leadership role our discipline will need, as it moves into the new millennium.”

Jay B. Nash Outstanding Major Awards
Joseph Aquilina ~ SUNY Brockport

Joseph is a senior at SUNY College at Brockport majoring in Physical Education. He exemplifies qualities that make him an outstanding student. Those same qualities will make him an asset to the teaching profession. Joseph has balanced an excellent academic record with athletics and numerous professional leadership responsibilities. He served as Captain of Brockport’s Lacrosse Team; is a member of Phi Epsilon Kappa; a Resident Advisor for Residential Life; he served as President of the Majors Club and was involved in many different activities sponsored by the Club; including; a Haunted House, Friday Night Flip Out, End of the Semester Food Drive, and Hoops for Heart. Joseph has participated in Zone and State conferences by presiding and presenting. He is a member of AAHPERD and attended the 2006 EDA Student Leadership Conference. Joseph has organized and volunteered in many community events – Science Fun Day; Ogden Lacrosse Camp; Sunday Lacrosse Clinics; and the Empire State Games for the Physically Challenged. He is a scholar-athlete and has received several awards including the Carol A. Susswein Memorial Award given to a Physical Education major who demonstrates high academic achievement and outstanding commitment to the profession; the Clark V. Whited Award for academic achievement, sportsmanship and leadership in extracurricular activity; he was appointed to the State University of New York Athletic Conference All-Academic Team; and the State University of New York Athletic Conference Commissioner’s Academic List. One of his professors called him “a role model for other future professionals” he is clearly a leader among his peers.
A Very Special Thank You

2007 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.

Michelle Walsh Myers - Adapted PE and Sport
Janet Carey - Aquatics
Rob Kolb - Coaches
Fritz Kilian - Council of Administrators
Carol Powers - Dance
Chris Wert - Elementary/Middle School PE
Ed Kupiec - Elementary/Middle School PE
Bryan Harris - Future Professionals
Ellen Kowalski - Future Professionals
Heather Collier - Health Education
Ariela Herman - Higher Education
Mark Yaeger - Leisure Adventure
Gene Dobbins, Jr. - Retirees
Bob Brown - Retirees
Christine Romano - 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
Sam Corsi
Claire Demas
Ken Demas
Sally Ess
Lois Gerhardt
Toni Hagerman
Judy Ingram
Patricia Pestle
Jason Quitoni
Linda Quitoni
Barbara Smith
Janet Tully-Kuzman
Jerry Walczak
Ed Woolston

And the Central Office Staff!
Kim Barnes
Lisa Reardon
Lisa Corbett
Doreen Rohacek
Jessica Synenki

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.
Welcome SUNY Brockport Alumni, Students and Friends

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

Friday, November 9th - From 5:45-6:45 PM
In the Catskill Room - Shenendoah Club House

Celebrate Our Department Award Winners:
Departmental Majors of the Year
Michelle Sullivan & Joseph Aquilina

JB Nash Male Award Winner
Joseph Aquilina

Amazing Person from Central Western Zone
Dr. Susan Petersen

Amazing Person in Higher Ed/Professional Prep
Dr. Alisa James

Amazing Person for Future Professionals
Mr. Jack Hogan
2006 PEP applications that won in 2006 or 2007: 17.9%
2006 PEP applications written by Insight that won: 57.14%

Contact us today about assisting your district with grants in 2008! Space for 2008 PEP is limited.

Email: info@insightgrants.com • Phone: 716-474-0981

Insight maintains the single most comprehensive listing of grant opportunities for PE programs in the country. We also offer a free email alert service for educators. Email us to be added to the list.
Please Note:

Every attempt is made to ensure that program cancellations and schedule changes are kept to a minimum. However, it is inevitable that updates to the following program listing will be required. Please refer to the bulletin board in the registration area for last minute changes to the schedule, along with the times and locations.

Conference
Registration Hours

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<td>Saturday</td>
<td>7:00 am - 10:00 am</td>
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Attention! Certified Health Education Specialists

Continuing Education Contact Hours will be available at our Conference.

Shoot Hoops, Have Fun and Help Save Lives

Students love the excitement of Hoops For Heart events, and schools love knowing that students are learning healthy habits and community values. The benefits of physical activity, healthy eating, and staying away from tobacco are just a few topics that these educational programs cover, all while raising funds to fight heart disease and stroke. Students learn about heart health while learning to play basketball, satisfying the National Association for Sport and Physical Education (NASPE) Standards of Physical Education.

Learn how your school can support cardiovascular research and save lives.
Call 1-800-AHA-USA1 or visit americanheart.org.

DID YOU KNOW?

- Obesity among our nation’s youth has tripled in the last two decades.
- On average, American children and adolescents spend nearly 4 hours watching television every day.
- Obesity and physical inactivity are major risk factors for cardiovascular disease.
- A number of studies have shown that increased physical activity is linked to better school performance.

©2007, American Heart Association. Also known as the Heart Fund. 06-3614.06.07
NYS AHPERD’s 70th Annual Conference
Schedule of Events

WEDNESDAY, NOVEMBER 7TH

Intensive Training and Certification Programs
NOTE: Pre-registration was required for all Intensive Training and Certification Programs.

8:00 am – 12:00 pm

Physical Education Curriculum Analysis Tool (PECAT) Workshop for Teachers
Instructor: Lori Rose Benson (NYC Department of Education)
Location: Willow
The Physical Education Curriculum Analysis Tool (PECAT) Workshop is designed to help teachers conduct a clear, complete, and consistent analysis of written Physical Education curricula, based upon National Physical Education Standards. Participants will be able to understand how to use the PECAT analysis to enhance existing curricula, develop their own curricula, or select a published curriculum, for the delivery of quality Physical Education. This session will be customized to reflect the New York State Learning Standards, and is designed for Physical Education teachers.

9:00 am – 5:00 pm

Play, Trust and Learn Through Adventure Programming
Instructor: Lisa Hunt (Project Adventure)
Location: Cayuga
This dynamic and interactive workshop will engage participants in the cornerstones of adventure programming in PE: Challenge by Choice, Full Value Contract, the Experiential Learning Cycle and a good bag of tricks! Participants will be exposed to a progression of warm-up games, problem solving activities, trust exercises and debriefing tools that can be used immediately. Project Adventure’s K-12 Adventure Curriculum for Physical Education: An Introduction to Effective Implementation will be included.

Fitness for Life
Instructor: Jeff Walkuski (SUNY Cortland)
Location: Mohawk
Fitness for Life is a comprehensive program designed to help middle and high school students take responsibility for their own activity, fitness, and health, and, to prepare them to be physically active and healthy throughout their adult lives. The purpose of this 7-hour Intensive Training is to introduce the program to participants and demonstrate the integrated teacher and student resources, including web support and additional supporting technology. Each participant will receive the textbooks for high school students and middle school students. Fitness for Life is also fully integrated with Physical Best and FITNESSGRAM/ACTIVITYGRAM. Fitness for Life is a program designed to be integrated with other Physical Education activities to create a quality comprehensive Physical Education program.

9:00 am – 4:00 pm

Up Close and Personal: Changing the Way Students Learn and Act
Instructor: Bob Winchester (BWA Educational Group)
Location: Hawthorn
One former participant said this program not only, “dramatically changed my classroom, it changed my life!” This workshop provides a program that helps students learn to integrate knowledge and skills into positive behavior patterns. The workshop will be a dynamic, intense experience through which participants will learn how to develop, implement and maintain a powerful Health Education classroom experience for your students.
Introduction to the Guidance Document For Achieving the NYS Standards in Health Education
Instructors: Desiree Voorhies, Heather Bacon and Heather Collier (NYS Student Support Services Center)
Location: Birch
If you are responsible for teaching or supervising Health Education, this session is a must! This session will allow participants to develop a deeper understanding of the Guidance Document in order to assist them in aligning their current educational practices with NYS Standards and encourages students to achieve them. It will feature peer reviewed learning experiences and associated student work samples.

CHES

A Taste of YogaKids
Instructor:  Julie Daniels (YogaKids)
Location: Onondaga
Looking for a way to help your preschool – 6th graders develop strong and healthy bodies and increase their focus, concentration and attention span at the same time? A Taste of YogaKids may be just what you are looking for! YogaKids helps students cope with stress more effectively as they discover a sense of awareness and respect for themselves, others and the world around them. Come learn practical applications of several of the fourteen (14) YogaKids Elements, including: Poses as Pathways, Reading Comes Alive with Yoga, Visual Vignettes, Brain Balance and Awesome Anatomy. You will also learn basic breathing techniques that can be used to calm, energize or focus your students! The fee for this Intensive Training includes a book.

9:00 am – 1:00 pm

Intensive Capacity Building for School Leaders Seeking Grants
Instructor: Rosalie Mangino-Crandall (Insight Grants Development, LLC)
Location: Cypress A
Physical educators, school and community-based organization administrators, and other leaders seeking to fund Health Education, Physical Education, fitness, and wellness programs will learn how to successfully apply for grants and develop a full grant-seeking strategy. Topics covered will include: assessing needs, defining goals and objectives, producing an application work plan, and writing a strong narrative. Participants will also learn about the grant review process and actively engage in evaluating grant narratives to gain a clearer understanding of what makes a grant proposal strong and what goes through the minds of reviewers as they read and score applications.

Aligning Your Curriculum for Commencement Outcomes
Instructors: Ron Whitcomb, Shelly Collins, Mike Ferreri and Bob Thompson (Victor Central School District)
Location: Cypress E
The focus of this workshop will be to develop rubrics and assessments at the high school level. Using Victor’s Physical Education Curriculum, we will walk you through the process to ensure all teachers are assessing the same skills in the same manner. How to write units will be a critical component of this workshop. Participants will leave with a unit(s) they have written.
9:00 am – 1:00 pm

Go... Go Geokids!
Instructors: Jennifer Pinkowski (GeoFitness, Inc.)
Location: Meadow
Get fit, stay fit, and have fun with the hottest GeoFitness® moves: Hip Hop, Latin Dancing, Kickboxing, and children’s games! There’s something for all ages with GeoFitness®! Come learn how to encourage our youth to participate in daily physical activities, while having fun and dancing on the GeoMat to a variety of today’s music! Participants will learn how to perform new cardiovascular and dance sequences on the GeoMat using 32 count exercise music and cue effectively. Participants will also partake in speed, agility, functional training and games using the GeoMat!

10:00 am – 3:00 pm

From Soup to Nuts: Everything You Ever Wanted to Know About Autism and Asperger’s, But Were Too Afraid To Ask!
Instructors: Ellen Kowalski (Adelphi University), Cathy Houston-Wilson and Doug Collier (SUNY Brockport), Sara Daggett (Liverpool Central School District), and Timothy Davis (SUNY Cortland)
Location: Seneca
Participants will learn about the nature and characteristics of Autism and Asperger’s Disorder and how this knowledge can facilitate successful teaching and communication plans. Teachers will learn helpful strategies for minimizing disruptions and structuring activities. Hands-on activities and practical, ready-to-use ideas included!

12:00 pm – 5:00 pm

Heart, Brains, and Courage the Ironman Way
Instructor: Ron Burke (Naples Central School District)
Location: Oak
This Intensive Training Workshop will inspire those who feel or who have ever felt stuck in their teaching, relationship, or life situation. It will empower you with knowledge, skills and a plan to lead the healthy life you have always dreamed about, by doing a “check up from the neck up.” Ron will teach the greatest lessons learned by successful triathletes and will challenge you to use them to improve your life. Ron is an Ironman Veteran of over 100 Olympic distance and seven full Ironman races. Ron’s workshop will make you laugh, make you cry, and he will use the world of extreme sport to help you move from “stuck” to getting the life and results you always wanted from teaching.

1:00 pm – 5:00 pm

An Introduction to the NYS Physical Education Profile
Instructors: Tom Fay (St. Lawrence University) and Crew
Location: Tuscarora
The NYS Physical Education Profile was created through a partnership between the NYS Education Department (SED) and NYS AHPERD. It is a State-developed resource that may be used to provide evidence of student achievement at the commencement level for the Physical Education Learning Standards. Results are intended to provide evidence for 1) individual student achievement of the learning standards, and 2) when student results are grouped, for evaluating the quality of Physical Education programs. This workshop will provide participants with an understanding of the utilization and implementation of the assessment tool.

Physical Education Curriculum Analysis Tool (PECAT) Workshop for School District Administrators
Instructor: Lori Rose Benson (NYC Department of Education)
Location: Willow
The Physical Education Curriculum Analysis Tool (PECAT) Workshop is designed to help school district administrators conduct a clear, complete, and consistent analysis of written Physical Education curricula, based upon National Physical Education Standards. Participants will be able to understand how to use the PECAT analysis to enhance their district’s existing curricula, develop their own curricula, or select a published curriculum, for the delivery of quality Physical Education. This session will be customized to reflect the New York State Learning Standards, and is designed for school district administrators.

2:00 pm – 5:00 pm

Adult CPR/AED Recertification
Instructor: Barbara Smith (Retired, Little Falls City School District)
Location: Cypress B
Refresh your knowledge and certification of CPR with a recertification mini-course! CPR certification must be refreshed every year to stay valid! Are you a coach whose certification is going to expire before the next season? Then this is the class for you; it will fulfill your yearly mandatory coaching requirement!

Certification Program
2:00 pm – 5:00 pm

Worksite Health Promotion: Proven Tips and Techniques
Instructor: Sue Baldwin (Buffalo State College)
Location: Cypress A
This program will examine how a school district planned, advocated, implemented, and evaluated a faculty and staff health promotion program targeted toward reducing health care costs, obesity, hypertension, and diabetes. The program examines a system-wide, interdisciplinary collaboration, as well as partnerships among schools and community organizations interested in enhancing the health of students, faculty and staff. Numerous educational, organizational, and environmental proven program tips and techniques will engage the participant as they begin to design a program for implementation. The fee for this Intensive Training includes a workbook.

Special Olympics New York Certification Program
Instructor: Bill Collins (Special Olympics New York)
Location: Cypress D
This 3-hour Intensive Training 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:
- Soccer, or,
- Track and Field
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 sport’s skills, how to conduct a practice, and train for competition in that sport.

Certification Program

6:30 pm – 9:30 pm

Make Your Students STARS! Dancing Fun And Fascinating Folk Dances!
Instructor: Bess Koval (Retired, SUNY Cortland and Dance-A-Peas)
Location: Seneca
From Bess’ Best Bet List of fun folk dances, dances and cultural tidbits will provide much material for hours of activity, joining hands around the world. Short and simple dances quickly taught, will provide immediate action; no chance for boredom or inactivity. Each additional dance will either reinforce the elements found in the previous dance(s) or add variation to the above. A sound progression, meeting students’ needs, adds to success and confidence. Most of the dances will be walking dances with some requiring runs . . . but all fun! They are kid friendly, tried and true. All the dances, embroidered with their own ethnic music, geographic location, and other uniqueness’, can connect each student somewhere in the world with, or near, their own heritage. The cost of this class includes a CD with a compilation of folk dances you will be able to take with you and incorporate in your classes immediately!

9:00 am - 5:00 pm

NYS AHPERD Board of Directors Meeting
Presenter: Cathy Haight, NYS AHPERD Board Chair
Location: Cedar

5:00 pm - 6:30 pm

NYS AHPERD Program Planners Meeting
Presenter: Jessica Synenki, Conference Director
Location: Birch

6:30 pm - 10:00 pm

NYS AHPERD Executive Council Meeting
Presenter: Sara Daggett, NYS AHPERD President
Location: Cypress D and E

ATTENTION ALL ATTENDEES!

Don’t forget to stop by the internet café located within the Exhibit Hall in the Event Center and complete an online survey to share your thoughts regarding how we can improve your conference experience and your reflections on your experiences here at the Turning Stone Resort & Convention Center.
A Unique, “Brain-Based” Daily Physical Activity Resource!

by RONNO and Liz Jones-Twomey

Help Kids “Catch a Brain Wave” with Daily Physical Fitness!

Daily exercise is a must for children – to build healthier bodies and stimulate brain development. Not enough time? Just 20 minutes a day using these intentionally designed movements can help kids gain the important benefits of increased fitness and greater learning-power. Clear verbal instructions guide the fun, sequential movements found in this unique musical collection and valuable resource. A bonus section offers song lyrics and melodies for listening, creative movement, and relaxing. The comprehensive guide expands upon the movement actions and their benefits. Recommended for ages 4 to 9.

“Your ‘Catch A Brain Wave Fitness Fun’ CD is excellent! I tested it on my K-3 students and 95% gave each selection 10/10. They could all hear and follow the instructions easily. A great fitness tool!”

— Jacki Nylen, President, Manitoba Physical Education Teachers’ Association

“Catch a Brain Wave CD is a perfect combination of music, movement, and brain research findings, demonstrating that thinking is not all in our heads.”

— Pam Schiller, Ph.D., Early Childhood Curriculum Specialist

VISIT US AT BOOTH # 314
The Southeastern Zone Congratulates

Denise Tomici

White Plains High School

2007 Amazing Person

We Are Also Proud To Recognize Southeastern Zone Members:

Dom Splendorio

Health Education Amazing Person

and

Veronica Dwyer

Exceptional Leadership Award for a School Health Coordinator
THURSDAY, NOVEMBER 8TH
6:30 am – 7:30 am

Tai Chi/Qigong Exercises for Healthy Living
Presenter: Judith Budd-Walsh (Commack Public Schools)
Presider: Catherine Dodd
Location: Seneca
Wake up bright and early with this eastern exercise experience! Open up your Chi meridians to bring quiet to your heart, power to your brain, and courage to try something new for you and your students. This standing exercise program will be applicable for students and athletes of all ages and abilities. Handouts and resources will be available.

Dance Section

8:00 am – 9:15 am

NYS Department of Education: A Health Education Update
Presenter: Owen Donovan (NYS Education Department)
Presider: Dom Splendorio
Location: Birch
Attendees will benefit from this question and answer session related to the New York State Department of Education. Come to this session to discuss current issues relative to all Health Education programs.

