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

MANY CULTURES
ONE WORLD

A Celebration of Diversity

74th Annual Conference
Turning Stone Convention Center
Verona, New York
November 16 - 19, 2011
Many Cultures, One World ~ A Celebration Of Diversity
2011 Conference Schedule At-A-Glance

Wednesday, November 16, 2011

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
Program Planner’s Meeting.................................5:00 pm – 6:30 pm
Executive Council Meeting....................................6:30 pm – 10:00 pm

Thursday, November 17, 2011

Registration..........................................................7:00 am – 5:00 pm
Exhibit Hall Open................................................8:00 am – 5:00 pm
Session I...............................................................8:00 am – 9:15 am
General Session....................................................9:25 am – 10:40 am
Exhibit Time........................................................10:40 am – 11:10 am
Session II.............................................................11:15 am – 12:30 pm
Session III............................................................12:40 pm – 1:55 pm
Exhibit Time........................................................1:55 pm – 2:25 pm
Session IV.............................................................2:30 pm – 3:45 pm
Session V.............................................................3:55 pm – 5:10 pm
Committee Meetings/Treasurers’ Mtg....................5:15 pm – 5:45 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 18, 2011

Registration..........................................................7:00 am – 3:00 pm
Exhibit Hall Open................................................8:00 am – 3:00 pm
Early Bird Events..............................................6:30 am – 7:30 am
Session VI.........................................................8:00 am – 9:15 am
Exhibit Time........................................................9:15 am – 9:45 am
General Session....................................................9:55 am – 11:10 am
Session VII.........................................................11:20 am – 12:20 pm
Section Meetings..............................................11:20 am – 12:20 pm
Session VIII.......................................................12:30 pm – 1:45 pm
Exhibit Time........................................................1:45 pm – 2:15 pm
Session IX............................................................2:25 pm – 3:40 pm
Session X.............................................................3:50 pm – 5:05 pm
College, Zone & Jay B. Nash Socials...............5:30 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 19, 2011

Registration..........................................................8:00 am – 10:00 am
Retirees Section Breakfast Meeting..............7:30 am – 9:00 am
Intensive Training Workshops.......................8:00 am – 4:00 pm
Session XI..........................................................9:00 am – 10:15 am
Executive Council Meeting............................9:00 am – 11:30 am
Session XII........................................................10:30 am – 11:45 am
Board of Directors Meeting.........................12:00 pm* – 2:00 pm
End of Conference Raffles............................12:00 pm

*Will begin immediately following the noon raffles.
# Personal Conference Planner

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

## Thursday, November 17

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00 am - 5:00 pm</td>
<td>Exhibit Hall Open</td>
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<tr>
<td>8:00 am - 9:15 am</td>
<td><strong>Session I</strong></td>
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<tr>
<td>9:25 am - 10:40 am</td>
<td>Presidential Welcome and General Session</td>
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<td>10:40 am - 11:10 am</td>
<td><strong>Exhibit Time</strong></td>
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<td>11:15 am - 12:30 pm</td>
<td><strong>Session II</strong></td>
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<td>12:40 pm - 1:55 pm</td>
<td><strong>Session III</strong></td>
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<td>1:55 pm - 2:25 pm</td>
<td><strong>Exhibit Time</strong></td>
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<tr>
<td>2:30 pm - 3:45 pm</td>
<td><strong>Session IV</strong></td>
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<tr>
<td>3:55 pm - 5:10 pm</td>
<td><strong>Session V</strong></td>
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<tr>
<td>5:15 pm - 5:45 pm</td>
<td>Committee Meetings</td>
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<td>7:00 pm - 8:30 pm</td>
<td>Amazing People Awards Ceremony</td>
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<td>8:30 pm - 12:00 am</td>
<td>Battle of the Zones/Evening Social</td>
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## Friday, November 18

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<tr>
<td>6:30 am - 7:30 am</td>
<td>Early Bird Session</td>
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<td>8:00 am - 3:00 pm</td>
<td>Exhibit Hall Open</td>
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<tr>
<td>8:00 am - 9:15 am</td>
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<td><strong>Session X</strong></td>
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<tr>
<td>5:30 pm - 6:30 pm</td>
<td>College/Zone Socials</td>
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<tr>
<td>5:30 pm - 6:30 pm</td>
<td><strong>Jay B. Nash Reception</strong></td>
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<tr>
<td>6:45 pm - 9:00 pm</td>
<td><strong>Jay B. Nash Awards Dinner</strong></td>
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<tr>
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<td>8:00 am - 4:00 pm</td>
<td>Intensive Training</td>
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<td>9:00 am - 10:15 am</td>
<td><strong>Session X</strong></td>
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<td><strong>Executive Council Meeting</strong></td>
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<td>10:30 am - 11:45 am</td>
<td><strong>Session XI</strong></td>
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<td>12:00 pm</td>
<td><strong>End of Conference Raffles</strong></td>
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<tr>
<td>12:00 pm* - 2:00 pm</td>
<td><strong>Board of Directors’ Meeting</strong></td>
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*Will begin immediately following the Noon Raffles.*

## Special Notes:

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

Hello and welcome to the 74th Annual NYS AHPERD Conference! Our theme for this year is Many Cultures, One World ~ A Celebration of Diversity. Celebrating diversity reminds me that the differences in people makes for an exciting world and embracing one another’s uniqueness demonstrates compassion and caring. I believe we are in the best profession in the world. We have the opportunity, on a daily basis, to make a difference in the lives of others.

As we gather together for the next 4 days, you are embarking on a journey of professional development that is unlike any other. You will discover new ideas to take back to your workplace, share best practices, celebrate the accomplishment of others and take time to relax and enjoy time with friends.

I am especially excited to invite you to our two Keynote Presentations. On Thursday, our speaker is Lucinda Williams Adams. This exciting presentation will take us through a journey of growing up as a female athlete in the south and the experiences that she encountered. On Friday, Sarah Reinertsen, the 1st female leg amputee to compete in the Ironman Triathlon World will join us for a motivational talk about never giving up and realizing one’s potential.

This year we are happy to provide you with 16 Intensive Trainings on Wednesday and Saturday and over 170 diverse presentations, Thursday through Saturday. Our Section Presidents/Program Planners and Conference Director have worked diligently to put together some very innovative and exciting workshops that will energize you and give you the tools you need to go back to your workplace and begin implementing the things you’ve learned. In addition to our presentations, visit our Exhibitor area and the many vendors who take the time to answer your questions as they display their products.

Please join me at the many fun evening activities throughout the Conference. On Thursday we begin the evening with honoring our colleagues as they receive “Amazing People Awards” and then end the evening with an exciting competition, “Battle of the Zones”. Join in the fun by competing in Minute-To-Win-It activities for exciting prizes and the honor of raising the championship trophy. On Friday, visit the college and Zone socials. This is a great time to socialize with the friends you have made throughout the years. Following the socials will be our Jay B. Nash Awards Dinner. This highlight gives us the chance to celebrate the accomplishments of our colleagues and honor them for their contributions to our profession. The party still goes on with our evening social filled with music and dancing. Don’t forget to purchase your raffle tickets for a chance to win great prizes from each of our 11 Zones. The raffle winners will be announced at the Friday evening social.

This year has been truly remarkable. Being the President of NYS AHPERD has been rewarding every step of the way and a memory that will always be close to my heart. I want to thank the 2011 Executive Council and Board of Directors for their continued support and confidence. A special thank you to Colleen Corsi, Executive Director, Jessica Synenki, Conference Director, Kim Barnes, Lisa Corbett and Lisa Reardon our Central Office Staff for making this Conference possible and for always having a smile on your face as you doing an amazing job!

Have a great Conference!

Sincerely,

[Signature]

“We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams.”

~Jimmy Carter
NYS AHPERD is proud to recognize Kid Power Programs as a Keynote Sponsor.
NYS AHPERD Proudly Recognizes Our 2011 Amazing People Award Recipients

Section
Adapted Physical Education and Sport
Dr. Joseph Winnick, The College at Brockport

Aquatics
RaLuca Gruin, Fordham Leadership Academy
High School for Business & Technology

Coaches
Rob Kolb, Lynbrook Public Schools

Dance
Carol Powers, Suffolk County Community College

Elementary/Middle School Physical Education
Laura Shaw, Irvington Central School District

Exercise Science/Sports Medicine
Gilbert Callan, High School for Construction Trades, Engineering & Architecture

Future Professionals
Dr. Eric Malmberg, SUNY Cortland

Health
Lori Reichel, Texas Women’s University

Higher Education/Professional Preparation
Dr. Nana Koch, Long Island University/C.W. Post

Recreation/Adventure Education
Elaine Hage, Potato Hill Farm Outdoor Education Center

Secondary Physical Education
Jane Connors, Ilion Central School District

Zone
Capital Zone
Allison Relyea, Guilderland Central School District

Catskill Zone
Michael Kroemer, Ramapo Central School District

Central North Zone
Darleen Philpotts, Sauquoit Valley Central School District

Central South Zone
Wendy Balachick, Windsor Central School District

Central Western Zone
Jason Lehmbeck, Fairport Central School District

Nassau Zone
Jacqueline Beihoff, Baldwin Public Schools

Northern Zone
Donna MacPherson, Trinity Catholic School

Southeastern Zone
Gerard “Rod” Mergardt, Bedford Central School District
Retired

Suffolk Zone
Maryann Hamilton, Lindenhurst Public Schools
Retired

Western Zone
Erin Lingle, Pinnacle Charter School

Departmental Majors of the Year
Kristina Cavallo, Adelphi University
Erin Asquith, The College at Brockport
Thomas Rispoli, The College at Brockport
Nicole Augustine, Canisius College
Karyn Schutzer, SUNY Cortland
Zachary Kiggins, SUNY Cortland
Rebecca Levy, Hofstra University
Ryan DeLuca, Hofstra University
Meghan Ryan, Ithaca College
Andrew Grayson, Ithaca College
Christie Cardinale, Long Island University
Bryan Coopersmith, Long Island University
Morgan Klotzbach, Roberts Wesleyan College
Colton Gregg, Roberts Wesleyan College

Please join us as we celebrate our Amazing People and Departmental Majors of the Year Thursday, November 17, 2011, at seven o’clock in the evening.
Welcome to the Turning Stone Convention Center and Central North Zone!

Congratulations Award Winners from Central North Zone and SUNY Cortland, our neighbors to the South!

Darleen Philpotts
Sauquoit Valley CSD
Central North Zone Amazing Person

Jane Connors
Illion CSD
Secondary PE Section

Elaine Hage
Potato Hill Farm OEC & Utica CS (Retired)
Recreation/Adventure Ed Section Amazing Person

Dr. Eric Malmberg
SUNY Cortland
Future Professionals Section

Zachary Kiggins
SUNY Cortland
Departmental Major of the Year

Karyn Schutzer
SUNY Cortland
Jay B. Nash Outstanding Major Award and Departmental Major of the Year

Congratulations!
Sandra Bargainnier
The NEW Future Professionals Section Advisor

Save the Date ~ March 16, 2012
Central North Zone Conference

At Vernon-Verona-Sherrill CSD
Verona, NY
8 am - 2 pm
Pre-Register & SAVE!!!!!!!
NYS AHPERD Proudly

Jay B. Nash
Outstanding Majors

Bryan Coopersmith
Long Island University
C. W. Post

Karyn Schutzer
SUNY Cortland

Distinguished Service Award

Tom Howard
Adelphi University

Professional of the Year Award

Dr. Alisa James
The College at Brockport

Award of Distinction for a School Administrator

David Zawatson
Great Neck Public Schools

Exceptional Leadership Award for a School Health Education Coordinator

Juliann DeLaRocco
Burnt Hills – Ballston Lake Central School District (Retired)

Bernard E. Hughes Award

Patricia “Trish” Kocialski
NYS Education Department (Retired)

Please join us at the Jay B. Nash Awards Dinner, as we celebrate our distinguished honorees, Friday, November 18, 2011, at 6:45 in the evening, Oneida Room.
Recognizes Our 2011 Honorees

Elementary Physical Education Teacher of the Year
Margaret Robelee
Hyde Park Central School District

Middle School Physical Education Teacher of the Year
Haley Schedlin
West Irondequoit School District

Secondary Physical Education Teacher of the Year
Linda Polizzi
Rochester City School District

Adapted Physical Education Teacher of the Year
Suzanne Scheer-Legge
Harborfields Central School District

Dance Education Teacher of the Year
Allison Relyea
Guilderland Central School District

Health Education Teacher of the Year
Lonnie Wilson
Niskayuna Central School District
**A Very Special Thank You!**

2011 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
Lori Friend – Aquatics
S. Jacob Colwell – Coaches
Fritz Kilian – Council of Administrators
Colleen Buchanan – Dance Education
Ed Kupiec – Elementary/Middle School PE
Srecko Mavrek – Exercise Science/Sports Medicine
Kaitlin Rodriguez – Future Professionals
Karyn Schutzer – Future Professionals
Alisa James – Future Professionals
Heather Fredenburg – Health Education
Maria Macarle – Higher Education/Prof Preparation
Sara Lester – Recreation/Adventure Education
Shirley Bowen – Retirees
Murphee Hayes – Secondary PE

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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:

Frank Bartok
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

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Central Western Zone members are invited to join us for the 2011 CWZ Social

Date: Friday, Nov. 18th
Time: 5:30 - 6:30pm
Room: Cypress B

See You There!

