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

73rd Annual Conference
Turning Stone Resort and Convention Center
Verona, New York

NYS AHPERD
November 17-20, 2010
“Together With Passion & Purpose”
“Together With Passion & Purpose”
2010 Conference Schedule At-A-Glance

Wednesday, November 17, 2010
Registration 8:00 am - 5:00 pm
Board of Director’s Meeting 9:00 am - 5:00 pm
Intensive Training Workshops 9:00 am - 9:00 pm
Executive Council Meeting 6:30 pm - 10:00 pm

Thursday, November 18, 2010
Registration 7:00 am - 5:00 pm
Exhibit Hall Open 8:00 am - 5:00 pm
Session I 8:00 am - 9:15 am
American Heart Association Meeting 8:00 am - 9:15 am
Presidential Welcome and General Session 9:25 am - 10:50 am
Exhibit Time 10:50 am - 11:20 am
Session II 11:30 am - 12:45 pm
Session III 12:45 pm - 1:30 pm
Session IV 1:35 pm - 2:50 pm
Exhibit Time 2:50 pm - 3:20 pm
Session V 3:30 pm - 4:45 pm
Committee Meetings 5:00 pm - 5:30 pm
Amazing People Awards Ceremony 7:00 pm - 8:30 pm
Evening Social/Battle of the Zones 8:30 pm - 12:00 am

Friday, November 19, 2010
Early Bird Session 6:30 am - 7:30 am
Registration 7:00 am - 4:00 pm
Exhibit Hall Open 8:00 am - 3:00 pm
Session V 8:00 am - 9:15 am
Exhibit Time 9:15 am - 9:45 am
General Session 9:55 am - 11:10 am
Session VI 11:20 am - 12:35 pm
Past President’s Luncheon 12:00 pm
Session VII 12:45 pm - 2:00 pm
Exhibit Time 2:00 pm - 2:30 pm
Session VIII 2:40 pm - 3:55 pm
Session IX 4:05 pm - 5:05 pm
Zone and College Socials 5:30 pm - 6:30 pm
Jay B. Nash Reception 6:00 pm - 6:30 pm
Jay B. Nash Awards Dinner 6:45 pm - 9:00 pm
Evening Social 10:00 pm - 2:00 am

Saturday, November 20, 2010
Registration 8:00 am - 10:00 am
Retirees Section Meeting 7:30 am - 9:30 am
Intensive Trainings 8:00 am - 12:00 pm
Session X 9:00 am - 10:15 am
Executive Council Meeting 9:00 am - 11:30 am
Session XI 10:30 am - 11:45 am
End of Conference Raffles 12:00 pm
Board of Directors’ Meeting 12:30 pm - 2:00 pm
### THURSDAY, NOVEMBER 18

**Exhibit Hall Open**  
8:00 am - 5:00 pm

**Session I**  
8:00 am - 9:15 am  
**Title:** __________________________  
**Location:** _______________________

**Presidential Welcome and General Session**  
9:25 am - 10:50 am

**Exhibit Time**  
10:50 am - 11:20 am

**Session II**  
11:30 am - 12:45 pm  
**Title:** __________________________  
**Location:** _______________________

**Section Meet & Greet**  
12:45 pm - 1:30 pm

**Session III**  
1:35 pm - 2:50 pm  
**Title:** __________________________  
**Location:** _______________________

**Exhibit Time**  
2:50 pm - 3:20 pm

**Session IV**  
3:30 pm - 4:45 pm  
**Title:** __________________________  
**Location:** _______________________

**Committee Meetings**  
5:00 pm - 5:30 pm

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

**Battle of the Zones/Evening Social**  
8:30 pm - 12:00 am

### FRIDAY, NOVEMBER 19

**Early Bird Session**  
6:30 - 7:30 am

**Exhibit Hall Open**  
8:00 am - 3:00 pm

**Session V**  
8:00 am - 9:15 am  
**Title:** __________________________  
**Location:** _______________________

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

**General Session**  
9:55 am - 11:10 am

**Session VI**  
11:20 am - 12:35 pm  
**Title:** __________________________  
**Location:** _______________________

**Past President’s Luncheon**  
12:00 pm

**Session VII**  
12:45 pm - 2:00 pm  
**Title:** __________________________  
**Location:** _______________________

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

**Session VIII**  
2:40 pm - 3:55 pm  
**Title:** __________________________  
**Location:** _______________________

**Session IX**  
4:05 pm - 5:05 pm  
**Title:** __________________________  
**Location:** _______________________

**College/Zone Socials**  
5:30 pm - 6:30 pm

**Jay B. Nash Reception**  
6:00 pm - 6:30 pm

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

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

### SATURDAY, NOVEMBER 20

**Retirees Section Meeting**  
7:30 am - 9:30 am

**Intensive Training**  
8:00 am - 12:00 pm

**Session X**  
9:00 am - 10:15 am  
**Title:** __________________________  
**Location:** _______________________

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

**Session XI**  
10:30 am - 11:45 am  
**Title:** __________________________  
**Location:** _______________________

**End of Conference Raffles**  
12:00 pm

**Board of Directors’ Meeting**  
12:30 pm - 2:00 pm

---

**Special Notes:**

*Use this worksheet to help identify where you want to be and when!*
Dear Colleagues,

Welcome to the Turning Stone Resort and Convention Center for the 2010 NYS AHPERD Annual Convention; our theme this year is “Together with Passion and Purpose”. We are excited to be presenting a dynamic professional development experience! Highlights include two keynote speakers; Jim Johnson of Greece Athena High School—the famed story of “J-Mac”, and, Dr. John Pelizza; Dr. Mary Tantillo, will be our first ever Health Section featured speaker. Other highlights include National Teacher of the Year, Clayton Ellis from Colorado, 13 Intensive Trainings, Battle of the Zones, College and University Socials, and two award ceremonies.

For those of you that are regular NYS AHPERD Conference attendees, you know the enthusiasm and energy that is contagious at this Conference. If you are new to the NYS AHPERD Conference, please take the time to visit with the vendors, network with colleagues, and learn about leadership opportunities within your professional Association.

This year we have a NYS AHPERD booth in the exhibit hall. The idea is to have a lounge area to meet with colleagues, a place to learn more about the leadership opportunities or to have questions about the conference answered. Please make the time to stop by and visit!

Finally, a closing word about my theme, “Together with Passion and Purpose”. There is no doubt that the vast majority of us went into our profession, or are entering as future professionals, because we have a passion and a strong sense of purpose about things like fitness, athletics, movement, health, or dance. Sadly, it is easy in this 21st century to get caught up in the “thick of thin things.” We need each other and we need these experiences to “regenerate” or to “refill our tanks”. There is nothing that does it better than a NYS AHPERD Conference! Being around like-minded people for work and play is what makes a NYS AHPERD Conference so special. The purpose that we serve is vital to the health of children and the vitality of school life. The purpose of our Association in part is to provide that spark. Enjoy your days here and please consider taking an active role in NYS AHPERD!

Sincerely,

Jason Lehmbek
NYS AHPERD President

We acknowledge and thank the members of the 2010 Board of Directors & Executive Council for their dedicated service to NYS AHPERD. Together, with passion and purpose, you have made a difference!
Prepare for your future

Pioneering programs in Health Studies, Physical Education and Human Performance Sciences are what you’ll find at Adelphi University.

Featuring brand-new, state-of-the-art instructional facilities, our curriculum offers a multidisciplinary approach to identifying problems, developing solutions, and implementing effective programs relating to wellness, physical activity, nutrition, stress reduction, and personal living skills.

Explore what Adelphi can do for you.
Visit education.adelphi.edu/hpe,
or call Ron Feingold, Chair (516) 877-4260.
NYS AHPERD Proudly Recognizes Our 2010 Amazing People Award Recipients

Section

Adapted Physical Education and Sport
Renee McCall, North Syracuse SD

Aquatics
Dr. Angela Beale, Adelphi University

Coaches
Dave Zawatson, Great Neck SD

Council of Administrators
Dave Garbarino, Binghamton SD

Dance
Kaylie LaLota, North Port HS

Elementary/Middle School Physical Education
Chris Wert, Corning Painted Post SD

Higher Education/Professional Preparation
Dr. Shawn Ladda, Manhattan College

Recreation/Adventure Education
Ed Leak, Orchard Park Recreation Department

Retirees
Claire Demas, Mamaroneck SD (Retired)

Zone

Capital Zone
Anne Downes, Warrensburg SD

Catskill Zone
Linda Chumas, Wallkill SD

Central North
Monica Wolfe, Vernon-Verona-Sherill SD

Central South
Murphee Hayes, Whitney Point SD

Central Western
Jeff Alger, Webster SD

Nassau
Jill Scheinberg, Roslyn Public SD

Northern
Carol Zimmerman, SLCHI, Inc.

Southeastern
Maryanne Ceriello, Beacon SD

Suffolk
Peter Leis, Connetquot SD (Retired)

Western
Randy Williams, Graduate Student

Departmental Majors of the Year

Leonard Bruno, Adelphi University
Hilary Pavels, Adelphi University
Christopher Resti, The College at Brockport
Natalie Gregorski, The College at Brockport
Gregory Goldin, Canisius College
Nicholas Mangan, SUNY Cortland
Melissa Fromm, SUNY Cortland
Christopher Wilber, Ithaca College
Kelley Hand, Ithaca College
Elyssa Pascarella, Long Island University
Craig Bergquist, Manhattan College
Kaitlin Rodriguez, Manhattan College
Christine Di Lapi, Queens College, CUNY
Blake Cunningham, Roberts Wesleyan College

Please join us as we celebrate our Amazing People, Departmental Majors of the Year and Exhibitors Thursday, November 18, 2010, at seven o’clock in the evening.
The Nassau Zone Honors And Congratulates Our 2010 Award Winners

**Dance Teacher of the Year**
Marisol Mahler

**Secondary Teacher of the Year**
Tracy Iacovelli

**Jay B. Nash Award Winner**
Leonard Bruno

**Nassau Zone COA Award**
Denise Kiernan

**Nassau Zone Amazing Person**
Jill Scheinberg

**Aquatics Amazing Person**
Dr. Angela Beale

**Coaches Amazing Person**
Dave Zawatson

CONGRATULATIONS TO MARA MANSON
NYS AHPERD’S 2010—2011 PRESIDENT
The Nassau Zone is proud of you!
Thank you for your dedication to NYS AHPERD.

Save the Date for our Upcoming Mini-Conference!

**Friday, March 4, 2011**
Adelphi University, Garden City, NY

For more information, log on to: www.nassauzone.org
N Y S A H P E R D Proudly

Distinguished Service Award

Paula Hamada Summit
Rush Henrietta CSD (Retired)

Jay B. Nash
Outstanding Major

Leonard Bruno
Adelphi University

Professional of the Year

Lisa Sherman
White Plains CSD

Jay B. Nash
Outstanding Major

Melissa Fromm
SUNY Cortland

Please join us at the Jay B. Nash Awards Dinner, as we celebrate our distinguished honorees, Friday, November 19, 2010, at 6:45 in the evening, Oneida Room.
Recognizes Our 2010 Honorees

Elementary Physical Education Teacher of the Year

Tom Winiecki
Fayetteville-Manlius School District

Matthew Dadey
East Syracuse-Minoa School District

Adapted Physical Education Teacher of the Year

Tracy Iacovelli
North Shore School District

Dance Education Teacher of the Year

Marisol Mahler
Great Neck School District

Secondary Physical Education Teacher of the Year

A Very Special Thank You!

2010 Conference Program Planners
A Very Special Thank You for
Your Commitment and Dedication
to NYS AHPERD

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

Michele Myers - Adapted PE and Sport
Megan O’Sullivan - Aquatics Education
Rob Kolb - Coaches
Fritz Kilian - Council of Administrators
Marisol Mahler - Dance Education
Ed Kupiec - Elementary/Middle School PE
Gil Callan - Exercise Science/Sports Medicine
Ryan Ingalls - Future Professionals
Kaitlin Rodriguez - Future Professionals
Alisa James - Future Professionals
Lori Reichel - Health Education
Heather Fredenberg - Health Education
Jenine DeMarzo - Higher Education/Prof Preparation
Sara Lester - Recreation/Adventure Education
Shirley Bowen - Retirees
Murphee Hayes - 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:

Donna Ahnert
Jim Codispoti
Lois Codispoti
Sam Corsi
Mollie Cotton
Claire Demas
Ken Demas
Judy Ingram
Lee Mittelstaedt
Jason Quitoni
Linda Quitoni
Barbara Smith
Ed Woolston

And the Central Office Staff!
Colleen Corsi
Kim Barnes
Lisa Reardon
Lisa Corbett
Jessica Synenki

Welcome To The
Turning Stone Resort
And Convention Center
And The
Central North Zone

Congratulations To The Following
Central North Zone Members:

Tom Winiecki, Fayetteville-Manlius SD
Elementary Teacher of the Year

Matt Dadey, East Syracuse-Minoa SD
Adapted PE & Sport Teacher of the Year

Monica Wolfe, Vernon-Verona-Sherill CSD
CNZ Amazing Person

Renee McCall, North Syracuse SD
Adapted PE & Sport Amazing Person

Tam Ray, Auburn Enlarged City SD
COA Central North Zone Award Recipient
& PE/Health Director of the Year Nominee
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**

- **Wednesday**: 8:00 am ~ 5:00 pm
- **Thursday**: 7:00 am ~ 5:00 pm
- **Friday**: 7:00 am ~ 4:00 pm
- **Saturday**: 8:00 am ~ 10:00 am

---

**Attention! Certified Health Education Specialists**

*Continuing Education Contact Hours are available at our Conference.*

See CHES designated sessions in program listing.

---

**NYS AHPERD Raffle Extravaganza!**

Enter To Win Prizes Donated By NYS AHPERD Zones and Board of Directors.

Tickets are $1 each

Drawings Held Friday Night @ the Social in the Cypress Rooms
NYS AHPERD 73rd Annual Conference
Intensive Training and Certification Programs

Pre-registration by Monday, November 1, 2010, was required for all Intensive Training and Certification Programs.

WEDNESDAY, NOVEMBER 17, 2010

9:00 AM – 5:00 PM

Board of Directors Meeting
Ed Woolston, Chair of the Board
Location: Cedar

Fly Solo Camp
Presenter: Frank Albert (Fly Solo Camp Mentor, National Strength and Conditioning Association)
Location: Oneida
NYS AHPERD is proud to offer the National Strength and Conditioning Association’s Fly Solo Camp. The Fly Solo Camp is designed for high school sport coaches to gain a better understanding of strength and conditioning principles to include in their programs. By attending the training, coaches are prepared to design, implement, and monitor safe and effective strength and conditioning programs to improve physical performance for men’s and women’s sports through the following:

- development of a year-round strength and conditioning program,
- speed and power development,
- determination of training cycles and phases,
- planning of appropriate and sport specific exercises, exercise sequence, sets, repetitions and recovery periods,
- setting of load, frequency and intensity,
- evaluation of the appropriate correlation of fitness components to reach and maintain optimal sport specific performance levels,
- through appropriate strength and conditioning program design, reduce the risk and severity of potential injury,
- in cooperation with medical professionals, work to recondition individuals following injury for a successful return to the playing arena,
- in cooperation with nutritional professionals, provide proper and appropriate advice regarding nutrition for optimal physical performance. This includes information on ergogenic substances as well as drug prevention counseling, and,
- operate a strength training facility which generates thousands of workouts.

The NSCA Flight Manual must be completed prior to attending the Fly Solo Camp; participants are encouraged to register early for this Intensive Training to allow adequate time to complete the Flight Manual.

Certification Program

Physical Education And Health Education Teacher Educator Academy (T.E.A.)
Location: Cypress D & E
The Higher Education Section is presenting the 1st ever Teacher Educator Academy. The keynote address will be given by Linda Griffin, Ph.D. from the University of Massachusetts Amherst. Academy topics will include National Council for Accreditation of Teacher Education, Technology and Teacher Education, Health Educators-Curricular Gaps, Physical Educators-PE Profile and a panel discussion on the topic-What can Higher Education Professionals do to strengthen the role of health and physical education in the schools? Don’t miss this opportunity to network and share with your Higher Education colleagues! This session is open to Higher Education Professionals only and you must be a current member of the NYS AHPERD Higher Education Section.

10:00 AM - 5:00 PM

Bike Driver's Ed Curriculum Training Workshop
Presenter: Richard Conroy (Bike New York)
Location: Mohawk
Teach your students a fun, green, inexpensive and adventurous lifetime fitness activity! This curriculum training workshop prepares teachers to teach important bike handling, traffic safety, and injury prevention skills to young cyclists. Learning good cycling skills will help keep them on the bike into their adult years!
10:00 AM – 4:00 PM

Visit Clark Sports Center For An Amazing Adventure Experience!
Presenter: Jim DiLiberto (Adventure Director, Clark Sports Center)
Location: Clark Sports Center, Cooperstown

The Clark Sports Center, located in scenic Cooperstown, New York, is holding a day of exploring Outdoor Education. Since 1986, the Sports Center has offered quality indoor/outdoor educational programs for schools, organizations and businesses. The day’s host will be Jim DiLiberto, Director of The Clark Sports Center Adventure Program, a veteran facilitator with experience delivering programs since 1996. Jim will guide you through a state-of-the-art Outdoor High-Adventure Ropes Course Program built in 2006 with a follow-up Q&A after the program. Jim will be available to discuss other aspects of Outdoor Education and it’s components including whitewater kayaking, mountain biking, rock climbing, back-country travel, and more. Optional time can be provided to spend exploring and discussing, liability, logistics, trainings, certifications, and program expenses. The ropes course will last approximately 4 hours, with time to eat afterward, Q&A, and a tour of the two other on-site ropes courses and facilities. In the case of inclement weather, the program will move inside the Sports Center for an indoor high ropes experience in a unique setting over a pool.

**Participants should plan to be at the Clark Sports Center at 9:45 am. Clark Sports Center is about an hour and twenty minutes from the Turning Stone Resort.**

Golf With The Pros –Swing Analysis, Simulator, In-door Driving Range, Putt And Chip!
Presenter: Andy Myers (Turning Stone Resort Assistant Golf Professional)
Location: Sports Complex ~ Golf Dome

FORE! Analyze your swing! Work with the pros to perfect your game. A video of your golf swing using two camera angles will be recorded and then analyzed in slow/stop motion and compared to swing tendencies of tour players of similar build. All participants will take home a CD of their swing analysis. Also, during this training, time will be allotted for use on the putting green, driving range and the simulators. The simulators offer over 38 different courses including, St. Andrews, Pebble Beach and Pinehurst.