Central Office

Using Dartfish in Physical Education
Presenters: Joan Neuendorf and Ken Wojehowski (Ramapo Central School District) and Ron Imbriale (Dartfish)
Presider: Sandy Jago
Location: Cypress D
Take instruction and assessment to a whole new level by using cutting edge video and enrichment functionalities in easy-to-use applications. By using Dartfish Software with a digital camera, students will get to see themselves in a whole new exciting way!!!

Higher Education/Professional Preparation Section

Unified Sports
Presenter: Judy Anker (Stillmeadow Elementary School)
Presider: Michele Myers
Location: Cypress A and B
A special child is placed in almost every class, and, teachers are asked to design a program to allow them to play and be mainstreamed with non-disabled peers. This session will give you ideas and suggestions to properly incorporate these children into your classroom. This session is also about adapting your Physical Education class to meet the needs of the special child in your class; come join us and have some fun! This presentation won the Celebration of Excellence 1999 from the state of Connecticut.

Adapted Physical Education & Sport Section

Reach for the (Navigational) Stars!
Presenter: Desiree Voorhies (NYS Student Support Services Center)
Presider: Maureen Trefethen
Location: Briar
Have you checked your professional compass lately? Are you responsible for Health Education or supervising Health Educators in NYS schools? This session will provide participants with an overview of the Guidance Document for Achieving the NYS Standards in Health Education, and, grounding in the Navigational Stars that drive Health Education professional practice.

Health Education Section

CHES

So Long Cupcake! Increasing Health Literacy and Physical Activity Throughout the Curriculum
Presenter: Jenine De Marzo (Adelphi University)
Presider: Angela Beale
Location: Oak
Participants will be led to a better understanding of the Federal Wellness Policy and the guiding principles necessary to translate this information to practice based applications. Participants will be empowered to articulate this information to their colleagues so that they can increase health literacy across the curriculum, regardless of discipline. Participants will be given lesson plans that can be applied to their classes, as well as for their non-Health/Physical Education colleagues.

Health Education and Future Professionals Sections

CHES
Hands-on Health
Presenter: Jenni Gabryelski (Canisius Alumni)
Presider: Laurie Morris
Location: Willow
Looking for a more hands-on approach for your Health class? This session will have all of your students wanting to learn more about topics related to Health. Learn creative ways to teach tough subjects with hands-on activities. Participants will have all the lesson plans and books necessary to make this work at their school.

Health Education and Future Professionals Sections

Students Win When They Learn to Climb!
Presenter: Kevin Sudeith (Everlast Climbing Industries)
Presider: Kimberly Mordis
Location: Hawthorn
Indoor rock climbing is one of the most dynamic curriculum offerings available today; there is no better way to develop and enhance physical, social and emotional skills! Learn how to choose the right Traverse Wall for your situation, facilitate fun and challenging activities to engage your students and how to overcome the hurdles of cost, liability and other safety issues.

Elementary/Middle School and Secondary Physical Education Sections
Commercial Presentation
Check Everlast Climbing Industries out in the Exhibit Hall!

What Does the Board of Education Really Want?
Presenter: Bob Winchester (BWA Educational Group)
Presider: Amy Szczepanski
Location: Meadow
Have you ever wondered how or why the Board of Education makes decisions? This workshop presented by a 36-year teacher and now Board of Education Member, will provide insight into how the Board of Education receives information and makes decisions. The workshop will provide five strategies for preparing for controversy and five strategies to deal with controversy once it spills outside the classroom.

Health Education and Council of Administrators Sections
Suggested Criteria and Standards for the Evaluation of Physical Education in New York State
Presenter: Joseph Winnick (SUNY Brockport)
Presider: Cathy Houston-Wilson
Location: Tuscarora
In this session, criteria and standards for the evaluation of Physical Education at the state-wide level will be suggested. Participants in the audience will have the opportunity to vote on the acceptance of criteria and standards for the determination of successful programs following an explanation of each. Criteria and standards will relate to the New York State Standards of personal health and fitness, a safe and healthy environment, and resource management.

Higher Education/Professional Preparation, Council of Administrators, and Adapted Physical Education & Sport Sections

A Complete Workout with Kettle Bells
Presenter: Jerry Walczak (Retired, Dolgeville Central School District)
Presider: Joshua Gutes
Location: Cayuga
How much do you know about kettle bells? Are you looking for an alternative way to increase your cardiovascular endurance, muscle strength and flexibility using a time-tested approach? Participants in this session will learn how to safely use kettle bells in their classrooms and learn appropriate teaching techniques and instructional strategies.

Coaching and Exercise Science/Sports Medicine Sections

K-12 Multicultural Activities
Presenters: Carley Guariaglia, Lyndsey Starr, Ashley Broadhurst, Kim Schon, Breanne Toscano, Marley Grimsley, Michelle Russell, Michelle Sullivan, Lisa Quagliano, and Matt Moses
Advisors: Alisa James, Doug Collier, and Ferman Konukman (SUNY Brockport)
(SUNY Brockport)
Presider: Nicholas Lenoci
Location: Onondaga
This presentation will present a variety of K-12 multicultural activities that can be used in Physical Education and will provide activities that not only educate students about activities that are popular in other cultures and countries, but also promote critical thinking about cultural similarities and differences of games.

Future Professionals and Elementary/Middle School Physical Education Sections
Choreography for Kids: Image-Based Creative Dance
Presenter: Thom Cobb (Slippery Rock University, Pennsylvania)  
Presider: Michelle Denino-Gordon  
Location: Seneca
Come and be a part of the creative process, as we build a new dance based upon ideas and images from everyday life! Bring your ideas and your whole self to this dance presentation and share who you are and what you think with others!  
Dance Education Section

Bowling + Fitness = FUN!
Presenters: Bob Rea and Kathy Leitgeb (NYS Bowling Proprietors Association)  
Presider: Carol Atkins  
Location: Mohawk
This presentation will introduce educators to a simple method of teaching bowling basics along with fitness options. This bowling curriculum conforms to all six of NASPE’s Standards of Physical Education. Utilizing a backward linking technique and integrating specific learning keys, this presentation is educational and fun!  
Dance Education Section

KIN-BALL Sport and Cooperative Games
Presenter: Louis Grondin (Omnikin)  
Presider: Glenn Bedell  
Location: Oneida
The International KIN-BALL® Sport Federation (IKBF) includes 10 countries playing KIN-BALL® 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!  
Elementary/Middle School Physical Education Section

Check the NYS Bowling Proprietors Association out in the Exhibit Hall!

The World Needs Play
Presenter: Gina Williamson (R.E. Woodson, Inc.)  
Presider: Lee Mittelstaedt  
Location: Appalachian
Play is an essential part of childhood development and socialization; at every stage of life, it sustains physical and emotional health. Join this presentation to learn how you can incorporate a higher level of challenge and fun into your elementary fitness curriculum!  
Elementary/Middle School Physical Education and Leisure/Adventure Sections

Processing in the Park - Activities for Debriefing in Physical Education
Presenter: Lisa Hunt (Project Adventure)  
Presider: Jesse Roth  
Location: Adirondack
Are you looking for fun and active ways to engage students in thinking about what they’ve experienced in your adventure-based Physical Education class? Do you struggle to find time to help students process what they have learned? Come to this adventure-based workshop and learn active tools and methods that can be integrated into the body of your lessons to help students process the experience of Physical Education. This workshop may be held off-site, in a nearby park; enjoy the fresh air while learning how processing can be fun, engaging and active!  
Leisure/Adventure Section

Archery In High School Physical Education
Presenters: Chris Villiere and C. Brian Oaks (South Lewis Central School District)  
Presider: Sarah Fiacco  
Location: Catskill
Have you ever thought about adding archery to your Physical Education class? Come learn to correctly organize and present an archery unit to high school Physical Education students, and, learn specific skills related to archery. Additional information will be available for contacts with companies and individuals to help get equipment for an archery unit.  
Secondary Physical Education Section

PE Groove
Presenter: Marisol Sevilla (Baldwin Senior High School)  
Presider: Lisa Innella  
Location: Showroom
Get your students motivated using hip-hop choreography! Raise their heart rates while lifting their spirits in this fun and energetic dance class! Various aspects of basic hip hop technique will be taught and demonstrated. All levels welcome; we promise you won’t be able to stand still!  
Dance Education Section
Making Health Literacy Happen With the Great Body Shop
Presenter: Barbara Burditt (The Children’s Health Market)
Presider: Jennifer Sweeney
Location: Cedar
How does a school district create health-literate elementary students who continue to make healthy choices throughout their lives? This workshop will focus on a practical approach to changing student behavior through research-based curriculum and an easy to implement coordinated school health program. Come discuss what makes the Great Body Shop so successful!
Health Section

Check out the Children’s Health Market in the Exhibit Hall!

The Lifeguard Pyramid
Presenter: John McVan (United States Military Academy)
Presider: Janet Carey
Location: Cypress E
Come take a comprehensive look at Aquatic Education efficiency as it relates to lifeguard recruitment, preparation and performance. Discussion will center on a training paradigm aligned to a progressive pyramid-like model; encompassing developmental elements of certification, in-service training, prevention, surveillance, and site specific performance. Additional materials will discuss international training models, as well as various philosophical trends geared toward creating and maintaining the very best aquatics professional!
Aquatics and Higher Education/Professional Preparation Sections

9:30 am - 10:45 am
PRESIDENTIAL WELCOME TO THE TURNING STONE RESORT & CONVENTION CENTER
Join us as NYS AHPERD President, Sara Daggett, welcomes the 2007 Conference Attendees to Verona!

Featured Conference Presenter
Lighten Up! - A Lighter Look At Health and Fitness
Sandy Queen, National Wellness Speakers Bureau
Presider: Sara Daggett, NYS AHPERD President
Location: Showroom
We know about healthy living....we TEACH healthy living, but in the extreme business of our lives, how much true healthy living do we actually DO? Sandy will take you on a journey to the lighter side of health and fitness and look at what these important elements can mean in our lives and the lives of our students.

Sandy Queen

Sandy Queen is the Founder and Director of Lifeworks, Inc., a training/consulting firm that specializes in helping people take a better look at their lives through humor, laughter and play. She has developed many innovative programs in areas of stress reduction, humor, children’s wellness and self-esteem.

Ms. Queen speaks from experience on many topics that affect the health of youth today, including, but not limited to: drugs, self-esteem, the parent-teen (dis)connection, and wellness in the classroom. She has penned many pieces, including, Wellness for Children: A Programming Guide, Well and Wonderful Curriculum, Getting the Most from Your Physician, and Parents Can Help Their Children to Fitness.

Sandy has presented for the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), and at the National Wellness Conference, YMCA National Leadership Conference, and the National Conference on Aging, to name a few. Queen is a graduate from Towson State University.

Sandy Queen will also speak during Session 2, Thursday, November 8th, 11:45 am - 1:00 pm.

10:45 am - 11:30 am
Visit Our Exhibitors in the Exhibit Hall!
11:45 am – 1:00 pm

**Critical Thinking in Physical Education**
Presenters: Kathleen Happer and Alyssa Viglietta (Long Island University, CW Post)
Advisor: Nana Koch (Long Island University, CW Post)
Presider: Kerry Connors
Location: Cypress A and B
If critical thinking is utilized in every other academic area, then why not Physical Education too? This presentation will aid participants in learning about how to implement critical thinking in Physical Education through programs such as Family Field Day, Yellowball and Project Adventure.
*Future Professionals and Elementary/Middle School Physical Education Sections*

**Special Olympics: Inclusion Through Sports**
Presenter: Bill Collins (Special Olympics New York)
Presider: Lisa Innella
Location: Cypress D
Special Olympics believes that students with intellectual disabilities benefit physically, mentally and socially from sports training and competition. The goal of our school-based programs is to give students of all ability levels the chance to participate in athletic training and competition at no charge. Our sports related programs can enhance and complete efforts to promote inclusion among all students.
*Adapted Physical Education & Sport Section*

**Intrinsically Motivating Children to Practice**
Presenter: David Wiener (Queens College)
Presider: Scott Gargani
Location: Cypress E
Participants in this session will learn various strategies to guarantee the total involvement of children at all developmental levels. Using a variety of creative and challenging environments and activities, participants will discover new ways to motivate and engage their elementary and middle school aged children.
*Elementary/Middle School Physical Education Section*

**Reach for the Navigational Stars: The Down and Dirty of Health Education Research to Practice - A Painless Approach**
Presenter: Desiree Voorhies (NYS Student Support Services Center)
Presider: Dely Francisco
Location: Briar
Does your head hurt when the words ‘scientifically’ and ‘research-based’ are put together? Does the term ‘skill pedagogy’ make you squirm? This session will assist participants’ understanding of the skills-based Navigational Star and its relationship to Health Education practices.
*Health Education and Council of Administrators Sections*
CHES

**Getting Your Non-HPE Colleagues in Step with the Wellness Policy; Increasing Health Literacy Across the Curriculum**
Presenter: Jenine De Marzo (Adelphi University)
Presider: Gabrielle Mahapatra
Location: Oak
In July 2006, the Federal government took a bold step in mandating that any local educational agencies involved in the Federal School Meal Program must create and implement a Local Wellness Policy in their districts. Putting a policy strictly on paper is not going to improve student nutrition and physical activity levels. It is up to educators in every discipline to positively impact student’s lives and their lifelong health. This session will give educators practical guidance for increasing health literacy across the curriculum in their schools.
*Health Education Section*
CHES

**Heart, Brains And Courage: The Ironman Way**
Presenter: Ron Burke (Naples Central School District)
Presider: David Galvan
Location: Willow
This presentation will inspire those who feel or who have ever felt stuck in their teaching, relationship, or life situation. It will empower you with the knowledge, skills and plan to lead the healthy life you have always dreamed about by doing a "check-up from the neck up"! This presenter will teach the greatest lessons learned by successful Ironman Tri-athletes and will challenge you to use them to improve your life!
*Health Education Section*
Strategies for Administrators in Affecting Change  
Presenters: Robert Goldberg and Tony Gulli (MLC Staff Development, Inc.)  
Presider: Randy Williams  
Location: Cedar  
This presentation is ready to provide administrators with techniques and strategies for affecting change within their Physical Education program. Administrators attending this presentation will receive a game plan for implementing positive change. 
Council of Administrators Section

Challenging Common and Accepted Theory/Practices of Weight Training Exercises and their Relationship to the Adolescent  
Presenter: Vincent Carvelli (Academy of Applied Personal Training Education)  
Presider: Laura Hegna  
Location: Hawthorn  
This presentation will offer a perspective that will challenge many factors associated with weight training exercises and potential risks with the most common and accepted exercise rules and guidelines as they relate to the adolescent exerciser. Topics to be addressed include: Theories and Practice of Full Range of Motion Exercise, Functional Training, Standardized Fitness Assessments, and Sport Specific Training.  
Exercise Science/Sports Medicine Section

Ethical Theory for Coaches and Athletic Directors  
Presenters: Peter F. Hager and Robert C. Schneider (SUNY Brockport)  
Presider: John Wells  
Location: Birch  
Lately, the moral atmosphere of interscholastic sport has become more clouded. In this session, presenters and participants will examine a variety of ethical dilemmas often faced by coaches and athletic directors. Different ethical theories will be introduced to help participants better understand: (a) the difference between moral and strategic thinking, and, (b) how moral values, moral principles and potential consequences can be used to help solve moral dilemmas. 
Coaching and Council of Administrators Sections

Adaptive Health Education  
Presenter: Lonnie Wilson (Niskayuna Central Schools)  
Presider: Lyndsey Starr  
Location: Meadow  
Are the special needs students in your district receiving a Health Education course that is suitable for their needs? Are they able to receive Health Education at all? If you answered no to either of those questions, then don’t plan to miss this important session! Learn important information about how to justify an Adaptive Health Education program in your district and why it is so important. Also, learn what an Adaptive Health Education curriculum might look like.  
Health Education and Adapted Physical Education & Sport Sections

Teaching Secondary Physical Education: Theoretical and Practical Applications  
Presenters: Mara Manson (Adelphi University) and Ariela Herman (Queens College)  
Presider: Patricia Mosher  
Location: Turscarora  
Participants will explore an innovative approach to teaching secondary methods. Theoretical and practical applications to teaching will be explored. Time for care-to-share will be included at this session.  
Higher Education/Professional Preparation and Secondary Physical Education Sections

Teaching American History Through Physical Activities  
Presenter: Ed Shivokevich (Accompsett Elementary School)  
Presider: Ashley Tonno  
Location: Cayuga  
Participants will understand how to integrate American history lessons with Physical Education activities. Come learn new ways to use Physical Education to help students better understand lessons learned in the classroom. Students won’t just read about American History, they will “live” it.  
Council of Administrators and Elementary/Middle School Physical Education Sections

Technology Using Dance, Dance Revolution and Game Bikes in Physical Education  
Presenters: Jeff Alger and Jennifer Forsey (Webster Central Schools)  
Presider: Mark McDonald  
Location: Onondaga  
This is a new era of Physical Education: motivating kids to be physically fit! This presentation 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 learn to spice-up your curriculum and reach out to those kids that aren’t responsive to the traditional Physical Education setting, and you will leave with exciting ideas that will incorporate cooperative learning, sportsmanship and assessment tools into your program. If you missed this session last year ~ be sure stop by this time around!  
Secondary Physical Education and Elementary/Middle School Physical Education Sections
Making Your Life Work - Personally and Professionally
Presenter: Sandy Queen
Presider: Sara Daggett
Location: Appalachian
Studies on employee burnout and turnover show that personal wellness, self confidence, and motivation are critical issues in human services programs. This workshop will focus on strategies for positively enhancing these three important issues with resulting positive impact on the lives of people you work with.

When is a Pyramid Shaped Like a Diamond?
Presenter: Donna Ahnert (Retired)
Presider: Mike Schwenk
Location: Seneca
Are your athletes crashing in the 4th quarter? Do you have overweight teens in your Health class? Are you unable to lose weight? Come find out what all the carbohydrate hype is about and get the facts to sift out the fiction.