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Save the Date

CWZ Mini-Conference
March 3, 2012
Victor CSD Campus
Please Take 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

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>8:00 am ~ 5:00 pm</td>
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<tr>
<td>Thursday</td>
<td>7:00 am ~ 5:00 pm</td>
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<tr>
<td>Friday</td>
<td>7:00 am ~ 3:00 pm</td>
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<tr>
<td>Saturday</td>
<td>8:00 am ~ 10:00 am</td>
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At the start of each session on Thursday* & Friday, The Suicide Prevention Center of NY will be offering the following online training in the Chautauqua Room.

**At-Risk for High School Educators**

Try out this one hour online, interactive gatekeeper training simulation designed to prepare high school teachers and staff to 1) recognize the common indicators of psychological distress and 2) approach an at-risk student for referral to the appropriate school support service.

To get to the Chautauqua Room, please take the elevator just across from the entrance to the Mohawk Room to the 2nd Floor. The Chautauqua Room will be to the northeast when you step off the elevator.

Suicide Prevention Center of New York
www.preventsuicideNY.org
150 Broadway Suite 301
Menands, New York 12204
Phone: (518) 402-1156

*There will be no training during Session IV.

NYS AHPERD Raffle Extravaganza!

Stop by the NYS AHPERD Conference Registration Area to check out the awesome Raffle Prizes and purchase your tickets!

Tickets are $1 each!

Open Thursday, 8 am to 5 pm & Friday, 8 am to 3 pm.

Drawings to be held Friday Night at the Social in the Cypress Rooms!

Enter To Win Prizes
Donated By Our NYS AHPERD Zones, Board of Directors, and Members.
The Southeastern Zone Extends Congratulations To:

Lisa Sherman
White Plains CSD
NYS AHPERD President-Elect

Margaret Robelee
Hyde Park CSD
Elementary Physical Education Teacher of the Year

Rod Mergardt
Manhattanville College
Southeastern Zone Amazing Person

Laura Shaw
Irvington UFSD
Elementary/Middle School Physical Education Section Amazing Person and 2011 NASPE-EDA Elementary Physical Education Teacher of the Year

Dr. Nana Koch
Long Island University - CW Post
Higher Education/Professional Preparation Section Amazing Person

Meghan Ryan, Ithaca College

Christie Cardinale, Long Island University
Departmental Majors of the Year
NYS AHPERD proudly recognizes FlagHouse as our official NYS AHPERD Teacher of the Year Sponsor, and our partners ~ BWI Health Promotions and EFS Fundraisers (Y-Ties)!

When possible, we ask all our members to consider supporting our proud partners!

You're Invited!

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

Congratulations Lonnie, Allison & Juliann!

Capital Zone is so proud of you!

Lonnie Wilson - Health Teacher of the Year
Health Section - Incoming President

Allison Relyea - Capital Zone Amazing Person
Dance Teacher of the Year

Juliann DellaRocco - Exceptional Leadership Award
for a School Health Coordinator
NYS AHPERD 74th Annual Conference
Intensive Training & Certification Programs

Pre-registration by November 1, 2011, may have been required for the Intensive Training/Certification Programs.

WEDNESDAY, NOVEMBER 16, 2011

9:00 am – 5:00 pm

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

9:00 am – 6:00 pm

Bigger, Faster, Stronger National Safety Certification Course
Presenter: Rod Mergardt (BFS National Director of Professional Development)
Location: Mohawk
Bigger, Faster, Stronger (BFS) has created a National Safety Certification Course for teachers and coaches responsible for the supervision and instruction in weight rooms/fitness facilities within schools. This Certification course will focus on the legal duties required of the teacher/coach responsible for instruction and supervision of the weight room/fitness facility; it will teach participants everything necessary to avoid injuries to students and to protect the teacher/coach in the event of an injury resulting in a lawsuit. This course will also address the teacher/coach’s legal duty to continue his or her professional development and keep pace with the most current and best safety practices in the field of physical education and athletics. Upon completion of this course, participants will be given a packet of instruction materials to study, so that within ten business days of the workshop, participants will be sent a final exam by email. Once the test is completed, Bigger, Faster, Stronger will send a certificate of completion and the teacher/coach is given access to the BFS Online Learning Center.

Drums Alive ® Academic Beats - Instructor Certification Program
Presenter: Carrie Ekins (Drums Alive Creator)
Location: Oneida
Drums Alive ® Academic Beats Certification program is a one day training that is designed to provide the instructor with a basic knowledge and practical application of the Drums Alive ® program. Explore the realm of this exciting new group exercise program and learn the methodology, terminology, correct techniques as well as therapeutic applications. This all day training will explore sound and movement therapy using drumming and music. Learn locomotor skills to drum your way to a distinctive class design!

Certification Program

Safe Dates Curriculum Training
Presenter: Kim McLaughlin (NYS Student Support Services Center & Nationally Certified Safe Dates Trainer)
Location: Willow
Safe Dates is a middle school, junior high and/or high school curriculum designed to assist adolescents with recognizing the difference between caring and supportive relationships and controlling, manipulative or abusive relationships. Research on the program has demonstrated that adolescents who received the Safe Dates curriculum reported from 56% to 92% less dating violence victimization and perpetration than those in a study control group with results lasting four years after exposure to Safe Dates. Why Teach About Dating Relationships and Dating Violence in School? National and New York State Youth Risk Behavior Survey and other data indicate increasing trends in adolescent dating abuse. In 2007, up to 15.5% of NYS adolescents reported being hit, slapped or physically hurt by their boyfriend or girlfriend. In addition, in 2007 up to 10.4 % of NYS adolescents reported being physically forced to have sexual intercourse when they did not want to. Based on the Safe Dates research, education is an effective method of prevention and intervention.

Physical Education and Health Education Teacher Educator Academy (T.E.A.)
Location: Cypress A
Physical Education and health Education Teacher Educator Academy (TEA) The Higher Education Section is presenting the 2nd Annual Teacher Educator Academy. Topics will include the following: APPR and what it means to health and physical education teacher educators; infusing skills with technology in physical education; teaching pre-service physical education and health education students about diversity; teaching pre-service physical education and health education students about professionalism; teaching pre-service health teachers to use the HECAT and how can higher education teacher educators better prepare pre-service teachers to educate students so that they will be successful adults: connections to the common core standards. 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. The cost of this TEA will include lunch!
12:00 pm – 6:00 pm

**Accountability Made Easy Using Computer-Generated Student Progress Reports**
Presenter: Ed Kupiec (EMSPE Section President, Fayetteville-Manlius CSD)
*Location: Cypress B*

During this 6-hour workshop, teachers will learn how to easily create customized progress reports using Microsoft Word and Excel that incorporate the data they already have on their students; no extra information is necessary! These reports can be used as a tool to enhance home-school communication, provide accountability and evidence of student learning to administration, and inform future differentiated instruction. Participants need to bring their own laptop with Word and Excel (or equivalent) and will leave the session with working files that can be used right away; no prior computer experience is necessary other than using a word processor!

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**Cardio GX, E 600 Heart Rate Monitor, PE Manager, PDA, Trifit And Gofit (Polar Active Activity Monitor)**
Presenter: Bob Wehinger (Polar Educational/Technology Trainer & Retired, North Syracuse CSD)
*Location: Onondaga/Seneca*

This 6-hour intensive training is being offered to give teachers the opportunity to have a hands-on experience with Cardio GX (Heart rate Projected on screen during class), E600 Heart Rate Monitors, PE Manager and PDA in a daily Physical Education Class. Participants will interact with these technology tools from both a student and teacher perspective. Reports and report cards will be produced. Fitness testing will also be interactive with collection of data and reporting through Trifit software, hardware and PDA. The Gofit watch with built in accelerometer will be demonstrated with measurement of daily activity, intensity levels, steps and calories. This intensive program will provide you with actual experiences of using the latest technology along with the opportunity to ask the how and why questions concerning their use in your classes from an experienced trainer who had been to hundreds of school districts throughout the United States and Europe. Participants bring your sneakers (participate only at your own physical ability).

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12:00 pm – 3:00 pm

**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. **This is a non-refundable session.**

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1:00 pm - 4:00 pm

**Literacy, Set, Go!**
Presenter: Amy Cullen (TST BOCES)
*Location: Cypress D*

“But I don't teach that!” is a common phrase heard when physical education or health is mentioned in conjunction with ELA. And, you’re right! While we may not teach punctuation or grammar Physical Education and Health classes provide unique opportunities for students to apply literacy skills learned in ELA. Additionally, Physical Education and Health teachers will be assessed on students’ scores on Math and ELA tests under the new APPR system starting in the 2012-2013 school year. This session will provide participants with: an overview of the ELA Common Core Standards, ideas and examples for how to demonstrate links to the Common Core Standards in ELA and NYS Learning Standards for Physical Education and Health, and resources to assist Health and Physical Education teachers.

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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 is a non-refundable session.**
4:00 pm - 7:00 pm

**The Quest For WebQuests In Health Education**
Presenter: Dr. Nancy De Korp (The Sage Colleges)
Location: Birch
Incorporate the internet while encouraging critical thinking and providing a creative learning strategy for skills-based health education. By your design, your students will either work with others or go solo to discover and incorporate information from the internet to solve a problem, explore approaches, analyze events, and so on. The WebQuest strategy is as vast as your needs and imagination! Participants need to bring their own laptop and Ethernet cable to connect to the internet.

5:00 pm - 8:00 pm

**Introduction To Circus Skills K- 12**
Presenter: Greg Milstein (National Circus Project)
Location: Oneida
This intensive training is an educational overview of circus skills, including multiple forms of juggling, plate-spinning, devil stick and diabolo manipulation, object balancing, stilt-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. The participants 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.

5:00 pm - 9:00 pm

**Motivating and Engaging Your Students Through Zumba & Hydropilates**
Presenter: Timothy Jones (Greater Amsterdam School District)
Location: Tuscarora/Cayuga & Tower Lap Pool
This Intensive Training will teach you basic Zumba moves and expand your knowledge about toning through Zumba. Why stop there?! The presenter will then take participants to the Tower Lap Pool for an hour of Hydropilates! These techniques will be presented in a fun, enthusiastic, heart-pumping manner which will improve your students’ physical fitness levels. This non-traditional approach to physical fitness will increase the likelihood of class participation and decrease the continuation of a sedentary lifestyle. Participants should bring a bathing suit, as the last portion of this training will be done in the lap pool at the Turning Stone.

6:00 pm - 9:00 pm

**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.

6:30 pm - 10:00 pm

**Common Core Standards: How Do We Apply Them To Physical Education?**
Presenters: Kevin Stuttle (Canajoharie Central Schools) & Katharine Spader
Location: Cypress B
Beginning in 2012-2013 school year, part of every teacher’s evaluation will be based on their disciplines relevance related to the Common Core Standards for Math and ELA. During this session we will describe the Common Core Standards, what they mean, and the implications for us as professionals. We will present ways to incorporate these standards into our lessons without sacrificing the pursuit of the New York State Standards for Physical Education or the NASPE Standards. Group discussions will take place to brainstorm ideas demonstrating how these standards can be presented in Physical Education classes with the goal of creating lesson plans. Participants will receive copies of the Common Core Standards and the Physical Education Standards.

6:30 pm - 10:00 pm

**NYS AHPERD Executive Council Meeting**
Mara Manson, NYS AHPERD President
Location: Cypress D & E
THURSDAY, NOVEMBER 17, 2011

8:00 am - 9:15 am

Session I

At-Risk for High School Educators ~ Find details on page 11
Location: Chautauqua Room

NYSED Health Education Update
Presenters: Darryl Daily & Martha Morrissey (NYSED)
Location: 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.

COA and Health Education Sections

Teaching Physical Education To Children With Autism: Elementary Level
Presenters: Justin Haegle, Alexis Noest, & Brandon Schwarz (NYCDOE)
Location: Cypress E
Presider: Dr. Shawn Ladda
This session will assist physical education teachers to prepare to teach children with autism in their classroom. The participants will discuss topics including communication, activity selection, and generalization. The session will conclude with sample lessons designed specifically for children with autism in an elementary setting.

Adapted PE & Sport Section

Keeping The Pains Away: Running, Throwing & Jumping For A Lifetime
Presenter: Dr. Mary Trotto (LIU: CW Post Campus)
Location: Cypress D
Presider: Tom Neihaus
Students can participate in the sport of track and field - injury free! Attendees at this session will learn proper warm-ups, and dynamic vs. traditional stretching. Other topics to be discussed include: road racing and masters track and field, brain dynamics and many other new skills.

Exercise Science/Sports Med Section

Dimensions Of Wellness Promotion In Everyday Life
Presenter: Pamela Lusk (Genesee Community College)
Location: Cypress B
Presider: Jennifer Mead
According to the Dimensions of Wellness, originally created by Dr. William Hettler, each aspect of wellness has a specific goal which brings a holistic wellness approach to everyone. How have these dimensions been tweaked since their inception? How can the average person continue to promote their personal wellness, inexpensively and keep up with new information? This session will prepare you to return to both home and work, armed with small changes to develop a purposeful wellness plan!