12:00 PM - 4:00 PM

Assessment, Eligibility, And Placement For Children With Disabilities
Presenters: Dr. Lauren Lieberman & Dr. Cathy Houston-Wilson (The College at Brockport)
Location: Tuscarora/Cayuga/Onondaga

Teachers of children with disabilities must first assess the children, determine their eligibility for adapted physical education, and then decide the best placement. This process can be overwhelming, confusing and frustrating. This workshop will focus on each step of the process and help participants navigate this complicated, yet important, piece of their program.

1:00 PM – 5:00 PM

HECAT 101
Presenter: Dr. Gregg Kirchofer (The College at Brockport)
Location: Meadow

This Intensive Training will provide participants the opportunity to obtain the in-depth guidance needed to appraise health education curricula using the Health Education Curriculum Analysis Tool (HECAT). Each participant will receive a copy of the HECAT, an extensive overview of the document, step-by-step guidance on how to conduct a curriculum analysis, and the opportunity to utilize the HECAT by evaluating commercially developed health curriculum. This session is a must for curriculum committees or educators in schools or community-based organizations that work with schools, state or regional educational agency staff, curriculum developers, and faculty and students in institutions of higher education teacher preparation programs.

2:00 PM - 5:00 PM

Tennis With The Turning Stone Pros – Serve, Volley, Forehand And Backhand
Presenter: Brian Galle (Turning Stone Resort Lead Tennis Professional)
Location: Sports Complex ~ Tennis Dome

Do you currently offer Tennis in your PE Curriculum? Do you coach? Get a few pointers from a pro to polish your game! Brian Galle, a USPTA Certified Professional and a 5.0 rated player, nationally ranked 3 of 4 years during college and has worked with players at National and International levels is here to help! Participants will learn how to teach the fundamentals of the serve, volley, forehand and backhand. The focus of the clinic will be proper grips, footwork and correct body position for all 4 shots. Attendees will have the opportunity to actively participate in addition to viewing the drills. This clinic is highly interactive between the professional and participants.
From Skyping To Tweeting To Blogging And More! Using Technologies To Engage Your Students

Presenter: Ryan Fisk  
Location: Cypress A & B  

Pump up your lessons with technologies that you and your students can easily use! Whether you’re teaching, reviewing, assessing, or grading, discover how technology can help you understand and be more efficient in your daily tasks and activities. This Intensive Training will be two separate segments, divided by a dinner break. The first segment will begin with a demonstration of the Qwizdom Personal Response System, allowing for a new level of student participation and interactivity during class. You will explore the often overlooked capabilities of Microsoft PowerPoint. Participants will learn how to download resources from media sites such as YouTube and incorporate them into their classroom slideshows. Microsoft Word and Publisher will also be demonstrated. The second segment will explore the plethora of educational software, web sites and online services, most of which are free! These sites and services will include Wikispaces, Twitter, Facebook, Skype, Google Docs, BlogSpot, Ning and VoiceThread. Participants will learn how to create accounts, investigate content and discuss their use in the classroom. Additionally, you will look at other downloadable software, such as Easy Grade Pro and Camtasia that are helpful in streamlining your daily teaching tasks. All participants will have the opportunity to practice, hands-on, a variety of the skills and tasks presented and leave with ideas and content they can immediately incorporate into their classroom activities! Each person is asked to bring their own laptop (PC or MAC), equipped with Microsoft Word and PowerPoint, or equivalent. Wireless internet access will be provided and some tasks will require an internet connection; please be sure your laptop can successfully connect to a wireless network prior to attending the workshop.

Time will be allowed for dinner.

Golf With The Pros – Swing Analysis, Simulator, In-door Driving Range, Putt And Chip!

Presenter: Andy Myers (Turning Stone Resort Assistant Golf Professional)  
Location: Sports Complex ~ Golf Dome  
FORE! Analyze your swing! Work with the pros to perfect your game. A video of your golf swing using two camera angles will be recorded and then analyzed in slow/stop motion and compared to swing tendencies of tour players of similar build. All participants will take home a CD of their swing analysis. Also, during this training, time will be allotted for use on the putting green, driving range and the simulators. The simulators offer over 38 different courses including, St. Andrews, Pebble Beach and Pinehurst.

CPR/AED For The Professional Rescuer/Red Cross Lifeguard-Recertification

Presenter: Barbara Smith (Retired, Little Falls CSD and American Red Cross Instructor)  
Location: Meadow  
Participants will refresh their CPR and AED skills, and review their knowledge for required recertification. As a reminder, CPR/AED certification must be refreshed every year to maintain a valid lifeguard certification! Participants at this Intensive Training should plan to bring their mask; if you do not have a mask, they will be available for purchase from the instructor at the workshop.  
Certification program

Zumba Party

Presenter: Dana Walsh (Certified Zumba Instructor)  
Location: Tuscarora/Cayuga/Onondaga  
Let’s dance! Learn Zumba and Zumbatomic in one program! The Zumba Program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one of a kind fitness program that your students will love! The Zumbatomic program fuses the Zumba program’s exciting formula with the psychology and physiology relevant to teaching kids, ages 4-12. Modifications of Zumba moves are used to get optimal results. With the Zumbatomic program, kids have a blast, get focused and get fit! After completing this program, you will want to work out, love working out and be totally hooked! Offering this program to your students will teach them to calorie-burn, body-energize, and learn awe-inspiring movements that will encourage a healthy lifestyle.

NYS AHPERD Executive Council Meeting

Jason Lehmbeck, NYS AHPERD President  
Location: Cypress D & E  
Wednesday, November 17, 2010
THURSDAY, NOVEMBER 18, 2010
8:00 AM - 9:15 AM
SESSION I

Jump Rope For Heart Coordinator Meeting
Presenters: Paula Summit and Ramona Englebrecht (American Heart Association)
Location: Cedar

Zumba
Presenter: Dana Walsh (Certified Zumba Instructor)
Presider: Alissa Ingerick
Location: Tuscarora/Cayuga
The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away! Our goal is simple: we want you to want to work out, to love working out, and to get hooked! Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! This session teaches instructors how to fuse the Zumba program’s exciting formula with the psychology and physiology relevant to teaching kids (ages 4-12).

National Archery In The Schools Program (NASP)
Presenter: Melissa Bailey (NYS Department of Environmental Conservation)
Presider: Julianne Dunn
Location: Oneida
The NASP promotes student education, physical education and participation in the lifelong sport of archery. The program’s focus is to provide international style target archery training in physical education classes grades 4 - 12.

Introduction To Circus Skills K-12
Presenter: Greg Milstein (The National Circus Project)
Presider: Kaitlin Rodriguez
Location: Mohawk
This presentation is an educational overview of circus skills, including multiple forms of juggling, plate-spinning, devil stick and diabolo manipulation, object balancing, stilts-walking, rola-bolas and more! A brief lecture-demonstration introduces the basic components of these skills, including technique, progressions, teaching tips and their appropriate age/grade level applications. Participants will then have personal skills development time with a variety of engaging and self-motivating circus activities that can be easily and immediately incorporated into their existing physical education curriculum.

Designing Strength And Conditioning Programs For High School And Middle School Students
Presenter: Marc Agnello (Wellsville CSD)
Presider: Gil Callan
Location: Cypress B
This session will take out the guess work when designing strength and conditioning programs for your MS/HS students. You will leave this presentation with the knowledge necessary to create a unit plan that improves your students’ overall health and wellness. Participants will be given a packet of assessments they can use immediately.

Major’s Club Survival Skills: Keeping Everyone On The Island
Presenters: Dr. Jeff Walkuski, Karyn Schutzer, Kasey Heil & Jamie Piperato (SUNY Cortland)
Presider: Christopher McCann
Location: Birch
This session is designed to inform students and majors club advisors about strategies to make your organization more attractive to potential members and how to keep them involved, how to develop a clear mission for your club and creative ways to fund your club activities. The session format will include round table discussions to brainstorm and share ideas.

Fitness For Life: Elementary School Program Provides Total School Involvement
Presenter: Byron Clark (Human Kinetics)
Presider: Christina Buschmann
Location: Cypress A
Fitness for Life: Elementary School is an innovative multimedia program that facilitates total school involvement by using physical education lessons, classroom activities and discussions, recess, before and after school activities, and even family nights to deliver appropriate physical activity, as well as concepts to promote health-related fitness and active lifestyles. This session describes the benefits of using Fitness for Life: Elementary School as part of a comprehensive K-12 approach to health-related fitness education. Attention is also given to how Fitness for Life: Elementary School complements the widely used Fitnessgram assessment.

Evolution Of A Sport Season
Presenter: Tracy Harding (Thousand Islands SD)
Presider: William Shatz
Location: Cypress D
Coaches Alert! If you are bogged down with insurmountable required paperwork, attend this session to learn about the Coaching Notebook developed in the Thousand Islands School District. Become more efficient using this notebook and have more time to focus on your coaching! The process of preseason meetings for coaches, parents, athletes, and your administration will also be included.

Future Professionals
A Collaboration To Normalize ‘Skills & Theory’ Courses
Panel Discussion Leader: John Strong (NCCC)
Presider: Cathy Houston-Wilson
Location: Hawthorn
Discussion will cover Soccer, Basketball, and Badminton Skills & Theory Courses (also known as ‘Mod Courses’), in addition to individual Dance & Aesthetic Course materials and Adventure Education. As PETE institutions work to fulfill the Standards set out in NASPE’s 2008 National Initial PETE Standards, both 2-year ‘feeder institutions’ and 4-year undergraduate programs should be striving to normalize individual’s content knowledge in our candidate pool. This session will be geared toward this goal through collaboration and cooperation toward this ultimate professional objective of competent teaching professionals. Interested individuals should come with examples of practices from their institutions and questions and/or expectations they may have.

Integrating Wellness Into The High School Curriculum
Presenter: Dr. Irene Cucina (AAHPERD Board of Governors, Plymouth State University, NH)
Presider: Sharon Ladda
Location: Willow
Ideas on how to design, implement and assess wellness into the high school physical education curriculum will be discussed in this session.

Perspectives In Substance Abuse: Why They Get High
Presenter: Michael A. Buscemi (NYC Department of Education)
Presider: Jeremy Loncao
Location: Meadow
We can improve instruction aimed at preventing substance abuse by learning to understand the motivations of youth and adults who seek a drug-influenced way of life. Participate in the collaborative and didactic methodologies presented in this workshop which will examine the biological, psychological, social and spiritual dynamics behind the quest to get high. Experience, create and employ teaching methods that are effective, realistic, student-centered and authentic.

Splash Into Hydrofitness!
Presenter: Megan O’Sullivan (Sidney CSD)
Presider: Rob Kolb
Location: Indoor Pool
Wake up with a splash! Come learn ways to integrate fitness into your aquatics curriculum; there is so much more to “swimming lessons” than stroke skills! Participants will also learn ways to get even the most timid swimmer into the water!

Health Education Updates
Presenter: Owen Donovan (NYS Education Department)
Presider: Carole Reiss
Location: Appalachian & Adirondack
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.
8:00 AM - 9:15 AM
SESSION I

Physical Educators Attacking Childhood Obesity
Presenters: Renae Buss (Le Mars Community, IA & Brandon Herwick (SUNY Cortland)
Presider: Jeffrey Hart
Location: Seneca
This action-packed presentation offers the elementary physical educator innovative learning strategies that implement nutrition into the physical education classroom. Two research-based resources, NASPE and the USDA MyPyramid, are combined into one-teaching both physical and nutrition education. Strategies can be completed in 5- to 10-minutes, yet impact a child’s wellness for a lifetime.

Future Professionals

Adapted Physical Education - Managing The Process In Your District
Presenters: Trevor Sousa, Tim Clapp & Ron Whitcomb (Victor CSD)
Presider: Martin Nemecek
Location: Cypress E
This session will describe the process and help you determine who qualifies for Adapted Physical Education in your district. It will help you understand the process in which Adapted Physical Education becomes part of an IEP. We will focus on the team approach to the implementation of a quality APE program.

Adapted PE & Sport & Elementary/Middle School PE

9:25 AM - 10:50 AM

Presidential Welcome To
The Turning Stone Resort & Convention Center
Location: Showroom
Join us as NYS AHPERD President, Jason Lehmbeck, welcomes the
2010 NYS AHPERD Conference attendees to Verona and introduces
Keynote Presenter, Greece Athena Basketball Coach Jim Johnson.
The focus of Coach Johnson’s presentation is the experience that ensued when he provided an autistic boy (“J-Mac”) the chance to make his dream come true, and, how it has captivated the hearts of many Americans.

The College at Brockport

Graduate Programs

Master of Science in Pedagogy
Master of Science in Adapted Physical Education
Master of Science in Athletic Administration
Graduate Teaching Assistantships

For more information, please contact Dr. Alisa James, Graduate Director ~ Department of Kinesiology, Sport Studies and Physical Education at The College at Brockport, at (585) 395-5330 or at ajames@brockport.edu.
C.W. POST CAMPUS
LONG ISLAND UNIVERSITY

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION,
& MOVEMENT SCIENCE

OUR PROGRAM IS THE BEST!

A PLACE TO LEARN
A PLACE TO GROW

- B.S. Degree in Health Education (K-12)
- B.S. Degree in Physical Education (K-12)
- B.S. Degree in Health and Physical Education (Dual major)
  (NYS Initial Certification)

COME AND JOIN OUR FAMILY

Dr. Frank Brady, Chairperson
Phone: (516) 299-2671; Fax: (516) 299-3167
Located At The Pratt Recreation Center
Interdisciplinary Physical Education
Presenters: Martha Silverman, Megan Adams, Kevin Burdick, Evan Franchi, Stacey Gibbons, John Hastings, Lindsay Jordan, Allison Koziolesi, Vinny Paternostro, Samantha Provenzano, Katie Radtke, Chris Resti, Travis Robinson, Jennifer Shalke, Carrie Smith, Leonard Ward, Max Young (The College at Brockport)
Advisors: Dr. Alisa James & Dr. Douglas Collier (The College at Brockport) & Laura Laramie (Hoosic Valley ES)
Presider: Margaret Robelee
Location: Mohawk
This session will provide several interdisciplinary physical education activities for elementary age children, which may be useful in curriculum development that link to other academic areas.
Elementary/Middle School PE

Implementing Sport Education At A Secondary Level
Presenter: Kevin Mercier (North Shore SD)
Past NYS AHPERD Teacher of the Year
Presider: Rob Kolb
Location: Cypress B
Learn how one physical educator has used and implemented the Sport Education Model with his high school classes. Increased student participation and ease of administering assessments, such as the NYS PE Profile, are just two of the benefits associated with this curricular model. Getting started, student roles, and examples from a variety of secondary units will be presented and discussed.
Secondary PE

Incorporating Fitness Elements Into Your Lessons (K-2)
Presenters: Christine Di Lapi, Aliza Hiller, Susie Copeland, Lisa E, Jillian Polstein, Donald Hand, Yvette Franquiz, Christina Colon, Steve Farris, Marisa Newman, Phil Jabouin (Queens College)
Advisor: Dr. Ariela Herman (Queens College)
Presider: Alissa Ingerick
Location: Tuscarora & Cayuga
Learn how to implement fitness-oriented activities into your lessons while maintaining the flow of your curriculum. Students in grades K-2 will love these challenging, yet attainable, tasks that improve their overall fitness without even realizing the fitness benefits! Come learn how holding high expectations for young children will improve your curriculum and create a strong foundation for physical fitness.
Elementary/Middle School PE

So You Think You Can Dance?
Presenter: Dr. Irene Cucina (AHPERD Board of Governors, Plymouth State University, NH)
Presider: Tom Howard
Location: Lava
Dance ideas for middle and high school students will be discussed and demonstrated using the wellness model during this activity session!
Dance Education

Utilizing Children’s Literature For Movement Education
Presenters: Dana Cunningham, Aaron Newell, Heather Sayre & Carissa Lang (Houghton College)
Advisor: Trini Rangel (Houghton College)
Presider: Laura Shaw
Location: Onondaga
This session will examine innovative methods to engage the minds and interests of elementary-aged students. Through the use of children’s literature, students will engage their imaginations in reconstructing the story they are listening to, while at the same time, exploring their own physical capabilities through movement education. Come and experience a unique approach to teaching physical activity, that will transform any class setting into an inventive technique of integrating literature.
Elementary/Middle School PE

Where Have All The Playgrounds Gone?
Presenters: Dr. Jerry Casciani & Dr. Ted Fay (SUNY Cortland)
Presider: Blake Cunningham
Location: Cypress A
This session includes a historical analysis of the philosophical, cultural, and political consequences of the evolution of the institution of youth sport from natural play environments. Because these consequences impinge on the physical, psychological development and welfare of participants, they relate to all three of the NYS Learning Standards for Physical Education.
Recreation/Adventure Ed & Elementary/Middle School PE

True AHPERD: Attending Our First National Conference
Presenters: Kara Scanlon, Theresa Anderson & Jena Belluzzi (Manhattan College)
Advisor: Dr. Shawn Ladda (Manhattan College)
Presider: Christopher Harper
Location: Willow
This session will present an undergraduate outlook using flip camera technology to record a first time presentation at a national conference, interviewing historic AHPERD leaders, visiting informational sessions, and so much more. Attendance at this session is essential for Future Professionals in the field to gain insight of professional development opportunities at a national conference. Various students from colleges with physical education major programs in New York State (Adelphi University, Canisius College, Manhattan College, SUNY Cortland, etc.) will share their experiences.
Future Professionals
Inclusive Elementary Physical Fitness Activities
Presenters: Dr. Cathy Houston-Wilson (The College at Brockport) & Dr. Jeff Walkuski (SUNY Cortland)
Presider: Sandy Williams
Location: Seneca
Elementary physical education teachers don’t miss this opportunity to learn creative ways to include students with disabilities in your elementary Physical Best fitness activities. Even if you are not currently using the Physical Best Curriculum this session will work for you!
Adapted PE & Sport

Fuel Up To Play60: A School Nutrition & Fitness Initiative
Presenter: Florence Selin (American Dairy Association and Dairy Council, Inc.)
Presider: Jason Rubinstein
Location: Cypress D
This session will explain Fuel Up to Play60 which is a youth program sponsored by the National Dairy Council and the National Football League, designed to empower students to take action for their own health and improve their school environment by involving the entire district in making healthier choices about what they eat and how much activity they get. The components of the Fuel Up to Play60 program will be explained and how these components (nutrition education, expanding school breakfast programs, and activity challenges) can be undertaken in schools to improve the health of all students.
Higher Education & Health Education