Coaching and Health Education Sections

Football Can be Fun for Everyone!
Presenters: Matt Gray, Mike LaRussa, Greg Niewieroski, Brenna Sacra, Sarah Vansickle, Tessa Vattimo, Mike Walser, Ray Simpson and Isaiah Johnson
Advisor: Tom Winiecki (Syracuse University)
Presider: Victor Ramsey
Location: Mohawk
Come to this presentation to find out about games and activities that can make football fun and challenging in your Physical Education class! Ideas for curriculum planning (K-12), games to add to your present curriculum will be included in this activity session; door prizes and handouts will be immediately available!

Future Professionals Section

Great Games and Activities for your Elementary Physical Education Classes
Presenters: Laura Petersen (Dows Lane Elementary School) and Anthony Vertuccio (PS/IS 138Q - The Sunrise School)
Presider: Jo Ann Sabourin
Location: Oneida
Attendees will have the opportunity to participate in a variety of activities that incorporate Math, Science, Reading, Social Studies, and Health into your Elementary Physical Education Classes. Activities to be presented will be simple and easy to include in your Physical Education classes upon return!

Elementary/Middle School Physical Education Section

Swimming for the Non-Swimmer
Presenter: Ray Bosse (United States Military Academy)
Presider: John McVan
Location: Indoor Pool
Ever wonder how to engage your non- or weak swimmers in class so they feel like they have accomplished something? This presentation will show how to instruct those students, so they can gain some level of buoyancy and propulsion in the water. Verbal cues and simple steps will enable even the weakest students to gain a level of accomplishment and confidence in the water. Bring your bathing suit!

Aquatics Section

Achieving Fitness: An Adventure Activity Guide Brought to Life!
Presenter: Lisa Hunt (Project Adventure, Inc.)
Presider: Aimee Stormes
Location: Adirondack
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 or class, be involved, and push his or her limits while participating in the context of a safe learning environment. During this presentation, 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 at the same time!

Leisure/Adventure Section

Speedminton & TGfU
Presenters: Jay Cameron, Brian Clocksin, and Katie Sell (Hofstra University)
Presider: Brandon Faulkner
Location: Catskill
Come learn a new, unique racquet sport taught with a teaching games for understanding approach. See how modified badminton equipment, rules, and tactics make for an excellent means to develop students’ knowledge of strategies transferable to multiple racquet sports. Various ways that Speedminton can make a valuable and measurable contribution to school curriculums will be addressed.

Secondary Physical Education Section
Total Expression
Presenter: Alesh DuCarmo (Intercultural InterArts/New School University)
Presider: Tristia Ferris
Location: LAVA
In this presentation, participants will experience ways that various world cultural groups express themselves through movement which are based on their exciting music and rhythms. You will learn a series of movement and dance combinations from different cultures and then be guided through a process where the basic elements of dance and creative and traditional movements are joined together to create new dance combinations. Even if one has never danced before, he or she will have fun participating in this presentation.

Dance Section

1:00 pm - 1:30 pm
Dance Education Section Meeting
Michelle Denino-Gordon, President
Location: LAVA

Elementary/Middle School Physical Education Section Meeting
Laura Petersen, President
Location: Oneida

Exercise Science/Sports Medicine Section Meeting
Kelly Buscarino, President
Location: Hawthorn

Higher Education/Professional Preparation Section Meeting
Angela Beale, President
Location: Tuscarora

Leisure/Adventure Section Meeting
Mark Yaeger, President
Location: Catskill

Secondary Physical Education Section Meeting
Leslie Sewell, President
Location: Onondaga

1:30 pm – 2:45 pm
Risky Business: Lessons for Dynamic Health Education
Presenters: Bob Winchester (BWA Educational Associates) and Lori Reichel (North Shore High School)
Presider: Gabrielle Mahapatra
Location: Meadow
How far and often do you push the limits in helping your students to think and explore new ways to use their developing skills? This session will encourage participants to explore their comfort levels in teaching higher level thinking and skill lessons while, also, allowing students to question their beliefs.

Technology for Student Assessment and Class Management
• NEW! Compatible with Tanita BF-350 body fat scale
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  (Health & Physical Education)
- HEALTH EDUCATION
- COMMUNITY HEALTH

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HIGHLIGHTS

New York Medical College -- Physical Therapy

Polar Heart Rate Regional Training Center

Athletes Helping Athletes

ACSM Training Center

Summer workshops for teachers

For Further Information, Contact
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The Elementary/Middle School Physical Education Section would like to Congratulate our 2007 AMAZING PERSON 
Howie Weiss 
Retired Educator, NYC Public Schools 
PS 46K and PS 188Q 
Please join us at the Amazing Person Awards Ceremony, Thursday, November 8th, 7:00 pm 
Mohawk Room 

Don’t forget our Section Business Meeting, also on Thursday, November 8th, 1:00 pm - 1:30 pm 
Oneida Room 

Come and see what’s going on in the Section!
The KOGA Workout
Presenter: Christine Daddino (Eastport/South Manor J/S High School District) and Jon Koga
Presider: Marisol Sevilla
Location: Cypress A and B
The KOGA Workout is a combination of kickboxing and yoga, incorporating isometric and polymeric concepts, producing the most effective, yet FUN, workout class in the fitness world today. KOGA involves a level of mental and physical concentration that results in much greater flexibility, increased muscle endurance, refined balance, improved cardiovascular function, increased lung capacity and finally a HUGE decrease in overall body fat. The KOGA Workout is a life-long fitness activity that can be adapted for any age group, at every skill level.

Secondary Physical Education Section

A Comprehensive K-8 Program: Enabling our Kids to Succeed!
Presenter: Tom Winiecki (Mott Road Elementary School) and Ed Kupiec (Enders Road Elementary School)
Presider: Judy Mehlenbacher
Location: Cypress D
Come see how one district has connected their K-8 Curriculum and how connections are made across skills, units and grades. Now your kids will be able see how one thing relates to another and see the relevance of all we do!

Elementary/Middle School Physical Education Section

Overweight Children: Assessing, Treating, and Exercise Intervention
Presenter: Lynn Durocher and Jessica Skrocki (Wellness Journies) and Dan Rayome (Enders Road Elementary)
Presider: Luke Voelker
Location: Cypress E
Come learn about the latest research and standard protocol for assessing and treating overweight children. See and hear about how interactive fitness (Gamebikes/DDR) can be integrated to help prevent and combat childhood obesity. Find out what community services and treatment programs are available for children and families.

Adapted Physical Education & Sport and Elementary/Middle School Physical Education Sections

Education with Heart!
Presenter: Becky Carman (Shenendehowa Central School District)
Presider: Carol Funyak
Location: Willow
Looking for a way to create an environment that will get into kid’s hearts and make lasting impressions in their heads? The EXCEL Teaching Model is a process that helps teachers build meaningful relationships with their students, while creating a safe learning environment. This session will be interactive and will model the best practices for student-teacher relationships.

Health Education Section

State of Interscholastic Athletics - NYSPHSAA Update
Presenter: Nina VanErk (NYSPHSAA)
Presider: Jerry Walczak
Location: Cedar
At this session, a review of the current status of the state of Interscholastic Athletics will be provided. All new NYSPHSAA policies and regulations will be highlighted and clarified. Time will be provided for questions and answers.

Council of Administrators and Coaching Sections

Recognition and Management of Concussions in High School Athletics
Presenter: Scott Sabatelle (Beacon City Schools)
Presider: Michelle Russell
Location: Hawthorn
This session will educate coaches and teachers on the signs and symptoms of a concussion and the proper management of athletes who have suffered a concussion. We will also cover the new return-to-play guidelines of an athlete with a concussion. Participants will also learn the potential problems of returning athletes to competition before they are healed.

Exercise Science/Sports Medicine and Council of Administrators Sections

Healthy Highway
Presenter: Wendy Cooper (English Valley Elementary School)
Presider: Luz Cruz
Location: Oak
Come and drive down the Healthy Highway to learn several activities and assessment tools that lay a firm foundation for safe movement and nutrition. Teach your children safety and nutrition through the use of a progression of activities that connect seeing, hearing, and movement to key words as they appear on posters with familiar traffic signs. Enjoy fun filled challenges of driving on the “Super 8” highway, earning your safe-mover license, and stopping to fill up your “engine” at the fuel pump of traffic light foods.

Elementary/Middle School Physical Education, Future Professionals, and Health Education Sections
Check Healthy Highway out in the Exhibitor Hall!

Thurs Thursday, November 8th ~ 1:30 pm - 2:45 pm
Taking a Stand - Creating Safe Schools for all Students
Presenter: Diane Schneider (Ramapo High School)
Presider: Alan Zarrow
Location: Briar
This introductory workshop is designed to educate all school personnel on how to use video clips and hands-on activities to examine the obvious and subtle ways that bias plays out in schools. This presentation offers resources for creating schools that are safe for all students, regardless of sexual orientation and gender identity. It has been researched that students who do not feel safe in school are not capable of learning.

Health Education and Secondary Physical Education Sections
CHES

Elderhostel Adventures in Lifelong Learning
Presenter: Mary Nowyj (Elderhostel, Inc.)
Presider: Gene Dobbins
Location: Birch
Elderhostel is a not-for-profit organization dedicated to providing extraordinary learning adventures for people 55 and older. Whether you want to stay close to home or venture around the world, you will find programs that meet your interests, activity level, budget, schedule and lifestyle. Elderhostel offers more than 8,000 learning adventures in the United States and 90 other countries around the world.

Retirees and Leisure/Adventure Sections

The Student Teaching Experience: How to Make it Successful!
Presenters: Kermit Moyer (Chenango Valley CSD) and Timothy Clapp (Victor CSD)
Presider: Ashley Chapple
Location: Tuscarora
As future professionals or present teacher leaders, do you want to promote a successful experience for student teaching? This session will highlight overall expectations and give participants strategies in developing positive working relationships between student teachers and cooperating teachers. This session is designed for Health and Physical Education majors who will eventually be student teaching and for present teachers willing to accept student teachers.

Higher Education/Professional Preparation and Future Professionals Sections

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

Coaching, Council of Administrators, and Elementary/Middle School Physical Education Sections
Check Play Rugby USA out in the Exhibit Hall!

Tchoukball: New, Exciting, Vigorous and Fun
Presenter: Pierre-Alain Girardin (Tchoukball, Inc.)
Presider: Blake White
Location: Mohawk
Learn something new and exciting that promotes physical activity and the development of social 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 of classmates. The game has a lot of elements that could be used to address National P.E. Standards; Tchoukball meets the National Standards for Physical Education. Get into the action! Do something different! Join the session, and leave enthusiastic about how Tchoukball could become part of your program!

Secondary Physical Education Section
Commercial Presentation
Check Tchoukball, Inc. out in the Exhibit Hall!

Creating Your Very Own Exciting Original Games
Presenter: Howie Weiss (NYC Department of Education)
Presider: Laura Petersen
Location: Oneida
If you often depend on books or the internet for your games, here’s an opportunity to learn to create your own exciting original games that combine health related fitness, psychomotor skill acquisition and socialization skills! You will learn how easy it is to create standards-based games that will have your students begging for more. Your newly acquired talent will enable you to easily select any lesson and turn it into a unique and exhilarating game that will target each child’s ability level.

Elementary/Middle School Physical Education Section
Adapted Physical Education & Sport Section Members

Come join us Friday November 9th for our Section luncheon meeting

We will be gathering in the Appalachian Room in the Shenendoah Clubhouse.
Meeting time 11:30 am - 12:30 pm.

Whether it's your 1st or 31st year in the APE & S section ~ come on over!

Congratulations

Adapted Physical Education & Sport Section
Amazing Person
Darlynne MacDougall

Adapted Physical Education & Sport Section
Teacher of the Year
Helen Robinson

Syncopation in Sneakers: Jazz in the Gymnasium
Presenter: Thom Cobb (Slippery Rock University, Pennsylvania)
Presider: Allison Schleichkorn
Location: Seneca
Turn your students on with “real” jazz steps and styling from the 1930’s! This type of vernacular jazz dance is body friendly and easily adaptable to be age and developmentally appropriate, unlike much of the so-called “jazz” being taught today.

Orienteering for Everyone
Presenter: Yolanda Vozzolo (PS 84, NYC)
Presider: Jennifer Malenovsky
Location: Catskill
Orienteering is a complex and non-traditional activity that is great for the body and mind! During this session, participants will learn how to use orienteering in the smallest of spaces and learn how to gear it for any age group.

Country Line Dancing
Presenter: Colleen Buchanan (SUNY Cortland)
Presider: Diana Boryk
Location: LAVA
Looking to Boot Scoot ‘n Boogie? In this session, participants will learn five Country Line Dances in a progression from easiest to more challenging. They include: Jazzy Joes, Boot Scoot Boogie, Boom, Chattahoochie, and a couples dance of Cowboy Schottische. Teaching strategies and assessment modifications will be infused. Be sure to come ready to kick-up your heels! Yee haw!

Getting the Most Out of Your Conference: Organization Before, During and After
Presenters: Shelly Connors (Auburn High School) and Monica Wolfe (J.D. George Elementary)
Presider: Rebecca Colella
Location: Adirondack
This session will help all students and professionals get the most out of any conference he or she attends. Discussion will pertain to how to organize yourself before a conference, learning the most during a conference, and what you should do with the knowledge you have gained after a conference. This session will not only help you, but the programs you teach!

Future Professionals Section
K-12 Curriculum Collaboration: An Aquatics Model
Presenters: Mike Kniffin, Kevin Ahern, Teddy Beers, Jason Westervelt, Tom Meiss, and Bryan Proctor (SUNY Cortland)
Presider: Dan Gordon
Location: Appalachian
This session will provide an overview of how K-12 Physical Educators served together on a curriculum committee to plan Scope and Sequence for a complete aquatics curriculum. Learn how they constructed this aquatics curriculum to conform to state and national learning standards and prepare a curriculum with scope and sequence. Generic strategies for curriculum construction will be featured; learn to work smart, by working together!
Aquatics Section

Dance, Dance Revolution
Presenters: Michael Pelletter and Timothy Sawicki (Canisius College)
Presider: Timothy Sawicki
Location: Onondaga
Dance, Dance Revolution is an active dance session which features moving in four diagonals to music. If you’re aware of the video dance game kids are playing in the malls, you will be familiar with this session! It involves stepping right, left, forwards and backwards while following the screen’s directions. Now the dance video game is brought to a large audience, all participating simultaneously, to fun, upbeat music. You will not be able to stand still!
Future Professionals and Elementary/Middle School Physical Education Sections

3:00 pm - 3:45 pm - Visit Our Exhibitors in the Exhibit Hall!

4:00 pm – 5:15 pm

Follow the Leader
Presenter: Randy Williams (SUNY Brockport)
Advisor: Alisa James (SUNY Brockport)
Location: Cypress A and B
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

Shake It Up!
Presenters: Lonnie Wilson, Jennifer Deeb, and Maureen Trefethen (Niskayuna Central Schools)
Presider: Sandy Williams
Location: Oak
Shake up your middle or high school classroom with some new and exciting skills-based learning activities and assessments. Participants of this session will receive materials that they can easily use and apply to all skill areas within the Health Education Guidance Document immediately upon return!
Health Education Section

How to Run a Successful Jump Rope for Heart Event
Presenters: Ella Schultheis, Rick LaPaglia, and Mark Salerno (French Road Elementary School)
Presider: Paula Summit
Location: Cypress D
Interested in running a more successful Jump Rope for Heart Event? Come learn from the best! This session will include how to kick-off and organize your JRHF Event and continue onto structuring the actual event. Finally, it will conclude with a wrap-up of the event as performed by the Physical Education staff at French Road Elementary School.

Benefits of Participating in Physical Education
Presenter: Fritz Killian (Brighton Central School District)
Presider: Ron Whitcomb
Location: Cypress E
This session will provide administrators with facts and data they can use to communicate to school board members, administrative colleagues, teachers, and other community members on the importance of quality Physical Education. Administrators will leave the program with strategies that can be used to improve their Physical Education Curriculum, improve best practices, and how to link assessments to instruction. The importance of collaboration with other subject areas will also be discussed.
Secondary Physical Education Section
Walking the Talk - Classroom Resources for Addressing Bias  
**Presenter:** Diane Schneider (Ramapo High School)  
**Presider:** Alan Zarrow  
**Location:** Briar  
This advanced session is presented in conjunction with *Taking a Stand - Creating Safe Schools for All Students*; it’s designed for K-12 classroom instructors and examines various approaches to designing and integrating activities into the classroom that raise awareness of bias and empower students to advocate for change, especially around the GLBT issue. It emphasizes the bullying that exists in our schools to those students who are gay or perceived gay.  
*Health Education and Secondary Physical Education Sections*  
*CHES*

More Support, Less Struggle: Making the Guidance Document Work For You  
**Presenters:** Jen Prior and Fran Vincent (Bethlehem Central Middle School)  
**Presider:** Sandy Morley  
**Location:** Willow  
Wondering where to begin with the Guidance Document? Wondering what the Guidance Document is? This is the session for you! Participants will benefit from seeing how actual Health Education teachers use the Guidance Document to plan skills-based learning experiences (i.e. units) in their classrooms. We’ll show you how to translate the Guidance Document into your own terms so it makes sense and supports your own teaching style, and, we’ll give you a complete learning experience with all of the student handouts so you can see a tried and tested example.  
*Health Education Section*  
*CHES*

7 Steps to Boomer Success  
**Presenter:** Lynda Cochran (SUNY Brockport)  
**Presider:** Robert Brown  
**Location:** Cedar  
Understanding how baby boomers will redefine retirement and leisure requires recreation professionals to go beyond traditional theories and programming approaches. This session will provide hands-on information about the boomer population and values that drive their leisure participation. Learn about using a boomer lens when programming with this active, educated, and unique cohort. Take the Cochran Baby Boomer Quiz to see how ready you and your agency are for the boomers. A practical, written guideline, based upon this lens and values, will be provided as an aid in leisure programming.  
*Retirees Section*  
*CHES*

Physical Education the Penfield Way  
**Presenters:** Marybeth Walker, Robert Young, Gail Swarthout, Karen Hart, Rebecca Angus (Penfield High School)  
**Presider:** Settimia Tripi  
**Location:** Hawthorn  
Are you interested in progressing into an elective program for your upper classmen? If so, then this is the session for you! Come learn about what we do at Penfield High School in grades 9-12! You will gain insight as to how our students developmentally progress to an elective based program, have the opportunity to discuss how assessments and portfolios fit into our program, have the opportunity to see where we are currently and where we are going, and ask questions!  
*Secondary Physical Education Section*  

Packaging Academics with Athletics  
**Presenter:** Richard Pound (Skaneateles Central School District)  
**Presider:** Nicola Brugueran  
**Location:** Birch  
This session will educate coaches, school counselors, parents and student-athletes to see the “Big Picture” of college academics and athletics. This session’s main focus will be on how to efficiently and positively market the student-athlete and their sport, to gain acceptance into higher academic institutions.  
*Council of Administrators, Coaching, and Higher Education/Professional Preparation Sections*

No-Nonsense Games 2: An Exciting Way to Teach Standards  
**Presenter:** Amy Lutz (Focused Fitness)  
**Presider:** Stacey Altruda  
**Location:** Catskill  
It is time everybody teaches with a common purpose! Teaching physical education that integrates academic content, fitness-related activities, and motor skills is the future. In this session, participants will actively participate in original games and activities from the Five for Life Program, a program that teaches fitness and health concepts through movement. Teaching state standards in a fun, engaging, and developmentally appropriate way will be easy after participating in this session.  
*Commercial Presentation*  

*Check Focused Fitness Out in the Exhibit Hall!*  

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Thursday, November 8th ~ 4:00 pm - 5:15 pm
Kids Are Runners Too! Creating Healthy Kid Communities One School at a Time . . .
Presenters: Mara Van Vorst and Jodie Ann Fitzgerald (Foundation for Healthy Living)
Presider: June McIntyre
Location: Meadow
This session will focus on identifying attitudes and behaviors within individual school environments, which as barriers to providing daily school-based exercise and healthy living habits to school-aged children. The presenters will share and discuss the Kids Are Runners Too! (KART) Program; an exercise and healthy living intervention model currently being offered to 12,000 Upstate New York children. KART is a five-week, walking/running marathon program offered to elementary schools to help create healthy kid communities one school at a time by asking each school community to commit to five weeks of daily exercise, healthy eating, and proper hydration.