Health Education and Retirees Sections

Polar 24/7 Activity Monitoring (Accelerometer)
Presenter: Bob Wehinger (Polar Education/Tech Trainer)
Location: Willow
Presider: Marc Toth
Come experience a demonstration of an activity monitor that measures 24/7 daily activity, gives instant feedback, showing target and achieved time, tracks steps, calories and time spent in five zones! This unit allows teachers to create long term reports of student activity levels.

All Attendees

Cyberbullying: Home Is No Longer A Safe Haven
Presenter: Michelle Ifill-Roseau (White Plains HS)
Location: Cypress A
Presider: Marty Nemecek
Cyberbullying, whose impact is much worse than traditional bullying, has become one of the biggest threats to our youth. Too many children have committed suicide or are left with emotional and mental scars as a result of cyberbullying. This session will provide insight on the prevalence of cyberbullying and will explore ways educators can help protect youth.

Health Education Section

Fitness: From the Classroom to the Fitness Center
Presenter: Jason Lehmbeck (Fairport CSD)
Location: Meadow
Presider: Amber Wilcox
This session will get to the very crux of what secondary physical education should include in its fitness program. We will take you through a tour of our 6-week, 2 unit classroom and fitness center instruction. Have you ever wondered how to get them to pay attention to the concepts and vocabulary? This is the session for you!

Higher Education/Professional Prep Section

Evoking Situational Interest In Physical Education
Presenter: Dr. Prithwi Raj Subramaniam (Ithaca College)
Location: Briar
Presider: Dr. Maria Macarle
Situational interest plays an important role in student engagement and learning. It could be used as a proxy to motivate the unmotivated and disengaged learners in physical education. Situational interest is evoked through the manipulation or modification of the learning environment via the learning climate, task presentation, and/or structuring of learning experiences. The purpose of this session is to highlight the importance of situational interest, and provide practical suggestions to invoke situational interest in teaching physical education.

Higher Education/Professional Prep and Secondary PE Sections

Low Stress Water Workout
Presenter: Lori Friend (Corning-Painted Post CSD)
Location: Indoor Pool
Presider: Sharon Rhodenburg
Come join us for a low stress workout in the pool and learn ways to energize yourself for the day! Don’t forget to share some of your water moves with group!

Aquatics Section
21st Century Scavenger Hunt & More!
Presenter: Jack Murphy (SUNY Cortland)
Advisor: Dr. Stephen Yang (SUNY Cortland)
Location: Showroom
Presider: Dr. Jerry Casciani
Technology is becoming more prevalent in classrooms, and, as educators, we need to explore new ways to incorporate these new, socially relevant tools! Learn how to incorporate heart rate monitors and text and picture messaging with Twitter to develop an exciting new approach to the traditional scavenger hunt! Join Xavier Waddles and engage in activities where technology guides the way!
Higher Education/Professional Prep Section

Creative Movement/Dance To Enhance The Learning Of The Core Curriculum
Presenter: Alexandrino DuCarmo (InterArts InterCultural)
Location: Lava
Presider: Allison Relyea
After an exciting warm-up, participants will be guided through a process of creating dance combinations based on the other school subjects. Participants will experience ways to purposefully employ the basic elements of dance and creative movement to create dance pieces—while having fun, and enhancing the learning of the core curriculum. Even if one has never danced before, he or she will have fun participating in this session!
Dance Section

Using The Skill Theme Approach To Teaching Sports Skills
Presenter: Henry Opperman (Adelphi University)
Location: Seneca
Presider: Arielle Schneider
This session will provide participants with an opportunity to explore the concepts of teaching skill themes within sport. 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.
Elementary/Middle School PE Section

Peace Through Play: Cooperative Games From Floor - Ceiling
Presenters: Laurie Quilty & Margaret Robelee (Hyde Park CSD)
Location: Onondaga
Presider: Alicia Arasim
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. Margaret Robelee is the NYS AHPERD 2011 Elementary Teacher of the Year!
Future Professionals Section

Basic Training For The Job Hunt
Presenter: Dr. Jeff Walkuski & Helena Baert (SUNY Cortland)
Location: Birch
Presider: Kaitlin Rodriguez
This session is designed to inform and prepare future professionals for their job search. Topics and strategies for the job search, interviewing skills and interviewing preparation will be discussed.
Future Professionals

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Future Professionals

Drums Alive ~ Rhythm In Motion
Presenter: Carrie Ekins (Drums Alive)
Location: Tuscaworala/Cayuga
Presider: Sandy Williams
Get your feet stompin’and your body rockin’with this fun and innovative symposium of rhythm, beats, moves and grooves. Stomping, slapping body rhythms, powerful run choreography with garbage cans, and simple equipment ideas from everyday life will bring excitement to students and teachers alike. If you are up for a new adventure and want to experience a whole new way to unite rhythm, fitness and fun, join Carrie in this program for teachers of multiple disciplines.
Adapted PE & Sport Section

Effective Lacrosse Drills For Varsity Level Athletes & Coaches
Presenter: Alphonses Heraghty (Suffolk Community College)
Location: Mohawk
Presider: Mandy Serif
This session will demonstrate the presentation of drills and skills which will facilitate the coaches ability to work toward player improvement and allow these skills to carry over to a competitive environment. The session will also concentrate on a progression of drills and skills which can be utilized in both the physical education classroom and interscholastically. By attending this session, participants will gain the knowledge needed to assess the individual players and to help them strive to better perform these necessary skills.
Coaches Section

Innovative/Non-Competitive Activities For The Elementary School Child
Presenter: Andrew Bieber (PS 40: Augustus St. Gaudens ES)
Location: Oneida
Presider: Terry Price
This session will focus on activities that actively engage all participants with little or no down time. Lines are non-existent and nobody is eliminated. As a seasoned, veteran physical education teacher for 23 years, these activities are time tested and a “must have” in any physical educator’s repertoire. Activities with and without equipment will be presented, as well as games that focus on the different space parameters that physical education teachers may encounter. Self-esteem is the single, most important and determining factor as to whether a child succeeds; these activities are a great way to start this process! The games are fun, invigorating and sure to gets ones heart rate up!
Elementary/Middle School PE Section

“Kid Power’s Operation Lunch Line 3D”
Presenter: Melissa Baum (Kid Power Programs)
Location: Hawthorn
Presider: Carol Atkins
“Kid Power’s Operation Lunch Line 3D” is a highly interactive musical show designed to help children in grades K-5 learn the value of good nutrition & exercise. Using spectacular visual effects in 3-D, the audience travels inside the human body of a boy named Max. Through participation, the kids not only educate and motivate Max, but in doing so, learn they too are special, filled with all the “kid power” needed to FEEL GREAT.
All Attendees

Thursday, November 17, 2011
Presidential Welcome To The Turning Stone Convention Center
9:25 am - 10:40 am, Location: Showroom
Join us as NYS AHPERD President, Mara Manson, welcomes the
2011 NYS AHPERD Conference attendees to Verona and introduces
Lucinda Williams Adams

Celebrating Cultural Diversity Through Health, Physical Education, Recreation, Dance & Sports
The focus of this keynote address will be centered on the important role HPERD and Sports professionals play in shaping and fostering Cultural Diversity in their classrooms, gymnasium, the playing fields, communities, board rooms, interaction with colleagues, parents, decision makers and especially the students and all those we all serve through our professional and personal relationships of caring and sharing and engaging in what I know best as the Olympic Spirit of Olympism.

10:40 am - 11:10 am
Exhibit Time
Be sure to check out the Greek Peak Demonstration in the Exhibit Hall!

11:15 am - 12:30 pm
Session II
At-Risk for High School Educators ~ Find details on page 11
Location: Chautauqua Room

Parachute Central
Presenter: John Smith (FlagHouse)
Location: Oneida
Presider: Laura Shaw
Parachute Central is a great session for early childhood through upper elementary physical education teachers, classroom teachers, recreational specialists and movement educators. This session includes basic parachute movement and manipulative skills, class parachute activities, class organization, parachute safety, games with parachutes, rhythmical activities with parachutes, creative and innovative parachutes, parachute activities that include: fitness, balance, coordination and manipulatives. Participants will perform parachute manipulatives including; shakes, ripples, waves, whirlpools, lifting, pulling and stretching. Locomotor movements performed will include; walking, galloping, skipping and crawling. Games will include; Jaws, Roller Ball, Digestion, Mini-Golf (Swiss Cheese) and Space Traveler (Planetary). John is a past NASPE National Elementary Physical Education Teacher of the Year and currently works as an Educational Consultant for FlagHouse, Inc.
Elementary/Middle School PE Section

WISE Students Are Sexually Healthy
Presenter: Kim McLaughlin (NYS Student Support Svc Ctr)
Location: Cypress B
Presider: Bruce Risley
What are the elements of a comprehensive elementary sexuality education program? How can you implement them with community, parent and staff support? Will the WISE sexuality education initiative be helpful to your school? Come and explore the WISE initiatives and future opportunities for elementary schools in NYS.
Health Education Section

Becoming A Successful Member Of The Faculty: Sharing The Responsibility
Presenters: Dr. Ariela Herman & Dr. Eve Bernstein (Queens College)
Location: Cypress E
Presider: Dr. Maria Macarle
Session participants will engage in a discussion regarding the current requirements necessary to become successful faculty members in higher education. Participants will also discuss meeting requirements of scholarship, teaching and service as tenured senior and non-tenured junior, faculty members. Managing time for issues such as advising and accreditation and how to develop an optimum working relationship between senior and junior faculty will also be discussed.
Higher Education/Professional Prep Section

How Hot Is Your Game? Exploring Specific Dynamic Warm-Up
Presenters: Bryan Coopersmith & Dr. Scott Torns (LIU)
Location: Seneca
Presider: Mike Tully
This presentation will focus on the basic concepts of warm-up; what it means and how to do it properly. Discussion and guided participation of general dynamic warm-up will be followed by specific dynamic warm-up programs as they apply to the unique demands of various sports. Everybody can do it, but to be the best, you have to do it right! Bryan Coopersmith is a NYS AHPERD 2011 Jay B. Nash Outstanding Major Scholarship Winner!
Exercise Science/Sports Medicine & Coaches Sections
Dance Round The World
Presenter: Paul Rosenberg (Homespun Community Dancing)
Location: Tuscarora/Cayuga
Presider: Colleen Buchanan
This session will consist of fun, live, traditional music and dances from many cultures, highlighting both the similarities and differences of dances from around the world. The focus of this session will be on teaching students of all abilities to be successful in moving, balancing, and transferring weight in time with music. These dances build cooperation, respect, coordination and listening skills!
Dance Section

Simple Solutions: Activities For Adapted Physical Education
Presenter: Dr. Timothy Davis (SUNY Cortland)
Location: Onondaga
Presider: Cathy Houston-Wilson
During this ACTIVE session, participants will learn the importance of adapting physical education for individuals with disabilities. Discussions will include a variety of strategies and activities to maximize participation and physical activity time. Audience members will learn-by-doing as they actively participate in innovative, developmentally appropriate movement games, activities and authentic assessments that focus on best practice principles, simple concepts for infusing academic content, motor development, and improving fitness.
Adapted PE & Sport Section

Water Map Adventure A Skill Review Lesson Designed To Use The Pool Map
Presenter: RaLuca Gruin (Fordham Leadership Academy HS)
Location: Indoor Pool
Presider: Lori Friend
In this session, participants will learn how to add adventure and challenges to your swimming skill review assessment techniques. Through entertaining games, participants will experience engaging learning activities. These activities incorporate treasure map reading, navigation skills, memory skills and safety practices, while swimming and exercising. All the activities are appropriate for groups and team-building programs. Come prepared to dive into fun!
Aquatics Section

Spice Up Your Warm-Ups
Presenters: Karyn Schutzer, Edwin Cunningham, Lauren Herman & Ryan Walker (SUNY Cortland)
Advisor: Dr. Jeff Walkuski (SUNY Cortland)
Location: Mohawk
Presider: Mike Rizzo
Spice Up Your Warm-Ups is a continuous and ever changing session that students from SUNY Cortland have been presenting at Annual NYS AHPERD Conferences. As in past years, we always have new and exciting ways to warm your students up in the gymnasium without using the typical running of laps. This session will be interactive and give you new ideas to jumpstart your class! Karyn Schutzer is a NYS AHPERD 2011 Jay B. Nash Outstanding Major Scholarship Winner!
Future Professionals Section

Yoga Inside And Out
Presenter: E. Ann Davis
Location: Showroom
Presider: Erin Lingle
Explore the obvious, as well as subtle, aspects of a true yoga practice: the power of the breath, the balance of flexibility and strength, the inward focus of the mind, and the release of relaxation. Without the marriage of body, breath, and mind, yoga postures are just another way to stretch. This session will provide a comprehensive approach to the teaching of yoga for our curriculums and include a complete yoga experience! Don’t forget to bring a mat, towel or blanket!
Elementary/Middle School PE and Secondary PE Sections