Online Interactive Behavioral Oral Health Education Program
Presenter: Dr. Fred Ferguson (About Smiles)
Presider: Lila Howelett
Location: Meadow
In all age groups, poor oral health is the most prevalent chronic illness and is increasingly linked to common chronic health concerns, including, but not limited to, obesity, diabetes, cardiac and respiratory illness, and quality of life (e.g. education and employment). The Centers for Disease Control and the American Academy of Pediatrics both acknowledge that tooth decay is the most common childhood chronic illness, affecting more than 40% of school age children as they enter school. Adolescents demonstrate the highest risk concerns for poor oral health and these same risk concerns will significantly impact their future overall health. Good oral health significantly reflects knowledge, daily self care, diet and lifestyle choices. School-based oral health education has a significant potential to impact what children, caregivers and adolescents can do each day to promote their overall health and educational success. This presentation will showcase an existing online oral health education and assessment program that connects oral health to overall health.
Health Education

Creating A PE Profile For Exit Standards At The 8th Grade Level
Presenters: Christina Buschmann & Steve Sanderson (Clinton CS)
Presider: Murphee Hayes
Location: Cypress E
This session will show you how to implement NYS PE Profile assessments at the middle school level. Assessment is an ongoing part of curriculum development and the NYS PE Profile is an outstanding resource to meet the state standards and gain accountability in our profession!
Elementary/Middle School PE

“Aim For The Brain” Action Based Activities That Stimulate Learning
Presenters: Adam Holtzer, Eric Englander, Bonnie Koenig & James Silva (Adelphi University)
Presider: Julie Dietrich
Location: Oneida
This presentation will demonstrate the positive effects of physical activity connected with the cognitive functioning of the brain. During this session, attendees will have the opportunity to participate and perform “brain based activities” that integrate both hemispheres of the brain to stimulate learning. Learn new games and activities that can be incorporated into your lessons Monday morning!
Elementary/Middle School PE

Integrating Technology And Social Networking Skills In Health Education
Presenter: Michelle Ifill-Roseau (White Plains HS)
Presider: Lonnie Wilson
Location: Birch
The goal of this session is to share best practices and new trends in using technology and Web 2.0 tools in health education class, to infuse critical thinking skills and empower students to become lifelong learners. The presenter will discuss opportunities and challenges of technology and Web 2.0 tools (such as blogs, wikis, YouTube, etc.) in the classroom and engage participants in various hands-on learning experiences. At the end of the session, participants will have several resources to increase their instructional repertoire and be able to use the resources to enhance student learning.
Health Education

Autism And Aquatics: Teaching Practical Strategies And Tips For Halliwick’s Rotation Swimming Skills
Presenters: Dr. Ilker Yilmaz & Dr. Mehmet Yanardag (Anadolu University, Turkey) & Dr. Ferman Konukman (The College at Brockport)
Presider: Amanda Mayle
Location: Indoor Pool
The purpose of this presentation is to provide basic practical strategies and tips for teaching aquatic skills using Halliwick’s rotations swimming skills for children with autism. In addition, participants will practice strategies and teaching tips for teaching aquatic skills for children with autism in the pool.
Aquatics Education & Adapted PE & Sport
Thursday, November 18, 2010

11:30 AM - 12:45 PM

SESSION II

**Suffern Physical Education Elective Program**
Presenter: Joan Neuendorf & Sue Delaney (Suffern HS)

Presider: Valerie Snider
Location: Oak

Students have a choice of activity during their high school career in physical education. Our elective program gives kids an opportunity to experience different activities, sports and lifetime skills. Students also have two required blocks each year: aquatics and fitness. Presentation will focus on setting up an elective system, grading and charting students.
Physical Education

**The Elementary Profile Assessments: They’re Here!**
Presenter: Maryanne Ceriello (Beacon City Schools), Ed Kupiec & Tom Winiecki (Fayetteville-Manlius CSD)

Presider: Chris Wert
Location: Hawthorn

This session will explain the Elementary Profile Assessments, discuss the pilot testing findings, and review the next steps including broad field testing.

Physical Education & Elementary/Middle School PE

**Relationship Management In The Year 2010**
Presenter: Lori Reichel (North Shore HS)

Presider: Ryan Fisk
Location: Briar

What does it mean to be a man in a dating relationship? What does it mean to be a woman in a dating relationship? It seems like common sense, yet the basic attributes of being a respectful woman or man aren’t always shown. This session will focus on these questions including the challenges our youth face today in dating. Student-tested lessons supporting relationship skills will be explored.

Health Education

**Move It! Learn It! Integrated Learning Through Meaningful Movement**
Presenter: Kim Wright (GeoMotion, Inc.)

Presider: Marisol Mahler
Location: Showroom

Get moving, stay fit, and have fun with the hottest meaningful movement and integrated learning moves: Hip Hop, Latin dancing, kickboxing, dancing through the food groups, and children games; there’s something for all ages with the Move It! session!

Dance Education

12:45 PM - 1:30 PM

Join us at our Section Meet & Greet!
With our new membership opportunity for all members to join up to three sections, this is a time to meet our Section Leadership and fellow members! All conference attendees invited!
Location: Showroom

1:20 PM - 2:35 PM

**State Of Interscholastic Athletics - NYSPHSAA Updates**
Presenter: Nina VanErk (Executive Director, NYSPHSAA)

Presider: Claude Kasman
Location: Appalachian/Adirondack

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 Coaches

1:35 PM - 2:50 PM

**ARMY NATIONAL GUARD: Are Your Students GUARD FIT?**
Presenter: Anthony DeSena & Catherine Ward (National Guard: Partner’s In Education)

Presider: Ashley Tom
Location: Willow

The “Guard Fit Challenge” is a FREE National Guard program that provides physical education teachers and coaches, with a new way to get students excited about fitness. The program includes exercise and nutrition tips, videos demonstrating proper workout techniques, and interactive tools to measure and track fitness progress. Whether students want to get in shape, stay in shape, or improve their current workout routine, Guard Fit Challenge offers them the resources needed to challenge themselves. This is the lecture portion of GUARD FIT; the exercise portion will be on Friday at 2:40 pm – 3:55 pm in Onondaga.
Secondary PE
The Central Western Zone (CWZ) Would Like To Congratulate Its’ Zone Members For Their Outstanding Character, Passion, and Commitment To Their Field

Distinguished Service Award
Paula Hamada Summit, Rush-Henrietta Central School District (Retired)

Central Western Zone Amazing Person
Jeff Alger, Webster School District

Jay B. Nash Award
Melissa Fromm, SUNY Cortland

CWZ Teacher of the Year
Linda Lytle, Red Jacket Elementary

Departmental Majors of the Year
Blake Cunningham, Roberts Wesleyan College
Natalie Gregorski, The College at Brockport, SUNY
Christopher Resti, The College at Brockport, SUNY

Please join the Central Western Zone, Monroe Community College, and The College at Brockport, SUNY for a social on Friday, November 19, 2010 from 5:30 - 6:30 pm Location: Cypress D
ENOUGH Is ENOUGH! Bring Back The HUSTLE!
Presenter: Barbara Muller (Cresskill MS/HS)
Presider: Marisol Mahler
Location: Onondaga
Yesterday’s dance craze is still SO MUCH FUN to do! My students love dancing the hustle...and yours will too! Simple choreography and cool tricks add to their enjoyment. Great music and a great partner make this an A+ activity for everyone!  
Dance Education & Elementary/Middle School PE

Overview Of Autism Spectrum Disorders
Presenter: Joanne McMahon (Autism Advocacy Consultant)
Presider: Melissa Fromm
Location: Hawthorn
This session will discuss Autism Spectrum Disorders and participants will learn to know what they look like for children diagnosed with PDD NOS, Asperger’s Disorder or High-Functioning Autism. The presenter will also cover the characteristics of spectrum disorders and their impact on learning.
Adapted Physical Education & Sport

No Shoes? No Shorts? No Problem!
Presenter: Liz Ziarnowski (Canisius College)
Presider: Bonnie Barlow
Location: Mohawk
There are many reasons that a physical education teacher cannot teach their lesson of the day, for instance the gym is being used for pictures or the students are dressed for a concert. This session will present different ideas and activities that require little or no set-up, equipment, or gym space.
Elementary/Middle School PE & Secondary PE

At The Movies: Health Flicks That Click
Presenter: Dom Splendorio
Past NYS AHPERD Teacher of the Year
Presider: Bruce Risley
Location: Briar
In the films you are showing in school, do the kids have “high hair” or “mullets”? Are the videos preachy, boring, unrealistic, or just plain bad? Are they culturally diverse and developmentally appropriate? This session will provide attendee’s with an opportunity to view clips of some quality DVD’s on a variety of health topics. After each clip, participants will share their thoughts and opinions on the worthiness of the film and how it might be utilized in the classroom. Many are low or no cost, and information about how to acquire the materials will be provided. This session will conclude with a sharing session of AV resources that teachers are presently using to supplement their health education programs.
Health Education

Singletrack Academy, A Mountain Biking Curriculum
Presenter: Adam Reitz (Singletrack Academy)
Presider: Ed Leak
Location: Cypress A
Off-road cycling is a healthy, fun and relevant activity for today’s youth. Singletrack Academy is an exciting new mountain biking curriculum that focuses on bike handling technique and skills, as well as trail etiquette, bike maintenance, advocacy, and much more!
Recreation/Adventure Education

Wheelchair Sports
Presenters: Matthew Mescal (The College at Brockport) & Joe Slaninka (Henry Viscardi School)
Advisor: Dr. Lauren Lieberman (The College at Brockport)
Presider: Gregory Goldin
Location: Oneida
Children who use wheelchairs can play all sports with some modifications. There are many wheelchair sports organizations available and many levels of competition for each one. This presentation will give participants ideas about the variety of sports available, as well as modified ways to teach the sports. Participants will also walk away with a list of resources available on this topic, which include websites, books, and videos.
Adapted PE & Sport

Go Home And Ask Your Mother: Responding To Students’ Challenging Questions
Presenter: Michael A. Buscemi (NYC Department of Education)
Presider: Caitlin Giarrusso
Location: Meadow
This is an active, participatory, skills training for teachers; so, be ready to stick your neck out, give it your best try, role-play and have fun! The trainer will present some of the categories of challenging questions and a few considerations for responding to students, but the session will focus on brainstorming, creating, testing and building on our attempts to construct the best responses to the most challenging questions you can think of. You can prepare by thinking up one of the most challenging questions a student might ask; maybe you’ve heard that question already!
Health Education

Swimming Pool Supervision: Are You Aware Of The Requirements?
Presenter: Eric J. Wiegert (Recreational Water Programs, NYS DOH)
Presider: Barbara Smith
Location: Cypress B
NYS Department of Health regulations for supervision during instructional settings were changed in 2007. The requirements will be reviewed and discussed in this session. Information on contributing factors to drownings and prevention strategies will also be covered.
Aquatics Education
1:35 PM - 2:50 PM
SESSION III

“Beyond The Gymnasium Doors”

Presenters: Danielle Bartow Grant, Chrystal Hayman & Sarah Fiacco (Potsdam CSD)
Presider: Tracy Sharlow
Location: Cypress E

Would you like to help your students reach the “2008 Physical Activity Guidelines for Americans” recommended 60 minutes of daily physical activity, while promoting your program as well? This presentation discusses a variety of in-school, as well as out-of-school activities that increase physical activity time, reinforce the message of healthy living and promote our quality programs. Participants will leave with a packet of templates to easily adapt into their program.

Recreation/Adventure Ed & Elementary/Middle School PE

WISE And Shine!

Presenters: Sandra Pawlak (Rochester CSD) & Kim McLaughlin (Student Support Services Center, Genesee Valley BOCES)
Presider: Travis Robinson
Location: Birch

Rochester City School District is Working with key partners to Institutionalize Sexuality Education (WISE) in elementary schools. Participants will become aware of the six critical comprehensive sexuality education components that are being integrated into a Coordinated School Health framework. Come and actively experience the standards-based, grade 4-6 technology-driven curriculum, assessments and related teacher training.

Health Education

Moral Integrity In Sport And Athletics

Presenter: Dr. Peter Hager & Dr. Robert Schneider (The College at Brockport)
Presider: Christine Warren
Location: Cypress D

Integrity is often found to be lacking in sport and athletics today. This session will examine moral integrity in sporting contexts and discuss what it means to be an athlete, coach, and administrator of strong moral integrity. Presenters will use examples and case studies to help participants better understand what integrity is and why it is important for sport and athletics.

Coaches

Moving Toward Full Assessments: A Road Map To Success

Presenters: Ron Whitcomb & Bob Thompson (Victor CSD)
Presider: Christina Buschmann
Location: Oak

This session will map out how to move your school or individual teachers toward full implementation of assessments aligned to the Standards. Based on the current status of your physical education program, a one, two or three year plan for implementation will be shared.

Secondary PE

See It, Believe It, Teach It: Sport Stacking With Speed Stacks!

Presenter: Lori Bifarella (Attica CSD)
Presider: Nancy Kleinsmith
Location: Lava

See and experience what Sport Stacking is all about and learn the basic Sport Stacking patterns. Believe that your students will find success with this unique individual and team sport. Obtain the skills and confidence you need to teach this amazing sport using our fitness activities and receive a FREE set of Speed Stacks.

Physical Education

2:40 PM - 3:55 PM

NYS Department Of Education Update: What’s A Hot Topic In New York? Physical Education!

Presenter: Trish Kocialski (NYS Department of Education)
Presider: Carole Reiss
Location: Appalachian & Adirondack

Attendees will benefit from this question and answer session related to the New York State Department of Education (SED). Physical Education is a hot topic in the New York State Legislature and at SED! Come to this session to discuss current issues and compliance with regulations, relative to all Physical Education and Athletics initiatives.

Elementary/Middle School PE

2:50 PM - 3:20 PM

Exhibit Time

3:30 PM - 4:45 PM
SESSION IV

HECAT “Lite”

Presenter: Dr. Gregg Kirchofer (The College at Brockport)
Presider: Heather Collier
Location: Oak

This session will provide participants an overview of the Health Education Curriculum Analysis Tool (HECAT). This tool was developed by the CDC to help schools appraise health education curricula (developed locally or commercially) to be used in their schools. By the end of the session, participants will have a better understanding of the analysis tool and how it can help improve their overall health education program.

Health Education

You’re Invited!!

Join Us At The ‘Watering Hole’ In The Back Of The Exhibit Area To Kick Back, Relax, And Network With Colleagues
Hi-Yaaawwww! Incorporating Martial Arts Into A General High School Physical Education Class
Presenter: Clayton Ellis (Aurora Central HS, Colorado)
Presider: Kelly Schulz
Location: Oneida
Learn how to use martial arts in a variety of ways to warm-up a physical education class, or, as a stand alone unit! During this session, attendees will learn about warm-ups, circuits, relays, individual skill techniques and self defense!
Secondary PE

Bike Maintenance Made Easy
Presenter: Richard Conroy (Bike New York)
Presider: Sara Lester
Location: Seneca
Do you have a fleet of bikes at your school? Want to learn how to keep your own bike running smoothly? Learn how to perform easy bike maintenance tasks, and how to turn them into a rainy day activity for your students.
Recreation/Adventure Education

International Games For Elementary School Children
Presenter: Ed Canner (Adelphi University)
Presider: Alissa Ingerick
Location: Mohawk
Session participants will learn various games from all over the world! Join us for this activity session that will have you up and moving!
Elementary/Middle School PE

Professional Growth: What’s Your Game Plan?
Presenter: Dr. Jeff Walkuski (SUNY Cortland)
Presider: Wade Guillaume
Location: Willow
Hey future professionals! No matter what pace you are on for your degree, you need to be thinking about your own professional development now! There are meaningful activities that you can do outside of your program that will make you more marketable, competent and involved! This session is designed for future professionals, to assist in developing the game plan for your future!
Future Professionals

The Techniques Of Systematic Observation
Presenter: Dr. Jong-Hoon Yu (Canisius College)
Presider: Jenine DeMarzo
Location: Cedar
Systematic observation can be objectively used to describe and analyze teacher and student behavior. It can also be used as an intervention technique to assist teachers in improving their teaching strategies. This session will discuss various systematic observation techniques that can be used for instructional effectiveness in physical activity settings.
Higher Education/Professional Preparation

The Role And Responsibility Of Educators In Youth Sports
Presenter: Mark Yaeger (Webster Park and Recreation)
Presider: Bryan Coopersmith
Location: Cypress B
This session will discuss the culture of youth sports and the positive and negative physical and emotional impact on youth. Participants will discuss the over-the-top parents and volunteers and the role educators and community leaders need to play in changing this culture. We will evaluate how high school athletics has encouraged this craze in youth sports and strategies to change this culture in your school and community.
Coaches & Future Professionals

Communicating With Children With Autism: A Look At Different Communication Options While Teaching Children With Autism
Presenters: Justin Haegele, Alexis Noest & Brandon Schwartz (Q255/NYC Department of Education)
Presider: Leonard Bruno
Location: Cypress A
This session will begin by reviewing Autism and the communication needs of children with Autism. The presenters will then discuss and demonstrate how to use different communication methods in adapted physical education, while working with children with Autism. Topics discussed will include icon systems, video modeling, social stories, schedules, and others.
Adapted PE & Sport

Afro-Latino Dance To Creative Movement
Presenter: Alexandrino (Alesh) DuCarmo
Presider: C. Brian Oaks
Location: Tuscarora & Cayuga
In this session, participants will experience ways Latin Americans express themselves through movements, which are based on exciting music and rhythms. You will learn a series of movement and dance combinations from traditional Afro, Brazilian, and Latin cultures and then be guided through a process where the basic elements of dance, creative and traditional movement are joined together to create new dance combinations. Even if one never danced before, he or she will have fun participating in this session!
Dance Education

Essentials Of Self Defense
Presenter: Patrick Rae (West Seneca SD)
Presider: Bruce Risley
Location: Cypress D
60 minutes or less is all it takes for you to know how to protect yourself regardless of your size, age, experience, or gender. Come and learn how not only to protect yourself, but, to also teach your students abduction prevention skills. Don’t miss out on a way to introduce a new and exciting program to your curriculum!
Secondary PE

International Games For Elementary School Children
Presenter: Ed Canner (Adelphi University)
Presider: Alissa Ingerick
Location: Mohawk
Session participants will learn various games from all over the world! Join us for this activity session that will have you up and moving!
Elementary/Middle School PE

Professional Growth: What’s Your Game Plan?
Presenter: Dr. Jeff Walkuski (SUNY Cortland)
Presider: Wade Guillaume
Location: Willow
Hey future professionals! No matter what pace you are on for your degree, you need to be thinking about your own professional development now! There are meaningful activities that you can do outside of your program that will make you more marketable, competent and involved! This session is designed for future professionals, to assist in developing the game plan for your future!
Future Professionals