Check Foundation for Healthy Living out in the Exhibit Hall!

Neuromuscular Training - Proprioception
Presenters: John Kirkwood, San Jay Jain, Annie Palermo, Jordan Lane, Ashlee DiSalvo, and Conor Flynn (Batavia High School)
Presider: Brittney Pico
Location: Cayuga
Could you be reinforcing bad neuromuscular habits for your athletes in the way you train them for strength, agility/coordination or balance? Did you know that the majority of serious knee injuries happen in NON-CONTACT situations such as landing from a jump, decelerating, or turning when a sudden knee imbalance occurs? Are you interested in learning how a physical therapist and a science teacher would train your athletes? This session is for you!

Exercise Science/Sports Medicine and Coaching Sections

Connecting Kids to Movement with Speed Stacking
Presenter: Daniel Wolff (Speed Stacks, Inc.), Diane Penella (Rome CSD), Lori Bifarella (Attica CSD), Raymond Banks (5th Grade), Kyle McNettis (5th Grade), and Courtney McNettis (1st Grade)
Presider: Diane Penella
Location: Onondaga
Attend this exciting program to learn all the basics of Sport Stacking and how it relates to your Physical Education program! We will teach you how to stack, show you how to start a successful program at your school, and how to reach the next level of Sport Stacking. Each attendee will receive a free set of Speed Stacks!

Elementary/Middle School Physical Education Section
Commercial Presentation

Check Speed Stacks, Inc., out in the Exhibit Hall!

Dances From America and Around the World - With Live Music!
Presenter: Paul Rosenberg (Homespun Community Dancing)
Presider: Colleen Mickle
Location: LAVA
Discover how square and folk dancing from America and all over the world can be so much fun, as well as community building -- especially for the dance-phobic! Live music -- including fiddle, banjo, clarinet and pennywhistle -- bring these dances alive and foster collaboration between PE and music teachers. These dances focus on teaching students of all abilities to be successful in moving, balancing, and transferring weight in time with music.

Dance Section

Check Homespun Community Dancing out in the Exhibit Hall!

Water Aerobics, Dancing in Waist-High Water
Presenter: Elaine Hage (Utica City Schools)
Presider: Miguel Pereira
Location: Indoor Pool
This session was created to encourage personal fitness, as well as confidence in the pool! Being in waist-high water affords high impact moves with low impact on the body. Great class to jumpstart any fitness program! Students will love this water workout set to music, anonymous from the waist down, don't have to get your hair wet session, plus, it's safe for multi-fitness levels. This is a positive addiction; jump in! Bring your bathing suit!

Aquatics, Leisure/Adventure and Coaches Sections

4-Square (Boxball) for Your Elementary Physical Education Program
Presenter: Donn Tobin (Mahopac Central School District)
Presider: Shirley Bowen
Location: Mohawk
Playground games can be incorporated in your upper elementary intramural and Physical Education curriculum! Come participate and learn several lead-ups, variations of game play, assessments, as well as a more competitive standardized version of this game. This session will excite both your students, as well as yourself! You won't want to miss this!

Elementary/Middle School Physical Education Section
Preparing Pre-Service Teachers for the Realities That Await Them  
Presenters: Ariela Herman and David Wiener (Queens College)  
Presider: Ann Marie Molina  
Location: Tuscarora  
This session will present teacher educators and future teachers with ways to discuss and deal with situations that often arise for first year teachers. Issues, such as working with administrators, scheduling, equipment procurement and the marginalization of Physical Education will be discussed.  

Higher Education/Professional Preparation and Future Professionals Sections

Samba and Swing in Your Physical Education Class  
Presenter: Cheryl Tahan (Somers High School)  
Presider: Lauren Matera  
Location: Seneca  
Learn how to dance and teach some basic and advanced steps of two fun and energetic dances! You will learn both the lead and follow, and have a great time doing it! With dancing being as hot as it is right now, you cannot afford to miss this!  
Dance Section

A Taste Of AIM (Adventures In Movement)  
Presenter: Renee McCall (North Syracuse School District)  
Presider: Maryanne Ceriello  
Location: Oneida  
Learn the basics of a new movement program that, when done consistently and in order, will help improve a person’s balance, coordination, speech and reading skills, the ability to follow directions and the ability to concentrate. Information on how to become certified in the AIM Method will also be provided.  
Adapted Physical Education & Sport Section

Shake It Up Baby!  
Presenter: Jerry Walczak (Retired, Dolgeville Central School District)  
Presider: Bailey Lawrence  
Location: Appalachian  
Whole-body, vibration exercise is one of the newest fitness ideas available. Come and experience, first-hand, the oscillating workout and learn about the possibilities for your school and athletic programs to incorporate this new fitness idea!  
Coaching Section

5:30 pm – 6:00 pm

American Heart Association Meeting  
Paula Summit, American Heart Association NYS Coordinator  
Location: Cypress D

5:30 pm – 6:30 pm

Future Professionals Business Meeting  
Randy Williams, President, Michelle Sullivan, President-Elect, and Alisa James, Advisor  
Location: Cypress A and B

7:00 pm – 8:30 pm

Coaches Award Ceremony  
Location: Adirondack  
NOTE: Coaches Section will have their Membership Meeting on Friday, November 9th from 11:30 am - 12:30 pm.

8:30 pm – 12:00 am

Amazing People Awards  
Location: Mohawk  
Join us as we honor members who have distinguished themselves in their Zones and Sections.

Battle of the Zones/Evening Social  
Location: Seneca/Onondaga  
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 2007 Conference Zone Champions!

Stay after to enjoy dancing to the music of A Touch of Class Entertainment!

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

Denise Kiernan
Suffolk Zone Amazing Person

&

Lori Reichel
NYS AHPERD Health Education Teacher of the Year

Please join Suffolk Zone in congratulating Denise Kiernan on Thursday, November 8th at 7 pm for the Amazing People Awards.

Suffolk Zone will honor Lori Reichel at the Jay B. Nash Awards Dinner on Friday, November 9th at 6:45 pm.

We hope to see you there!!
FRIDAY, NOVEMBER 9TH

6:30 am – 7:30 am

Wake-up in Emerald City!
Presenter: Catherine Dodd (Roslyn High School)
Presider: Tami DeRose
Location: Seneca
Get up and get going with this early bird! Start your Conference experience this year with some new and exciting moves and tips to energize your aerobic programs!
Secondary Physical Education Section

8:00 am – 9:15 am

Healthy Children=Healthy Schools: Putting School Wellness Plans Into Action!
Presenters: Kathleen Dischner (Cornell Cooperative Extension of Onondaga County) and Jackie Shostack (Onondaga County Health Department, Public Health Education Supervisor)
Presider: Gabrielle Mahapatra
Location: Cedar
This workshop provides the participant with an overview of the childhood obesity epidemic. The workshop outlines how the schools can make significant policy and environmental changes in curriculum to include nutrition education and promotion of healthier foods, as well as best practice ideas for increasing opportunities for physical activity in the school environment. This workshop includes a school workgroup activity where participants will develop an action plan to be implemented at their school.

Dying Young... But at an Old Age: The Lighter Side of Longevity and Healthy Aging
Presenter: Dom Splendorio (Prime Time Health Consulting)
Presider: Robert Brown
Location: Cypress A
When was the last time you asked yourself what you wanted to do with the rest of your life? Whether you are 25, 85 or anywhere in between, this workshop is for you! Based on research from several bestselling books, including, “Healthy Aging: A Lifelong Guide to Your Well-Being” by Dr. Andrew Weil, M.D., this session will explore the roles that exercise, nutrition, and humor play in longevity and quality of life. Participants will learn about the “Secret Magic Pill for Good Health”, and will play the "Longevity Game", “Twenty Things I Love To Do”, and “I Know It But Do I Do It?”. Through the use of greeting cards, video clips, and music, this experiential session will invite you to learn, laugh, and share life lessons, and retire the old idea of retirement. Everyone who is “aging” (that’s all of us, by the way) is invited to attend!
Retirees and Health Education Sections

A Most Sincere Thank You to Flaghouse for Contributing the Baskets of gifts for our Second Annual Battle of the Zones Competition.
Spiritual Health: Making the Connection
Presenter: Ryan Erbe (Clarkstown Central School District)
Presider: Jennifer Deeb
Location: Briar
Come and explore the spiritual dimension of health while having the opportunity to experience spiritual health-related activities, which could be incorporated into various Health Education settings. Participants will also be given the opportunity to reflect on their own spiritual health, learn what spiritual health is, and discuss the importance of spiritual health in the classroom. Participants will be actively engaged and will leave feeling refreshed, relaxed, and energized!
Health Education Section
CHES

Authentic Assessment In Physical Education
Presenter: Matt Zuccarello (POLAR Electro, Inc.)
Presider: Lauren Matera
Location: Birch
Teachers now have the opportunity to have cutting-edge equipment that enables them to objectively assess each student and provide each one with a personalized fitness and nutrition plan. Participants will gain a further understanding of the New PE and of how Physical Educators can make a difference by teaching their students the skills and knowledge to sustain lifetime fitness. Help shape a healthier student body by attending this session!
Secondary Physical Education and Elementary/Middle School Physical Education Sections
Commercial Presentation
Check POLAR Electro, Inc., out in the Exhibit Hall!

Wellness: Is It In You?
Presenters: Lisa Hrehor (Binghamton University) and Nancy Kleinsmith (Johnson City MS)
Presider: Brandon Faulkner
Location: Oak
Health and Physical Educators are the first to teach students the importance of wellness, but do we practice what we preach? Come learn how the Trans-theoretical Model of Change can help you understand why your attempts at creating balance in your life might not be sticking. Leave with ideas on how to be of service to yourself first- so you can spread the behavior to others.
Health Education Section

Looking At the Pieces: What Do Students Need To Know and Be Able To Do In Health Education?
Presenters: Pat Loncto (NYS Student Support Services Center) and Veronica Dwyer (Yorktown HS)
Presider: Carley Guariglia
Location: Willow
What does “functional” in Health Education Functional Knowledge mean? What is the value of the Skills Matrices? This workshop will thoroughly examine the Functional Knowledge and Skills Matrices found in the NYS Health Education Guidance Document (formerly called Scope and Sequence).
Health Education Section
CHES
Physical Education Content from a Superintendent’s Point
Presenter: Richard Amundson (Lyons Central School)
Presider: Mark Yaeger
Location: Hawthorn
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

Using Resources to Enhance Your Health Program - Not Replace It: PART 2
Presenter: Lori Reichel (North Shore School District)
Presider: Matthew Moses
Location: Meadow
Some Health Education programs have a reputation as a video watching course—which they aren’t! Instead, you can use resources, including video clips, to create effective discussions and activities. Different resources will be shown and discussed. This presentation will be different from last year’s presentation: Using Resources To Enhance Your Health Program - Not Replace It: PART 1.

Health Education and Higher Education/Professional Preparation Sections

Creative Interdisciplinary Activities, Inside and Outside the Gymnasium
Presenters: Christopher Kolb, Scott Gargani, Ann Marie Molina, and Daniel Muller (Queens College)
Advisors: Ariela Herman (Queens College)
Presider: Christopher DeMarco
Location: Tuscarora
The attendees of this session will experience original interdisciplinary activities to be used in elementary Physical Education. A variety of interdisciplinary activities will be explained, accompanied by brief demonstrations to reinforce the application into one’s Physical Education program. In addition, the implementation of such a program will be explained, based upon the facility available to conduct the lesson (inside and outside the gymnasium).

Future Professionals and Elementary/Middle School Physical Education Sections

Incorporating Academics Into Your Elementary Physical Education Program
Presenter: Laura Petersen (Dows Lane Elementary)
Presider: Howie Weiss
Location: Mohawk
Attendees will have the opportunity to participate in a variety of activities that incorporate Math, Science, Reading, Social Studies, and Health at this session. Activities to be presented will be simple and very easy to incorporate into your Physical Education classes as soon as you return!

Elementary/Middle School Physical Education Section

Move It, Use It, Love It! Dynamic and Inclusive Games to Exercise Your Heart and Mind
Presenters: Sheri Brock, Gina Pucci, Dani Leroux, and Robin Thornburg (Auburn University, AL & Perryville High School, MD)
Presider: Toni Hagerman
Location: Cayuga
This participation session will demonstrate ready-to-use games and activities that accommodate all class sizes and skill levels. These innovative activities provide maximum participation and help maintain a developmentally appropriate program. Practical concerns and issues for creating an inclusive and creative classroom climate will be addressed as well.

Adapted Physical Education & Sport and Secondary Physical Education Sections

Fun Fitness Orienteering
Presenters: Kerri Crandall, Marcy Clawson, Nicole Corcoran, and Aimee Stormes (SUNY Cortland)
Advisor: Jeff Walkuski (SUNY Cortland)
Presider: Jacob Weaver
Location: Onondaga
This session will introduce the participant to a new slant on the skill/activity of orienteering. How do you combine basic orienteering skills with fitness activities and knowledge of health-related fitness concepts? How can you integrate different goals of your Physical Education lesson into a basic orienteering activity? Come to this activity filled session to find out!

Secondary Physical Education, Future Professionals and Leisure/Adventure Sections

Morning Stretch
Presenters: Linda Quitoni and Sue Garcia (Nassau Community College)
Presider: Gene Dobbins
Location: Seneca
Didn’t get up early enough for the early bird? Wake up and get fit with gentle stretching! Start your day with head-to-toe stretches for flexibility and fun. A great beginning to an active Conference Day!

Retirees and Dance Sections

Friday, November 9th  ~  8:00 am - 9:15 am

44  www.nysahperd.org
The Beat of Life
Presenters: Helen Robinson, Sandy Inkawhich, and 5th Grade Students (Utica City School District)
Presider: Margaret Beck
Location: Oneida
This innovative and integrated Physical Education offering, will demonstrate the relationship of the cardiovascular system to fitness, health and wellness. Participants will be shown ways in which students can take responsibility for their own health through a hands-on, theme-based, brain-compatible program. Through movement and music, this program will integrate with a variety of curricular areas (e.g. ELA, Math, Science, Technology, Health and Nutrition).
Elementary/Middle School Physical Education and Health Education Sections

Challenges in Teaching Multicultural/Diverse Students
Presenters: Luz Cruz and Susan Petersen (SUNY Brockport)
Presider: Jesse Roth
Location: Appalachian
This session will address some of the issues and challenges involved in teaching multicultural/diverse students in Health and Physical Education classes. Issues of culture, race, ethnicity, language, class, gender, sexual orientation, ability, and religion will be discussed, with audience participation strongly encouraged. Implications for in-service and pre-service teachers will be addressed.
Higher Education/Professional Preparation and Future Professionals Sections

Teaching Through Guided Discovery
Presenter: Yolanda Vozzolo (PS 84)
Presider: Steve Shoults
Location: Adirondack
Ever thought of incorporating guided discovery into your classroom? Guided discovery is a great style of teaching and it elicits the students to discover their own solutions. Come to this session and learn some helpful hints on how you can integrate guided discovery in your program.
Elementary/Middle School Physical Education and Adapted Physical Education & Sport Sections

TRI Fit Assessing Your Students
Presenter: Kathleen Whitmore (Clymer Central School)
Presider: Nicholas Lenoci
Location: Catskill
What is TRI Fit? Want a new and exciting way to assess your students’ physical fitness? Then come and learn about how to use the fun and exciting TRI Fit. The TRI Fit machine is a new computerized way to assess physical fitness of your students and can be done in PE or Health classes. The TRI Fit machine tests all areas of physical fitness by taking blood pressure, weight, height, muscular strength, flexibility and body composition. Come by this session and give it a try!
Exercise Science/Sports Medicine Section

How to Disguise the Teaching of Dance
Presenter: William "Skip" Earle (Bedford Hills Elementary)
Presider: Nicole Franke
Location: Showroom
This session will show participants how to disguise Dance Education in their classes. Participants will learn how to incorporate dance into their curriculum and get students hooked to dancing! Handouts will be provided and music selections will be referenced throughout this session!
Dance Section

Kayaking: Teaching Kayaking in a Typical High School
Presenter: Steve Busch (Chenango Forks Central School)
Presider: Mary Powell
Location: Indoor Pool
American Canoe Association Certified Instructor Trainer, Steve Busch, has been teaching paddling at Chenango Forks High School for over 25 years. 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. Wear your suit and maybe you’ll learn to roll! Come and see ‘tricks of the trade’. Bring your bathing suit!
Leisure/Adventure and Aquatics Sections
10:00 am – 11:15 am

**Featured Conference Presenter**

**With Pride & Courage, There Is No Limit On What You Can Achieve!**

**Presenter:** Craig MacFarlane  
**Presider:** Sara Daggett  
**Location:** Showroom

It all started on a cool, fall day in 1964, when Craig MacFarlane was only two years old. He was playing with a few friends in the backyard of his parent's home when someone got their hands on a striker (a device used for lighting a welding torch) and it accidentally hit Craig in the left eye, causing permanent blindness. Within six weeks, his right eye had gone blind through a rare eye disease, called Sympathetic Ophthalmia. This disease causes the good eye to go blind in sympathy of the injured eye. By 2 ½ years old, Craig was left totally blind, without even the ability to distinguish between night and day.