Where Have All The Playgrounds Gone?
Presenter: Dr. Jerry Casciani (SUNY Cortland)
Location: Briar
Presider: Ryan DeLuca
This session will begin with a poem heralding the natural playground learning environments of the past, lamenting their loss and criticizing their replacement with youth sport-grounds. Recognizing we cannot go back, the poem ends with a positive vision for returning naturalism to the current culture. Subsequently, the presenter will lead an audience discussion of specific possibilities for change augmented by ideas and images on a powerpoint.
Coaches Section

Benefits Beyond Physical: The Sport Education Model and Basketball
Presenters: Dr. Robert Schneider, Dr. Timothy Brusseau, Dr. Doug Collier & Dr. Alisa James (The College at Brockport)
Location: Oak
Presider: Dr. Peter Hager
Implemented correctly, the Sport Education Model (SEM) (Siedentop, 1994; Siedentop, Hastie, & van der Mars, 2004) is an approach to teaching physical education that provides students in grades 3-12 with numerous skills that support the primary goal of achieving physical benefits from activities and sport. After beginning with a brief history and rationale supporting the use of the SEM in physical education classes, the presenters will explain, using the sport of basketball, the effective implementation of each of the following six central features of the SEM: (1) affiliation, (2) seasons, (3) record keeping, (4) formal competition, (5) culminating events, and (6) fidelity. Concluding statements will reinforce the SEM as a teaching approach that supports the overall goals of physical education as a discipline by not only providing students with physical benefits but also with a holistic understanding of activities in which they participate. Dr. Alisa James is the NYS AHPERD 2011 Professional of the Year!
Future Professionals Section

Six Sigma
Presenter: Ed Leak (Orchard Park Recreation Department)
Location: Willow
Presider: Sara Lester
Six Sigma is a statistical problem solving methodology that organizes statistical quality improvement tools. It is a disciplined, data-driven approach to process improvement that strives to eliminate defects from all processes through the identification and reduction of variation.
Recreation/Adventure Education Section

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Thursday, November 17, 2011
Skills Based Health Education: Understanding The Big Picture
Presenters: Frances Vincent (Bethlehem CSD), Lindsey Armbruster (Burnt Hills-Ballston Lake CSD), Jessica Hull (Shenendehowa SD), & Lonnie Wilson (Niskayuna CSD)
Location: Cypress A
Presider: Juliann DellaRocco
This session will provide you with an overview of how health educators are currently utilizing the Guidance Document to design their health education programs. Participants will get a basic introduction of how and why to “Navigate by the Stars” to enrich their teachings and produce more active learners. Come get a sampling of the many ways a quality, skills-based, health education program can be mapped out and be inspired to begin (or continue) the journey! This presentation is part of the Keeping The Skills Alive series; look throughout your program for other health education presentations that are part of this series. Lonnie Wilson is the NYS AHPERD 2011 Health Education Teacher of the Year!
Health Education Section

Seven Qualities Of A Highly Effective Teacher
Presenter: Thomas Howard (Adelphi University)
Location: Cypress D
Presider: Cory Turner
Whether you are an experienced educator or a future professional, this program is for you! It matters not your content area but more so, the fact that highly effective teachers (and coaches) all possess specific qualities that are measurable and observable. Though video, power point and audience participation, the presenter will inspire and stimulate each attendee to become the most effective teacher they are capable of becoming. Thomas Howard is the NYS AHPERD 2011 Distinguished Service Award Winner!
Secondary PE & Future Professionals Sections

Exercise And Weight Management
Presenter: Srecko Mavrek (NYC Department of Education)
Location: Cypress D
Presider: Brian Chapman
Among high school students, 44 percent of females and 15 percent of males report they are trying to lose weight. Exercise can influence body weight from three different angles: prevention of weight gain, treatment of obesity, and maintenance of desirable body weight following weight loss. In this session, each approach will be discussed through the review of related, research-based data.
Exercise Science/Sports Med Section
Fun Filled Activities For Elementary Students Grades Pre-K - 4
Presenter: Tara Nelsen (Lawrence PS), Tom Micucci (Pleasantville PS) & Marybeth Stefano (White Plains PS)
Location: Oneida
Presider: Rebecca Levy
Are you looking for instant activities you can use in your gymnasium on Monday Morning? If so, then this session is for you! Wear your sneakers, a smile and bring lots of energy to participate in some fun filled movement activities for the “Little Ones.” Activities include warm-ups, simple line dances, tag games, games of low organization, and movement activities. The Elementary/Middle School PE Section will hold its business meeting at the conclusion of this presentation, until 2:15 pm.
Elementary/Middle School PE Section

Character Education, Interdisciplinary Curriculum, & Instant Activities For PE
Presenter: Lawrence Yasner (Berkeley Carroll School)
Location: Seneca
Presider: Amber Wilcox
This program will demonstrate instant warm up games guaranteed to engage students of all skill levels! Interdisciplinary activities with math and reading, to support classroom teachers, will be taught. Aspects of character education meshed in games will also be showcased.
Higher Education/Professional Prep Section

Basic Skin and Scuba Diving
Presenter: Bart “Woody” Woodworth (USMA, West Point)
Location: Indoor Pool

Presider: Sara Lester
Skin and Scuba Diving are low-impact, lifelong, fitness-building activities. The focus of this session is to share knowledge and skills for safe diving instruction. It’s designed for physical education teachers, recreation leaders, aquatic personnel, and others who would like to include Skin and Scuba Diving in their program. Those attending may choose (but are not required) to participate in safe and developmental Skin and Scuba Diving activities.
Aquatics and Recreation/Adventure Education Sections

Math & Movement: Incorporating Math Practice Into PE Class
Presenters: Suzy Koontz (Math & Movement) & Anthony Marks (Elmira CSD)
Location: Tuscarrora/Cayuga
Presider: Dana Cunningham
Learn how to harness your student’s love of movement and creative imagination and turn it into intentional and rigorous math practice. Participants will learn how to develop math-movements for volleyball, basketball or any skill included in your curriculum. Come discover how you can transform the math skills for the students in your PE class!
Elementary/Middle School PE Section

Jazz Blast
Presenter: Susan Garcia (Queensborough Community College)
Location: Showroom
Presider: Courtney Aldrich
Session participants will learn basic fundamentals of how to teach a jazz dance class. The structure of the class will include a warm up, jazz moves across the floor and combinations, all while having an absolute blast!
Dance Section

The New ADA Standards And School Pools
Presenter: Kevin Sudeith (Everlast Climbing)
Location: Briar
Presider: Sandy Williams
This presentation takes you through the new 2010 ADA Standards which require compliance by March 15th, 2012. Come learn about the specific requirements of the Standards and acceptable methods of “removing barriers.” Also, find out who is required to comply, by when, and what additional resources you can use to learn more.
Adapted PE & Sport and Aquatics Sections

Reconnecting Children With Nature: OUR Responsibility
Presenter: Jack Voelker (Chautauqua Institution)
Location: Willow
Presider: Nicole Augustine
Drawing upon Richard Louv’s provocative bestseller, Last Child in the Woods, we’ll consider the opportunities for our professions 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 Section

Competition In Sport: An Ethical Analysis
Presenter: Dr. Peter Hager & Dr. Robert Schneider (The College at Brockport)
Location: Birch
Presider: John Strong
Many people believe its competition that is responsible for the general decline in fair play and good sporting behavior noted at various levels of sport. This presentation will examine the validity of this claim through a discussion of the pros and cons of competition in sport. Case studies will be utilized to distinguish morally strong forms of sport competition from morally weak ones.
Coaches Section

Learning About Loss In A Health Education Program
Presenter: Jennifer Tripken (Tuxedo School District)
Location: Meadow
Presider: Bruce Risley
Loss is a part of life, whether it be the death of a family member or the loss of a relationship. This session will provide participants with an overview of a “Learning about Loss” unit, including lesson plans, student-tested activities, and resources that will enable them to understand the meaning of loss in their own life as well as to address this sensitive topic with students.
Health Education Section

Having “That” Difficult Conversation
Presenter: Rod Mergardt (SUNY Cortland/Manhattanville College)
Location: Cypress A
Presider: Lonnie Wilson
This interactive session is designed to provide tools and concepts that will help one through a conversation in which difficult information must be shared. The presenter will teach participants numerous tricks of effective communication. Participants will build their confidence to have that difficult conversation after having actively practiced the technique with other participants.
Health Education Section
Supporting LGBQ Students  
Presenter: Michelle Scarpulla (Rutger's University)  
Location: Cypress B  
Presider: Fran Vincent  
This presentation will teach participants about the fundamentals of sexual orientation and how to ensure all young people and their families feel welcome and included in our classrooms and programs. The first part of this session will provide basic information about sexual orientation and how to teach about this topic; the second part of this session will focus on ways to create safe learning environments for students who are lesbian, gay, bisexual and/or whose family members might be.

Health Education Section  
You’ve Sent Your Resume, Now What?  
Presenters: Amy Cullen (TST BOCES) & Laurie Greenauer (Fredonia CS)  
Location: Cypress E  
Presider: Caitlin Martin  
While we may not be able to guarantee you a job offer on your next interview, we can help you learn to be the best candidate you can! This session will focus on the traditional and nontraditional interview questions you may encounter, questions for you to ask the district, a survival guide for your first year of teaching, and many other topics. Audience questions are highly encouraged!

Future Professionals Session  
The Meshing Of Art And Movement  
Presenters: Mackenzie Klump, Joseph Lisa & Dr. Jeff Walkuski (SUNY Cortland)  
Location: Lava  
Presider: Kaitlin Rodriguez  
The session will explore the connection between movement and art, and, how to integrate “art” into your movement lessons. The focus will be on how to translate movement into its visual representation through simple drawings and other art materials, linking them to movements that students perform during an elementary physical education lesson.

Dance and Elementary/Middle School PE Sections  
“Fueling & Training The Body For Peak Performance - Fact & Fantasy!”  
Presenter: Jack Medina (Designs For Fitness)  
Location: Oak  
Presider: S. Jacob Colwell  
A little girl dies on diet pills and it changes my life ~ that was over 35 years ago. The presenter will discuss the hype, claims & facts about supplements, the best and easiest nutrition program available today, the why and how of using proper energy systems for specific sport training, the Mood Chart and much, much more. This is a session you won’t want to miss! This session is also being offered on Friday during Session VI if you can’t make this one!

Coaches Section

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

Coaches Section

Adapted Physical Education Sports Model Assessment Curriculum  
Presenters: Special Olympics NY & St. Bonaventure University Students  
Advisor: Dr. Paula Scraba (St. Bonaventure University)  
Location: Showroom  
Presider: Sara Daggett  
St. Bonaventure University and Special Olympics New York will co-present a sports model assessment program incorporating 22 Special Olympic sports into your physical education curriculum. Special Olympics is a NASPE approved program and their goal for their 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 opportunities which enhance and complete efforts to promote inclusion and acceptance among all students. The new “Young Athlete” Program for preschool developmental physical education will also be introduced as a base for an innovative sports play program assessment.

Secondary PE Section

YOU CAN School Program Focuses on Diversity!  
Presenters: Anthony DeSena & Catherine Ward-Galli (National Guard)  
Location: Willow  
Presider: Tom Rispoli  
The Diversity YOU CAN School Program gives students easy-to-understand messages and concrete steps they can use to solve problems and take control of their lives. This presentation presents new options and motivates students to make good choices. The Diversity modules show how we all benefit from the diverse talents and perspectives of people from all over the world, explores what diversity means and gives a wider understanding of diversity and the benefits of bringing diversity into your life.
The Social/Psychology Of Teaching And Coaching
Presenter: Rod Mergardt (SUNY Cortland/Manhattanville College)
Location: Cypress D
Presider: Scott Gilberti
This session has application at every level of teaching, coaching and administration! The presenter will address self-assessment in each of these roles and validate the reality that everything we do in life is determined by the thoughts that occupy our minds and the people that occupy our time!

Exercise Science/Sports Medicine and Coaching Sections

Health Educators Unite!
Presenters: Anna Dennis (Waterloo CSD) & Dom Splendorio (Prime Time Health Education Consulting)
Location: Cypress B
Have you ever felt like a small fish in a big sea at conferences? Let’s network and “school” fellow health educators in activities that work or resources you use to make health happen! Participants should bring activity and resource suggestions to share with small groups. This is a chance for you to finally feel like a big fish!

Teaching Students To SOAR - A Planning & Goal Setting Learning Experience
Presenters: Jessica Hull & Amy Preston (Shenendehowa CSD)
Location: Cypress A
Presider: Erin Asquith
This session will explore the details of a middle school planning & goal setting learning experience. Lessons, along with formative and summative assessments, will be included. This presentation is part of the Keeping The Skills Alive series; look throughout your program for other health education presentations that are part of this series.

Health Education Section

Suicide Safer Schools And Students
Presenters: Pat Breux & Cassandra Kahl (Suicide Prevention Center of NY)
Location: Meadow
Presider: Andrew Grayson
Few issues evoke as much concern as that of youth suicide. As the issue has gained prominence, so have the many programs being offered; educators looking for guidance are often inundated with guidebooks, training programs and presenters. In this presentation, experience program modules and learn how you can find and access safe and best practice tools that fit your student’s needs and are available at little or no cost. The Suicide Prevention Center of NY will also be offering a one hour, online, interactive gatekeeper training at the start of each session on Thursday and Friday. Be sure to stop by any one of the sessions to participate!