The Techniques Of Systematic Observation
Presenter: Dr. Jong-Hoon Yu (Canisius College)
Presider: Jenine DeMarzo
Location: Cedar
Systematic observation can be objectively used to describe and analyze teacher and student behavior. It can also be used as an intervention technique to assist teachers in improving their teaching strategies. This session will discuss various systematic observation techniques that can be used for instructional effectiveness in physical activity settings.
Higher Education/Professional Preparation

The Role And Responsibility Of Educators In Youth Sports
Presenter: Mark Yaeger (Webster Park and Recreation)
Presider: Bryan Coopersmith
Location: Cypress B
This session will discuss the culture of youth sports and the positive and negative physical and emotional impact on youth. Participants will discuss the over-the-top parents and volunteers and the role educators and community leaders need to play in changing this culture. We will evaluate how high school athletics has encouraged this craze in youth sports and strategies to change this culture in your school and community.
Coaches & Future Professionals

Afro-Latino Dance To Creative Movement
Presenter: Alexandrino (Alesh) DuCarmo
Presider: C. Brian Oaks
Location: Tuscarora & Cayuga
In this session, participants will experience ways Latin Americans express themselves through movements, which are based on exciting music and rhythms. You will learn a series of movement and dance combinations from traditional Afro, Brazilian, and Latin cultures and then be guided through a process where the basic elements of dance, creative and traditional movement are joined together to create new dance combinations. Even if one never danced before, he or she will have fun participating in this session!
Dance Education

Communicating With Children With Autism: A Look At Different Communication Options While Teaching Children With Autism
Presenters: Justin Haegele, Alexis Noest & Brandon Schwartz (Q255/NYC Department of Education)
Presider: Leonard Bruno
Location: Cypress A
This session will begin by reviewing Autism and the communication needs of children with Autism. The presenters will then discuss and demonstrate how to use different communication methods in adapted physical education, while working with children with Autism. Topics discussed will include icon systems, video modeling, social stories, schedules, and others.
Adapted PE & Sport

Essentials Of Self Defense
Presenter: Patrick Rae (West Seneca SD)
Presider: Bruce Risley
Location: Cypress D
60 minutes or less is all it takes for you to know how to protect yourself regardless of your size, age, experience, or gender. Come and learn how not only to protect yourself, but, to also teach your students abduction prevention skills. Don’t miss out on a way to introduce a new and exciting program to your curriculum!
Secondary PE

Afro-Latino Dance To Creative Movement
Presenter: Alexandrino (Alesh) DuCarmo
Presider: C. Brian Oaks
Location: Tuscarora & Cayuga
In this session, participants will experience ways Latin Americans express themselves through movements, which are based on exciting music and rhythms. You will learn a series of movement and dance combinations from traditional Afro, Brazilian, and Latin cultures and then be guided through a process where the basic elements of dance, creative and traditional movement are joined together to create new dance combinations. Even if one never danced before, he or she will have fun participating in this session!
Dance Education

Communicating With Children With Autism: A Look At Different Communication Options While Teaching Children With Autism
Presenters: Justin Haegele, Alexis Noest & Brandon Schwartz (Q255/NYC Department of Education)
Presider: Leonard Bruno
Location: Cypress A
This session will begin by reviewing Autism and the communication needs of children with Autism. The presenters will then discuss and demonstrate how to use different communication methods in adapted physical education, while working with children with Autism. Topics discussed will include icon systems, video modeling, social stories, schedules, and others.
Adapted PE & Sport

The Role And Responsibility Of Educators In Youth Sports
Presenter: Mark Yaeger (Webster Park and Recreation)
Presider: Bryan Coopersmith
Location: Cypress B
This session will discuss the culture of youth sports and the positive and negative physical and emotional impact on youth. Participants will discuss the over-the-top parents and volunteers and the role educators and community leaders need to play in changing this culture. We will evaluate how high school athletics has encouraged this craze in youth sports and strategies to change this culture in your school and community.
Coaches & Future Professionals
Assessment For All!
Presenters: Dr. Ellen Kowalski (Adelphi University), Dr. Cathy Houston-Wilson (The College at Brockport), Sara Daggett (Liverpool School District), Roy Speedling (Ulster County BOCES) & Barbarajean Douglas (Stimson MS)
Presenter: Julia Taylor
Location: Onondaga
This session will present assessment strategies and assessments that can be used with all children in physical education, including those with disabilities. Levels of achievement range from emerging to proficient. Assessments are computer compatible, easy to use and can provide data for adapted physical education services and IEP's.
Adapted PE & Sport & Elementary/Middle School PE

Building Strength And Endurance And Combating Obesity In Early Childhood PE
Presenters: David Wiener & Dr. Ariela Herman (Queens College)
Presenter: Tom Winiecki
Location: Cypress E
Participants will be exposed to a variety of challenging, developmentally appropriate activities guaranteed to build fitness and develop a love for physical activity in early childhood and primary grade physical education. Session attendees will hear and discuss methods for integrating fitness into a child’s life inside and outside the school program.
Exercise Science/Sports Med & Elementary/Middle School PE

Suicide Prevention In Your School And Community
Presenters: Lonnie Wilson & Casey Horner (Niskayuna CS)
Presenter: Shelly Connors
Location: Meadow
Recent CDC data reports that teen suicide rates are on the rise. Is your school and community doing all it can to prevent teen suicides? This session will provide an in depth look at this difficult issue and provide suggestions on how to approach and/or deal with this issue in your school and community.
Health Education

Technology In Health
Presenter: Cathy Bowman (Highland CSD)
Presenter: Alicia Arasim
Location: Birch
Do you ever wonder how to engage your students’ during class? Come and learn how to incorporate technology projects into your health curriculum. During this presentation, we will review digital storytelling features, as well as creative search engines to use for research.
Health Education

Tai Chi Easy In Your Classroom
Presenter: Jay Robbins (Kenmore East HS)
Presenter: John Strong
Location: Showroom
Tai Chi Easy is a carefully developed, trademarked method of teaching the principles of Tai Chi, which has been shown to enhance student health, improve behavior and increase cognitive function. Tai Chi Easy is presented in small units of instruction which are fun, easy to learn, require no special equipment or skills and are easily adapted to any classroom setting or school day format. Tai Chi purposely and intentfully engages the body’s processes and energies which are responsible for maximum function in the psychomotor, cognitive and affective domains, making it the perfect exercise for an educational setting.
Dance Education

Top 30 Successful Classroom Strategies For Students With Autism Spectrum Disorders (ASD)
Presenter: Joanne McMahon (Autism Advocacy Consultant)
Presenter: Leonard Ward
Location: Briar
This session will review time-tested, evidence-based strategies for children, teens and young adults with ASD. Discussion will include use of schedules, structuring the physical environment, appropriate language to use, creating sensory sensitive learning environments, facilitating social interactions and supporting gross motor challenges.
Dance Education

Shake Your Sol: A Learn To Groove, Hip-Hop Journey!
Presenter: Marisol (Sevilla) Mahler (Great Neck North SD)
2010 NYS AHPERD Teacher of the Year
Location: Lava
Join the party with Marisol as she takes you on a journey in this no rules, no boundaries hip-hop basics class! Don't miss this fun, upbeat session that will help you reconnect with your funky self, fill you with high energy and have you feeling and dancing like a hip-hop dancer-at your own pace!
Dance Education

How can we improve your conference experience?
We want to know!
Stop by the internet café located within the Exhibit Hall to complete an online survey and let us know your thoughts.
A Most Sincere Thank You to:

For Contributing Baskets for Our
Fifth Annual Battle of the Zones
Competition

7:00 PM - 8:30 PM

Amazing People Awards Ceremony
Location: Cypress C, D, & E

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
2010 Conference Zone Champions!

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

8:30 PM - 12:00 AM

Battle of the Zones & Evening Social
Location: Oneida & Mohawk

3:30 PM - 4:45 PM

SESSION IV

**Water Work-Outs: Not Just Swimming Anymore**

*Don’t forget your bathing suit!*

Presenter: Liz Ziarnowski (Canisius College)
President: Lori Friend
Location: Indoor Pool

Are you looking for pool lesson plans that are different from instructional strokes or water polo? Come and learn about varying intensity workouts that target all major muscle groups and use basic techniques for maximum effectiveness.

Aquatics Education & Recreation/Adventure Ed

**Older Adults And Weight Training**

Presenter: Gay Elliott (Artisto-Fit)
President: Barbara Smith
Location: Hawthorn

This session will cover issues relating to strength training for older adults. Why strength training is important and how to prioritize what exercises are best, both as a participant and as an exercise leader, will be discussed. We will also review how to tailor a weight training program to specific needs.

Exercise Science/Sports Medicine & Retires

5:00 PM - 5:30 PM

NYS AHPERD Zone/Section Treasurer's Meeting
Robert Zifchock, NYS AHPERD Treasurer
Location: Meadow

**COMMITTEE MEETINGS**

Distinguished Service Award/ Professional of the Year
Award Committee
Paula Summit, Committee Chair
Location: Birch

Bernard E. Hughes Award Committee
Shelly Connors, Committee Chair
Location: Cedar

Health Education Awards Committee
Frances Vincent, Committee Chair
Location: Hawthorn

Jay B. Nash Outstanding Major Award Committee
Kaylie La Lota, Committee Chair
Location: Willow

Teacher of the Year Awards Committee
Jeff Alger, Committee Chair
Location: Briar

Thursday, November 18, 2010
Master of Arts in Physical Education & Sport Pedagogy

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

For more information, please contact:
School of Education Graduate Admissions
Tel: (914) 323-5142 • E-mail: edschool@mville.edu
Or, Rhonda Clements, Ed.D., Program Director
(914) 323-5327 clementsr@mville.edu
Or, Maureen Kuperberg, Coordinator of Physical Education
Student Teaching Placements (914-323-5437)

MANHATTANVILLE COLLEGE
2900 Purchase Street, Purchase, New York 10577 www.manhattanville.edu
FRIDAY, NOVEMBER 19, 2010

6:30 AM - 7:30 AM
EARLY BIRD

Drumm'n,Ton'n, And Stretch'n
Presenters: Vera Trenchfield & Sara Resti (Roslyn MS)
Location: Onondaga
EARLY BIRD! Wake-up and workout! We will use an exercise/stability ball as a drum and incorporated movement and drumming basics for a fun filled workout. The exercise ball will be used for a toning segment, finishing with a cool down and stretch using the ball.
Secondary PE & Dance Education

8:00 AM - 9:15 AM
SESSION V

Follow The Leader
Presenter: Kaitlin Rodriguez, Future Professionals Section President-Elect
Advisor: Dr. Alisa James, Future Professionals Section Advisor
Location: Appalachian & Adirondack
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

Literature Enhanced Physical Education (LEPE) Presents
Clean Up Your Backyard
Presenter: Lynn Hefele (Huntington UFSD)
Presider: Fran Lacinak
Location: Onondaga
Literature Enhanced Physical Education (LEPE) believes using literature to stimulate a child's imagination is the key to exercising with purpose. See how, Clean Up Your Backyard, the fictional story, can provide movement vocabulary, challenge arousal, visual and verbal cues to motivate and educate all children. In addition, learn how to teach, Clean Up Your Backyard, the game to meet physical education standards by providing variable practice, differential instruction, and authentic assessment in a more child-centered environment.
Elementary/Middle School PE

Adapted Tai Chi Moves For Balance, Recovery, Focus And Well-Being
Presenter: Cari Shurman (Tai Chi For Kids)
Presider: Kelly Schulz
Location: Mohawk
Visualization, gentle flowing movements, and deep breathing make Tai Chi ideal for adapted physical education, therapeutic recreation, and special needs students. As students imitate animal movements, they become calm and focused. Tai Chi can be done by all ages, standing, sitting, or lying down.
Adapted PE & Sport

Target Games & Goal Setting: Giving Students Opportunities To Appraise And Reset Goals
Presenters: Bill Coffey, Craig Bergquist, Andrew Cane & Nikki Molinaro (Manhattan College)
Advisors: Dr. Deborah Adams (Manhattan College)
Presider: Jacob Bannerman
Location: Cypress B
Participants will experience some new and some old (ladder ball, corn hole, Kan Jam, etc.) target games. Through the use of these various games, participants will set individual and group goals, appraise, and adjust those goals after gaining feedback from the game. Various principles of goal setting will be explored (making goals specific, observable and in measurable terms; process, performances, and outcome goals).
Exercise Science/Sports Medicine

In The Groove And On The Move
Presenter: Carrie Flint (Certified Adapted PE Teacher, California)
Presider: Terry Price
Location: Oak
Getting your students to move (walk, run, or jog) is a physical education curriculum standard and can be met by simply stating “run a lap”. Getting your students to understand the importance of moving and keeping them motivated to want to move is much more challenging. This presentation will provide creative lesson ideas and give an overview of numerous resources available to help you create a meaningful and motivational moving program to add to your physical education curriculum.
Dance Education & Elementary/Middle School PE

A Multitude Of Modifications For Older Adults
Presenter: Gay Elliot (Aristo-Fit)
Presider: Barbara Smith
Location: Cypress A
80% of people over sixty-five years have at least one chronic disease? Do you, as a participant or exercise leader, know how to modify a program, facility or the exercises to incorporate people with a chronic condition? A multitude of exercise modifications will be demonstrated at this session!
Exercise Science/Sports Medicine & Retirees

The Recreation/Adventure Education Section Congratulates

Ed Leak
Orchard Park Recreation Department 2010 Amazing Person
Get Fit With Body-Weight Exercises  
Presenter:  Srećko Mavrek (NYC Department of Education)  
Presider:  Jason Zweig  
Location:  Willow  

Body-weight exercises (calisthenics) have long been used as a simple and quick method of resistance training to improve and maintain strength and endurance. They are a good place to start if you are: under 15 years of age or any age and beginning an activity program after an extended period of being sedentary. This session will provide an overview of body-weight exercises that can be used at all school levels.  

Exercise Science/Sports Medicine  

YAKETY-YAK: Literacy Strategies In Health Education  
Presenter:  Betty Rothbart (NYC Department of Education)  
Presider:  Ryan Fisk  
Location:  Meadow  

Okay, so you’ve introduced info, and now you want to know how kids think and feel? Unlock their ideas through literacy-linked strategies. Read a story, write a story. Pen a poem. Jot a journal. Script a dialogue. Engage students in quick-time solo and group activities that match their interests and energy level, improve their intra- and interpersonal skills, and facilitate cross-curricular collaboration and assessment.  

Health Education
7,000 non-school coaches trained since 2008

Thanks to the help of professionals in organizations like the NYSAHPERD, the SUNY Youth Sports Institute has trained for certification 7,000 youth coaches across New York State in the last 2 1/2 years. Our curriculum and minimum standards were established exclusively for volunteer and non-school youth coaches by our Academic Advisory Board at SUNY Cortland.

Creating a Culture of Activity

Once certified, these previously untrained adults, parent volunteers, and non-professional coaches may better understand the impact a youth coach has on the children they are coaching.

We provide tools that address the conduct, safety, knowledge and practice that adults need when involved with a child’s formative experience in community athletics. The net result of this program is to create a Culture of Activity for our young people.

Training Partners

- SUNY Adirondack
- Brooklyn College (CUNY)
- Broome Community College
- SUNY Canton
- SUNY Cobleskill
- Cayuga Community College
- Columbia-Greene Community College
- Corning Community College
- Dutchess Community College
- Erie Community College
- Fashion Institute of Technology
- Finger Lakes Community College
- Herkimer County Community College
- Hudson Valley Community College
- Jamestown Community College
- Jefferson Community College
- Mohawk Valley Community College
- Monroe Community College
- Morrisville State College
- Niagara County Community College
- North Country Community College
- Onondaga Community College
- SUNY Orange
- SUNY Plattsburgh
- SUNY Rockland Community College
- Suffolk County Community College
- Sullivan County Community College
- Tompkins-Cortland Community College
- SUNY Ulster
- Westchester Community College

If you would like to become more involved with the SUNY Youth Sports Institute as an instructor or content provider please call, 1-877-828-8811.
Commitment to Excellence

“Promoting lifespan health and physical activity”

Teacher Education Programs—Undergraduate
- Physical Education
- Health Education
- Health and Physical Education (Dual Certification)

Health Promotion Programs—Undergraduate
- Health Care Management
- Health Policy Studies
- Community Health Education
- Health Sciences—Premedical Emphasis
- Health Sciences—Health Promotion Emphasis
- Health Sciences—Nutrition Emphasis

Graduate Programs
Our graduate programs can be completed in 12 months and offers students a thesis or non-thesis option. Graduate assistantships available.
- Physical Education
- Health Education

For more information:
Undergraduate Programs— www.ithaca.edu/hshp/depts/hppe
Dr. Karen Edwards— kedwards@ithaca.edu

Graduate Programs—www.ithaca.edu/gps
Dr. Srijana Bajracharya—sbajracharya@ithaca.edu
**Lose It! Using iPod Touch In Health Education**
Presenter: Michael Brych (New Hartford Senior HS)
Presider: Mike Robilotta
Location: Briar
Lose It! is a nutrition and exercise tracking program that can be run on the Apple iPod Touch or iPhone device. Students will track their daily caloric intake and exercises to see how many calories they eat and burn through activity. At the conclusion of the day, Lose It! will give an informed report on calories consumed and burned, as well as a detailed statement on where the calories came from.

**Health Education Resources, Assessments and Projects**
Presenters: Lisa Sherman & Emily Conrad (White Plains MS)
Presider: Bruce Risley
Location: Birch
This session will focus on health education resources to use with your students, as well as in your lesson plans. Additionally, the presenters will share assessments and projects used in their classes.