The compelling story of Craig's tragedy and triumph captivated audiences of all ages; but, Craig has more to give than just his story. He sees things in a different way than the rest of us, a term he calls Inner Vision. It's this incredible Inner Vision that motivates and inspires people around the world.

Craig been a featured speaker to the Who's Who of the corporate world, including such companies as GM, Ford, Coca Cola and AT&T. He has spoken at the Republican National Convention three times at the invitation of George Bush. Craig's unique and inspiring story continues to have a major impact wherever he appears. For more information, please visit www.cmpride.com!

*Craig MacFarlane will speak again at 12:45 pm - 2:00 pm as our "Courage" Thematic Speaker.*

11:30 am – 12:30 pm

**How to Make the Most of Your Student Teaching Experience**

**Presenters:** Sean Rutigliano and Caitlin Brogcinski (SUNY Cortland)  
**Advisor:** JoEllen Bailey (SUNY Cortland)  
**Presider:** Jerry Casciani  
**Location:** Cypress A

Are you a current student teacher or soon to be? Attend this session to explore how you can be proactive in making your student teaching experience the best semester of your entire undergraduate program! Listen to the narratives and advice from fellow students at this session.

*Future Professionals and Higher Education/Professional Preparation Sections*

**Podcasting - Creating Something Worth Listening To**

**Presenter:** Michael Kroemer (Willow Avenue Elementary School)  
**Presider:** Nicole Corcoran  
**Location:** Cypress B

Every student walks around with an iPod or other MP3 player; so, why not give them something to listen to? Learn how to create fun and informative audio files that can be downloaded to an MP3 player or computer. From study cues to interviews, Podcasting is a great way to get your students to listen to you.

*Secondary Physical Education and Future Professionals Sections*

**Psychological and Physical Benefits of Outdoor Adventure Recreation**

**Presenter:** Christine McAllister (NYS Licensed Guide: Volunteer Presenter)  
**Presider:** Mark Yaeger  
**Location:** Oak

Establishing a bridge, between exercise and outdoor adventure, influences an individual's potential to experience more than the everyday. Psychologically speaking, outdoor adventure recreation plays a key role in problem solving, setting and implementing goals, facing and overcoming challenges and building confidence, while, providing a healthy, physical and environmentally conscious environment. Learn the benefits of outdoor adventure recreation and how to bridge the gap between routine exercise and outdoor adventure.

*Leisure/Adventure Section*
Got Respect? Building Character Through Physical Activity
Presenters: Lisa Innella, Dely Francisco, and Bailey Lawrence (Adelphi University)
Advisor: Angela Beale (Adelphi University)
Presider: Holly Teuber
Location: Cypress D and E
This session is an interactive lesson, designed to promote character and respect within the classroom through physical activity. Participants will gain new ideas on how to incorporate games that will promote positive behaviors by allowing students, as well Physical Educators, to connect the “concept” with the activity.

Future Professionals Section

Sports Medicine and its Interdisciplinary Justification
Presenter: Gil Callan (Urban Assembly School for Careers in Sports)
Presider: David Galvan
Location: Willow
So your school won’t start a Sports Medicine Program? It’s a great way to bring Physical Education into your classroom! Learn how Sports Medicine can be used as an interdisciplinary tool for better student involvement.

Exercise Science/Sports Medicine Section

NYS Department of Education Update: Developing Your School District Physical Education Plan
Presenter: Trish Kocialski (NYS Education Department)
Presider: Sara Daggett
Location: Cedar
Attendees will benefit from this question and answer session related to the New York State Department of Education. Come to this session to discuss current issues relative to all Physical Education and athletics initiatives.

Central Office

Preparing Professionals for High-Quality Physical Education
Presenters: Sarah Doolittle, Angela Beale, Jenine DeMarzo and Bob Cincotta (Adelphi University)
Presider: Virginia Matthews
Location: Birch
Research on Physical Education curriculum and after-school physical activity-youth development programs for low-income and multi-cultural communities is relatively new (Hellison, 2003; Hellison, et al, 2000). Research and development of teacher education experiences necessary for successful engagement and professional commitment for these communities, especially for Physical Education, is an emerging need. Thus, as part of this session, strategies will be discussed in connection with youth development theory, research and practice, and we will focus on alternative programs and instructional strategies for Physical Education and youth development in underserved communities.

Higher Education/Professional Preparation Section

Featured Conference Presenter

Showing Films and Playing Music in Your Park
Presenter: Robert Kesten, Center for SCREEN-TIME Awareness
Presider: Tami DeRose
Location: Hawthorn
Getting approval for the above requires a license or permit from an approved organization that holds the rights to this intellectual property. To find out a little bit about what you need to do, where you need to go...or how you can add these programs to your offerings, join us for a break out session on securing rights.

Robert Kesten is the Executive Director for the Center for SCREEN-TIME Awareness, an international non-profit organization based in Washington, DC. The Center is focused on empowering people to use technology responsibly and encouraging people to take time for themselves, their families and their communities – even though it means turning the television, computer and game screens off. Center for SCREEN-TIME Awareness is best known for its annual campaign TV-Turnoff Week.

Prior to joining Center for SCREEN-TIME Awareness, Mr. Kesten established and ran The Director’s View Film Festival in Fairfield County (Connecticut) and New York City. The Festival focused on the contributions directors have made to filmmaking and how filmmaking has contributed to world culture. He has worked on Capitol Hill, across the nation and around the world. Robert is also an accomplished producer; creating events and concerts at such venues as Madison Square Garden, Radio City Music Hall and Carnegie Hall. Kesten is a graduate of Syracuse University.

Robert Kesten will be presenting again at 12:45 - 2:00 pm as our "Home" Thematic Speaker.
But Only if the Shoe Fits…
Presenter: Brendan Jackson (Fleet Feet Sports - Syracuse)
Presider: Robert Brown
Location: Meadow
Three out of four people will develop foot problems as they age, which will compromise their ability to lead an active and satisfying lifestyle. Many problems can be traced to their footwear; often chosen for style over function. In this program we will cover common foot ailments, how specific shoes are engineered to address those problems, and how to assess proper fit and function.

Retirees and Exercise Science/Sports Medicine Sections

Social Dance Progressions: Latin Style
Presenters: Thom Cobb (Slippery Rock University, Pennsylvania) and Christine Cobb (Youngstown State University, Ohio)
Presider: Cathy Dodd
Location: Seneca
Master the fundamentals of social dance through the steps and styling of the Merengue. Attention will be directed to correctness of posture, accuracy of rhythm and connectedness to one’s partner and music.

Dance Section

Kick It Up a Notch With Sports Education!
Presenter: Melissa Wissner-Fico (Hillsborough High School)
Presider: Joseph Aquilina
Location: Cayuga
This interactive “activity” based session will explain and demonstrate the characteristics of the curriculum model Sport Education highlighting several features. Student leadership roles within this model will be explored in depth, focusing on student empowerment and character education. A positive point system, which highlights “positive sports behaviors,” will be explained and demonstrated.

Secondary Physical Education Section

ASAP Activity - Ready, Set, Go!
Presenter: John Hichwa (The SPARK Programs)
Presider: Jennifer Sweeney
Location: Onondaga
Getting students active right from the start is one of SPARK’s main objectives. This hands-on session will teach instructors a variety of fun activities that use little or no equipment and get students active immediately. Come join this session and leave with the tools necessary to maximize your activity time!

Elementary/Middle School Physical Education Section

Double Dutch Divas - Single Rope Workshop
Presenters: Diahann Malcolm, Yvonne Malcolm-Spears, Wilhemina Sanford, Shirley Mitchell, Deirdre Foy, and Lydia Roberts (Double Dutch Divas)
Presider: Chrissy Amitrano
Location: Mohawk
Participants will be able to infuse single rope into their curriculum for cardiovascular endurance, competition, entertainment, and fun. Participants will be provided with the skills necessary to teach basic single rope to an individual or to as many as fifty students in a class. *Participation is highly encouraged!

Elementary/Middle School Physical Education and Adapted Physical Education & Sport Sections

Let’s Move It! Seasonal Fitness Activities for All!
Presenter: Jennifer Higgins (Amherst Central Schools)
Presider: Kerri Crandall
Location: Oneida
This session will provide participants with the opportunity to be actively engaged in games and activities that build fitness for each month of the school year. Kick-off the school year with cooperative fitness BINGO, dance through Halloween, chase down those turkeys, and don’t leave out winter fitness. Continue your moving celebration with heart month, the 100th day of school, St. Patrick’s Day, National Nutrition Month and World Wide ACES Day!
**Super Balls, Super Games**
Presenter: Louis Grondin (Omnikin)
Presider: Leslie Sewell
Location: Tuscarora
This session presents games and activities to develop skills and team spirit using Omnikin® sport balls. Activities and collective games with 6 balls, 6 colors, and 6 teams playing simultaneously incorporate manipulation, cooperation, competition, and coordination. We have new games with a large football that practice skills such as kicking, passing and running. Come learn new team games that use a large basketball and giant volleyball!

*Secondary Physical Education and Elementary/Middle School Physical Education Sections*

*Commercial Presentation - Check Omnikin, Inc., out in the Exhibit Hall!*

**Business Meetings**
11:30 am – 12:30 pm

- **Adapted Physical Education & Sport Business Meeting**
  Renee McCall, President
  Location: Appalachian

- **Aquatics Business Meeting**
  John McVan, President
  Location: Catskill

- **Coaches Business Meeting**
  Ron Woodruff, President
  Location: Briar

- **Health Education Business Meeting**
  Dom Splendorio, President
  Location: Adirondack

11:45 am – 12:45 pm

- **Past President’s Luncheon**
  Location: Season’s Harvest

The Central North Zone would like to welcome everyone to the NYS AHPERD Conference and Central New York. We hope that you enjoy your stay at Turning Stone.

Congratulations Sara Daggett, President of NYS AHPERD and C. Brian Oaks, President-Elect of NYS AHPERD on a great year!

Come join the fun Thursday evening for the "Battle of the Zones" hosted by Central North and Central South Zones.
Thematic Sessions
12:45 – 2:00 pm

**Heart Speaker**

**Move More, Learn More**
Presenter: Lisa Perry and Carrie Tetreault, Alliance for a Healthier Generation, A Partnership between the American Heart Association & William J. Clinton Foundation
Presider: Ramona Englebrecht
Location: Onondaga
Active students learn better and may be more attentive. Learn strategies to incorporate movement into classrooms and physical education. Also, learn about the Alliance for a Healthier Generation and the Healthy Schools Program, which provides tools and resources to help schools create healthier environments.

**Courage Speaker**

**With A Profound Belief In Yourself, YOU CAN DO IT!**
Presenter: Craig MacFarlane
Presider: Sara Daggett
Location: Tuscarora
The compelling story of Craig’s tragedy and triumph captivates audiences of all ages; but, Craig has more to give than just his story. He sees things in a different way than the rest of us. Join Craig to hear about his incredible Inner Vision that motivates and inspires people around the world.

**Brain Speaker**

**To Physical Education Class and Beyond... Using Brain Gym® to Release Learning, Emotional, and Physical Blocks to Success!**
Presenter: Kathy Spencer, Licensed Brain Gym® Practioner/Instructor
Presider: Laura Petersen
Location: Oneida
Brain Gym® is a series of fun and simple movements used to integrate the brain and the body. It is one of the many powerful techniques available to children and families to improve school functioning and interpersonal relationships. Brain Gym® teaches us the importance of movement and learning, of noticing what we are feeling and experiencing in our bodies, and how to achieve positive and lasting change in all aspects of our lives.

**Home Speaker**

**A New Century**
Presenter: Robert Kesten, Executive Director, Center for SCREENTIME Awareness
Presider: Pam Munger
Location: Showroom
Since 1980 we have become more sedentary and solitary as personal electronics and media have proliferated. These products have kept us from our friends, families and communities. They have limited our understanding of the world around us and they have disenfranchised us from nature, parks and outdoor recreation, things we need in our lives if we are to be healthy, both mentally and physically. Parks and Recreation are not luxuries, they are necessities and it is essential that we reengage the citizens of the state in making full use of these resources and that each and every one of us become an advocate for their upkeep and to ensure their future. This session is how we can make the 21st Century one in which "human" is put back in human being and how Parks and Recreation play a leading role in making this a reality.

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**Featured Conference Presenters**

**Brain Gym** began in the 1970’s with the work of educators Dr. Paul Dennison and Gail E. Dennison. Originally, the Dennisons were seeking more effective ways to help children and adults who had been identified as “learning disabled”. The Dennisons produced an innovative new approach to learning: the Brain Gym activities, and the field known as Educational Kinesiology (Edu-K), "learning through movement”. Today, Brain Gym supports people of all abilities in making wide-ranging changes in their lives. Brain Gym is used in more than 80 countries and is taught in thousands of public and private schools worldwide and in corporate, performing arts, and athletic training programs.

**The Alliance for a Healthier Generation** is a partnership between the American Heart Association and the William J. Clinton Foundation. They have come together to fight one of our nation’s leading health threats – childhood obesity. Their Mission is to eliminate childhood obesity and to inspire all young people in the United States to develop lifelong, healthy habits. The goal of the Alliance is to stop the nationwide increase in childhood obesity by 2010 and to empower kids nationwide to make healthy lifestyle choices. The Alliance will positively affect the places that can make a difference to a child’s health: homes, schools, restaurants, doctor’s offices, and the community.
NYS AHPERD Treasurer’s Meeting
Robert Zifchock, NYS AHPERD Treasurer
Location: Cypress D

2:00 pm - 2:30 pm
Visit Our Exhibitors in the Exhibit Hall!

Special 2-Hour Session ~ 2:30 pm – 4:30 pm
Resume Building and Interviewing: How You Say it is Important!
Presenter: Robert Zifchock (Nyack Central School District)
Presider: Jennifer Heim
Location: Cypress D
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.

Third Annual Dr. Ron Feingold Lecture Series

Thom Cobb, Associate Professor of Dance at Slippery Rock University in Illinois was named the 2007 “College/University National Dance Educator of the Year.” He received this award for advocating dance education for students of all age groups. Cobb also received the association’s Presidential Citation and a Plaudit Award for outstanding service to the association and the dance profession. In naming Cobb the educator of the year, the National Dance Association cited his creative teaching methods, promotion of dance as an art form, and mentorship with students.

Physical Education Must Continue to Evolve in Order to Survive
Presenters: Bill Brewer (Monroe CC), Fritz Kilian (Brighton Central School District), Allisa James and Heidi Byrne (SUNY Brockport)
Presider: Marcy Clawson
Location: Tuscarora
This panel discussion brings together college educators, current administrators and practicing Physical Education professionals to explore the factors involved in enhancing and advancing the sustained evolution of Physical Education towards a truly inclusive health and fitness philosophy and practice. What is the pathway for a young professional to follow, in order to, create change in a system that needs it and who are the allies in place to assist in bringing a health and fitness philosophy to a school district? Please join us for what will surely be a lively discussion about how we identify impediments to change and devise methods for overcoming them.

Using Online Technology in Supervision
Presenter: JoEllen Bailey (SUNY Cortland)
Presider: Jerry Casciani
Location: Cypress A
This session will explain and demonstrate how online classrooms are used in both early field experience and student teaching. Come see how WebCT classrooms are used for students, supervisors, and cooperating teachers and be sure to join the discussion on technology implementation in supervision!

Visit Our Exhibitors in the Exhibit Hall!
Attention All Health Section Members

All Health Section Members are invited to attend the Annual Health Section Luncheon on Friday, November 9th, from 11:30 am - 12:30 pm in the Adirondack room.

Meet your Section President and Zone Representatives. Discuss health-related issues and concerns, how the Health Section can assist you, and how you can assist the association. Lunch and soft drinks will be provided. All are welcome.

Congratulations to the 2007 NYSAHPERD Health Section Award Winners

Teacher of the Year
Lori Reichel
North Shore School District

Exceptional Leadership Award for a School Health Coordinator
Veronica Dwyer
Yorktown Central School District

Amazing Person
Dom Splendorio
Clarkstown Central School District (Retired)

Award of Distinction for a School District Administrator
Mark Doody
Hudson Falls Central Schools
Take these 3 easy steps:

Research-Based SPARK Curriculum
Hundreds of easy-to-use lesson plans are included in each SPARK curriculum manual.
Choose from:
- Early Childhood
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- Middle School PE
- High School PE
- After School
- Coordinated School Health (coming soon!)

Effective SPARK Training
Bring SPARK to you. Host a workshop in your district that will inspire, educate, and motivate! Or come to SPARK! Each program hosts a 2-day Institute in San Diego featuring top SPARK presenters, some of whom are Teachers of the Year!

Quality SPARK Equipment
Standard and Premium kits are available in each SPARK program. Each kit is a complete toolbox that includes content matched items, storage and transport, and music—everything you need to "SPARK-Up" your program. Custom sets may be created as well.