Health Education Section

NOODLES, NOODLES And More NOODLES!
Presenter: John Smith (FlagHouse)
Location: Onondaga
Presider: Laura Shaw
There are so many ways of using long noodles, short noodles, sliced noodles and just noodle foam. In this active session we will be involved in noodle activities and games that are creative, fun and educational. The noodle is no longer just for the pool, it is for the whole physical education curriculum. Join us for a little off your noodle fun! John is a past NASPE National Elementary Physical Education Teacher of the Year and currently works as an Educational Consultant for FlagHouse, Inc.

Elementary/Middle School PE Section

Harness Positive Energy - Become Your School’s Active Education Specialist!
Presenters: Becky Deihl & John Saville (Fizika Group)
Location: Birch
Presider: Marty Nemecek
Schools face increasing demands on academic performance, therefore, resulting in a reduction of activity time for students. Your role as a physical educator is changing from the traditional gymnasium environment to working with classroom teachers and administrations to infuse quality physical education throughout the school day. Join us to learn how you can become the Active Education Specialist in your school/community!

All Attendees!

In 2020, Holistic We Must Be
Presenter: Dr. Jerry Casciani (SUNY Cortland)
Location: Oak
Presider: Tom Rispoli
This session will present the thesis that a holistic approach to education is requisite to the development of attitudes and behaviors that represent a healthy active lifestyle and also requisite for a credible future for physical education. This thesis is based on the premises that (1) humans are holistic in nature and (2) separatism, school from community, as well as, partitioning between the disciplines, has not been effective and, therefore, a holistic approach is necessary. The lecture will lead into an audience participation discussion of specific implications for holistic curricular and methodological strategies.

Coaches Section

Why & Why Not: Choosing Appropriate Exercises For Older Adults
Presenter: Gay Elliot (Aristo-Fit)
Location: Briar
Presider: Ed Woolston
This practical presentation is geared to the personal trainer or older adult group fitness instructor. It is a must for the individual who wants to ensure that his/her client, or him or herself, is receiving the best possible exercise advice available. The exercises that are a must for retention of quality of life will be discussed.

Retirees and Exercise Science/Sports Medicine Sections
DanzEnergy- From The Latin-Afro-Brazilian Dances  
Presenter: Alexandrino DuCarmo (InterArts InterCultural)  
Location: Lava  
Presider: Colleen Buchanan  

In this session, participants will experience ways Latin Americans express themselves through movement, which, is based on their exciting music and rhythms. You will learn a series of movement and dance combinations from traditional Afro, Brazilian, and Latin cultures. Participants will 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 an amazingly fun time at this session! 

Dance Section

Get Ready For Fitness Assessment!  
Presenters: Edwin Cunningham, Clair Moore, Christiana Gage & Sara Koppenhaver (SUNY Cortland)  
Advisors: Dr. Jeff Walkuski & Helena Baert (SUNY Cortland)  
Location: Seneca  
Presider: Zachary Kiggins  

Can we create connections between daily lessons and preparation for fitness assessment? Using Physical Best activities and other creative, fun methods to prepare students for various models of fitness assessment, this session is designed to show enjoyable ways for students to learn about health-related fitness and to enable them to be more prepared for both informal and formal fitness assessment. 

Elementary/Middle School PE Section

Lifeguarding In New York State  
Presenters: Vanessa Martell (Corning Community YMCA), Sean Anne (YMCA of Greater Rochester, Eastside Branch) & Chris Newland (Corning Community YMCA)  
Location: Indoor Pool  
Presider: Linda Polizzi  

This presentation is designed to review the requirements for lifeguarding in New York State while doing a compare/contrast of both the YMCA Lifeguard Certification and the American Red Cross Lifeguard Certification. During this session, we will also review some aquatics best practices relating to evaluating current and new guards at your facility, as well as, working with youth volunteers to prepare them for a possible future career in aquatics. 

Aquatics and Recreation/Adventure Education Sections

Teaching Non-Traditional Activities With A Twist  
Presenters: Joseph Cangro, Randy Bayron, Terrance Crossan, Stephan Ferguson, Steve Kaplan, Josh Krantz, Jay Quinn, Andrea Slavin & Derina Wilson (Queens College)  
Advisor: Dr. Ariela Herman (Queens College)  
Location: Tuscarora/Cayuga  
Presider: Lee Mittelstaedt  

Teaching non-traditional activities can be a challenge. This presentation will supply you with information on how to teach elementary and middle school children ways to enjoy learning unique skills for non-traditional activities. By focusing on these activities, students will receive new ways to increase lifelong activity, and, teachers will gain new ideas and ways to implement these activities in a classroom or gymnasium setting. 

Elementary/Middle School PE Section

Aristotle Said, “Philosophize And Exercise”  
Presenter: John Hichwa (The SPARK Programs)  
Location: Mohawk  
Presider: Meghan Ryan  

OK, Aristotle probably never said that, but we do know ancient Greeks were supporters of the mind-body connection and whole child advocates. A myth exists that must be dispelled - time away from the classroom engaging students in a quality physical education/activity program means less time for academics and lower test scores. The data proves this is not true! Studies will be shared which will open the eyes of attendees and inspire them to initiate positive change. 

Elementary/Middle School PE Section

Drums Alive ~ Mathematics In Motion (Intermediate)  
Presenter: Carrie Ekins (Drums Alive)  
Location: Oneida  
Presider: Michele Myers  

In this class participants will focus on mathematic computations and drumming designed for children 3rd grade through 6th. Mathematics in Motion expands mental powers that expand right-brain, left-brain, bottom-up, top-down and back-front brain functioning. Learn how to incorporate math computations into an interval drumming exercise that will pique creativity and improve overall fitness. 

Adapted PE & Sport Section

KIN-BALL® Sport Initiation  
Presenters: Pierre-Julien Hamel & Philip Drouin (Kin-Ball)  
Location: Cypress E  
Presider: Daniel Lubrano  

This sport, played with 3 teams at the same time using a very light 4 feet ball, is an excellent choice to develop and promote cooperation, aerobic capacity, hand & foot coordinate, and sportsmanship. Kin-Ball is non-conventional and accessible to all! 

Elementary/Middle School PE Section

NYSED Physical Education Updates  
Presenter: Darryl Daily (NYSED)  
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. 

COA and All Physical Education Teachers

2:40 pm - 3:55 pm
The New York State Environmental Literacy Plan - You Play A Role!
Presenters: Dr. Michael Jabot (SUNY Fredonia) & Jack Voelker (Chautauqua Institution)
Location: Oak
Presider: Ed Leak
This session will present information on the draft of the New York State Environmental Literacy Plan. This emerging document is in response to the No Child Left Inside initiative, and, NYS AHPERD members can play a critical role in shaping the ideas and implementation of this critical work.

Recreation/Adventure Education Section

Healthy Highway
Presenters: Wendy Cooper (Healthy Highway) & Margaret Robelee (Hyde Park CSD)
Location: Oneida
Presider: Margaret Robelee
Healthy Highway is designed to fuel-inject nutrition concepts into your current curriculum while maintaining movement as a top priority! You will have the opportunity to learn how to engage your entire school in working towards the same goal - empowering children and families to make healthy choices. Healthy Highway is a fun, innovative program that will “accelerate” student achievement all year long. Margaret Robelee is the NYS AHPERD 2011 Elementary Teacher of the Year!

At-Risk for High School Educators ~ Find details on page 11
Location: Chautauqua Room

Yoga For Adapted Physical Education
Presenter: E. Ann Davis
Location: Tuscarora/Cayuga
Presider: Steve Smith
Learn how to apply the basic tools of yoga to improve body awareness, strength, flexibility, and confidence in our students with special needs. This session will include several approaches for adapting yoga to meet the needs of students with varying disabilities. Yoga is an activity that improves physical and mental health, builds self discipline and self esteem, teaches coping skills, and can be used for a lifetime.

Welcome To The Real World... Answering Your Questions About Teaching PE
Presenter: Michele Myers, Murphee Hayes, Matt Murphy & Laura Laramie (Rochester CSD)
Location: Cypress E
Presider: Morgan Klotzbach
This session will provide an opportunity for future professionals as well as pre-tenure professionals to gain valuable information in regard to being a successful physical educator in public schools.

The Western Zone Would Like To Congratulate The Following Western Zone Members

Evin Lingle ~ Western Zone Amazing Person
Nicole Augustine, Canisius College ~ Departmental Major of the Year
Cathy Haight ~ Elected to the NYS AHPERD Board of Directors
The Elementary/Middle School Physical Education Section would like to congratulate the following award winners

Margaret Robelee
Hyde Park Central School District
2011 Elementary Physical Education Teacher of the Year

Haley Schedlin
West Irondequoit School District
2011 Middle School Physical Education Teacher of the Year

Laura Shaw
Irvington Union Free School District
2011 Elementary/Middle School Physical Education Section Amazing Person
2011 EDA Elementary Physical Education Teacher of the Year

Don’t forget to come to our Section Business Meeting on Thursday, November 17, 1:55 pm - 2:15 in the Oneida Room!
Come see what’s going on in the Section!
Advocacy And Policy In Physical Education
Presenters: Dr. Timothy Brusseau, Jr. & Dr. Alisa James (The College at Brockport)
Location: Briar
Presider: Ken Demas
Physical education is an endangered species! If we want to avoid extinction, it is essential that physical educators understand how policy directly impacts our profession. This session will discuss the many issues that our profession is currently facing and examine ways that we can advocate for our programs.
Secondary PE Section

The Little Engine That Could And Can Do So Much More
Presenter: Tara Nelsen (Lawrence PS)
Location: Mohawk
Presider: Monica Wolfe
Come prepared to be active! This session is intended for early childhood physical education teachers, grades Pre-K to first. It will provide participants with enjoyable movement activities, warm-ups, line dances, games of low organization, and holiday activities to incorporate and adjust to fit your elementary physical education curriculum. Lots of moving, always fun and miles of SMILES!
Elementary/Middle School PE Section

Cooperation Nation
Presenters: Kristina Cavallo, Caitlin Martin & Amanda Serif (Adelphi University)
Advisor: Dr. Mara Manson (Adelphi University)
Location: Onondaga
Presider: Richard Favaara
This interactive session will provide instructors with a variety of cooperative games that promote teamwork, respect for others, communication, problem solving skills and model modifications for adapted physical education students. The activities presented will promote unity among students as they work towards a common goal. Participants will engage in all activities and handouts will be provided to everyone.
Future Professionals and Adapted PE & Sports Sections

Class Act Sports Foundation
Presenter: Jesse B. Corben (Adelphi University)
Location: Birch
Presider: Colton Gregg
This session will present you with the information you need to provide underprivileged youth proper physical education opportunities, allowing them to enjoy safe and fun activities. All while raising their awareness on the importance of a healthy, active lifestyle and how it relates to obesity and heart disease. This presentation will be an inspiration to physical educators!
Elementary/Middle School PE Section

Caribbean Dancing & Pure Rhythm
Presenter: Maria Irizarry (Puerto Rico AHPERD)
Location: Lava
Presider: Colleen Buchanan
Caribbean Dances are pure rhythm! Our African influences make our music and dances so colorful. Percussion, songs and dance in slow and fast tempo bring us rich experiences that help us focus, decrease stress and release fear, increase energy and to express our own movement. Come join in the fun and learn how you can easily incorporate Caribbean dancing into your classroom.
Dance Section

Bringing Your Wellness Policy To Life
Presenters: Amy Cullen (TST BOCES)
Location: Cypress A
Presider: Marty Nemecek
After creating a comprehensive wellness policy and updating the tobacco policy for your district, you notice situations that are not in compliance with the current policies: elementary students are being kept from recess as a punishment, the band is selling candy for its fundraiser, and parents are smoking cigarettes in their cars. How can these situations be addressed without seeming like the “Wellness Police”? This session will offer innovative ways to foster a positive environment for wellness and inform students, staff, and community members about compliance with the policies.
Health Education Section

Teaching Reflection With a Debrief: Adventure Based Learning In PE
Presenter: Constantine Psimopoulos (The Sage Colleges)
Location: Seneca
Presider: Shelly Connors
Reflection can be an effective way to assess an individual’s and/or a group’s experience from physical education; but, it can also be a way to assess the effectiveness of teaching and receiving rich & instant feedback. A great way to teach reflection is through the debrief sequence in Adventure Based Learning.
Secondary PE Section

Glee: Live To Sing And Dance
Presenter: Josef Woodson (Queensborough Community College)
Location: Showroom
Presider: Christina Buschmann
Do you love to sing and dance in the shower? This session is a must for you! Participants will be shown how to choreograph a short dance combination and sing (or lip-synch) the popular songs of Glee. You will also learn how to have your students choreograph the dances by themselves. Professional singing is not a requirement! Learn how to move and sing to your favorite songs while dancing and enjoying an exciting cardio workout!
Dance Section

“I Want To Be A Tech Guru But I Can’t Turn On My Computer”
Presenter: John Hichwa (The SPARK Programs)
Location: Willow
Presider: Shirley Bowen
Do you feel a little dumb when it comes to smart phones? Do you think a gigabyte is something served during happy hour at a sports bar? You’ll move, play, and leave with access to FREE iPod downloads, pedometer activities, lesson plans and assessment tools; come be shocked by how much fun you’re having!
Retirees and Elementary/Middle School PE Sections

Free Sex (Ed): Resources For Teachers In Tough Economic Times
Presenter: Michelle Scarpulla (Rutgers University)
Location: Cypress B
Presider: Alicia Arasim
In these tough economic times, schools are cutting budgets leaving teachers little to work with and being asked to do more with less. This session will showcase FREE, high quality resources, lesson plans, videos and other tools educators can use to spice up their health classes without spending a dime.
Health Education Section

www.nysahperd.org
Inclusive Curriculum-Based Assessment
Presenters: Dr. Ellen Kowalski (Adelphi University), Sara Daggett (Retired, Liverpool CSD), Dr. Cathy Houston-Wilson (The College at Brockport), Barbarajean Douglas (Stimson MS) & Roy Speedling (Ulster BOCES)
Location: Cypress D
Presider: Erin Lingle
Come learn a unique way to authentically assess your students, including those with disabilities, using the Basic Skills Assessment. This CBA spans grades K through 12 and utilizes a simple computer based system to maintain data. Participants will also learn how to longitudinally track their students' abilities from K through 12.