**Hiring The Best Candidates: Recruitment, Selection And Authentic Assessments**
Presenter: Dr. Linda Ochser
Presider: Murphee Hayes
Location: Hawthorn
In this era of quantity vs. quality, how can we be certain that we are hiring the best candidate for a specific position? How can we measure skills of candidates beyond the selection interview? These questions and others will be addressed in this session by Dr. Linda Ochser; Professor of Education at Mercy College, specializing in HR Management. This session will be continued into a more in-depth presentation during Session VI, in the Oak Room.
Council of Administrators

**Fitness: Build It In!**
Presenters: Dr. Jeff Walkuski, Nicole Corcoran, Kate Bartholemew, Edwin Cunningham, Melissa Fromm* & Joe Bak (SUNY Cortland)
Presider: Alissa Ingerick
Location: Catskill
Do you have limited time for your classes? Do you find yourself taking away from the development of fitness in your students, in order to work on the necessary skills and strategies for your students to successfully play the game? Come join in this interactive session to share ways to work both on skills and fitness during your classes and to learn fun and creative ways to include fitness and fitness activities into the traditional physical education curriculum. Adaptations of the activities for students with special needs will also be included.
Elementary/Middle School PE

**Using The Skill Theme Approach To Teaching Sports Skills**
Presenters: Henry Opperman & Brittny Kubashky (Adelphi University)
Presider: Emma Dewart
Location: Seneca
This session will provide participants with an opportunity to explore the concepts of teaching skill themes within sports. Participants will obtain new ideas for teaching sport skills in a non-competitive way. This presentation will also provide many ideas for modified games that will lead toward increased skill acquisition.
Higher Education/Professional Preparation
Wanna Swing?
Presenter: Barbara Muller (Cresskill MS/HS)
Presider: Lee Mittelstaedt
Location: Tuscarora & Cayuga
You will learn both the basic step along with several combinations which will enable you to begin a swing dance unit. All pertinent information will be provided..music, steps, partners.. All YOU have to do is show up!
Dance Education

Beyond Pink And Blue: Transgender 101
Presenter: Michelle Scarpulla (Project Answer, Rutger’s University)
Presider: Kate Cutrone
Location: Hawthorn
This session will provide participants with a general understanding of what it means to be transgender, and explain how gender identity is both unique from and related to sexual orientation. Definitions, activities and open discussion will arm participants with basic information that will enable them to both answer student questions and be sensitive to students who may identify as transgender.
Health Education

Reconnecting Children With Nature: OUR Responsibility
Presenter: Jack Voelker (Director of Recreation and Youth Services, Chautauqua Institution)
Presider: Sara Lester
Location: Cypress A
Drawing upon Richard Louv’s provocative best-seller, Last Child In The Woods, we’ll consider the opportunities for our profession to address the condition Louv describes as “nature deficit disorder”---the growing disconnect of children with the natural world. How might we think differently about playground design, green space development, and community partnerships? Most importantly, WHY is this essential to the physical, emotional and cognitive health of our children?
Recreation/Adventure Education

Mindful Exercise
Presenters: Dr. Carole Reiss (NYC Department of Education) & Cari Shurman (Tai Chi For Kids)
Presider: Jenine DeMarzo
Location: Seneca
Mindful Exercise is the practice of Yoga and Tai Chi used to develop focus and concentration skills. This curriculum teaches students to be calm, focus on their immediate environment, as well as improve standardized test scores, and improve health. Through balancing and stretching in Yoga movements, as well as slow resistance movements in Tai Chi, all students will develop concentration, as well as greater flexibility, agility, and coordination. The session contains a CD, Tai Chi For Kids, and a study researched in New York City schools with Mindful Exercise. Everyone who is interested in teaching students to excel in all subjects, as well as to enjoy good health, should be at this session!
Higher Education/Professional Preparation
11:20 AM - 12:35 PM
SESSION VI

If You Think A Squat Is A Squat, You Don’t Know SQUAT!
Presenter: Clayton Ellis (Aurora Central HS, Colorado)
Presider: Daniel Lubrano
Location: Cypress B
Re-energize your teaching with this multi-headed monster of a session that includes advocacy for your program, appropriate practice’s, assessment, classroom management, curriculum development, Jump and Hoops for Heart at the high school level.
Secondary PE

Wanted: Teachers Thinking Of Becoming A Director
Presenters: Fritz Kilian (Brighton CS) & Jim Rose (Yonkers CS)
Presider: Lloyd Mott
Location: Cypress D
The Council of Administrators Section of NYS AHPERD, has set a goal to encourage health and physical education teachers to become certified to be a Director of Health, Physical Education & Athletics. Attend this session for information and advice.
All Attendees

Scoot Your Way To Fun!
Presenter: Amanda Hardy (ECSU, Connecticut)
Presider: Alissa Ingerick
Location: Catskill
This session is suitable for physical education teachers at the elementary and middle school level and will provide a variety of fun and challenging activities in cooperating scooter boards. Using scooters will motivate students to stay active and enjoy physical activity. The audience will learn games/activities that are designed to build teamwork, problem solving skills, communication skills, and social skills as well as increasing the level of fitness.
Elementary/Middle School PE

Think Outside Of The Music Box
Presenter: Carrie Flint (Musical PE Plus, Certified Adapted PE Teacher, California)
Presider: Marisol Mahler
Location: Lava
A multi-sensory learning environment can be created by carefully selecting music that compliments the objectives and activities of a physical education lesson. Music is often an afterthought in the lesson planning process or an addition to provide a backup element. This presentation focuses on the creative approach of incorporating music from start to finish, taking a physical education lesson to another level and providing multiple opportunities of learning for your students.
Dance Education & Elementary/Middle School PE

When Your Kids Ask: “Why Do I Have To Do This?”
Here’s The Answer!
Presenter: Tom Winiecki (Fayetteville-Manlius CSD)
Presider: Kelly Schulz
Location: Briar
Come and see how you can make everything you teach more relevant to your students. Nothing is taught in isolation any more; see how your students can learn to draw on prior knowledge to continue to enhance their learning of new information.
Elementary/Middle School PE

Autism Spectrum Disorders And Bullying
Presenter: Joanne McMahon (Autism Advocacy Consultant)
Presider: Sandy Williams
Location: Willow
This presentation will describe the characteristics and core deficit areas of Autism Spectrum Disorders (ASD). Additionally, the presenter will share statistics on bullying children with ASD, as well as evidence-based approaches for students with ASD to combat bullying attempts. Social skills training and resources available will be covered, as well!

Aquatic Spinal Injury Workshop
Don’t forget your bathing suit!
Presenter: John McVan (United States Military Academy)
Presider: Megan O’Sullivan
Location: Indoor Pool
A comprehensive program addressing response rescue, emergency action for dealing with implications of possible spinal injury in the aquatic environment. Content will focus on specific patterns of rendering care for both shallow and deep water immobilization, with an emphasis on the first and second accident theory in terms of providing the very best comprehensive care. A must attend session for those that work or teach in the aquatic environment!
Aquatics Education

Hiring The Best Candidates: Recruitment, Selection And Authentic Assessments - Part B
Presenter: Dr. Linda Ochser
Presider: Jason Quitoni
Location: Oak
In this era of quantity vs. quality, how can we be certain that we are hiring the best candidate for a specific position? How can we measure skills of candidates beyond the selection interview? These questions and others will be addressed in this session by Dr. Linda Ochser; Professor of Education at Mercy College, specializing in HR Management. This session is a continuation from Part A, during Session V in the Hawthorn Room. Need not to have attended Part A to attend Part B.
Council of Administrators
Let’s PLAY! (Physical And Lifelong Activities For Youth)
Presenter: Melanie Champion (South Brunswick MS, North Carolina)
Presider: Nicholas Mangan
Location: Oneida
The session will provide activities that will help motivate students to get physically active for more than just a physical education period! While integrating other subject areas into physical education and a better understanding of their bodies, students can set goals they can obtain. Come PLAY; and, have fun and learn how to lead your students to a more active, healthy lifestyle!
Elementary/Middle School PE

Kettle Bells: Bring Back The Basics!
Presenters: Kevin Seeley, Brett Miranda, Matt Solomito & Carlos Pena (Manhattan College)
Advisor: Dr. Shawn Ladda (Manhattan College)
Presider: Gil Callan
Location: Seneca
This session will introduce participants to using kettle bells to increase overall fitness. A brief overview of kettle bells will enlighten attendees about the rich history in using this equipment. Basic movements, program design, and safety will be presented.
Secondary PE & Exercise Science/Sports Medicine

NYS Teachers’ Retirement System: New Member Orientation
Presenter: Cindy Surprenant (NYS Teachers’ Retirement System)
Presider: Lee Mittelstaedt
Location: Meadow
An introduction to the New York State Teachers’ Retirement System (NYSTRS) for new members. We will cover topics including, but not limited to: membership tiers, contributions, loans, service credit, death benefits, and disability benefits. Also covered are how and where to get more information and how to contact NYSTRS. This presentation will provide members with a solid foundation for understanding their NYSTRS benefits in years to come and emphasizes the importance of early planning for retirement.
NEW TEACHERS!

West Seneca Central School District Health, Fitness & Exercise Concentration
Presenters: Phyllis Carriere, Sandra Marong & Ben Hamm (West Seneca CSD)
Presider: Michael Galeotafoire
Location: Cypress B
Development and planning of our new Health, Fitness and Exercise Concentration at West Seneca CSD will be explained. Participants will explore the existing programs currently in use in the West Seneca Central School District. The offerings include interdisciplinary courses in Health, Physical Education and Business through half and full year classes.
Secondary PE
In The Chair And Out: Adapting Activities For Multiply Disabled Students
Presenter: E. Ann Davis (Retired)
Presider: Marc Toth
Location: Cypress D
Through lecture, discussion, and examples, we will look at ideas for enhancing curriculum activities that allow participation, with some degree of independence, by our multiply disabled students. Ideas for activities in wheelchairs, as well as on the floor, will be presented.
Adapted PE & Sport & Elementary/Middle School PE

 Obesity Crisis! Check Out What White Plains Is Doing
Presenter: Laura Owen (White Plains SD)
Presider: Lisa Sherman
Location: Birch
Recently, we were faced with a possible “opt out of PE” option; it’s unfortunate that in 2010, we STILL need to prove our worth. Find out how we used simple technology to “show off” our program. Come discover PE The White Plains way! In this session you will see the amazing program we developed to meet the students needs for an active lifestyle. More ideas welcome!
Council of Administrators

New Tools For Physical Education Program Evaluation
Presenter: Francesca Zavacky (AAHPERD)
Presider: Briarne McDonnell
Location: Briar
What do others (students, parents, classroom teachers, and physical education experts) think about your program? NASPE is here to tell you about a variety of tools you can use to evaluate all aspects of your physical education program. These user-friendly, free, or low-cost tools allow you to examine your teaching practices, evaluate the curriculum, analyze the physical education environment, or assess your entire program. Learn about The NASPE STARS Program, a self-study process that honors excellence in school physical education programs. These latest tools are designed to help you identify your program’s strengths and weaknesses and base what you are doing on national standards and guidelines.
Elementary/Middle School PE & Future Professionals

Teaching Personal & Social Responsibility In The Gymnasium
Presenter: Dr. Douglas Collier, Dr. Timothy Brusseau, Dr. Mike Kozub & Dr. Alisa James (The College at Brockport)
Presider: Martha Silverman
Location: Hawthorn
This session will present practical approaches to teaching students personal and social responsibility. Presenters will provide specific strategies to be used with both elementary and secondary students.
Higher Ed/Professional Prep & Elementary/Middle School PE

Spice Up Your Warm-Up
Presenter: James Thompson, Patrick Wingler, Rob Cioffi, Mike Koral, Ryan Walker and Jack Murphy (SUNY Cortland)
Advisor: Dr. Jeff Walkuski (SUNY Cortland)
Presider: Bonnie Walkuski
Location: Onondaga
Spice Up Your Warm-Up is a program designed to introduce new and unique warm ups to both elementary and secondary physical education classes. These activities are designed to focus on keeping students active and moving, in order to properly prepare the heart, lungs and muscles for physical activity rather than traditional static stretching and attendance at the start of a lesson. Our new approach to warm-ups will not only prepare students for activity, but also serve as an introduction & progression for the start of a lesson or an upcoming unit for physical educators.
Adapted PE & Sport & Elementary/Middle School PE

Zumbatomic
Presenter: Dana Walsh (Certified Zumba Instructor)
Presider: Natalie Gregorski
Location: Tuscarora & Cayuga
The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! This course teaches instructors how to fuse the Zumba program’s exciting formula with the psychology and physiology relevant to teaching kids (ages 4-12). Instructors learn how to modify Zumba moves to get optimal results, and receive tips on discipline and class management. With the Zumbatomic program, kids have a blast, get focused and get fit.
Dance Education

Designing An Effective Strength Program For Swimmers
Presenter: Srecko Mavrek (NYC Department of Education)
Presider: Kristen Dexter
Location: Cedar
This session will involve participants in designing an effective strength program for swimmers. They will choose exercises, training format and training variables that will work the best for swimmers. The presentation will emphasize swimming-specific requirements and exercises that strengthen the muscles most important to swimming.
Exercise Science/Sports Medicine & Aquatics Education

Foot Stomping, Heart Pumping, Easy Teaching... Line Dance
Presenters: Karen Longworth* (East Greenbush CS) & Tara Nelsen (Lawrence PS)
Presider: Christina Buschmann
Location: Lava
This session will introduce an easy progression of line dance to popular music with simple teaching cues for teachers working with elementary and middle school students.
Dance Education & Elementary/Middle School PE

www.nysahperd.org
12:45 PM - 2:00 PM

SESSION VII

Intentionally Developing Character In Your Students & Athletes
Presenter: Marc Agnello (Wellsville CS)
Presider: Henry Opperman
Location: Oak
The issues we deal with in our physical education classes, the sports we coach and life, come down to character. It has been said that character determines behavior and behavior demonstrates character. What are you doing to intentionally develop the character in your student/athletes? This presentation will provide you with concrete ideas to develop the character of your student/athletes.
Coaches

Debriefing Your Adventure
Presenter: Shelly Connors (Auburn HS)
Presider: Amy Coleman
Location: Mohawk
Now that you have done the activity, don’t forget the important part – debriefing. This session will focus on how to correctly debrief an adventure activity. This session will focus on the “thinking about” of activities for middle and high school levels and how they relate to everyday life.
Recreation/Adventure Education & Secondary PE

Infusing Cricket Into A Physical Education Curriculum
Presenters: Jon Leidner, Felix Ali & Nisha Puri (Adelphi University)
Advisor: Dr. Mara Manson (Adelphi University)
Presider: Kyle Bronson
Location: Catskill
This presentation will teach educators how to play cricket, the rules and tactics of the game, and, most importantly how to infuse it into your physical education curriculum. The presenters will also show you how to modify the games so it can be played in a physical education setting and why your students will have fun playing cricket.
Physical Education

2:00 PM - 2:30 PM

Exhibit Time

You’re Invited!!
Join Us At The ‘Watering Hole’ In The Back Of The Exhibit Area To Kick Back, Relax, And Network With Colleagues

2:40 PM - 3:55 PM

SESSION VIII

More Folk Dances From Around The World
Presenter: Allison Relyea (Guilderland HS)
Presider: Linda Quitoni
Location: Tuscatora & Cayuga
Folk dances are a great introduction to get your students involved in dance! These dances are designed to be fun while exposing your students to what is danced in other areas of the world. Participants will learn four folk dances.
Dance Education & Elementary/Middle School PE

A Potpourri Of Fitness, Fun & Games!
Presenter: Laura (Petersen) Shaw (Irvington UFSD)
Presider: Pete Girolamo
Location: Mohawk
By teaching with passion and purpose, you can have a great impact on your students. Come to this session to learn a variety of exciting activities, including fitness, interdisciplinary, and skill development activities, that you can implement on Monday morning. What better way to fuel your passion for teaching than learning some new, easy to implement activities!
Future Professionals & Elementary/Middle School PE

Guaranteed Benefits Of The New York State Teachers’ Retirement System
Presenter: Cindy Surprenant (NYS Teachers’ Retirement System)
Presider: Judy Ingram
Location: Hawthorn
Even in turbulent economic times like these, you can achieve future financial strength and security by building a strong pension at NYSTRS. In this presentation, we’ll clearly explain the guaranteed benefits for which you will be eligible, give you the tools needed to maximize your benefits, and answer any questions you have about retirement. In addition, while we speak with veteran teachers about key considerations as they approach retirement, we will meet with newer teachers to learn their ideas on how NYSTRS can best serve their needs in the years ahead.
All Attendees

Fun Filled Activities For Grades Pre-K ~ 5
Presenters: Tara Nelsen (Lawrence PS), Marybeth Stefano (White Plains PS) & Tom Micucci (Bedford PS)
Presider: Nicole Wyzykowski
Location: Seneca
Are you looking for instant activities you can use in your gymnasium Monday morning? If so, then this session is for you! Bring your sneakers, a smile and lots of energy to participate in some fun filled movement activities for the “little ones.” Activities include warm-ups, holiday activities, tag games, simple line dances, and games of low organization.
Elementary/Middle School PE

FRIDAY, NOVEMBER 19, 2010

38 www.nysahperd.org
**Disability Awareness: Games And Activities**

Presenters: Christopher McCann, Leonard Bruno & Michael Galeotafiore (Adelphi University)
Advisor: Dr. Ellen Kowalski (Adelphi University)

Presider: Kyle Gronlovits
Location: Oneida

Through this program, you can gain awareness in the subject of adapted physical education. Participants will be able to acquire games and activities to bring into the classroom, making the class more inclusive for students with disabilities.

Adapted PE & Sport & Elementary/Middle School PE

**Using Handheld Devices To Assess Student Learning In Physical Education**

Presenter: Dr. Irene Cucina (AAHPERD Board of Governors, Plymouth State University, NH)

Presider: Jacky Altilio
Location: Willow

The use of handheld devices to assess student learning in physical education will be explained and demonstrated at this session. Copies of a variety of excel worksheets will be sent to each participant after the session.

Physical Education & Elementary/Middle School PE

**PE And Recess Environments: Keys To Success**

Presenter: Carrie Flint (Peaceful Playgrounds, Certified Adapted PE Teacher, California)

Presider: Sara Lester
Location: Cypress D

Physical education and recess environments have similar characteristics; often occurring in large open areas with numerous distractions and large groups of students. As a result of this “openness”, both settings experience similar problems and threaten the safety of the students physically, as well as psychologically. This presentation focuses on research that identifies the five most common issues found in these environments and effective strategies to minimize the problems in an effort to create a positive learning environment for your students.

Recreation/Adventure Education

**Commencement Level PE Profile Session**

Presenters: Cathy Haight*, Marybeth Walker, Kevin Mercier*, and Tracy Iacovelli**

Presider: Toni Hagerman
Location: Briar

This session is an opportunity for teachers who are planning to implement the PE Profile Assessment in their program to hear from teachers who have already done so. It will begin with an introduction to the assessment program, followed by a discussion of implementation strategies that have worked (and not worked). Reaction to the assessment program by students, parents, administrators, etc., will be summarized and record keeping and reporting results will also be addressed.