Karen E. Hovey, Physical Education Teacher, Alexander Macomb’s, CIS 82, Bronx, NY
"I cannot tell you how exhilarated I was at the end of our staff development day May 24. In 28 years in NYC I have never had such a positive experience for staff development. I feel that I could sit with you for a week and still not have all the information you could teach me to teach children. I tried many of the activities you taught us that day with some of my groups. It was exciting for them and me! Thank you!"

800 SPARK PE • e-mail: spark@sparkpe.org • www.sparkpe.org
Jay B. Nash Scholarship Awards Committee Meeting
Elaine Gregory, Chair
Location: Oak

Pedometers, Pulse Meters, Pictures & Publications: Using Technology to Enhance Communication, Motivation, and Participation in Elementary Physical Education Programs
Presenter: Margaret Robelee (Hyde Park Central School District)
Presider: Amy McArdle
Location: Cypress B
This session will focus on simple ways to incorporate technology within an elementary Physical Education program. Participants will be introduced to several different uses of technology; including, but not limited to, pedometers, digital photography, newsletters, websites, and DVD’s. The benefits of technology use, in terms of increased motivation and communication, will be discussed and examples of assessment tools, classroom integration projects, district-wide fitness calendars, and motivational DVD movies will be presented during this session.
Elementary/Middle School Physical Education and Adapted Physical Education & Sport Sections

Oh Darn, I Have to Teach Dance?!
Presenters: Paige Franey, D’Lynn Noyes, Tim Harkness, Bill Stepanovsky, Jack Stanbro (Union Endicott High School)
Presider: Randi Debor
Location: Cypress E
Calling all non-dancers! Are you looking to start a dance unit with your middle or high school students? Well, do we have the session for you! We will give you all the basic tools to start a dance unit of your own. Come on in and have some fun!
Secondary Physical Education and Dance Sections

Looking From Other Perspectives: Making the Switch From Content-Based to Skills-Driven Curriculum
Presenters: Pat Loncto (NYS Student Support Services Center), Veronica Dwyer (Yorktown High School), and Carol Nochajski (Alden Middle School)
Presider: Miguel Pereira
Location: Briar
Discover what works when designing curriculum by connecting research, health education functional knowledge, and personal and social skill practice. A prerequisite for this session is the session "Looking at the Pieces" (November 9 from 8 - 9:15 am), a CORE training, or a Design training.
Health Education and Council of Administrators Sections

HOPSports Fitness: Where Technology Makes the Possibilities Endless!
Presenter: Jeff Long (HOPSports, Inc.)
Presider: Joshua Holliday
Location: Mohawk
HOPSports Training Systems deliver cutting-edge Physical Education to elementary, middle and high school students through the use of technology. The use of professional athletes, Olympians, celebrities, and nutritional experts in lessons expand the subject matter qualifications of the individual teachers into new and unfamiliar content. Online access allows for assessment and accountability in order to bridge the gap between the child, home and school.
Commercial Presentation  Check HOPSports, Inc. out in the Exhibit Hall!

Generation Rx: Latest Drug Trends - What Educators Need to Know
Presenter: Sarah DelSignore (NYS DOH: Bureau of Narcotic Enforcement)
Presider: Lisa Filipiak
Location: Willow
This session is designed to familiarize school professionals with recent drug use trends and raise their awareness of the growing problem of prescription and over-the-counter drug abuse by teenagers. It will provide information that can be incorporated into middle school and high school drug abuse health curriculums. A national survey of teens shows a steady decline in illicit drug use, as today’s teens are turning to prescription and over the counter drugs to get high.
Health Education and Council of Administrators Sections
Check the NYS Department of Health: Bureau of Narcotic Enforcement out in the Exhibit Hall!

Enhancing Health Through Activities and Music
Presenter: Marybeth Mueller (School for the Arts)
Presider: Dely Francisco
Location: Meadow
At this session, participants will be partaking in activities that can be used in the classroom to enhance Health Education lessons. This will be an activity session you will not want to sit for! Please feel free to bring an activity or lesson that you currently use to share!
Health Education Section
CHES
Getting the Equipment You Need: Four Great Ideas
Presenters: Michelle Sullivan, Stephen Spiegelreire and Bryan Kent (SUNY Brockport)
Advisor: Lauren Lieberman (SUNY Brockport)
Presider: Kathleen Happer
Location: Cypress B
With school budgets becoming tighter and tighter these days, teachers are forced to find their own ways to access the appropriate equipment their students need. Participants in this session will discover new ways to gain access to equipment, as well as a variety of resources.

Adapted Physical Education & Sport and Elementary/Middle School Physical Education Sections

New York State Teachers’ Retirement System Update
Presenter: Cindy Surprenant (NYS Teachers’ Retirement System)
Presider: Gene Dobbins
Location: Cedar
This overview of NYSTRS benefit plans has its emphasis on retirement pension benefits. A clear and concise understanding of which will aid members in determining when they can afford to retire, what important thresholds exist, and how best to protect beneficiaries.
Retirees Section

Dance Section

Sirtaki Dance
Presenter: Srecko Mavrek (Fordham Leadership Academy For Business & Technology)
Presider: Dinarae Squatriglia
Location: Seneca
Did you known that the famous Sirtaki dance was created in 1964 for the movie “Zorba the Greek”? This mixture of slow and fast versions of Hasapiko Dance is done in a line or circle formation with hands held on neighbors’ shoulders. Participants in this program will be among the first who give students the chance to learn and experience this wonderful cultural dance.

Inclusive Physical Fitness Testing
Presenters: Jeff Walkuski (SUNY Cortland) and Cathy Houston-Wilson (SUNY Brockport)
Presider: Tristia Ferris
Location: Cayuga
Do you have students with disabilities in your general Physical Education class? Trying to figure out how to get meaningful data related to fitness for students with disabilities? The Brockport Physical Fitness Test and FITNESSGRAM Assessment Program may be your answer! This session is designed to allow participants to practice the administration of items from the Brockport Physical Fitness Test and FITNESSGRAM Assessment Program. Both of these assessments complement the Physical Best Educational Program. Included in the session will be: 1) a discussion and demonstration of selected items from both the Brockport Physical Fitness Test and FITNESSGRAM, 2) practice of selected items from the Brockport Physical Fitness Test and the FITNESSGRAM, and, 3) ideas for inclusion of students with disabilities utilizing both assessment programs.

Adapted Physical Education & Sport and Elementary/Middle School Physical Education Sections

Early Learning in Physical Education: K-2 Pedagogy
Presenter: Maryanne Ceriello (Sargent Elementary School)
Presider: Nicola Brugueras
Location: Oneida
The first years of school are critical in developing skills for success in Physical Education. This session will outline a pedagogy approach to motor learning, fundamental motor skills, character education and classroom management. There will also be classroom connections for integrated learning and assessment strategies.

Elementary/Middle School Physical Education and Council of Administrators Sections

Character Building Through Physical Activity
Presenters: Nisha Puri, Laurie Morris, Jesse Roth, Jennifer Sweeney (Adelphi University)
Advisor / Presider: Mara Manson (Adelphi University)
Location: Appalachian
Building character and caring behavior is essential for today’s youth. Participants of this session will experience new, innovative ways to build character through physical activity. Active participation will take place throughout this session.

Secondary Physical Education Section

Strength Done Right
Presenter: Jamie LaBelle (Plainedge High School)
Presider: Diana Boryk
Location: Adirondack
A major aspect of any Health and Physical Education curriculum should include strength training. For the student, strength training will provide a lifetime of flexible essential muscle maintenance and increased health benefits. For the athlete, strength training will also provide injury prevention and performance enhancement. All of these goals can be attained together, simply by training properly.

Exercise Science/Sports Medicine and Coaching Sections
The Director of Physical Education: Becoming the True Leader
Presenter: Ronald Whitcomb (Victor Central Schools)
Presider: Fritz Kilian
Location: Birch
Key strategies to balance the competing demands of Physical Education, Health, and athletics will be the focus of this session. The effective how to’s of time management, organization, and distributed leadership will be addressed.
Council of Administrators Section

Fundamentals of Effective Coaching
Presenter: Rod Mergardt (Manhattanville College)
Presider: Eric Buzzetto
Location: Catskill
This program is presented for all coaches regardless of experience, age, gender, sport, level or competitive intensity. It will focus on a coaches’ self-assessment and the psychology of sport as it relates to the needs and characteristics of different personality types. Part of the session will address the measurement of character and sportsmanship.
Coaching Section

Literally Latin!
Presenter: Barbara Muller (Cresskill High School)
Presider: Michelle Sullivan
Location: Showroom
Participants in this session will learn basic steps and a few fancy moves so they will be able to use Salsa, Rhumba and Cha Cha in your classes right away! Nervous? Don’t be! You will receive great handouts and advice when you attend! Latin music has become main-stream for our students today; this session will be "muy divertido"!
Dance Section

4:00 pm – 5:15 pm

HPE Grants 101: Learning the Ropes & Writing for Success
Presenter: Rosalie Mangino-Crandall (Insight Grants Development, LLC)
Presider: Angela Beale
Location: Cypress A
This session is intended for Physical and Health Education professionals, school and community-based organization administrators, and other leaders in the field seeking to fund Physical Education, fitness, and wellness programs for school-age children and youth. Participants will receive information regarding the various types of grants available, the application process, where to locate online resources, and specific grant programs that fund HPE programs. The speaker will also discuss the grant review process and devote a portion of the session to "Q & A".
Higher Education/Professional Preparation and Council of Administrators Sections
Check Insight Grants Development out in the Exhibit Hall!

Reignite Your SPARK!
Presenter: John Hichwa (The SPARK Programs)
Presider: Julie Dietrich
Location: Cypress E
This is your opportunity to be exposed to the most recently updated SPARK curriculum. Through hands-on instruction, you will learn how to continue to challenge your students with fun and health-promoting activities. Come join in this session and leave with the tools you will need to reignite your SPARK!
Elementary/Middle School Physical Education Section
Check out the SPARK Programs in the Exhibit Hall!

“So, You Want to Get a Job?”: A Superintendent and Interviewers Point of View
Presenters: Mark Yaeger (Webster Parks & Recreation) and Richard Amundson (Lyons Central SD)
Presider: Ed Leak
Location: Hawthorn
This session will focus on landing your first job or making a move to another position. We will discuss strategies for applying your knowledge in the interview, separating yourself from the rest of the contenders, resume tips, understanding the process and using that process to your advantage.
Council of Administrators and Leisure/Adventure Sections

New York State Physical Education Profile: Elementary & Middle Levels
Presenter: Tom Fay (St. Lawrence University)
Presider: Lisa Sherman
Location: Birch
The commencement level for the NYS Physical Education 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.
Council of Administrators Section
**Up Close & Personal**  
Presenter: Bob Winchester (BWA Educational Group)  
Presider: Glenn Bedell  
Location: Briar  
A previous participant said “This workshop not only changed the way that I teach, it changed my life and I am back to learn more!” When you leave this session, you will have made new friends, learned new things about yourself and explored a new way of helping students integrate knowledge, skills and behaviors.  
*Health Education Section*  
CHES

**Looking at Assessment: Did They Get It?**  
Presenters: Pat Loncto (NYS Student Support Services Center) and Carol Nochajski (Alden Middle School)  
Presider: Lonnie Wilson  
Location: Oak  
Assessment of student learning occurs before, during, and at the end of episodes of learning. Improve student achievement in Health Education, by providing quality instruction and assessment based on the New York State Learning Standards and NYS Health Education Guidance Document (formerly called Scope and Sequence).  
*Health Education Section*  
CHES

**Improving Student and Staff Wellness**  
Presenters: Sandra Pawlak and Neil Zwierlein (Rochester City School District)  
Presider: Barbara Smith  
Location: Willow  
Looking to create a three-pronged approach to improving student and staff wellness? A district approach to forming Coordinated School Health (CSH) teams, completing the School Health Index (SHI) and collecting district wide student BMI data will be discussed in this session. The plan, the process, and the results.  
*Health Education and Council of Administrators Sections*  
CHES

**Hook a Kid on Golf**  
Presenter: Joe Wenzel (Hook a Kid on Golf of New York)  
Presider: Allison Schleichkorn  
Location: Cypress B  
The mission of Hook a Kid on Golf, is to provide communities with a comprehensive, developmental youth golf program that strives to eliminate the obstacles that discourage youngsters from playing golf and instills in them an understanding of golf’s rules, history, and etiquette. Hook a Kid on Golf accomplishes this through several core program elements. These elements include: Start Smart Golf, Tee Level Clinic, Green Level Training, Challenge Golf League, and the Traditions of Golf Challenges.  
*Leisure/Adventure Section*  

**An Adapted Sport Plan for High Schools in New York**  
Presenter: Joseph Winnick (SUNY Brockport)  
Presider: Dan Gordon  
Location: Cedar  
This session will suggest a skeletal state-wide adapted sport model to provide youngsters with disabilities equal opportunity to attain equitable benefits from athletics as their peers without disabilities. This model builds upon existing state-wide sport offerings: segregated, electronic, unified, parallel, and regular. The need for professional preparation to enhance quality experiences will be emphasized.  
*Adapted Physical Education & Sport and Council of Administrators Sections*  

**BYOB – Bring Your Own Best Practices**  
Presenters: Joanne Thornton (North Syracuse Central Schools), Lisa Bower (North Syracuse Central Schools), Sal Piscitelli (Connetquot High School), and Dom Splendorio (Prime Time Health Consulting)  
Presider: Holly Teuber  
Location: Meadow  
Why recreate the wheel when we can share with others? This session will provide participants the opportunity to share ideas, activities and lessons with other Health Education professionals. Participants are asked to bring 30 copies of their favorite activity or lesson to share with others.  
*Health Education and Council of Administrators Sections*  
CHES
Socci Sport: Diversify Your SportFolio
Presenter: Grant Scheffer (Socci Sport LLC)
Presider: Shirley Bowen
Location: Tuscarora
Socci’s National Kicking Skills Curriculum and Alternative Games were designed by elementary and middle school teachers who have used Socci for over 2 years. Come to this session and learn how to take your current PE Tools and use them around Socci’s unique scoring system for maximum success and maximum participation. Noodle games, scooter games, basketball games, football games and of course SOCCI ....
Elementary/Middle School Physical Education Section

Stretching a Myth and Truth: A Biomechanical Perspective
Presenter: Vincent Carvelli (Academy of Applied Personal Training Education)
Presider: Laura Hegna
Location: Cayuga
This session will discuss the latest research associated with stretching, the most common theories, methodologies, perspectives, and historical beliefs related to stretching. Structural integrity and performance enhancement related theories (injury prevention, increased neuromuscular facilitation, reduction in delayed onset of muscular soreness) will be challenged and addressed based on the literature. An analysis of the theories and their relationship to the musculoskeletal system, as flexibility is said to be a component of health and fitness, what are the determining factors that support how much, when to, who to, for what need, and what type is appropriate will all be discussed.
Exercise Science/Sports Medicine and Adapted Physical Education & Sport Sections

Sport Law Risk Management
Presenter: Rod Mergardt (Manhattanville College)
Presider: Eric Buzzetto
Location: Catskill
This session is directed at Physical Education teachers and coaches and will focus on their legal duties, liability and avoidance of risk. The safety of our students and confidence of our teachers is paramount to the realization of the benefits and rewards of our curriculum and instruction.
Coaching and Secondary Physical Education Sections

Cardio Blast
Presenter: Marisol Sevilla (Baldwin Senior High School)
Presider: Nisha Puri
Location: Seneca
Get your heart pumpin’ in this choreography-based cardio class! Learn step choreography to immediately bring back to your Physical Education classes, as well as kickboxing moves that are sure to get your students motivated!
Dance and Secondary Physical Education Sections

Shim Sham Shimmy: Tap Dance for Anyone!
Presenter: Linda Quitoni and Sue Garcia (Nassau Community College)
Presider: Michelle Denino-Gordon
Location: Showroom
Come learn the “classic” tap dance done by original hoofers! It’s rhythmical, aerobic, sequential and fun; history and development included. Tap shoes helpful but not necessary!
Dance and Elementary/Middle School Physical Education Sections

Inclusive PE: Getting Everyone Involved!
Presenter: Erika LaRock (Ithaca College)
Advisor: Phoebe Constantinou (Ithaca College)
Presider: Bailey Lawrence
Location: Mohawk
Come join the Ithaca Physical Education Majors Club in an inclusive interactive setting where you’ll be introduced to a variety of games you can implement into your curriculum to get every student involved.
Elementary/Middle School Physical Education and Secondary Physical Education Sections

Hey Coach! Want to Start a Swim Team?
Presenter: Molly Haberbusch (United States Military Academy)
Presider: John McVan
Location: Appalachian
Do you have a great facility that is not getting a lot of use? Do you have kids who lose all the skills they learn during swim lessons because there is no additional programming? Do you want to get your kids involved in a sport that will tucker them out? If so, it may be time to start a swim team! Come learn who to target as potential swim team members, how to run an effective practice for different ages and ability levels, and how to apply basic physiological techniques and principals for any competitive stroke.
Aquatics Section
Graduate Programs

- M.S. Health Education
- M.S. Physical Education

Program Highlights

- 30 credits with a non-thesis and thesis-option
- Completion usually within 1 year of full-time study
- Outstanding faculty
- Small student-faculty ratio
- Opportunity to gain experience working as a graduate assistant in the areas of teaching, coaching, or research
- Financial aid via graduate assistantships

Learn more about graduate study at Ithaca and our programs by visiting the web at www.ithaca.edu/gradstudies or by contacting Dr. Deborah A. Wuest, Graduate Chair, at wuest@ithaca.edu
Stepping it Up! Incorporating Dance Techniques into Aerobic Fitness Lessons  
**Presenters:** Lori Rose Benson and Jana Dixon (NYC DOE Office of Fitness & Health Education)  
**Presider:** Kate Merrill  
**Location:** Adirondack  
In this interactive workshop, 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 skills at teaching dance and building your students’ aerobic fitness in the Physical Education classroom.  
Secondary Physical Education, Elementary/Middle School Physical Education and Dance Sections

Dynamic Physical Challenges: A New Approach to Safely Incorporating Combatives  
**Presenter:** Donn Tobin (Mahopac Central School District)  
**Presider:** Chris Wert  
**Location:** Onondaga  
This session will provide participants with ready-to-use games and activities that can be incorporated and adapted to fit your elementary, middle or even high school curriculums. Participants will learn how “combative” activities present a great opportunity to teach social skills such as cooperation, sportsmanship and competition, as well as to help enhance your fitness/adventure units.  
*Elementary/Middle School Physical Education and Secondary Physical Education Sections*

5:45 pm - 6:45 pm  
**College/University and Zone Socials**

Central Western Zone/SUNY Brockport Social  
**Location:** Catskill

Southeastern/Catskill Zone Social  
**Location:** Adirondack

New York City Zone Social  
**Location:** Cypress D

SUNY Cortland Alumni Association Social  
**Location:** Appalachian

Adelphi University Social  
**Location:** Cypress E

6:45 pm – 9:00 pm  
**Jay B. Nash Awards Dinner**  
**Location:** Oneida  
This awards dinner provides an opportunity to recognize our colleagues who have accomplished distinguished professional achievements. Teachers of the Year, Award of Distinction for a School Health Administrator, and the Exceptional Leadership Award for a School Health Coordinator will be presented, as well as the 2007 Jay B. Nash Outstanding Major Awards. Join us for our NYS AHPERD Presidential Rotation and the passing of the gavel. Dinner tickets must be presented at the door.  
*One dinner ticket is included with your Conference Registration, except Daily Registrants.*  
*Additional tickets can be purchased for $35, by visiting the registration area.*

**Did you attend the Jay B. Nash Awards Dinner at last year’s Conference at the Hilton Rye Town and receive a special Turning Stone Resort & Convention Center Playing Card?**

A box will be located at Conference Registration this year, for each playing cardholder to register for the drawing for a special getaway at Turning Stone. You will need to fill out an entry form at Registration, attach it to the card you received last year, and drop it in the box. The drawing will be held at the Jay B. Nash Awards Dinner, Friday, November 9. You must be present to win!
Prime Time ~ A Dance Party Band  
**Location: Cypress C, D, and E**  
Prime Time is an 8-piece band from Upstate NY that features a dynamic horn section and male and female lead vocalists. They are two-time Syracuse Area Music Award (Sammy) Winners for best live act and favorite cover band. Their music is very diverse and includes artists like Billy Joel, Earth Wind and Fire, Chicago, Maroon 5, Stevie Wonder, and Aretha Franklin, to name just a few. Prime Time spends most of its time playing private events such as weddings, corporate parties, and festivals. They also play night clubs throughout the Upsate Area, which also includes Prime Time Unplugged, a 3-piece acoustic version of Prime Time. The band is made up of mostly educators including lead vocalist Paul Valentino who is a Physical Education teacher at Jamesville-Dewitt Middle School in Dewitt, NY.