Adapted PE & Sport Section

Competition In Physical Education: Successful Strategies For Lower Skilled Students
Presenters: Ulana Lysniak (Brooklyn College) & Eve Bernstein (Queens College)
Location: Meadow
Presider: Dr. Maria Macarle
All students should experience success in competitive activities, which are a major part of physical education class. As teachers plan and organize lessons, it is necessary to understand the strategies of how to effectively incorporate students who are lower skilled into competitive activities. With this information teachers can develop lessons and focus on instruction to incorporate lower skilled students, so that all their students can have a productive learning experience in physical education.

Higher Education/Professional Prep Section

5:15 pm - 5:45 pm

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

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 Award Committee
Kerri Bullock, Committee Chair
Location: Hawthorn

Jay B. Nash Outstanding Major Awards Committee
Dr. Shawn Ladda, Committee Chair
Location: Willow

Teacher of the Year Awards Committee
Kevin Mercier, Committee Chair
Location: Briar

7:00 pm - 8:30 pm

Amazing People Awards Ceremony
Location: Cypress C, D & E
Please join us as we honor our colleagues accomplishments, outstanding future professionals and our dedicated exhibitors!

8:30 pm - 12:00 am

Battle of the Zones & Evening Social
Location: Oneida & Mohawk
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 2011 Conference Zone Champions!

Be sure to stay after the games are over to enjoy dancing to the music of A Touch of Class Entertainment!

A Most Sincere Thank You to:

For Contributing Prize Baskets for Our Sixth Annual Battle of the Zones Competition!
SUNY Cortland
MSED in Physical Education

Preparing physical educators who will make a difference in their communities and the lives of their students...

CONCENTRATIONS

PHYSICAL EDUCATION LEADERSHIP
An intensive 1-year program that prepares you to take a leadership role in developing and implementing progressive curricula and advocating for quality physical education programs.

ADAPTED PHYSICAL EDUCATION
Enhance your expertise in adapted physical education in this nationally recognized program. Graduate Assistant positions available.

COACHING PEDAGOGY
A 3-year, summers-only program with hybrid delivery. Enhance your coaching and teaching skills through current research and the application of technology.

Contact Lynn Couturier, Chair
607-753-5577
or visit
cortland.edu/departments/physical-education/
Friday, November 18, 2011

6:30 am - 7:30 am
Early Birds

Wake Up With Boxball (4-Square)
Presenter: Donn Tobin (Lakeview ES)
Location: Mohawk
Not a morning person? You will be when you play this game! This fun early bird session will awaken your competitive spirit and get you ready for the rest of the Conference. Come learn and play the Southeastern Zone’s Tournament rules. Handouts are guaranteed!
Elementary/Middle School PE Section

Fat Burning Pilates
Presenter: Carol Powers (Suffolk CCC)
Location: Tuscarora/Cayuga
Wake up with a Pilates class that is done with standing dance based movement for 3/4 of the class. Pilates is designed to raise the heart rate to an aerobic state using the arms and legs without impact. At the end of this early bird session, participants will work the “core muscles” on the floor and stretch.
Secondary PE and Dance Sections

8:00 am - 9:15 am
Session VI

Follow The Leader
Presenter: Kaitlin Rodriguez, Future Professionals Section President
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

At-Risk for High School Educators ~ Find details on page 11
Location: Chautauqua Room

Jump Rope For Heart/Hoops For Heart Coordinator Meeting
Presenter: Paula Summit (American Heart Association NYS Coordinator)
Location: Cedar

Want To Include Everyone In All Of Your Classes?
Presenter: Lauren Herman (SUNY Cortland)
Location: Oneida
Presider: Andrew Herman
Experiences throughout a student’s life make them into the people they are today. After attending this session, you will be able to implement this lesson the next day, bring classes closer, and develop a greater understanding of others to prevent bullying in your class. This presenter will demonstrate ways to open up a class to activities that lead up to a discussion you do not want to miss!
Health Education and Adapted PE & Sport Sections

The Possibilities Of Movement
Presenters: Bob Oates (Retired, Guilderland CSD), Colleen Mickel (Guilderland CSD) & Chris Scanlan (Sage College of Albany)
Location: Mohawk
Presider: Sandy Williams
This elementary program builds a strong cognitive, experiential and creative foundation for the possibilities of movement that await our students in the secondary setting. Using concepts of movement, we will explore multiple skills in traditional settings, then change the environment and experiment with non-traditional movement skills. The presenter’s feel their students build a more diverse repertoire of skills and a deeper understanding of human movement.
Elementary/Middle School PE Section

Clean Up Your Backyard
Presenter: Lynn Hefele (Huntington UFSD)
Location: Tuscarora/Cayuga
Presider: Teresa Berschwinger
At-Risk for High School Educators ~ Find details on page 11
Location: Chautauqua Room

Building A Fitness Frenzy With Fitness Based Video Games In Your PE Curriculum!
Presenters: Anthony Ciuffo & Christine Moran (Wantagh SD)
Location: Seneca
Presider: Tom Winiecki
Join us for an innovative and fun way to reinforce fitness concepts, teach the core components of fitness and provide opportunities to maintain ones fitness level through the implementation of fitness based video games in the PE curriculum. In the age of “screenagers,” we are finding ways to stay relevant and effective by using video games to motivate students to get fit! The presentation will highlight the many ways you can adopt this curriculum and make it your own without spending thousands of dollars in the process.
Secondary PE Section
Action Research: Social Responsibility In An Urban Elementary School Gymnasium
Presenters: Dr. Laura Blitzer (Long Island University) & Edwin Rivera (Dr. Ronald McNair ES)
Location: Catskill
Presider: Joan Farrell
This session will describe the design and implementation of an action research project in an urban elementary school. Using Hellison’s Teaching Personal and Social Responsibility (TPSR) Model as a foundation, the authors will take the audience from idea to practice, discussing how the project evolved. The project was designed to increase instructional time, advance the development of pro-social behavior and improve the overall functioning of physical education classes across grade levels.
Elementary/Middle School PE Section

Partner Exercises
Presenters: Srecko Mavrek (NYC Department of Education) & Susan Garcia (Queensborough CC)
Location: Cypress D
Presider: Neil Hanlon
Partner exercises take advantage of partner support or resistance to develop maximal strength, power or muscular endurance. They can be static or dynamic, allowing concentric and eccentric contractions. This session will provide an overview of very enjoyable partner exercises that can be performed anywhere and without the use of sports equipment.
Exercise Science/Sports Med Section

Adventure Aquatics
Presenter: Timothy Jones (Greater Amsterdam SD)
Location: Indoor Pool
Presider: Linda Polizzi
Adventure Aquatics gives you a break from traditional physical education activities. This session utilizes the team building concept to encourage participation and build on interpersonal relationships. It’s intended to engage the students who generally do not participate in physical education class.
Aquatics Section *Don’t forget your bathing suit!*

Making Health Literacy Happen With The Great Body Shop
Presenter: Karin Schlereth (The Children’s Health Market)
Location: Birch
Presider: Lonnie Wilson
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 & State Health Education (and other curricular) standards. This session will provide an overview of the 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 Section

Teaching Strategies for Dance
Presenter: Colleen Buchanan (SUNY Cortland)
Location: Showroom
Presider: Amy Gunther
Using Country Line Dance as the tool, we will explore teaching methods that generate success for the teacher and the student. This session will target all grade levels. We will also look at assessment via a rubric that can be modified to meet the needs of specific grade levels.
Dance Section

Interdisciplinary Physical Education For Our Youngest Students
Presenters: Marcella Tebbano, Valerie Buchanan & Jody Hulsaver (Schenectady CSD)
Location: Briar
Presider: Miranda McNamara
Get a firsthand look at how to combine interdisciplinary activities into your physical education curriculum. This is a collaborative presentation from both a physical education teacher and a classroom teacher. Lessons and presentation will be focused on younger elementary/early childhood grades.
Elementary/Middle School PE Section

NYS AHPERD Leadership Seminar - What Is It All About?
Presenters: Jason Quitoni (NYS AHPERD President-Elect)
Location: Oak
Presider: Jason Lehmbeck
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 are expected to attend.
All Attendees

Data Rocks! Your Leverage, Your Power!
Presenter: Jabet Wheeler (Focused Fitness)
Location: Meadow
Presider: Sara Daggett
The role of a quality physical education program is to help students develop health-related fitness, physical competence, cognitive understanding and positive attitudes toward physical activity. Data assessment can fuel dynamic adjustment and change in each of the component areas of a high quality physical education program, the teacher's view, the district administration's view and from the student’s view. This session focuses on how a comprehensive, systematic and regular review of data, beyond student fitness measurements, can further enhance a quality physical education program!

Health Education Sharing Session
Presenter: Dom Splendorio (Prime Time Health Consulting)
Location: Cypress A
Presider: Miranda McNamara
This session will basically be a “Show and Tell” of activities, lessons, resources, networking, and anything else that can help health educators get ideas about professional growth in and out of the classroom. The presenter will start off with a couple of ideas and then turn it over to the group. Each attendee should attempt to share one lesson or other helpful resources. Copies of lessons and activities would be helpful.
Health Education Section
Project KNOW - A Grades 5-12 Sexuality Education Curriculum
Presenter: Linda Finn (Erie 2 BOCES)
Location: Cypress B
Presider: Bruce Risley
Project KNOW is a comprehensive sexuality education curriculum available for students in grades 5-12. The curriculum aligns with NYS and National Health Education standards and is provided by highly qualified professionals. This presentation gives an overview of the program, sample activities, and information on obtaining the curriculum.

Health Education Section

BWI’s “Be Fit Kids” Series-Program Introduction
Presenter: Shawna Dosser (BWI Health Promotions)
Location: Cypress E
Presider: Pamela Lockwood-Eygnor
Learn how comprehensive school wellness initiatives can benefit your students. BWI's “Be Fit Kids” series includes discussions on the following programming: Health & Wellness Quiz Game Show, Wheel of Health, “Be Fit Kids” After-School Program, the Online “Be Fit Kids” Instructor Training Certification and the new Online “Health & Wellness Quiz Game Show” in partnership with Master Guru.

Higher Education/Professional Prep Section

Fueling & Training The Body For Peak Performance - Fact & Fantasy!
Presenter: Jack Medina (Designs For Fitness)
Location: Willow
Presider: Cathy Haight
A little girl dies on diet pills and it changes Jack’s life ~ that was over 35 years ago. The presenter will discuss the hype, claims & facts about supplements, the best and easiest nutrition program available today, the why and how of using proper energy systems for specific sport training, the Mood Chart and much, much more. This is a session you won’t want to miss! This session is also being offered on Thursday during Session III if you can’t make this one!

Coaches Section

Healthy Schools New York PE Plan Workshop
Presenters: Stacy McNeill, Sarah Bentley-Garfinkel, Deb Spinella, Tom Hohensee, Jen Hillman, and Victoria Keir (HSNY Coordinators) & Mary Case (HSNY Physical Education/Physical Activity Trainer)
Location: Birch
Presider: Lonnie Wilson
Healthy Schools NY (HSNY) Coordinators and Physical Education (P.E.) Trainer will provide a workshop for Directors of P.E., appropriate administrators and P.E. teachers to begin the process of developing or revising their current New York State Education Department (NYSED) District P.E. Plans. HSNY is a New York State Department of Health funded program working in collaboration with NYSED. As a result of attending this workshop, attendees will: understand NYSED's expectations for each P.E. section of the Plan (Athletics will not be included in this presentation), learn about valuable resources to assist in the development/revision of PE Plans, review examples of exemplary P.E. Plans that have been reviewed by NYSED, collaborate with colleagues in the field and develop support networks, leave with an action plan and timeline that will empower participants to take immediate action.
At-Risk for High School Educators ~ Find details on page 11
Location: Chautauqua Room

GYMSTICK: Simply Effective Strength Training Techniques
Presenter: Tracy Ferland (Bounce International)
Location: Adirondack
Presider: Nicole Sileo
Experience how GYMSTICK can effectively improve core stabilization, muscular endurance, balance, and coordination for class settings and sports training. GYMSTICK is a strength training tool that combines movement patterns incorporating upper body, lower body and core simultaneously. The session will provide the tools and know-how of how the GYMSTICK can achieve positive outcomes for any fitness level or modality.