Physical Education

**Let's Play! Structuring Competition So All Kids Can Participate In Physical Education Class**

Presenter: Eve Bernstein (Queens College)

Presider: Kelley Hand
Location: Cypress B

The focus of this presentation is how teachers can structure competition to allow all students to participate. Task structure, curricular models and creating a positive environment will be examined and discussed so all students can reach a level of success and enjoyment in competitive activities in physical education class.

Secondary PE

**Using Technology To Catch Their Attention!**

Presenters: Maura Kerkezis, Jennifer McEntee & Krystina Clark (Fairport CSD)

Presider: Martin Nemecek
Location: Birch

Technology is a teenager’s avenue for learning, so, come see how to become a part of their world! Learn about a simple student-driven program using internet-based connections, digital/cell phone cameras, pop music and a little creativity to create an eye-popping video. You become the facilitator while they become the “teacher”!

Health Education

**Sexting: When The Consequences Of Technology Surpass**

Presenter: Michelle Scarpulla (Project ANSWER, Rutgers University)

Presider: Bruce Risley
Location: Meadow

This presentation utilizes learning communities in the form of large and small groups to discuss and evaluate research complied by the National Campaign to Prevent Teen and Unplanned Pregnancy, Cosmo Girl Magazine, the Associated Press and MTV that look at the contemporary issue of sexting. Participants will engage in activities that will focus on health communication and relationships and will foster creativity, critical thinking, communication and collaboration.

Health Education

**ARMY NATIONAL GUARD: Are Your Students GUARD FIT?**

Presenters: Anthony DeSena & Catherine Ward (National Guard: Partner’s In Education)

Presider: C. Brian Oaks
Location: Onondaga

The “Guard Fit Challenge” is a FREE National Guard program that provides physical education teachers and coaches, with a new way to get students excited about fitness. The program includes exercise and nutrition tips, videos demonstrating proper workout techniques, and interactive tools to measure and track fitness progress. Whether students want to get in shape, stay in shape, or improve their current workout routine, Guard Fit Challenge offers them the resources needed to challenge themselves. **This is the exercise portion of GUARD FIT; the lecture portion was Thursday at 1:35 pm – 2:50 pm in Willow.**

Secondary PE
Afrobics
Presenter: Leslie Pieters (Roosevelt UFSD)
Presider: Marisol Mahler
Location: Showroom
Welcome to the new African Dance inspired aerobic exercise, that brings together isotonic strengthening and creative movements that are bound to move you in ways you can’t imagine! This rhythmically accentuated activity is ideal for the pool, field, gymnasium, classroom and studio. Participants will receive “Jingle Belts” to fully enjoy their experiences and to continue to make music wherever they go!

Dance Education

Come On Professionals! Put Some Heart Into Physical Education
Presenters: Melissa Fromm* & Steve Personale (SUNY Cortland)
Advisor: Dr. Stephen Yang (SUNY Cortland)
Presider: Wendi Haynes-Eklund
Location: Catskill
Are your students getting bored with the same old fitness unit? Then this presentation is just what you need to get with the program. By using Activo Heart Rate Monitors, and engaging in new instant activities, teachers can throw away those old fitness units and get with the program.

Elementary/Middle School PE

Porpoise With A Purpose! Basic Snorkeling Unit
Presenter: Clayton Ellis (Aurora Central HS, Colorado)
Presider: Brittny Kubashky
Location: Indoor Pool
Watch your beginning swimmers’ confidence sky rocket with this basic snorkeling unit. Learn how to organize and maintain equipment through all the skills and drills you need to make your students glide through the water.

Secondary PE & Aquatics Education

Developing Your School’s Concussion Management Policy, Procedure and Protocol
Presenters: Lloyd Mott (NYSPHSAA Administrator of Concussion Management) & Dr. Brian Rieger (SUNY Upstate Medical University)
Presider: Daniel Hornedo
Location: Oak
This session will provide a model for school districts to follow, in meeting, the soon to be, NY Legislature mandate for schools to adopt a concussion management policy, including, education of staff.

Coaches & Council of Administrators

Sixth Annual Dr. Ron Feingold Lecture Series
Presenter – Beth Kirkpatrick, Polar Electro, Inc.

Location: Cypress A
Beth Kirkpatrick is one of the true icons in the physical education profession, known worldwide for her pioneering efforts in a high tech and lifestyle physical education model. During her twenty years of teaching physical education to middle school students in Iowa, she received NASPE's state and district secondary physical education teacher of the year awards. Her program was recognized in numerous publications including a two page picture tribute in the 1987 February issue of LIFE Magazine. She was featured on NBC’s Nightly News With Tom Brokaw. She was the first physical educator to receive the USA Department of Education’s Christa McAuliffe fellowship Award.

She is the designer of the middle school Heart Adventures’ Challenge Course and the S.O.S Challenge Course. Beth co-authored the book “Lessons From The Heart.” She was the first physical education major from her college to give a commencement address. Beth received the Alumnus Of The Year from her university, SSU. Professor Kirkpatrick received the national Distinguished Leadership Award from NASPE’s School Director’s Council. Beth chaired NASPE’s Middle and Secondary School Physical Education Council as well as NASPE’s Teacher Of The Year Committee. Beth Kirkpatrick is the pioneer of heart rate monitor use in education beginning in 1980. She downloaded more than 50,000 heart rate files from her middle school students. Beth was recruited by Polar Electro Inc. to become the first Director of Education in 1993, a position that she still holds today.

2010 NASPE Secondary Physical Education Teacher of the Year!

The Adapted Physical Education & Sport Section Honors
Matthew Dadey
2010 Teacher of the Year
and
Renee McCall
2010 Amazing Person

2010 Jay B. Nash Award Winner

Friday, November 19, 2010
The Council of Administrators

Wishes to recognize and congratulate

David Garbarino

as the 2010 Amazing Person Award Recipient

On-line graduate programs:

- Master of Science in Physical Education
- Master of Science in Sport Administration
- School Building Leader (SBL) and School District Leader (SDL) Certification

- Accredited by NCATE – the standard of excellence in teacher preparation.

For more information, visit us in the exhibit area or call us at 716-888-2545 or toll-free at 800-950-2505. You may also E-mail us at GradEd@canisius.edu or visit our website at canisius.edu/GradEd.

Canisius College | Leading the way in education.
Heart Healthy Students Moving For Their Future!
Presenter: Margaret Roblee (Hyde Park CSD)
President: Amy Szczepanski
Location: Onondaga
This session will focus on introductory and intermediate pedometer and heart rate monitor lessons that have been used with success at the elementary physical education level. In addition, classroom management techniques that contribute to the success of a comprehensive pedometer and heart rate monitor program will be reviewed. Participants will be invited to be actively involved in these lessons and will be provided with handouts and resources.
Elementary/Middle School PE

Sticks And Stones: Combating Homophobia And Bullying In Middle Schools
Presenter: Michelle Scarpulla (Project ANSWER, Rutgers University)
President: Alicia Arasim
Location: Meadow
This session will explore the world of bullying and the risk factors it presents to gay, lesbian and bisexual teens. Participants will also be introduced to a model of bullying intervention designed to match the cognitive level of young people.
Health Education

Stack The Deck For Fun And Fitness!
Presenters: Blake Cunningham, Samantha Tuzzolino, Morgan Klotzbach & Colton Gregg (Roberts Wesleyan College)
Advisor: Dr. Elaine Gregory (Roberts Wesleyan College)
President: Hilary Pavels
Location: Catskill
Stack the Deck For Fun And Fitness are games that can be used in a variety of settings - from warm-ups to lead-up games to interdisciplinary activities, and will cover grades K-12. Each game in this activity session will have a deck of cards incorporated into it.
Physical Education & Elementary/Middle School PE

From Student-To-Teacher
Presenters: Justin Haegele & Steve Ryan (NYC Department of Education)
President: Chris Resti
Location: Appalachian & Adirondack
This session will offer information about transitioning from college students studying physical education and adapted physical education to teaching in public schools. Participants will be exposed to the real life experiences of two adapted physical education teachers whom recently transitioned into the field, each from different universities and education backgrounds. Participants will have the opportunity to ask these two new teachers specific questions about transitioning.
Future Professionals

Floor Tennis
Presenter: Jeff Gush (Horseheads SD)
President: Diane Penella
Location: Tuscarora & Cayuga
Floor tennis is an exciting way to teach tennis skills in a small space. All you need is some ping pong paddles, ping pong balls, duck tape, a blue tarp, some traffic cones, and some conduit. Sounds like you are a contractor? No just a resourceful PE teacher!
Elementary/Middle School PE

Relationships: Discussions Parents Don’t Want To Have (With Their Kids)
Presenters: Cheryl Piccirillo & Beth Kecskemety (Pittsford CS)
President: Elyssa Pascarella
Location: Birch
Kids will raise a lot of questions about relationships that are uncomfortable for some parents to discuss. This session will highlight relationship topics that are of most interest to secondary health students. The workshop will include activities that will build your comfort level and embellish your tool box of strategies.
Health Education

Learn Basic Water Skills With A Kickboard
Presenter: Srecko Mavrek (NYC Department of Education)
President: Lois Codispoti
Location: Indoor Pool
A kickboard is a floating board used in swimming, usually by a beginner, to assist in keeping the head up while practicing the flutter kick. The kickboard can also be used for learning basic water skills, such as floating, gliding and treading water. This participatory session will offer creative ways of using a kickboard in different games and routines to learn mentioned water skills.
Aquatics Education

SPARKfamily.org -- “A Website You Can’t Refuse...”
Presenter: Jeff Mushkin (The SPARK Programs)
President: Walter Smith
Location: Cypress B
Everyone wants to be a member of THIS family. SPARKFamily.org is a special, password-protected website where only YOU can access a library of effective digital content. Attend this session and enjoy a guided tour of video clips, assessment tools, skill and task cards, “Homeplays” and more! You’ll leave with a FREE SPARK membership!
Secondary PE & Elementary/Middle School PE

Training For Muscular Fitness
Presenter: Nicola Brugueras (NYC Department of Education)
President: Craig Bergquist
Location: Cypress D
This presentation will provide a unique experience that will help develop muscular strength and endurance. The presenter will explain the importance of muscular fitness during sports related activities, as well as, identify the need to train sport specific muscles for optimal performance.
Exercise Science/Sports Medicine
Fitness Stacking: Sport Stacking With A Twist . . . A Run And A Jump!
Presenter: Lori Bifarella (Attica CSD)
Presider: Marissa Brown
Location: Mohawk
Take your students to new levels of fitness with Speed Stacks! This session combines basic Sport Stacking patterns with fitness activities. Learn how to incorporate Sport Stacking fitness activities into your daily physical education program. All first time participants will receive a FREE Fitness Stacking Guide and our new Instructor Training DVD.
Physical Education

Making Health Literacy Happen With The Great Body Shop
Presenter: Karin Schlereth (The Children's Health Market)
Presider: Heather Collier
Location: Briar
This session will focus on a practical approach to changing student (and parent) behavior through a research-based curriculum which features online testing with data analysis, in addition to, performance based assessment and an easy-to-implement coordinated school health program. The facilitator will explain how The Great Body Shop is aligned to National and State health education (and other curricular) standards. The workshop provides an overview of the Health Education Curriculum Analysis Tool (HECAT) using The Great Body Shop lessons, Teacher's Guide, and materials as a framework to better understand how to distinguish effective health education curriculum.
Health Education

When Is A Pyramid Shaped Like A Diamond?
Presenter: Donna Ahnert (Retired, RN)
Presider: Jim Codispoti
Location: Oak
Are your athletes crashing in the 4th quarter? Do you have overweight teens in your health education class? Come find out what all the carbohydrate hype is about, get the facts and sit out fiction. This certified health educator will send you off with credible scientific resources and lots of ideas!
Coaches & Health Education

Partnership & Collaboration Through Physical Education, Inclusion And Service- Learning Sports Programs
Presenters: Paula Scra (St. Bonaventure University), Bill Collins (Special Olympics New York) & St. Bonaventure University PE Majors
Presider: Jenine DeMarzo
Location: Cypress E
St. Bonaventure University and Special Olympics New York will co-present on a new Special Olympics school-based curriculum for physical education and sports programs. The goal of Special Olympics school-based programs, is to give students of all ability levels the chance to use their physical education experiences to participate in year round sports ~ at no charge. Your physical education classes and our sports related programs also create local and international service learning opportunities which enhance and complete efforts to promote inclusion and acceptance among all students.
Adapted PE & Sport

Kickboxing And Self-Defense: Being Safe And Fit!
Presenters: Kara Scanlon, Kaitlin Rodriguez, Theresa Anderson & Jena Beluzzi (Manhattan College)
Advisor: Dr. Shawn Ladda (Manhattan College)
Presider: Max Avery Young
Location: Seneca
This session will allow participants to learn the basic movements of kickboxing and utilize this activity as an aerobic workout for students. Participants will learn how to build on these movements and explore basic self defense techniques.
Secondary PE

Digital Media Programs For Youth Recreation
Presenter: Stephanie Sutton (Digital Animation for Kids)
Presider: Mark Yaeger
Location: Cypress A
Are you interested in hosting digital media programs, but don’t know where to start? Are you afraid of the costs or time commitment involved in technology courses for kids? Let me provide you with all the information and sample programs in free educational animation, video game creation, 3-D modeling and movie making tools to jump start your recreational media programs today!
Recreation/Adventure Education

NYS AHPERD Leadership Seminar ~ What Is It All About?
Presenter: Mara Manson (NYS AHPERD President-Elect & Adelphi University)
Location: Hawthorn
This is a session for anyone interested in learning about the many vital aspects of our Professional Association. If you think you have leadership potential and are passionate about health, physical education, recreation or dance, this is the place to be! All incoming Executive Council Members will be expected to attend. All Attendees

Secondary PE

Central Western Zone/Monroe Community College/ The College at Brockport, SUNY
Location: Cypress D

Adelphi University
Location: Cypress B

SUNY Cortland
Location: Seneca

Friday, November 19, 2010
5:30 PM - 6:30 PM
Jay B. Nash Awards Dinner Reception
Location: Tuscarora/Cayuga

6:45 PM - 9:00 PM
(Doors open at 6:15 PM)
2010 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, Professional of the Year, and the Distinguished Service Award will be presented, as well as the 2010 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.

10:00 PM - 2:00 AM
Evening Social Featuring
Prime Time
Location: Cypress A - 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 a 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 it’s time playing private events such as weddings, corporate parties, and festivals. They also play night clubs throughout the Upstate 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, New York.
Saturday, November 20, 2010

7:30 AM - 9:30 AM
Retirees Section Breakfast Meeting
Location: Cypress C

8:00 AM - 12:00 PM
INTENSIVE TRAINING
Pre-registration by Monday, November 1, 2010, was required for all
Intensive Training and Certification Programs.

CircusYoga® ~ Tools For Teachers ($25)
Presenters: Kevin and Erin O’Keefe (CircusYoga®)
Location: Oneida
CircusYoga® weaves together two ancient traditions, circus and yoga, creating opportunities for learning and building relationships through kinesthetic play. In this Intensive Training, we will explore whole group and partnering activities that support collaborative learning and can be adapted to virtually any curriculum. CircusYoga® explores mandala yoga, partner yoga, flying yoga, human pyramids, juggling scarves, balls, rings, diabolo, hula hoops, clowning and group games and more! CircusYoga infuses connections, courage, communication and play ultimately bringing students together.

9:00 AM - 10:15 AM
SESSION X
Developing Triple-Impact Competitors ~ A Workshop
For High School Coaches
Presenters: Eric Eisendrath & Aaron Coleman (Positive Coaching Alliance)
Presider: Juan Lopez
Location: Oak
This session helps coaches assist student athletes to become “competitors.” Coaches learn why the prevailing notion of “competitor” is unhealthy for youth and our society. Attendees also learn the distinction between competition, which focuses on athletes striving together to excel, and de-competition, in which opponents are demonized. The session borrows from the Olympian motto: Citius, Altius, Fortius (Faster, Higher, Stronger) and introduces concepts and coaching tools to make athletes “better”. Benefits include a dozen specific exercises for coaches to help student-athletes improve themselves, their teammates and the game as a whole. “Developing Triple-Impact Competitors” equips high school coaches with powerful tools and the framework for creating an inspired team culture that produces competitors of whom we can all be proud. 
Coaches

Don’t Miss A Thing!

Our Saturday programming has so much to offer; don’t miss out by leaving early! As an incentive to encourage our members to participate in all that the 2010 NYS AHPERD Conference has to offer, we are planning a Raffle for all Conference Registrants in attendance at NOON on SATURDAY, NOVEMBER 20th!

Prizes Include
Complimentary Overnight Stays at the Turning Stone Resort
Complimentary 2011 Conference Registrations
1-Year NYS AHPERD Memberships
Magazine Subscriptions
Additional Prizes May Include ~ Nintendo Wii, iPod Touch, FLIP Cameras, and much more!

Not only will you benefit from great programs, you could go home a winner!
Peace Through Play - Cooperative Games From Floor To Ceiling
Presenters: Laurie Quilty & Margaret Robelee (Hyde Park CSD)
Presider: Jenine DeMarzo
Location: Tuscarora & Cayuga
Harness the power of cooperative education! Learn how to incorporate contracts, teach a variety of cooperative games, and use de-briefing techniques in your K-5 physical education program. Previous attendees to this session will learn new games and activities to incorporate in their cooperative units.
Higher Ed/Professional Prep & Elementary/Middle School PE

Health Skills For Daily Living, Elementary - High School Levels
Presenter: Michelle Sicurella (Great Neck North MS)
Presider: Christopher Wilber
Location: Cypress A
Calling all Health Education teachers teaching Special Education students! Through this high-energy and interactive learning session, participants will learn how to adapt and modify health education units and lessons to meet the needs of students with severe learning disabilities. Participants will leave with a packet of information and hands-on learning techniques for engaging students with disabilities.
Health Education

Movement And The Enhancement Of Math Ability In Young Children
Presenter: Suzy Koontz (Math Made Fun)
Presider: Victor Ramsey
Location: Appalachian
Learn how to harness a child’s love of movement and turn it into enthusiasm for acquiring number concept skills as well! Participate in whole body movement activities that reinforce one-to-one correspondence and skip counting. Learn techniques for enhancing the Mathematics curriculum through integration with physical education class.
Elementary/Middle School Physical Education

Winning The One Goal Game!
Presenter: Corey Crane (Manhattanville College)
Presider: Bryan Coopersmith
Location: Onondaga
This session will discuss how to integrate an undulating high intensity periodization program. Discuss a multi-directional approach to speed, agility and conditioning. Describe mental toughness techniques used to dominate your competition.
Coaches

Why Does Boot-Camp Training Work?
Presenters: Penny Dalton Hite & Todd Backes (SUNY Fredonia)
Presider: Tom Howard
Location: Tuscarora & Cayuga
Boot-camp training works; but why? Physiologists have shown a relationship between a greater percentage of fat being burned during low-intensity exercise than high intensity exercise. So why, when training at a high-intensity, do individuals lose more fat and more weight? Come to this session and learn the realities of high-intensity training and then participate in a user-friendly session that is easily adaptable to the 7-12 physical education classroom.
Exercise Science/Sports Medicine & Secondary PE

Get Every Student Involved Using The Sport Education Model
Presenter: Jamie Zeller (Victor CSD)
Presider: Keith Jones
Location: Mohawk
Have you ever wondered how to get all of your students actively engaged and motivated to participate in a lesson? Through the use of the Sport Education model you will be able to maximize student participation, encourage and promote leadership and responsibility skills, incorporate affiliation/team cohesion, and make physical activity enjoyable. As a result of attending this session, participants will have a better understanding on what the Sport Education Model is and will be able to apply the Sport Education Model to a variety of units within their curriculum.
Elementary/Middle School Physical Education

12:00 PM
End of Conference Raffles
Location: Conference Registration Area

12:30 PM - 2:00 PM
NYS AHPERD Board of Directors Meeting
Location: Cedar
Scholarship Award
For Female High School Seniors

Deadline ~ March 1, 2011

Applications are being accepted for the Dorothea Deitz Memorial Scholarship (DDMS) award*.