**SATURDAY, NOVEMBER 10TH**

**7:00 am – 8:00 am**

Rhythm 'n Groove  
**Presenter:** Marisol Sevilla (Baldwin Senior High School)  
**Presider:** Michelle Denino-Gordon  
**Location:** Seneca  
Spice up your dance program with a little world culture! Learn Latin Jazz techniques and Afro-Caribbean moves that are sure to get your students heart rates and spirit lifted!  
*Dance Section*

**7:30 am – 9:00 am**

Retirees Section Membership Meeting and Breakfast  
**Ken Demas,** 2007-2009 Section President  
**Location:** Birch

**INTENSIVE TRAINING AND CERTIFICATION PROGRAMS**  
Must have been pre-registered by October 19, 2007!

**8:00 am – 4:00 pm**

Physical Best Specialist Certification  
**Instructors:** Jeff Walkuski (SUNY Cortland) and Cathy Houston-Wilson (SUNY Brockport)  
**Location:** Cypress A, B, C  
This 7-hour Intensive Training is designed to educate participants about Physical Best and the 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, non-unrealistic performance based standards.

*Certification Program*

**9:00 am – 1:00 pm**

An Introduction to the NYS Physical Education Profile  
**Instructors:** Lisa Sherman (White Plains CSD) and Crew  
**Location:** Cypress D, E  
The NYS Physical Education Profile was created through a partnership between the NYS Education Department (SED) and NYS AHPERD; it is a State-developed resource that may be used to provide evidence of student achievement at the commencement level for the Physical Education Learning Standards. Results are intended to provide evidence for 1) individual student achievement of the learning standards, and 2) when student results are grouped, for evaluating the quality of Physical Education programs. This workshop will provide participants with an understanding of the utilization and implementation of the assessment tool.
The Secondary Section of NYS AHPERD is proud to announce this year’s recipient of the Amazing Person Award
presented to:

Cathy Haight

Please attend the Amazing Person Award Ceremony
On Thursday November 8, 2007 at 7:00 pm.

Section Meetings will be held on Thursday,
November 8, 2007 from 1:00 pm - 1:30 pm
Please attend and support the Secondary Section.

Jay B Nash Awards Dinner
Friday, November 9, 2007
6:45 pm - 9:00 pm
9:00 am – 12:00 pm

Looking at the Guidance Document: An Overview
Presenters: Pat Loncto (NYS Student Support Services Center) and Courtney Kelly (Amherst Central School District)
Presider: Allie Carey
Location: Meadow
Develop a deeper understanding of the Guidance Document for Achieving the New York State Standards in Health Education (formerly called Scope and Sequence) in order to align current educational practices and enable students to achieve the NYS Health Education Learning Standards. This session is for Health Educators, Health Coordinators, and pre-service Health Education majors just beginning to examine the document, needing to refresh their knowledge of the documents contents, or wanting to synthesize knowledge gained during the Conference.
Health Education and Higher Education/Professional Preparation Sections

9:00 am – 10:15 am

Are We Addressing the NASPE Learning Standards?
Presenter: Michael Kniffin, Kath Howarth, and John Foley (SUNY Cortland)
Presider: Jerry Casciani
Location: Cedar
This session describes a research project that examines how well secondary Physical Educators are addressing the NASPE and State Learning Standards across the State of New York. Data analysis will feature the results of a teacher coding system and a teacher/administrator survey. The results of the study will reveal, to what degree, the teachers in this study, were able to meet the NASPE Learning Standards through their teaching.
Higher Education/Professional Preparation and Council of Administrators Sections

Teaching Concepts of Fitness Through Game Play
Presenter: Ralph Ammirati and Thomas Wiermann (MS 101 - NYC Department of Education)
Presider: Laura Brodfuehrer
Location: Onondaga
Enhance the health related fitness component of your curriculum with activities that take cognitive and psychomotor learning to new, FUN levels. This innovative approach to teaching the five concepts of fitness in-depth will give the participant several new games to try and how to develop more of their own with simple assessments. Valuable ways to teach concepts of Math and ELA in a cross-disciplinary way will be included.
Elementary/Middle School Physical Education and Health Education Sections

COME Folk Dance With the Kids!
Presenter: Bess Koval (Retired)
Presider: Marisol Sevilla
Location: Seneca
Visiting students will demonstrate folk dances and then ask you to join in and dance with them. Come enjoy and count the smiles on their faces!
Dance Section

Developing and Implementing a Multicultural Olympic Curriculum
Presenters: Chris Jaskier, Bryant Kent, Eric Khol, and Jennifer Heim (SUNY College at Brockport)
Advisors: Reginald Ocansey, Mark Kutame, Patrick Akuffo, Stan Ajongba, and Seidu Sofo (SUNY College at Brockport)
Presider: Jessica Santobianco
Location: Mohawk
Developing and implementing a Multicultural Olympic Curriculum makes a case for a Multicultural Olympic Curriculum based on sound principles of Olympism. What is Olympism? This session will discuss the place of Multicultural Olympic Curriculum in today's Physical Education, as well as provide guidelines and tips for teachers interested in developing and implementing a Multicultural Olympic Curriculum.
Future Professionals and Elementary/Middle School Physical Education Sections

Tennis Clinic 101
Presenter: Ferman Konukman (SUNY Brockport)
Presider: Kevin Burdick
Location: Oneida
Tennis is becoming a popular lifetime physical activity and many schools have started to implement tennis into their curriculum. However, Physical Education teachers and coaches may not have enough equipment and space (courts) to teach this fun activity. Therefore, this session will provide several practical ideas for teaching and coaching basic tennis skills, in addition to focusing on how to teach tennis skills with limited equipment and space.
Coaching and Elementary/Middle School Physical Education Sections
9:00 am – 11:30 am

NYS AHPERD Executive Council Meeting
Brian Oaks, NYS AHPERD President
Location: Cayuga

10:30 – 11:45 am

Linking NYS Health Standards and Skills to a Health Education Curriculum
Presenters: Sara Nye, Caroline Gugino, Melanie Bauder, and Brianna Coolidge-Dillaman (SUNY Cortland)
Advisors: Donna Videto and Linda Shapess (SUNY Cortland)
Presider: Nicole Fisher
Location: Briar
This session will focus on an examination of the work of SUNY Cortland Health Department faculty and students on linking the K-6 Health Education curriculum, Health Central, to the New York State Health Education Learning Standards. The assessment and revision process for linking curriculum to the New York State Standards and skill pedagogy will be shared, along with sample lessons and teaching ideas reflective of the Standards. This session will be helpful for elementary level teachers, Health teachers at all levels, and individuals working in professional development in Health Education.

NYS AHPERD Board of Directors Meeting
Cathy Haight, NYS AHPERD Board Chair
Location: Cedar

Program Planners’ Meeting
Jessica Synenki, NYS AHPERD Conference Director
Location: Birch

Activities For Teaching High School Mental-Emotional Health
Presenter: Susan Remkus Denis (Pierson High School)
Presider: Jennifer Santobianco
Location: Willow
This interactive session will focus on teaching mental-emotional health to the high school population. Participants will have the opportunity to explore a variety of topics and several activities which may be included in a unit on mental-emotional health, such as scripting, time management, stress management, personality and the importance of touch and well-being.

Leadership Is For All!
Presenter: Robert Zifchock (Nyack Central School District)
Presider: Tara Englert
Location: Tuscarora
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!

Hip Hop For Your Physical Education Class
Presenters: Brandon Faulkner, Michael Trimontana and Tim Mueller (Adelphi University)
Advisor: Ellen Kowalski (Adelphi University)
Presider: Daniel Clark
Location: Seneca
Get ready to bring the club into your gymnasium! This session will provide participants with fun and engaging ways to incorporate dance into their Physical Education program. This is one session you won’t want to miss!

New Elementary Games With “The Same Old” Equipment!
Presenter: Kevin Corbett (Katonah Elementary School)
Presider: John Suman
Location: Mohawk
Are you looking for a few new ideas for those old plastic bowling pins, frisbees and beanbags? Do you want the kids in your class to be pumped about fast paced, challenging and fun games? Come learn some new activities that your kids will love - using the same old stuff you have in the back of your closet!

12:00 pm – 2:00 pm

NYS AHPERD Board of Directors Meeting
Cathy Haight, NYS AHPERD Board Chair
Location: Cedar

Program Planners’ Meeting
Jessica Synenki, NYS AHPERD Conference Director
Location: Birch
The Future Professionals Section Would Like To Congratulate Our 2007 Amazing Person

Jack Hogan

We would also like to thank the following individuals for their contributions to our 2007 newsletters: Joe Aquilina, Carley Guariglia, Jennifer Heim, Michelle Sullivan, and Randy Williams
Special Thanks To All The Exhibitors For Their Commitment to NYS AHPERD!

AAHPERD
American Heart Association
Adelphi University
Bigger Faster Stronger
Bike New York
Canisius College
Eastern District Association
Eat Well Play Hard Community Projects
Everlast Climbing Industries
Flaghouse
Focused Fitness
Foundation for Healthy Living
Genesee Community College
Geofitness
Glencoe/McGraw-Hill
Glenview Health Systems
GOPHER
Healthy Highway
Homespun Community Dancing
HopSports, Inc.
Human Kinetics
In-School Bowling
Insight Grants Development, LLC
Ithaca College
Musiker Discovery Programs
NASCO
New York Beef Industry Council
New York State Dept of Health: Bureau of Narcotic Enforcement
Nicros Climbing Walls
Omnikin Inc.
Orienteering Unlimited
Physical Education Planners
Play Rugby, Inc.
Polar Electro Inc.
R. E. Woodson
S & S Discount Sport & PE Supply
SIA/Winter Feels Good
Skillastics
Song Support
Speed Stacks, Inc.
Sportime
SUNY College at Brockport
SUNY Cortland
Tchoukball Inc.
The Children’s Health Market
The SPARK Programs
Toledo P.E. Supply
UCS, Inc.
US Games - BSN/CP Sports

Booth 102 - AAHPERD
1900 Association Drive, Reston, VA 20191
Telephone: 703-476-3422
Website: www.aahperd.org
Representative: Becky Smith

Booth 100 – American Heart Association
2113 Chili Avenue, Rochester, NY 14624
Telephone: 585-697-6279
Website: www.americanheart.org
Representatives: Ramona Englebrecht, Betsy Shurak

Booth 205 – Adelphi University
Woodruff Hall, Garden City, NY 11530
Telephone: 516-877-4262
Website: www.adelphi.edu
Representatives: Stephen Virgilio, Joseph Virgilio

Booth 600 – Bigger Faster Stronger
843 W. 2400 South, Salt Lake City, UT 84119
Telephone: 801-974-0460
Website: biggerfasterstronger.com
Representatives: Rock Bojak, Lance Neven

Booth 504 – Bike New York
891 Amsterdam Avenue, New York, NY 10025
Telephone: 212-932-2453
Website: www.bikenewyork.org
Representatives: Emilia Crotty, Rich Conroy

Booth 109 – Canisius College
2001 Main Street, Buffalo, NY 14208
Telephone: 716-888-2544
Website: www.canisius.edu
Representatives: Jim Bagwell, Tim Sawicki

Booth 101 – Eastern District Association
Toni Hagerman, Executive Director,
3964 East Lake Road, Canandaigua, NY 14424
Telephone: 585-396-0039
Website: www.aahperd.org/districts/eda
Representatives: Laura Petersen, Sandy Morley

Booth 400/402 – Eat Well Play Hard Community Projects
Education Center, 248 Grant Avenue, Suite 1,
Auburn, NY 13021-1495
Telephone: 315-255-1183
Website: www.cce.cornell.edu/cayuga
Representatives: Joe Mushock, Sabrina Hesford, Rachel Murphy

Booth 203 – Everlast Climbing Industries
1335 Mendota Heights Road
Mendota Heights, MN 55120
Telephone: 651-665-9131
Website: www.traversewall.com
Representative: Kevin Sudeith

Booth 500 – Flaghouse
601 Flaghouse Drive, Hasbrouck Heights, NJ 07604
Telephone: 201-329-7588
Website: www.flaghouse.com
Representatives: John Ruggiero, Keith Gold
Booth 612 – **Focused Fitness**  
11117 E. 32nd Avenue, Spokane, WA 99206  
Telephone: 509-327-3181  
Website: www.focusedfitness.org  
Representatives: Kari Walter, Amy Lutz

---

Booth 303 – **Foundation for Healthy Living**  
30 Century Hill Drive, Latham, NY 12110  
Telephone: 518-220-4606  
Website: www.foundationforhealthyliving.org  
Representatives: Jodie Ann Fitzgerald, Mara VanVorst

---

Booth 515 – **Genesee Community College**  
1 College Road, Batavia, NY 14020  
Telephone: (585) 343-0055  
Website:  
Representatives: Rebecca Dziekan, Kathleen Gurak

---

Booth 401 – **Geofitness**  
416 Winding Hollow Avenue, Ocoee, FL 34761  
Telephone: 407-275-0510  
Website: www.geofitness.com  
Representative: Jessica Pinkowski

---

Booth 300 – **Glencoe/McGraw-Hill**  
8787 Orion Place, Columbus, OH 43240  
Telephone: 614-430-4991  
Website: www.glencoe.com  
Representative: Joe Illig

---

Booth 403 – **Ithaca College**  
#8 Hill Center, Ithaca, NY 14850  
Telephone: 607-274-3105  
Website: www.ithaca.edu  
Representatives: Deb Wuest, Phoebe Carstaninou, Mary Bentley

---

Booth 509 – **GOPHER**  
P.O. Box 998, Owatonna, MN 55060  
Telephone: 507-444-1533  
Website: www.gophersport.com  
Representatives: Deb Macal, Doug Satre

---

Booth 305 – **NASCO**  
901 Janesville Avenue, Fort Atkinson, WI 53538  
Telephone: 920-568-5544  
Website: www.eNasco.com  
Representative: Tim Taggart

---

Booth 302 – **New York State Dept. of Health: Bureau of Narcotic Enforcement**  
433 River Street, Troy, NY 12180  
Telephone: 518-408-5480  
Website: www.nyhealth.gov/professionals/narcotic  
Representatives: Sarah DelSignore, Dorilee Male

---

Booth 608 – **Nicros Climbing Walls**  
845 Phalen Blvd., St. Paul, MN 55106  
Telephone: 651-778-1975  
Website: www.nicros.com  
Representative: Michael Moore

---

Booth 404 – **Omnikin Inc.**  
803 Blvd. Centre Hospitalier, Charny, Quebec, Canada  
Telephone: 800-706-6645  
Website: www.omnikin.com  
Representatives: Louis Grondin, Marie Pier Blais

---

Booth 415/514 – **Human Kinetics**  
1607 N. Market Street, Champaign, IL 61820  
Telephone: 217-351-5076  
Website: www.humankinetics.com  
Representative: John Klein

---

Booth 312 – **In-School Bowling**  
435 New Karner Road, Albany, NY 12205  
Telephone: 518-464-1176  
Website: www.bowlered.com  
Representatives: Kathy Leitgeb, Rob Rea

---

Booth 202 – **Insight Grants Development, LLC**  
226 Alameda Street, Third Floor, Rochester, NY 14613  
Telephone: 716-474-0981  
Website: www.insightgrants.com  
Representative: Rosalie Mangino-Crandall

---

Booth 210 – **Orienteering Unlimited**  
3 Jan Ridge Road, Somers, NY 10589  
Telephone: (914) 248-5957  
Website: www.orienteeringunlimited.com  
Representatives: Ed Hicks