“Kid Power’s Operation Lunch Line 3D”
Presenter: Melissa Baum (Kid Power Programs)
Location: Hawthorn
Presider: Lindsay Armbruster
“Kid Power’s Operation Lunch Line 3D” is a highly interactive musical show designed to help children in grades K-5 learn the value of good nutrition & exercise. Using spectacular visual effects in 3-D, the audience travels inside the human body of a boy named Max. Through participation, the kids not only educate and motivate Max, but in doing so, learn they too are special, filled with all the “kid power” needed to FEEL GREAT.

Wildlife Adventures
Presenters: Sanford Geffner & Scott Lembitz (Earth Spirit Education Services, Inc.)
Location: Willow
Presider: Charles Roselle
This session, focused upon concepts of Wildlife Ecology, is designed to provide participants with a series of lessons, skills and activities that can be shared with students in either an indoor or outdoor setting. Instructors will be utilizing unique collections of skulls & bones, animal tracks, wildlife sounds and challenging games in order to provide educators with the means to incorporate this work into existing curriculums. Through these efforts and involvements, both teachers and students may become more knowledgeable of and intrigued with their wildlife neighbors.

“Fitness Stacking: Sport Stacking With A Twist... A Run And A Jump!”
Presenter: Lori Biffarella (Attica CSD)
Location: Cypress E
Presider: Lindsay Trugman
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 and receive a FREE Fitness Stacking Guide and our Instructor DVD.

Topics In Exercise Science For High School Students
Presenter: Srecko Mavrek (NYC Department of Education)
Location: Oak
Presider: Jim Codispoti
Exercise science is not just about lifting weights. It is also about educating people to live healthier lives through exercise, rehabilitation and nutrition. The aim of this presentation is to discuss the most important topics in exercise science for high school students. This session will last about 45 minutes, the remaining 15 minutes will be the Exercise Science/Sports Medicine Section Business Meeting.

Small Sided Short Time Games: 3 on 3 and 4 on 4 - Two Minutes or Less!
Presenter: John Smith (FlagHouse)
Location: Catskill
Presider: John Strong
This very active session will have participants involved in small-sided games with high-energy expenditure, total team involvement, tactical decision-making and opportunities to use skill and strategies. Small-sided games offer teachers and students time to develop team strategy meetings, fast restarts, offense and defense, and game skills. This is not your typical 3 on 3 all play at once games. These games are great for small areas with large groups of students. John is a past NASPE National Elementary Physical Education Teacher of the Year and currently works as an Educational Consultant for FlagHouse, Inc.
Walk And Run Around The World Folk Dancing
Presenter: Bess Koval (Dance-A-Peas)
Location: Showroom
Presider: Terry Price
Come learn a few of “Bess’ Best Bet” folk dances from around the world that will keep you and your students active, alert and very social. “Culture” will be added to your curriculum and the dances can be danced from 4th graders to all “above”. A “perk” could be to fight obesity and allow no time for bullying.

Dance Section

Kin-Ball® Sport, Drills & Skills
Presenters: Pierre-Julien Hamel & Philip Drouin (International Kin-Ball Federation)
Location: Oneida
Presider: Frank Zambrano
This brand new session is designed for physical education teachers who already know how to play KIN-BALL®. During the session, participants will have the opportunity of experiencing a series of educative exercises to improve motor skills needed when practicing the sport, such as, kicking, two person ball control and ball displacements. Participants will also learn how to modify the rules during game time to help students mastering the sport.

Coaches Section

Ziny's Driving School
Presenter: Lynn Hefele (Huntington UFSD)
Location: Mohawk
Presider: Rose Gebro
Literature Enhanced Physical Education (LEPE) presents Ziny’s Driving School, the fun-filled adventure of an alien girl learning to drive her spaceship around the universe. Learn to use your students' imagination to teach spatial awareness, locomotor skills and how to maintain a safe environment in the gymnasium. This 100% maximum participation lesson utilizes interval training to help develop fitness, primary social skill and conflict resolution strategies.

Elementary/Middle School PE Section

Rookie Rugby - Give It A Try!
Presenters: John Durant, Mike Hodgins & Rob Sliwinski (Rugby NY)
Location: Onondaga
Presider: Sheldon Suerce
Non-contact Rookie Rugby is a low cost, fun, vigorous activity for children in grades K-12. This interactive session will engage participants in a meaningful, fun, physically active game that is easy to organize and learn. Participants will experience firsthand how to integrate Rookie Rugby into their school.

Coaches and Future Professionals Sections

YMCA Splash
Presenters: Vanessa Martell & Chris Newland (Corning Community YMCA)
Location: Briar
Presider: Ed Leak
The YMCA Splash program works with the community in educating both children and adults about water safety. This program is highly adaptable to the needs of the community and can be run as a classroom water safety program within the schools or as free swim lessons that take place within the YMCA to provide basic water safety and swimming skills to individuals who otherwise would not have the opportunity to participate. Come to this informative session to learn more about this program and how it may benefit your community.

Aquatics and Recreation/Adventure Education Sections

Waist Management Boot Camp For Adults
Presenter: Gay Elliot (Aristo-Fit)
Location: Meadow
Presider: Tyler Bailey
Fitness instructors and personal trainers are not qualified to tackle the complicated field of nutrition, but, we can certainly educate clients on how to balance macro nutrients and dispel certain half truths about diet. The presenter will teach portion distortion, energy in versus energy out and how to enjoy a ‘realistic’ lifestyle. Participants will also learn how to implement a successful program or kick start their existing program.

Retiree and Exercise Science/Sports Medicine Sections

Future Professionals Section Business Meeting & Luncheon
Kaitlin Rodriguez, Section President-Elect
Location: Appalachian

Health Education Section Business Meeting
Lonnie Wilson, Section President-Elect
Location: Cypress A

Adapted PE & Sport Section Business Meeting
Michele Myers, Section President
Location: Cypress B

Exercise Science/Sports Medicine Section Business Meeting
Srecko Mavrek, Section President
Location: Oak

**Please note, this meeting will occur at the conclusion of the “Topics In Exercise Science For High School Students” program during this session.

NYS AHPERD Past President’s Luncheon
12:00 pm
Season’s Harvest Restaurant
Goalball
Presenters: Katherine White, Nicole Augustine & Christopher Schiumo (Canisius College)
Advisor: Dr. Jeff Lindauer (Canisius College)
Location: Adirondack
Presider: Kyle Gromlovits
Looking for an activity to increase your students’ awareness of the difficulties their peers may be facing? Goalball is an all inclusive sport, created for the visually impaired, that is fast-paced and fun for students of all ages and ability levels. Through the use of blindfolds, students can experience what life is like with a visual impairment while participating in this exciting game.

Recreation/Adventure Education and Adapted PE & Sport Sections
Different Equipment, Same Content, Same Activities And Assessments
Presenter: Tom Winiecki (Fayetteville-Manlius CSD)
Location: Mohawk
Presider: Erin Lingle
You no longer have to teach “different” skills, different ways. Come see how you can group different skills into common categories that will make it easier for you to teach and assess while making it easier for your students to understand and learn!

Elementary/Middle School PE Section

Anti-Bullying Through Physical Education
Presenter: Joel Bennett & Wendy Balachick (Windsor CSD)
Location: Appalachian
Presider: Christopher Infante
From locker room supervision to small group discussion, two physical education teachers who are trained Olweus Bullying Prevention Program team members will give you everything you need to build a safer environment for all of your students. We will help you think about how you take attendance, start your year, and set up games that will develop trust and community. Be ready to move and take huge impact ideas home that will change the atmosphere of your whole school by raising awareness of character and personal interaction.

Future Professionals and Secondary PE Sections

Literacy, Set, Go!
Presenter: Amy Cullen (TST BOCES)
Location: Showroom
Presider: Barbara Smith
Did you know that physical education and health classes are already supporting student learning in ELA? Learn what the ELA Common Core Standards are and how physical education and health innately (that means no extra work for us!) offers opportunities for student practice. A brief discussion of the new APPR regulations going into effect in the 2012-2013 school year will also be included in this presentation.

All Attendees
At-Risk for High School Educators – Find details on page 11
Location: Chautauqua Room

Pilates For Golf, Baseball & Softball
Presenter: Linda Schaffer (Certified Pilates Instructor)
Location: Catskill
Presider: Allison Relyea
Pilates will strengthen core muscles and condition the entire body, enhancing your performance in golf, baseball and softball. These exercises will improve balance and flexibility. The presenter will explore unique and fun drills that will enhance your physical education program at all levels.
Secondary PE, Retirees and Coaches Sections

Rope Jumping–Jazz Up Your Jumping With Modifications And Fun!
Presenters: Brittany Stagnitta, Caitlin Weinsheimer, Matt Kline & Brian Malloy (Syracuse University)
Advisors: Dr. Sandy Bargainnier & Dr. Luis Columna (Syracuse University)
Location: Lava
Presider: Bari-Morgan Allor
Fitness, fun, low cost, and cooperative! Learn to put some new bounce, choreography and moves into your rope jumping. Teaching tips, techniques, and modifications appropriate for K-12 students will be included. A packet of skills and lesson ideas will be provided for participants.
Elementary/Middle School PE, Secondary PE, & Future Professionals Sections

Implementing The P.E. Profile Into Your Curriculum
Presenters: Karyn Schutzer & Dustin Verga (SUNY Cortland)
Advisor: Dr. Jeff Walkuski (SUNY Cortland)
Location: Cypress E
Presider: Breanne Galloway
Why haven’t you used the PE Profile? The PE Profile can transform your district’s curriculum into a quality program that can be used across all grades and levels of students. In standards-based education, the responsibility to plan curricula to assist students in achieving the standards can be difficult, but the PE Profile can provide a foundation of expectations to guide local level curriculum with ease. Karyn Schutzer is a NYS AHPERD 2011 Jay B. Nash Outstanding Major Scholarship Winner!
Secondary PE and Future Professionals Sections

“Let’s Party” A Decision Making Skill Learning Experience
Presenters: Lonnie Wilson & Casey Horner (Niskayuna CSD)
Location: Cypress A
Presider: Cory Turner
Session participants will learn how the skill of decision making is translated into a unique and meaningful learning experience for high school students. The presenters will share a learning experience, as well as, lessons with formative and summative assessments. This presentation is part of the Keeping The Skills Alive series; look throughout your program for other health education presentations that are part of this series.
Health Education Section

Middle School PE Profile In Action!
Presenters: Stephen Sanderson & Christina Buschmann (Clinton SD)
Location: Oak
Presider: Carlos Pena
The PE Profile is not just for the high school anymore! Come hear from teachers that have field tested and piloted the assessments at the middle school level - hear and see how it works!
Elementary/Middle School PE Section

Winning The Teach Off! How To Land The Next Job!
Presenter: Jim Rose (Yonkers PSD)
Location: Cypress D
Presider: Jeffrey Hart
The presenter will provide tips for obtaining your next (or first) physical education teaching position! This session will explore what should be in a cover letter and resume, conducting a successful interview, with the emphasis on how to win the teach off, and the final step - the hiring process.
COA and Future Professionals Sections

Maryland Fitness And Athletics Equity Act & Allied Sports Model
Presenter: Linda Webbert (Baltimore County Public Schools)
Location: Meadow
Presider: Linda Quitoni
In the spring of 2008, the Maryland General Assembly passed House Bill 1411 which provides for equitable opportunities for students with disabilities to partake in physical education offerings as well as opportunities for participation in interscholastic athletics. Implementing the Fitness and Athletics Equity Act has been a collaborative initiative with The Maryland State Department of Education Division of Instruction, Division of Special Education/Early Intervention, The Maryland Public Secondary Schools Athletic Association, The Maryland Department of Disabilities and the Maryland Adapted Physical Education Consortium. This session will provide an overview of how this Act is being implemented and how it has effected physical education, adapted physical education and interscholastic athletics in the school systems in Maryland.
Adapted PE & Sport Section

Aquatherapy In Autism: An Errorless Teaching Strategy With Play Skills For Water Adjustment
Presenters: Dr. Mehmet Yanardag and Dr. Ilker Yilmaz (Anadolu University, Turkey) & Dr. Ferman Konukman (The College at Brockport)
Location: Indoor Pool
Presider: Lori Friend
Children with autism enjoy and success the water-based skills and games in a pool compared to land-based exercises in the gym. The purpose of this presentation is to teach basic practical strategies and tips for aquatic play skills for water adjustment, which is, an important phase of the Halliwick’s Method of teaching for children with autism. In addition, several play skills will be practiced using a video technology in the pool.
Aquatics and Adapted PE and Sport Section

Guaranteed Benefits Of The New York State Teachers’ Retirement System
Presenter: Cindy Surprenant (NYS Teachers' Retirement System)
Location: Willow
Presider: Shirley Bowen
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
Violence Prevention: The Realities of Bullying
Presenters: Jill Henchen & Heather Tran (Gates Chili MS)
Location: Briar
Presider: Claire Demas
This presentation will assist teachers and students in becoming more aware of the devastating effects of bullying in middle and high school. It will encourage each individual to reflect on personal experiences as well as promoting feelings of sensitivity for all victims of violence. Participants will acquire new ideas to incorporate into lessons, which will leave a lasting impression on their students.