Women residing in New York State who are planning to major in the field of Physical Education are eligible to apply for grants ranging from $600 - $7,500.

For more information on the selection process and how to obtain an application via: www.nysahperd.org and click on grants/scholarships.

*Given by the New York State Women in Physical Education in memory of Dorothea Deitz, an outstanding teacher, supervisor, and director of physical education for many years in Schenectady and Long Island.

The Retirees Section Honors
Claire Demas
Mamaroneck SD (Retired)
2010 Amazing Person

The Retirees Section is waiting for you!

Thank you Y-Ties for your support of NYSAHPERD and our 73rd Annual Conference!

Congratulations To The Western Zone Award Winners

Randy Williams
WZ Amazing Person

Clancy Seymour
Higher Education Teacher of the Year

Cathy Haight
Secondary Teacher of the Year

Sue Pernick
Elementary Teacher of the Year

Saturday, November 20, 2010

www.nysahperd.org 47
The Southeastern Zone Extends Congratulations To:

Lisa Sherman
White Plains CSD
2010 Professional of the Year

Maryanne Ceriello
Beacon CSD
2010 Southeastern Zone Amazing Person

Dr. Shawn Ladda
2010 Higher Education/Professional Preparation Amazing Person
Special Thanks To All The Exhibitors For Their Commitment To NYS AHPERD!

Adelphi University
Representative: Ron Feingold, Steve Virgilio
PO Box 701
Garden City, NY 11530
Telephone: 800-ADELPHI
www.adelphi.edu

Advantage Sport & Fitness
Representative: Matt Bogumil, Mitch Clark
2255 North Triphammer Road, Ithaca, NY 14850
Telephone: 800-308-4382
www.AdvantageFitness.com

American Heart Association
Representatives: Ramona Englebrecht, Meg Gibbons
3500 Winton Place, Suite 4, Rochester, NY 14623
Telephone: 585-697-6279
www.americanheart.org

Bigger Faster Stronger
Representatives: Bob Rowbotham, Rod Mergardt
843 W. 2400 So.
Salt Lake, Utah 84119
Telephone: 801-974-0460
www.biggerfasterstronger.com

BWI Health Promotions and Master Guru
Representatives: Shawna Dosser, Bob Hartz
8355 Cherry Lane
Eden, NY 14057
Telephone: 716-992-2732
www.bwihp.com

Cabot Creamery Cooperative
Representative: Cathy Macro
One Home Farm Way
Montpelier, Vermont 05602
Telephone: 802-433-6102
www.cabotcheese.coop

Canisius College
Representative: Jim Bagwell, Dr. Jeff Lindauer
2001 Main St. (HO-014)
Buffalo, NY 14208
Telephone: 716-888-2544
www.canisius.edu/GradEd

Center For Human Services
Representative: Janice M. Severson
3 Marcus Blvd. Suite 105, Albany, NY 12205
Telephone: 518-435-1825
www.nysmandatedreporter.org

Everlast Climbing Walls
Representative: Kevin Sudeith, Kimberly Harder
1335 Mendota Heights Road
Mendota Heights, Minnesota 55120
Telephone: 651-665-9131
www.traversewall.com

Flaghouse
Representative: John Ruggerio
601 Flaghouse Dr. Hasbrouk Heights, NJ 07604
Telephone: 201-288-7600
www.FlagHouse.com

G&G Fitness Equipment Inc.
Representatives: Kevin Downey, Pat Hooks, Jim Clapp
7350 Transit Road, Williamsville, NY 14221
Telephone: 800-537-0516
www.livefit.com

G&G Fitness Equipment Inc.
Representatives: Kevin Downey, Pat Hooks, Jim Clapp
7350 Transit Road, Williamsville, NY 14221
Telephone: 800-537-0516
www.livefit.com

G&G Fitness Equipment Inc.
Representatives: Kevin Downey, Pat Hooks, Jim Clapp
7350 Transit Road, Williamsville, NY 14221
Telephone: 800-537-0516
www.livefit.com

S&S Discount Sports & PE Supplies

Ski Areas of New York, Inc.

Speed Stacks, Inc.

SUNY Cortland

The Children's Health Market

The College at Brockport, SUNY

The SPARK Programs

TMAN Fit-N-Learn

UCS, Inc.

US Games

United States Tennis Association Eastern, Inc.

www.nysahperd.org 49
GeoMotion Group, Inc.
Representative: Barbara English
3251 Progress Dr. Suite B, Orlando, FL 32826
Telephone: 407-275-05410
www.geomotiongroup.com

Glencoe/McGraw-Hill
Representative: Angelique Clinkscale
4400 Easton Commons
Columbus, Ohio 43229
Telephone: 614-750-7328
www.glencoe.com

Gopher
Representative: Deb Macal
PO Box 998, Owatonna, Minnesota 55060
Telephone: 507-451-7470
www.gophersport.com

GTM Sportswear
Representative: Ben Ruder
520 McCall Road, Manhattan, Kansas 66502
Telephone: 800-336-4486
www.gtmsportswear.com

Gym Source
Representative: Jeff Wopperer
194 Ransom Rd.
Lancaster, NY 14086
Telephone: 716-353-0227

Human Kinetics
Representatives: Byron Clark
1607 N. Market Rd. Champaign, Illinois 61820
Telephone: 217-351-5076
www.humankinetics.com

In-School Bowling
(NYS Bowling Proprietors Association)
Representatives: Kathy Leitgeb, Karen Wolanin
435 New Karner Rd., Albany, NY 12205
Telephone: 518-464-1176
E-mail: nysbpa@aol.com

Ithaca College
Representatives: Dr. Karen Edwards, Dr. Mary Bentley, Dr. Phoebe Constantinou, Dr. Srijana Bajracharya,
Shewanne Howard
953 Danby Rd.
Dept. HPPE
Ithaca, NY 14850
Telephone: 607-274-3129
www.ithaca.edu/hshp/depts/hppe

Math and Movement
Representatives: Suzy Koontz, Pamela Grimm
PO Box 4017, 131 Lexington Dr.
Ithaca, NY 14850
Telephone: 607-233-4209
www.mathandmovement.com

Mohawk Valley Community College
Representatives: Michelle Scranton, Dave Warren
1101 Sherman Drive, Utica, NY 13501
Telephone: 315-792-5674
www.mvcc.edu

Monroe Community College
Representatives: Liz Kelly
Department of Health and Physical Education,
1000 E Henrietta Road, Rochester, NY 14623
Telephone: 585-292-2000
www.monroecc.edu

My School Things
Representatives: Jeremy Covell, Matthew Knox
17520 Studebaker Rd.
Cerritos, CA 90703
Telephone: 562-922-8095
www.MySchoolThings.com

Nasco
Representatives: Tim Taggart, Roxanne Ohl
901 Janesville Ave. Fort Atkinson, Wisconsin 53538
Telephone: 920-568-5544
www.eNasco.com

National Association For Sport And Physical Education (NASPE)
Representative: Francesca Zavacky
1900 Association Drive
Reston, Virginia 20191
Telephone: 703-476-3485
www.naspeinfo.org

Nicros Climbing Walls
Representative: Michael Moore
845 Phalen Blvd. St. Paul, Minnesota 55106
Telephone: 651-209-0611
www.nicros.com

New York Beef Industry Council
Representatives: Jean O'Toole, Carol Gillis, Michelle Eastery
PO Box 250, Westmoreland, NY 13490
Telephone: 315-339-6922
www.nybeef.org
New York State DEC
Representative: Melissa Bailey, Jen Kurilovitch
207 Genesee Street, Utica, NY 13501
Telephone: 315-793-2269
E-mail: mrbailey@gw.dec.state.ny.us

S&S Discount Sports & PE Supplies
Representatives: Lisa Tripoli, Bobby Mack
PO Box 513, Colchester, CT 16415
Telephone: 800-243-9232
www.pe.ssww.com

Ski Areas of New York, Inc.
Representative: Scott Brandi
PO Box 96
Glens Falls, NY 12801
Telephone: 518-792-5060
www.Iskiny.com
www.skiandrideny.com

Speed Stacks, Inc.
Representatives: Jamie Limberg, Kate and Ashley
14 Inverness Drive East, D-100, Englewood, CO 80112
Telephone: 303-663-8083
www.speedstacks.com

Sportime
Representatives: Aaron Hart, Mitch Bonder
3155 Northwoods Pkwy., Norcross, Georgia 30010
Telephone: 800-283-5700
www.sportime.com

SUNY Youth Sports Institute
Representatives: Timothy Donovan, Juliann Lykos
Studio West 112E, PO Box 2000
Cortland, NY 13045
Telephone: 607-753-4252
www.youthsportsny.org

SUNY Cortland
Representatives: Lynn Couturier, Kath Howarth
Park Center, Box 2000, Cortland, NY 13045
Telephone: 607-753-5577
www.cortland.edu/physed

The Children’s Health Market
Representatives: Karin Schlereth
27 Cannon Rd, Suite 1B, Wilton, Connecticut 06897
Telephone: 203-762-2938
www.TheGreatBodyShop.net

The College At Brockport
Representatives: David Berky, Eugene Orbaker
350 New Campus Drive, Brockport, NY
Telephone: 585-395-5341
www.brockport.edu

The SPARK Programs
Representatives: Jeff Mushkin, Aaron Hart
438 Camino Del Rio S, Ste 110, San Diego, CA 92108
Telephone: 619-293-7990
www.sparkpe.org

TMAN Fit-N-Learn
Representatives: Tom Mandara, Laura Mandara, Lacy Russell
1993 Stable Gate Drive, Canandaigua, NY 14424
Telephone: 585-329-7636
tom@tmanfitnlearn.com

UCS, Inc.
Representatives: Vic Simchick, Jason Schwartz
511 Hoffman Rd., Lincolnton, North Carolina 28092
Telephone: 704-732-9922
www.ucsspirit.com

US Games
Representatives: Elliot Schwebel, Araceli Hernandez
1901 Diplomat Dr., Farmers Branch, Texas 75234
Telephone: 972-406-3413
www.usgames.com

United States Tennis Association Eastern, Inc.
Representatives: Joe Steger, Jerry Irwin
4331 Berkley Place, Q-4, Hamburg, NY 14075
Telephone: 914-282-4153
www.eastern.usta.com

---

**EXHIBITOR DEMONSTRATION SCHEDULE**

**Thursday, November 18**

10:50 am - 11:20 am
Bigger Faster Stronger

2:50 pm - 3:20 pm
Gopher

**Friday, November 19**

9:15 am - 9:45 am
Speed Stacks

2:00 pm - 2:30 pm
Children’s Health Market

---

www.nysahperd.org 51
HOFSTRA UNIVERSITY
Department of Health
And Human Performance

Undergraduate Programs:

B.S. in Education – Physical Education
Dr. Nancy Halliday: (516) 463-5811

B.S. – Exercise Science
Dr. Katie Sell: (516) 463-5814

B.S. – Athletic Training
Prof. Jayne Kitsos: (516) 463-6952

B.S. Community Health &
B.S. Health Science
Dr. Israel Schwartz: (516) 463-5813

B.S. Health Education
Dr. Michael Ludwig: (516) 463-5885

Graduate Programs:

M.A. in Physical Education (Professional Certification)
Concentration in Curriculum, Adventure Education, Strength & Conditioning

M.S. in Physical Education (Initial Certification)
Dr. Brian Clocksin: (516) 463-4009

M.S. in Sport Science (Strength & Conditioning)
Dr. Jamie Ghigiarelli: (516) 463-5122

Certificate of Advanced Study in Adventure Education
Dr. Brian Clocksin: (516) 463-4009

M.S. Community Health
Prof. Marlena Hamann: (516) 463-5993

M.S. Health Administration
Dr. Corrine Kyriacou (516) 463-4553

M.S. Health Education
Prof. Andrew Herman (516) 463-6673

For additional information:

Dr. Nancy Halliday, Chairperson
Phone: (516) 463-5808: Email: hprneh@hofstra.edu
Verification of Professional Development Hours

Each Conference attendee is provided with a general Certificate of Attendance for the NYS AHPERD Conference. In the event your school requires additional documentation of attendance at specific sessions to receive credit toward professional development hours, this form can be used.

Complete the title and time of the session and present this form to the Session Presenter or Presider for signature at the conclusion of each session you attend.

**Wednesday Intensive Trainings**

<table>
<thead>
<tr>
<th>Time:</th>
<th>Program Title:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presenter Signature:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time:</th>
<th>Program Title:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presenter Signature:</td>
<td></td>
</tr>
</tbody>
</table>

**Saturday Intensive Trainings**

<table>
<thead>
<tr>
<th>Time:</th>
<th>Program Title:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Presenter Signature:</td>
<td></td>
</tr>
</tbody>
</table>
### NYS AHPERD 73rd Annual Conference
**November 17 – 20, 2010**

#### Certification of Professional Development Hours

**Thursday, November 18, 2010**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenter/Presider Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am – 9:15 am</td>
<td>Session I</td>
<td>____________________________</td>
</tr>
<tr>
<td>9:25 am – 10:50 am</td>
<td>Keynote</td>
<td>____________________________</td>
</tr>
<tr>
<td>11:30 am – 12:45 pm</td>
<td>Session II</td>
<td>____________________________</td>
</tr>
<tr>
<td>1:35 pm – 2:50 pm</td>
<td>Session III</td>
<td>____________________________</td>
</tr>
<tr>
<td>3:30 pm – 4:45 pm</td>
<td>Session IV</td>
<td>____________________________</td>
</tr>
</tbody>
</table>

* 2 sessions, Trish Kocialski (SED) and Nina Van Erk (NYSPHSAA) will be held in the Shenendoah Club House. Attendees can choose to attend these programs or any program offered during Session III or Session IV.

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenter/Presider Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:20 pm – 2:35 pm</td>
<td></td>
<td>____________________________</td>
</tr>
<tr>
<td>2:40 pm – 3:55 pm</td>
<td></td>
<td>____________________________</td>
</tr>
</tbody>
</table>

**Friday, November 19, 2010**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenter/Presider Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 am – 7:30 am</td>
<td>Early Bird</td>
<td>____________________________</td>
</tr>
<tr>
<td>8:00 am – 9:15 am</td>
<td>Session V</td>
<td>____________________________</td>
</tr>
<tr>
<td>9:55 am – 11:10 am</td>
<td>Keynote</td>
<td>____________________________</td>
</tr>
<tr>
<td>11:20 am – 12:35 pm</td>
<td>Session VI</td>
<td>____________________________</td>
</tr>
<tr>
<td>12:45 pm – 2:00 pm</td>
<td>Session VII</td>
<td>____________________________</td>
</tr>
<tr>
<td>12:45 pm – 3:45 pm</td>
<td>Extended Session</td>
<td>____________________________</td>
</tr>
<tr>
<td>2:40 pm – 3:55 pm</td>
<td>Session VIII</td>
<td>____________________________</td>
</tr>
<tr>
<td>4:05 pm – 5:05 pm</td>
<td>Session IX</td>
<td>____________________________</td>
</tr>
</tbody>
</table>

**Saturday, November 20, 2010**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenter/Presider Signature</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am – 10:15 am</td>
<td>Session X</td>
<td>____________________________</td>
</tr>
<tr>
<td>10:30 am – 11:45 pm</td>
<td>Session XI</td>
<td>____________________________</td>
</tr>
</tbody>
</table>
The Elementary/Middle School Physical Education Section would like to congratulate:

Paula Hamada Summit
Rush-Henrietta CSD (Retired)
2010 Distinguished Service Award

Tom Winiecki
Fayetteville-Manlius CSD
2010 Elementary Physical Education Teacher of the Year

Chris Wert
Corning-Painted Post SD
2010 Amazing Person

Don’t forget to come to the Section Meet and Greet on Thursday, November 18, 12:45 - 1:30 pm, Showroom

Come and see what’s going on in the Section!
Program Index By Section

Adapted PE & Sport
- Adapted Physical Education - Managing The Process In Your District – Session I, Cypress E
- Inclusive Elementary Physical Fitness Activities – Session II, Seneca
- Autism And Aquatics: Teaching Practical Strategies And Tips For Halliwick’s Rotations Swimming Skills – Session II, Indoor Pool
- Wheelchair Sports – Session III, Oneida
- Overview Of Autism Spectrum Disorders – Session III, Hawthorn
- Communicating With Children With Autism: A Look At Different Communication Options While Teaching Children With Autism – Session IV, Cypress A
- Assessment For All! – Session IV, Onondaga
- Top 30 Successful Classroom Strategies For Students With Autism Spectrum Disorders (ASD) – Session IV, Briar
- Adapted Tai Chi Moves For Balance, Recovery, Focus, and Well-Being – Session V, Mohawk
- Autism Spectrum Disorders And Bullying – Session VI, Willow
- Close Encounters With THOSE People: A Different Perspective On Diversity & Disability – Friday, 12:45 - 3:45 PM, Cypress E
- In The Chair And Out: Adapting Activities For Multiply Disabled Students – Session VII, Cypress D
- Spice Up Your Warm-Up – Session VII, Onondaga
- Disability Awareness: Games & Activities – Session VIII, Oneida