---

Booth 507 – **Physical Education Planners**  
6000 Breed Road, Camillus, NY 13031  
Telephone: 315-506-0222  
Website: www.physedplanners.com  
Representatives: Lou Rosati, Ted Tsirigotis, Janine Corning
**Conference 2007 Exhibitor Directory**

Booth 501 – **Play Rugby, Inc.**  
144 East 30th, New York, NY 10016  
Telephone: 646-652-5213  
Website: www.playrugbyusa.com  
Representatives: Mark Griffin, Christian Mayo

Booth 301 – **Polar Electro Inc.**  
111 Marcus Avenue, Lake Success, NY 11042  
Telephone: 516-364-0400  
Website: www.polarusa.com/education  
Representatives: Matthew Zuccarello, Jesse Harper

Booth 106 – **R. E. Woodson**  
3520 Dewey Avenue, Rochester, NY 14616  
Telephone: (585) 865-0554  
Website: www.rewoodson.com  
Representatives: Gina Williamson, Liza Agresta

Booth 200 – **S & S Discount Sport & PE Supply**  
P.O. Box 513, Colchester, CT 06415  
Telephone: 800-243-9232  
Website: www.ssww.com  
Representatives: Todd Sinn, Anthony Bardi

Booth 304/306 – **SIA/Winter Feels Good**  
8377-B Greensboro Drive, McLean, VA 22102  
Telephone: 703-506-4218  
Website: www.winterfeelsgood.com  
Representatives: Pete Pandoll, Tracy Ferland

Booth 319 – **Skillastics**  
P.O. Box 1513, Corona, CA 92878  
Telephone: 951-279-3476  
Website: www.skillastics.com  
Representative: Dani Leroux

Booth 213 – **Speed Stacks, Inc.**  
14 Ivernness Dr. E., Ste D-100, Englewood, CO 80112  
Telephone: 303-663-8083  
Website: www.speedstacks.com  
Representative: Dan Wolff

Booth 314/315 – **Sportime**  
3155 Northwoods Pkwy, Norcross, GA 30071  
Telephone: 770-510-7151  
Website: www.sportime.com  
Representatives: Jim Curtis, Aaron Hart

Booth 314 – **Song Support**  
Stn. “C”, Box 722, Kitchener, Ontario  
Telephone: 519-744-7529  
Website: www.ronnosong.com  
Representatives: Ron Hiller, Liz Jones-Twomey

Booth 505 – **SUNY College at Brockport**  
Dept. of PE, Brockport, NY 14420  
Telephone: 585-395-5341  
Website: www.brockport.edu  
Representative: Dr. Eugene Orbaker, Dr. Reggie Ocansey

Booth 206 – **SUNY Cortland**  
PO Box 2000, Cortland, NY 13045  
Telephone: (607) 753-5700  
Website: www.cortland.edu  
Representatives: John Foley, Luis Columna

Booth 601 – **Tchoukball Inc.**  
P.O. Box 1541, Bellevue, WA 98009-1541  
Telephone: 425-644-3111  
Website: http://tchoukballpromo.com  
Representatives: Pierre-Alain Girardin, Lisa Rucker

Booth 209 – **The Children’s Health Market**  
P.O. Box 7294, Wilton, CT 06897  
Telephone: 800-782-7077  
Website: www.thegreatbodyshop.net  
Representatives: Barbara Burditt, Heather Collier

Booth 317 – **The SPARK Programs**  
438 Camino del Rio South, #110, San Diego, CA 92108  
Telephone: 619-293-7990  
Website: www.sparkpe.org  
Representatives: John Hichwa, Julie Frank

Booth 110/111 – **Toledo P.E. Supply**  
P.O. Box 5618, Toledo, OH 43613  
Telephone: 800-225-7749  
Website: www.tpesonline.com  
Representative: Bill Laudick

Booth 513 – **UCS, Inc.**  
511 Hoffman Road, Lincolnton, NC 28092  
Telephone: 704-732-9922  
Website: www.ucsspirit.com  
Representatives: Jason Schwartz, Gail Olson

Booth 103 – **US Games - BSN/CP Sports**  
27 Schalren Drive, Latham, NY 12110  
Telephone: 518-783-1632  
Website: www.usgames.com  
Representative: Elliot Schwebel

---

**EXHIBITOR DEMONSTRATIONS**

**Thursday, November 8, 2007**  
**Exhibit Hall Hours: 8:00 am – 5:00 pm**

<table>
<thead>
<tr>
<th>Time</th>
<th>Exhibitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>Polar Electro, Inc.</td>
</tr>
<tr>
<td>9:15 am</td>
<td>Tchoukball, Inc.</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Bike New York</td>
</tr>
<tr>
<td>11:45 am</td>
<td>Bigger Faster Stronger</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Homespun Community Dancing</td>
</tr>
<tr>
<td>1:15 pm</td>
<td>NY Beef Industry Council</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Sportime</td>
</tr>
<tr>
<td>3:30 pm</td>
<td>GeoFitness</td>
</tr>
<tr>
<td>4:15 pm</td>
<td>The SPARK Programs</td>
</tr>
</tbody>
</table>

**Friday, November 9, 2007**  
**Exhibit Hall Hours: 8:00 am – 3:00 pm**

<table>
<thead>
<tr>
<th>Time</th>
<th>Exhibitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>Skillastics</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Omnikin Inc.</td>
</tr>
<tr>
<td>11:45 am</td>
<td>Play Rugby, Inc.</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>The Children’s Health Market</td>
</tr>
<tr>
<td>1:15 pm</td>
<td>Glencoe/McGraw-Hill</td>
</tr>
<tr>
<td>2:30 pm</td>
<td>HOPSports</td>
</tr>
</tbody>
</table>
The Nassau Zone Honors
And Congratulates
Our 2007 Amazing Person

Maureen Kuperberg

Save the Date for our Upcoming Mini-Conference!

Let's Leap Into Health & Physical Education,
It's......Worth the Time
Friday, February 29, 2008
C.W. Post Campus, Brookville, NY

For more information, log onto: www.nassauzone.org
Greetings!
On behalf of the Higher Education Section, I would like to welcome you to the 2007 NYS AHPERD Conference and invite you to take advantage of all membership in NYS AHPERD has to offer. Building collaborative relationships within our membership is one of my goals and a wonderful way to strengthen our section. We encourage all NYS AHPERD members to keep us informed of any important contributions that are going on within our membership in the areas of higher education/professional preparation and I look forward to your involvement. Don’t forget to attend our section meeting on Thursday, November 8th from 1:00 pm-1:30 pm in the Tuscarora room.
Sincerely,
Angela Beale
President, Higher Education Section

Congratulations to the Higher Education Section’s Amazing Person

Alisa James

Please join us as we honor Alisa during the Amazing People Awards Ceremony on Thursday, November 8th at 7:00 pm in the Mohawk Room.
<table>
<thead>
<tr>
<th>Name</th>
<th>Years</th>
<th>Name</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>
</tr>
<tr>
<td>Carroll Smith*</td>
<td>1947 - 48</td>
<td>Barbara DiPalma</td>
<td>1983 - 84</td>
</tr>
<tr>
<td>Marie Schuler*</td>
<td>1948 - 49</td>
<td>Ron Feingold</td>
<td>1984 - 84</td>
</tr>
<tr>
<td>John Shaw</td>
<td>1949 - 50</td>
<td>Phyllis Bigel</td>
<td>1984 - 85</td>
</tr>
<tr>
<td>Lloyd Appleton</td>
<td>1950 - 51</td>
<td>John Ault*</td>
<td>1985 - 86</td>
</tr>
<tr>
<td>Jeanette Saurborn</td>
<td>1951 - 52</td>
<td>Barbara Southwick</td>
<td>1986 - 87</td>
</tr>
<tr>
<td>Arthur Smith</td>
<td>1952 - 53</td>
<td>Sam Utter</td>
<td>1987 - 88</td>
</tr>
<tr>
<td>Julia Pratt*</td>
<td>1953 - 54</td>
<td>Shirley Bowen</td>
<td>1988 - 89</td>
</tr>
<tr>
<td>Julius Kuhnert</td>
<td>1954 - 55</td>
<td>Michael Marcus</td>
<td>1989 - 90</td>
</tr>
<tr>
<td>Ray Glunz</td>
<td>1955 - 56</td>
<td>Arlene Seguine</td>
<td>1990 - 91</td>
</tr>
<tr>
<td>Paul Fairfield</td>
<td>1956 - 57</td>
<td>Tom Fay</td>
<td>1991 - 92</td>
</tr>
<tr>
<td>Elmer Smith</td>
<td>1957 - 58</td>
<td>Judy Ingram</td>
<td>1992 - 93</td>
</tr>
<tr>
<td>Alice Backus</td>
<td>1958 - 59</td>
<td>Ken Demas</td>
<td>1993 - 94</td>
</tr>
<tr>
<td>Raymond Bradley</td>
<td>1959 - 60</td>
<td>Judy Harris</td>
<td>1994 - 95</td>
</tr>
<tr>
<td>Arthur Selverstone*</td>
<td>1960 - 61</td>
<td>George Blessing</td>
<td>1995 - 96</td>
</tr>
<tr>
<td>Ross Allen</td>
<td>1963 - 64</td>
<td>Kate Merrill</td>
<td>1998 - 99</td>
</tr>
<tr>
<td>Robert Weber</td>
<td>1964 - 65</td>
<td>Rick Amundson</td>
<td>1999 - 00</td>
</tr>
<tr>
<td>Elizabeth Desch*</td>
<td>1965 - 66</td>
<td>Toni Hagerman</td>
<td>2000 - 01</td>
</tr>
<tr>
<td>Emilio DaBramo</td>
<td>1966 - 67</td>
<td>Jack Baker</td>
<td>2001 - 02</td>
</tr>
<tr>
<td>Pearl Britton</td>
<td>1967 - 68</td>
<td>Catharine Haight</td>
<td>2002 - 03</td>
</tr>
<tr>
<td>Nicholas Zona*</td>
<td>1968 - 69</td>
<td>Ronald Whitcombe</td>
<td>2003 - 04</td>
</tr>
<tr>
<td>David Rothenberg*</td>
<td>1969 - 70</td>
<td>Paula Summit</td>
<td>2004 - 05</td>
</tr>
<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>Sara Daggett</td>
<td>2006 - 07</td>
</tr>
<tr>
<td>James Runyan*</td>
<td>1972 - 73</td>
<td>* deceased</td>
<td></td>
</tr>
</tbody>
</table>
NYS AHPERD DIRECTORY

NYS AHPERD Central Office  ♦  77 North Ann Street, Little Falls, NY 13365  ♦  Phone: 315-823-1015
Toll Free: 1-877-473-7398  ♦  Fax: 315-823-1012  ♦  www.nysahperd.org

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Jessica Synenki, Conference Director
Kim Barnes, Admin. Assistant
Lisa Reardon, Admin. Assistant
Lisa Corbett, Office Support Staff
Doreen Rohacek, Office Support Staff

Healthy Schools Leadership Institute
Stephanie Gray – Director
Jeanette Dippo - Program Coordinator

Newsletter Editor
Stephanie Gray
E-mail: sgray@nysahperd.org

OFFICERS
Sara Daggett, President
C. Brian Oaks, President-Elect
Tom Howard, Past President

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Sara Daggett, President
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Tom Howard, Past President
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Lee Mittelstaedt
Ed Woolston
Tami DeRose
Jason Lehmebeck

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Colleen Corsi, Executive Director
Bob Zifchock, Treasurer

EXECUTIVE COUNCIL MEMBERS
Lori Reichel, Secretary

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Janet Tully-Kuzman, Capital Zone
Lois Wilke Gerhardt, Capital Zone
Michael Kroemer, Catskill Zone
John C. Wells, Central North Zone
Lisa Hrehor, Central South Zone
Polly Sadler, Central Western Zone

Mara Manson, Nassau Zone
Jana Dixon, New York City Zone
Sarah Fiacco, Northern Zone
Lisa Sherman, Southeastern Zone
Denise Marie Kiernan, Suffolk Zone
Lori Potter, Western Zone

Section Presidents
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John McVan, Aquatics
Ronald Woodruff, Coaches
Mike Salatel, Council of Administrators
Michelle Denino-Gordon, Dance
Laura Petersen, Elem./Middle School PE
Dom Splendorio, Health Education
Angela Beale, Higher Ed./Prof. Prep.
Mark Yaeger, Leisure/Adventure
Rhonda Petrocelli, Retirees
Leslie Sewell, Secondary PE
Randy Williams, Future Prof. President
Michelle Sullivan, Future Prof. Pres-Elect
Alisa James, Future Prof. Section Advisor
### THURSDAY, NOVEMBER 8

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit Hall Open</td>
<td>8:00 am - 5:00 pm</td>
</tr>
<tr>
<td>Early Bird Events</td>
<td>6:30 am - 7:30 am</td>
</tr>
</tbody>
</table>

| Session I                                  | 8:00 am - 9:15 am |

| Presidential Welcome and General Session*  | 9:30 am - 10:45 am |

| Exhibit Time*                              | 10:45 am - 11:30 am |

| Section Meetings                           | 1:00 pm - 1:30 pm |

| Session III                                | 1:30 pm - 2:45 pm |

| Exhibit Time*                              | 3:00 pm - 3:45 pm |

| Session IV                                 | 4:00 pm - 5:15 pm |

| American Heart Association Meeting         | 5:30 pm - 6:00 pm |

| Coaches Awards Ceremony                    | 5:30 pm - 6:30 pm |

| Future Professionals Meeting               | 5:30 pm - 6:30 pm |

| Amazing People Awards Ceremony             | 7:00 pm - 8:30 pm |

| Battle of the Zones                        | 8:30 pm - 12:00 am |

### FRIDAY, NOVEMBER 9

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibit Hall Open</td>
<td>8:00 am - 3:00 pm</td>
</tr>
<tr>
<td>Early Bird Events</td>
<td>6:30 am - 7:30 am</td>
</tr>
</tbody>
</table>

| 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 |

| Thematic Sessions                         | 12:45 pm - 2:00 pm |

| Exhibit Time*                              | 2:00 pm - 2:30 pm |

| Session VII                                | 2:30 pm - 3:45 pm |

| Session VIII                               | 4:00 pm - 5:15 pm |

| College/University and Zone Socials       | 5:45 pm - 6:45 pm |

| Jay B. Nash Awards Dinner                  | 6:45 pm - 9:00 pm |

| Evening Social                             | 10:00 pm - 2:00 am |

### SATURDAY, NOVEMBER 10

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Bird Events</td>
<td>7:00 am - 8:00 am</td>
</tr>
<tr>
<td>Retirees Section Meeting</td>
<td>7:30 am - 9:00 am</td>
</tr>
</tbody>
</table>

| Intensive Trainings                        | 8:00 am - 4:00 pm |

| Session IX                                 | 9:00 am - 10:15 pm |

| Executive Council Meeting                  | 9:00 am - 11:30 am |

| Session X                                 | 10:30 am - 11:45 am |

| Program Planners’ Meeting                 | 12:00 pm - 2:00 pm |

| Board of Directors’ Meeting                | 12:00 pm - 2:00 pm |

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

### Special Notes:

- Early Bird Events
- Retirees Section Meeting
- Intensive Trainings
- Executive Council Meeting
- Program Planners’ Meeting
- Board of Directors’ Meeting

- American Heart Association Meeting
- Coaches Awards Ceremony
- Future Professionals Meeting
- Amazing People Awards Ceremony
- Battle of the Zones

- College/University and Zone Socials
- Jay B. Nash Awards Dinner
- Evening Social
Turning Stone Resort and Convention Center

PROPERTY MAP
GROUND FLOOR

A1 SMOKIN
A2 STONE ROAST COFFEE COMPANY
A3 STONE STREET MARKET
A4 DAY SPA & SALON
A5 EMERALD RESTAURANT
A6 ESSENTIALS
A7 FOREST GRILL STEAKHOUSE
A8 COPPER LOUNGE
A9 PINO BIANCO TRATTORIA
A10 PEACH BLOSSOM
A11 DELTA CAFE
A12 DIAMOND MINE
A13 OPALS
A14 HIGH STAKES BINGO
A15 CASINO GAMING FLOOR
A16 DIAMOND CARD DESK
A17 ESSENTIALS TOO
A18 SEASON'S HARVEST BUFFET
A19 THE SHOWROOM
A20 HOTEL FRONT DESK
A21 OPALS TOO
A22 JEWELRY STORE
A23 GIFT SHOPPE
A24 RETAIL SHOPPE

CONVENTION CENTER CONFERENCE AREA
C1 TUSCARORA
C2 CAYUGA
C3 ONONDAGA
C4 SENeca
C5 MOHAWK
C6 ONEIDA

HOTEL/RETAIL/BANQUET AREA
ENTERTAINMENT
RESTAURANTS/FOOD & BEVERAGE
GAMING
Turning Stone Resort and Convention Center

SECOND FLOOR

SECOND FLOOR
EVENT CENTER

PARKING GARAGE

SECOND FLOOR

B1 RODIZIO BRAZILIAN STEAKHOUSE
B2 THE EVENT CENTER
B3 BUSINESS CENTER
B4 ESSENTIALS THREE

CONVENTION CENTER CONFERENCE AREA
C19 SARANAC
C20 CANADAIGUA
C21 CHAUTAQUA
C22 OWASCO

CLUBHOUSE CONFERENCE AREA
C23 APPALACHIAN
C24 ADIRONDACK
C25 CATSKILL

SECOND FLOOR
CONVENTION CENTER

SECOND FLOOR
CLUBHOUSE

SHENENDOAH CLUBHOUSE C23 C24 C25

TOWER CONFERENCE AREA
C7 BRIAR
C8 OAK
C9 WILLOW
C10 CEDAR
C11 HAWTHORNE
C12 BIRCH
C13 MEADOW

CYPRESS CONFERENCE AREA
C14 CYPRESS A
C15 CYPRESS B
C16 CYPRESS C
C17 CYPRESS D
C18 CYPRESS E

THIRD FLOOR

D1 TOWER FITNESS CENTER
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- Traditional community dancing builds cooperation, respect, coordination, and listening skills

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