Council of Administrators
- Health Education Updates – Session I, Appalachian/Adirondack
- Hiring The Best Candidates: Recruitment, Selection, And Authentic Assessments – Session V, Hawthorn
- Hiring The Best Candidates: Recruitment, Selection, And Authentic Assessments - Part B – Session VI, Oak

Aquatics Education
- Splash Into Hydrofitness! – Session I, Indoor Pool
- Autism And Aquatics: Teaching Practical Strategies And Tips For Halliwick’s Rotations Swimming Skills – Session II, Indoor Pool
- Swimming Pool Supervision: Are You Aware Of The Requirements? – Session III, Cypress B
- Water Work-Outs: Not Just Swimming Anymore – Session IV, Indoor Pool
- Kayak – Session V, Indoor Pool
- Aquatic Spinal Injury Workshop – Session VI, Indoor Pool
- Designing An Effective Strength Program For Swimmers – Session VII, Cedar
- Learn Basic Water Skills With A Kickboard – Session IX, Indoor Pool

Coaches
- Evolution Of A Sports Season – Session I, Cypress D
- Moral Integrity In Sport And Athletics – Session III, Cypress D
- The Role And Responsibility Of Educators In Youth Sports – Session IV, Cypress B
- Managing Relationships: A Key To Success In Athletics – Session V, Cypress E
- Intentionally Developing Character In Your Student/Athletes – Session VII, Oak
- When Is A Pyramid Shaped Like A Diamond? – Session IX, Oak
- Developing Triple-Impact Competitors – A Workshop For High School Coaches – Session X, Oak
- Winning The One Goal Game! – Session XI, Onondaga

Dance Education
- Zumba – Session I, Tuscarora/Cayuga
- Let’s Move It, Move It, Move It - Meaningful Movement & School Success – Session I, Lava
- So You Think You Can Dance – Session II, Lava
- Move It! Learn It! Integrated Learning Through Meaningful Movement – Session II, Showroom
- “We Will Rock You”… By Tinikling – Session III, Tuscarora & Cayuga
- ENOUGH Is ENOUGH! Bring Back The HUSTLE! – Session III, Onondaga
- Afro-Latino Dance To Creative Movement – Session IV, Tuscarora & Cayuga
- Tai Chi Easy In Your Classroom – Session IV, Showroom
- Shake Your Sol: A Learn To Groove, Hip-Hop Journey! – Session IV, Lava
- Drum’n, Ton’n, And Stretch’n – Friday Early Bird, Onondaga
- In The Groove And On The Move – Session V, Oak
- Yoga On The Move: The Calm Before The Storm! – Session V, Showroom
- Creative Movement And Dance To Enhance The Learning Of The Core Curriculum – Session V, Lava
- Wanna Swing – Session VI, Tuscarora & Cayuga
## Program Index By Section

- **Elementary/Middle School PE**
  - Introduction To Circus Skills K-12 – *Session I, Mohawk*
  - “Plus 5 Fitness” For Daily Classroom Exercise – *Session I, Oak*
  - Utilizing Children’s Literature For Movement Education – *Session II, Onondaga*
  - Interdisciplinary Physical Education – *Session II, Mohawk*
  - Incorporating Fitness Elements Into Your Lessons (K-2) – *Session II, Tuscarora & Cayuga*
  - Creating A PE Profile For Exit Standards At The 8th Grade Level – *Session II, Cypress E*
  - “Aim For The Brain” Action Based Activities That Stimulate Learning – *Session II, Cypress E*
  - More Folk Dances From Around The World – *Session III, Tuscarora & Cayuga*
  - No Shoes? No Shorts? No Problem! – *Session III, Mohawk*
  - “Beyond The Gymnasium Doors” – *Session III, Cypress E*
  - Elementary/Gym Class: Rhythm, Rhythms, Rhythms – *Session III, Cypress A*
  - The Third Half – *Session III, Cypress B*
  - Games Of The World – *Session IV, Onondaga*
  - A Potpourri Of Fitness, Fun, & Games! – *Session IV, Mohawk*
  - Fun Filled Activities For Grades PreK – *Session V, Catskill*
  - What's In Your WALLET? (Winning Activities Learners Love Every Time!) – *Session VI, Oneida*
  - When Your Kids Ask: “Why Do I Have To Do This?” – *Session VI, Briar*
  - Let's PLAY! (Physical And Lifelong Activities For Youth) – *Session VII, Oneida*
  - New Tools For Physical Education Program Evaluation – *Session VII, Briar*
  - Kele Bells: Bring Back The Basics! – *Session VII, Seneca*
  - Designing An Effective Strength Program For Swimmers – *Session VII, Cedar*
  - Training For Muscular Fitness – *Session IX, Cypress D*
  - Why Does Boot-Camp Training Work? – *Session XI, Tuscarora & Cayuga*

- **Exercise Science/Sports Medicine**
  - Designing Strength And Conditioning Programs For High School And Middle School Students – *Session I, Cypress B*
  - Fuel Up To Play60: A School Nutrition & Fitness Initiative – *Session II, Cedar*
  - Building Strength And Endurance And Combating Obesity In Early Childhood PE – *Session IV, Cypress E*
  - Older Adults And Weight Training – *Session IV, Hawthorn*
  - Target Games & Goal Setting: Giving Students Opportunities To Appraise And Reset Goals – *Session V, Cypress B*
  - A Multitude Of Modifications For Older Adults – *Session V, Cypress A*
  - Get Fit With Body-Weight Exercises – *Session V, Willow*
  - Kettle Bells: Bring Back The Basics! – *Session VII, Seneca*
  - Designing An Effective Strength Program For Swimmers – *Session VII, Cedar*
  - Training For Muscular Fitness – *Session IX, Cypress D*
  - Why Does Boot-Camp Training Work? – *Session XI, Tuscarora & Cayuga*

- **Future Professionals**
  - Major’s Club Survival Skills: Keeping Everyone On The Island – *Session I, Birch*
  - Physical Educators Attacking Childhood Obesity – *Session I, Seneca*
  - True AAHPERD: Attending Our First National Conference – *Session II, Willow*
  - The Role And Responsibility Of Educators In Youth Sports – *Session IV, Cypress B*
  - Professional Growth: What’s Your Game Plan? – *Session IV, Willow*
  - Follow The Leader – *Session V, Appalachian & Adirondack*
  - New Tools For Physical Education Program Evaluation – *Session VII, Briar*
  - From Student-To-Teacher – *Session VIII, Appalachian & Adirondack*

- **K-12 Physical Education**
  - Woodball Workshop – *Session I, Onondaga*
  - Suffern Physical Education Elective Program – *Session II, Oak*
  - The Elementary Profile Assessments: They’re Here! – *Session II, Hawthorn*
  - See It, Believe It, Teach It: Sport Stacking With Speed Stacks! – *Session III, Lava*
  - Moving Toward Full Assessments: A Road Map To Success – *Session III, Oak*
  - Infusing Cricket Into A Physical Education Curriculum – *Session VII, Catskill*
Program Index By Section

Using Handheld Devices To Assess Student Learning In Physical Education ~ Session VIII, Willow
Commencement Level PE Profile Session ~ Session VIII, Briar
Stack The Deck For Fun And Fitness ~ Session IX, Catskill
Fitness Stacking: Sport Stacking With A Twist . . . A Run And A Jump! ~ Session IX, Mohawk
Get Every Student Involved Using The Sport Education Model ~ Session XI, Mohawk

Health Education

Perspectives In Substance Abuse: Why They Get High ~ Session I, Meadow
Health Education Updates ~ Session I, Appalachian & Adirondack
Online Interactive Behavioral Oral Health Education Program ~ Session II, Meadow
Integrating Technology And Social Networking Skills In Health Education ~ Session II, Birch
Relationship Management In The Year 2010 ~ Session II, Briar
At The Movies: Health Flicks That Click ~ Session III, Briar
Go Home And Ask Your Mother: Responding To Students' Challenging Questions ~ Session III, Meadow
WISE and Shine! ~ Session III, Birch
HECAT “Lite” ~ Session IV, Oak
Suicide Prevention In Your School And Community ~ Session IV, Meadow
Technology In Health ~ Session IV, Birch
Modification And Accommodations To Health Education For Students With Autism Spectrum Disorder ~ Session V, Cypress D
YAKETY-YAK: Literacy Strategies In Health Education ~ Session V, Meadow
Lose It! Using iPod Touch In Health Education ~ Session V, Briar
Health Education Resources, Assessments, and Projects ~ Session V, Birch
Beyond Pink And Blue Transgender 101 ~ Session VI, Hawthorn
Using Technology To Catch Their Attention! ~ Session VIII, Birch
 Sexting: When The Consequences Of Technology Surpass Adolescent Cognitive Development ~ Session VIII, Meadow
Sticks And Stones: Combating Homophobia And Bullying In Middle Schools ~ Session IX, Meadow
Relationship Discussions Parents Don't Want To Have (With Their Kids) ~ Session IX, Birch
Making Health Literacy Happen With The Great Body Shop ~ Session IX, Briar
Health Skills For Daily Living, Elementary - High School Levels ~ Session X, Cypress A

Higher Education/Professional Preparation

A Collaboration To Normalize ‘Skills & Theory’ Courses ~ Session I, Hawthorn
SPARK Collaborating To Support Coordinated School Health ~ Session III, Seneca
The Techniques Of Systematic Observation ~ Session IV, Cedar
Using The Skill Theme Approach To Teaching Sports Skills ~ Session V, Seneca
Mindful Exercise ~ Session VI, Seneca
Teaching Personal & Social Responsibility In The Gymnasium ~ Session VII, Hawthorn
The Magic Spark ~ Session VIII, Hawthorn
Peace Through Play - Cooperative Games From Floor To Ceiling ~ Session X, Tuscarora & Cayuga

Recreation/Adventure Education

Fitness For Life: Elementary School Program Provides Total School Involvement ~ Session I, Cypress A
Where Have All The Playgrounds Gone? ~ Session II, Cypress A
Singletrack Academy, A Mountain Biking Curriculum ~ Session III, Cypress A
Bike Maintenance Made Easy ~ Session IV, Seneca
Kayak ~ Session V, Indoor Pool
Reconnecting Children With Nature: OUR Responsibility ~ Session VI, Cypress A
Debriefing Your Adventure ~ Session VII, Mohawk
PE And Recess Environments: Keys To Success ~ Session VIII, Cypress D
Digital Media Programs For Youth Recreation ~ Session IX, Cypress A
Start A School Community Garden ~ Session X, Birch
The Basics Of Orienteering ~ Session X, Onondaga

Retirees

Older Adults & Weight Training ~ Session IV, Hawthorn
A Multitude Of Modifications For Older Adults ~ Session V, Cypress A
Euro’s & Peso’s Adventure Travels ~ Session VII, Willow
Guaranteed Benefits Of The New York State Teachers’ Retirement System ~ Session VIII, Willow
Retirees Section Breakfast Meeting ~ 7:30-9 am (Sat) Cypress C
Program Index By Section

Secondary PE

- National Archery In The Schools Program – Session I, Oneida
- Integrating Wellness Into The High School Curriculum – Session I, Willow
- Designing Strength And Conditioning Programs For High School And Middle School Students – Session I, Cypress B
- Implementing Sport Education At A Secondary Level – Session II, Cypress B
- ARMY NATIONAL GUARD: Are Your Students GUARD FIT? – Session III, Willow
- Essentials Of Self Defense – Session IV, Cypress D
- Hi-Yaaaawwww! Incorporating Martial Arts Into A General High School Physical Education Class – Session IV, Oneida
- Drum'n, Ton'n, And Stretch'n – Friday Early Bird, Onondaga
- USTA School Tennis Program - No Courts? No Problem! – Session V, Oneida
- If You Think A Squat Is A Squat, You Don’t Know SQUAT!! – Session VI, Cypress B
- Scoot Your Way To Fun! – Session VI, Catskill
- West Seneca Central School District Health, Fitness & Exercise Concentration – Session VII, Cypress B
- Kettle Bells: Bring Back The Basics! – Session VII, Seneca
- Debriefing Your Adventure – Session VII, Mohawk
- Let’s Play! Structuring Competition So All Kids Can Participate In Physical Education Class – Session VIII, Cypress B
- ARMY NATIONAL GUARD: Are Your Students GUARD FIT? – Session VIII, Onondaga
- Porpoise With A Purpose! Basic Snorkeling Unit – Session VIII, Indoor Pool
- SPARKfamily.org - “A Website You Can't Refuse . . .” – Session IX, Cypress B
- Kickboxing And Self-Defense: Being Safe And Fit! – Session IX, Seneca
- Teach Fitness Concepts & Core Strength: A Great 1-2 Punch! – Session X, Mohawk
- The Basics Of Orienteering – Session X, Onondaga

All Attendees!

- Top 30 Successful Classroom Strategies For Students With Autism Spectrum Disorders (ASD) – Session IV, Briar
- Modification And Accommodations To Health Education For Students With Autism Spectrum Disorder – Session V, Cypress D
- Autism Spectrum Disorders And Bullying – Session VI, Willow
- Close Encounters With THOSE People: A Different Perspective On Diversity & Disability – Friday, 12:45 - 3:45 PM, Cypress E
- Guaranteed Benefits Of The New York State Teachers’ Retirement System – Session VIII, Willow
- NYS AHPERD Leadership Seminar - What Is It All About? – Session IX, Hawthorn
- NYS Teacher’s Retirement System: New Member Orientation – Session VII, Meadow

Congratulations to the 2010 NYS AHPERD Central South Zone (CSZ) Award Winners

CSZ Amazing People Award
Murphee Hayes, Whitney Point SD

COA Amazing People Award
David Garbarino, Binghamton SD

Departmental Majors of the Year
Nicholas Mangan, SUNY Cortland
Melissa Fromm, SUNY Cortland

Jay B. Nash Outstanding Major
Melissa Fromm, SUNY Cortland

We are proud of your accomplishment!
| Presidents of the New York State Association for Health, Physical Education, Recreation and Dance, Inc. |
|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|
| Herman Norton                                    | 1924 - 30                                        | Richard Ahkao                                    | 1974 - 75                                        |
| Ellis Champlin*                                  | 1930 - 36                                        | H. Jean Berger*                                  | 1975 - 76                                        |
| Frederick Wohlers                                | 1936 - 37                                        | Robert Bub                                       | 1976 - 77                                        |
| Charles Kraft*                                   | 1937 - 39                                        | Doris Soladay*                                   | 1977 - 78                                        |
| Paul Krimmel                                    | 1939 - 41                                        | Roger Bunce                                      | 1978 - 79                                        |
| Arthur Howe*                                    | 1941 - 42                                        | Angela Whisher                                   | 1979 - 80                                        |
| Elmon Vernier*                                  | 1942 - 43                                        | Norman Fullerton                                 | 1980 - 81                                        |
| H. Harrison Clarke                              | 1943 - 44                                        | Martilu Puthoff                                  | 1981 - 81                                        |
| Ethel Kloberg*                                  | 1944 - 46                                        | Ronald Hoffman*                                  | 1981 - 83                                        |
| Francis Moench*                                 | 1946 - 47                                        | Barbara DiPalma                                  | 1983 - 84                                        |
| Carroll Smith*                                  | 1947 - 48                                        | Ron Feingold                                     | 1984 - 84                                        |
| Marie Schuler*                                  | 1948 - 49                                        | Phyllis Bigel                                    | 1984 - 85                                        |
| John Shaw                                       | 1949 - 50                                        | John Ault*                                       | 1985 - 86                                        |
| Lloyd Appleton                                  | 1950 - 51                                        | Barbara Southwick                                | 1986 - 87                                        |
| Jeanette Saurborn                               | 1951 - 52                                        | Sam Utter                                        | 1987 - 88                                        |
| Julia Pratt*                                    | 1953 - 54                                        | Michael Marcus                                   | 1989 - 90                                        |
| Julius Kuhnert                                  | 1954 - 55                                        | Arlene Sequine                                   | 1990 - 91                                        |
| Paul Fairfield                                  | 1956 - 57                                        | Judy Ingram                                      | 1992 - 93                                        |
| Elmer Smith                                    | 1957 - 58                                        | Ken Demas                                        | 1993 - 94                                        |
| Alice Backus                                    | 1958 - 59                                        | Judy Harris                                      | 1994 - 95                                        |
| Raymond Bradley                                 | 1959 - 60                                        | George Blessing                                  | 1995 - 96                                        |
| William Stebbins                               | 1962 - 63                                        | Kate Merril                                      | 1998 - 99                                        |
| Ross Allen                                      | 1963 - 64                                        | Rick Amundson                                    | 1999 - 00                                        |
| Robert Weber*                                   | 1964 - 65                                        | Toni Hagerman                                    | 2000 - 01                                        |
| Elizabeth Desch*                               | 1965 - 66                                        | Jack Baker                                       | 2001 - 02                                        |
| Emilio DaBramo                                  | 1966 - 67                                        | Catharine Haight                                 | 2002 - 03                                        |
| Pearl Britton                                  | 1967 - 68                                        | Ronald Whitcomb                                  | 2003 - 04                                        |
| Nicholas Zona*                                 | 1968 - 69                                        | Paula Summit                                     | 2004 - 05                                        |
| David Rothenberg*                              | 1969 - 70                                        | Tom Howard                                       | 2005 - 06                                        |
| Doris McMahon                                  | 1970 - 71                                        | Sara Daggett                                     | 2006 - 07                                        |
| John Grant*                                    | 1971 - 72                                        | C. Brian Oaks                                    | 2007 - 08                                        |
| James Runyan*                                  | 1972 - 73                                        | Lisa Hrehor                                      | 2008 - 09                                        |
| Edith Cobane*                                  | 1973 - 74                                        | Jason Lehmbeck                                   | 2009 - 10                                        |
| * deceased                                      |                                                 |                                                 |                                                 |
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/BANQUET AREA
ENTERTAINMENT
FOOD & BEVERAGE
GAMING
Turning Stone Resort and Convention Center

SECOND FLOOR

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

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

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

THIRD FLOOR

D1  D1 TOWER FITNESS CENTER
Manhattan College offers contemporary, student-centered education that emphasizes personal dignity and reflection on values. Our location in New York City, combined with an extensive network of distinguished alumni, afford unparalleled career opportunities in education, fitness and rehabilitation.

Our passionate, caring faculty draws upon its rich and diverse background in fitness, pedagogy, athletic training, and strength and conditioning to provide a highly practical and eclectic educational experience. Students have a choice to major in Exercise Science or Physical Education-Teaching.

For more information, contact:

Dr. Shawn Ladda  
Department of Physical Education and Human Performance  
(718) 862-7811  
shawn.ladda@manhattan.edu  
1-800-MC2-XCEL