Health Education Section

USTA School Tennis- No Courts, No Problem
Presenters: Joe Steger & Michelle Skelley (USTA Eastern)
Location: Onondaga
Presider: Vanessa DiNoto
As part of our mission to promote and develop the growth of tennis, the United States Tennis Association (USTA) is dedicated to introducing the lifetime sport of tennis to children of all ages in school districts throughout the country. The USTA worked closely with Dr. Robert Pangrazi and other experts to develop the USTA School Tennis Curriculum Kit that meets NASPE standards and contains a complete teaching manual, instructional DVD, quick-reference pocket guide, and a CD of animated station signs. This interactive session will include an abridged version of the USTA School Tennis Physical Education Teacher In-service, and we will provide information on modified equipment, Tennis Skillastics, and other programs/benefits available to schools that participate in the USTA School Tennis Program.

Recreation/Adventure Education Section

Innovative Ways To Meet The Standards: Spice Up Your Elementary PE Classes
Presenter: Laura Shaw (Dows Lane School)
Location: Oneida
Presider: Bryan Cooper Smith
Are you looking for new, innovative activities that will help you meet the state and national standards? If so, then this is the session for you! A variety of activities will be presented from assessment, skill development, and cooperative activities to name a few. This is a session you don’t want to miss! Laura Shaw is the 2011 EDA Elementary Physical Education Teacher of the Year!

Elementary/Middle School PE Section

ARMY NATIONAL GUARD: Are Your Students GUARD FIT?
Location: Tuscarora/Cayuga
Presider: Murphee Hayes
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.

Secondary PE

Using Technology In The Skills Approach In Health Education
Presenter: Dr. Nancy DeKorp (The Sage Colleges)
Location: Cypress B
Presider: Lisa Sherman
There are many easy and free software programs and/or designs, downloadable to newer computers, which offer endless possibilities in teaching health education. We will explore some of these programs and discuss how they can be incorporated in the health education classroom—skills approach or conventional. You don’t teach health education? Don’t worry, you may find these programs useful in your own practices!

Health Education Section

Fear Less, Live More!
Presenter: Sarah Reinertsen (NYS AHPERD Keynote)
Location: Hawthorn
Presider: Lori Potter
Is there something that is stopping you from finding success? Face your fears! NYS AHPERD’s Friday Keynote Presenter, Sarah Reinertsen, the first woman on a prosthetic leg to finish the Ironman World Championships in Kona, in a very respectable finish time of 15 hours and 5 minutes, will take time to discuss how she overcame her fears and how you can too!

All Attendees

Hook Your Students With Technology
Presenter: Shelly Connors (Auburn HS)
Location: Seneca
Presider: Nicole Sherman
This session will explore how to use different technology in your classes. Devices utilized will be smart phone and apps, iPod/mp3 player usage, and many others. Keep in mind, technology does not have to be expensive!

Higher Education/Professional Prep Section

Seventh Annual
Dr. Ron Feingold Lecture Series
Presenter ~ Dr. Shawn Ladda
Professor at Manhattan College

Dr. Ron Feingold
2:25 pm - 3:40 pm ~ Location: Cypress D
CONGRATULATIONS TO MARA MANSON
NYS AHPERD PRESIDENT 2010-2011

The Nassau Zone is proud of you!
Thank you for your dedication to NYS AHPERD!

The Nassau Zone Honors &
Congratulates Our 2011 Award Winners

Distinguished Service Award
Tom Howard, Adelphi University

Jay B. Nash Outstanding Major Award
Bryan Coopersmith, Long Island University~CW Post
Karyn Schutzer, SUNY Cortland

Award of Distinction for a School Administrator
Dave Zawatson, Great Neck Public Schools

Nassau Zone Amazing Person
Jackie Beihoff, Baldwin Public Schools

Coaches Section Amazing Person
Rob Kolb, Lynbrook Public Schools

Higher Education/Professional Preparation Section Amazing Person
Dr. Nana Koch, Long Island University~CW Post

Exercise Science/Sports Medicine Section Amazing Person
Gilbert Callan, NYCDOE, High School for Construction Trades, Engineering and Architecture

Save the Date for our upcoming Mini-Conference
Friday, March 2, 2012
Adelphi University, Garden City, NY
www.nassauzone.org
Friday, November 18, 2011

2:25 pm - 3:40 pm
First Annual
Jerry C’s Coaching Colloquium
Location: Showroom

Dr. Jerry Casciani’s career includes sixteen years as Department Chair of the SUNY Cortland Physical Education Program, as well as one year as Interim Dean, several years as assistant coach in football, wrestling and lacrosse and seven years (1984-1990) as head Men’s Lacrosse Coach. During this period, he received his doctorate degree (1980) from West Virginia University with a research emphasis in the area of motor development. Jerry Casciani coaches several sports and taught Physical Education at various public school level in Long Island, Baltimore, and Pennsylvania. He received his bachelor’s degree from Springfield College and his master’s degree from Penn State. Dr. Casciani is currently an Associate Professor at SUNY Cortland and holds positions on many advisory boards in New York State and around the world.

Colloquium Schedule
Developing A Natural Base for Athletic Ability
Jerry C
Building Holistic Strength
Rod Mergardt
What Current Research Says About Strength, Flexibility & Wrap-Up
Gary Babjack
Summary and Discussion
Jerry C

*The Coaches Section Business Meeting will take place at the conclusion of the colloquium.

2:25 pm - 3:40 pm
Session IX

At-Risk for High School Educators ~ Find details on page 11
Location: Chautauqua Room

Cardio GX As A Tool For Motivation
Presenter: Bob Wehinger (Polar Education/Technology)
Location: Briar
Presider: David Luczyski
Experience interactive heart rate monitoring through Cardio GX technology and collection of data through E 600 HRM and PE Manager software. This presentation will give participants the opportunity to see their own heart rate projected on the wall.

W.E.L.L. We Eat-Live-Learn Wellness! Make It Happen!
Presenters: Margaret Robeele & Laurie Quilty (Hyde Park CSD)
Location: Cypress B
Presider: Nadir Almakay
Would you like your students to move more, eat healthier, and make healthy choices for their own growth and development? Are you able to routinely teach and discuss concepts of health and wellness during PE class? If you have ever thought about creating a wellness program that addresses these needs for your students this is the session for you! This session will show how two schools effectively created cultures of wellness in their elementary schools that are sustainable and ongoing. Margaret Robeele is the NYS AHPERD 2011 Elementary Teacher of the Year!
Health Education Section

Teaching Lacrosse In Your Physical Education Classes
Presenter: Lisa Christiansen (South Woods MS & US Lacrosse)
Location: Oneida
Presider: Mike Potenza
Lacrosse is a unique, fast-paced game that can be enjoyed by boys and girls at all grade levels in physical education. Session participants will learn the basic skills and how to implement lacrosse into their curriculum. In addition, they will participate in demo lessons using the US Lacrosse Physical Education Curriculum Guide.
Elementary/Middle School PE and Secondary PE Sections

Using Physical Best To Address NASPE Standard 2
Presenters: Arielle Schneider, Charles Roselle, Mike Potenza, David Luczyski, Vanessa Dinoto, Mike Rizzo, Brian Chapman, Neil Hanlon, Courtney Aldrich, Tyler Bailey, Tom Niehaus, Jean Farrell, Amy Gunther, Pamela Lockwood, Lindsay Trugman & Miranda McNamara (The College at Brockport)
Advisors: Dr. Alisa James, Dr. Doug Collier & Sheri Treadwell (The College at Brockport)
Location: Mohawk
Presider: Maryanne Ceriello
This presentation will consist of a several Physical Best activities that can be included in an elementary and secondary physical education curriculum. In addition, links between NASPE Standard 2 and the activities will be provided. Furthermore, participants will get the opportunity to participate in the activities and ask questions of the presenters.
Elementary/Middle School PE Section

Inclusive Elementary Fitness Activities
Presenters: Dr. Cathy Houston-Wilson (The College at Brockport) & Dr. Jeff Walkuski (SUNY Cortland)
Location: Seneca
Presider: Nicole Contrera
Come learn about Physical Best Elementary activities and how each can easily be adapted to meet the needs of all learners. Each activity incorporates a physical fitness cognitive concept.
Adapted PE & Sport Section
From “Squaring To The Rap” To “Hip-Hop Hoedown”  
**Presenter:** Dr. Shawn Ladda & Dr. Deb Adams (Manhattan College)  
**Location:** Tuscarora/Cayuga  
**Presider:** Jose Pena  
This session is an introduction to a student-centered approach to traditional dance utilizing rap and hip hop music. A creation of one “Squaring to the Rap” and one “Hip Hop Hoedown” will be taught. Participants will then get a chance to create their own “Squaring to the Rap” or “Hip Hop Hoedown”. Participants will be asked to share their creations! “Squaring to the Rap” has been piloted more than 50 times in New York City Schools and has been overwhelmingly received by both male and female students, including, upper elementary and middle school children. With the use of today’s music, students find the dance more relevant to their own lives. It allows students to be creative and to work productively in a group. “Hip Hop Hoedown”, using hip hop music with traditional folk dance is a sequel to “Squaring to the Rap”, using rap music with traditional square dance.  
**Dance Section**

Add Some A.R.T. To Your PE Program (Amazing Realistic Techniques)  
**Presenter:** Lori Bifarella (Attica Central Schools)  
**Location:** Onondaga  
**Presider:** Erin Sanchez  
Come experience an array of “Amazing Realistic Techniques” that you can incorporate right away to enhance your current physical education program. These highly energized activities will combine the use of social, cognitive and skill based approaches in exciting ways that will tie in cross curricular education components.  
**Elementary/Middle School PE Section**

What Is The Most Accurate Method To Determine Body Composition?  
**Presenters:** Penny Dalton Hite & Todd Backes (SUNY Fredonia)  
**Location:** Appalachian  
**Presider:** Richard Grassa  
Participants in this session will learn the results of a study performed at Fredonia State University to determine the most accurate method to evaluate body composition and thus, risk for disease. The study compared results obtained from readily available instrumentation (skin fold calipers, bioelectrical impedance and BMI) to clinical instrumentation results (hydrostatic weighing tank). The session will conclude with participants having their own disease risk evaluated by completing a BMI calculation and a body fat assessment, using skin fold calipers and bioelectrical impedance, to be adjusted according to FSU study results.  
**Exercise Science/Sports Medicine Section**

Medicine Ball Madness  
**Presenter:** Gay Elliot (Aristo-Fit)  
**Location:** Adirondack  
**Presider:** Mike Tully  
This is a fast paced, fitness/exercise class that’s adaptable for children, adults and older adults. The medicine ball is used throughout the activity as an aid to muscular strength and cardio. This session is sure to be fun, challenging and unique!  
**Secondary PE and Exercise Science/Sports Medicine Sections**

Designing Strength And Conditioning Programs For Your Student/Athletes  
**Presenter:** Marc Agnello (Wellsville CSD)  
**Location:** Catskill  
**Presider:** Jim Codispoti  
This session will take out the guesswork when designing strength and conditioning programs for your students/athletes. You will leave this presentation with the knowledge necessary to create a unit plan and/or training programs. Participants will be given a packet of assessments, sample training programs they can use immediately and will learn proper lifting technique for the core lifts.  
**Exercise Science/Sports Medicine and Coaches Sections**

Aquatics In Autism: Planning a Pool-Based Lesson With Exercise And Play Skills By Using Errorless Teaching Strategies  
**Presenters:** Dr. Ilker Yilmaz and Dr. Mehmet Yanardag (Anadolu University, Turkey) & Dr. Ferman Konukman (The College at Brockport)  
**Location:** Indoor Pool  
**Presider:** Lori Friend  
The purpose of this presentation is to plan an aquatic lesson that includes motor, social and communication skills to enhance development of children with autism. Moreover, basic aquatic play skills will be practiced using different teaching strategies such as guidance, most-to-least prompt, errorless teaching and simultaneously prompting.  
**Aquatics and Adapted PE & Sport Sections**

Guaranteed Benefits Of The New York State Teachers’ Retirement System  
**Presenter:** Cindy Surprenant (NYS Teachers’ Retirement System)  
**Location:** Willow  
**Presider:** Lois Codispoti  
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**
Choosing Guest Speakers To Complement Your Curriculum  
**Presenter:** Linda Finn (Erie 2 BOCES)  
**Location:** Meadow  
**Presider:** Lonnie Wilson  
Do you wonder how to choose and handle guest speakers in your classroom? This session will go over how to choose the right guest presenters for your curriculum, your role when the guest speaker arrives, and evaluating the effectiveness of the presenter. Participants will leave the session with tools such as rubrics and assessments to use when considering a guest speaker.  
*Health Education Section*

Video PSAs: An Advocacy Learning Experience  
**Presenter:** Lindsay Armbruster (Burnt Hills-Ballston Lake CSD)  
**Location:** Cypress A  
**Presider:** Bruce Risley  
Session attendees will be exposed to the entire high school learning experience, complete with student products and participation in several activities. This learning experience serves as a wonderful culminating activity, is easily adapted to different grade levels, and offers students the opportunity to work as a team to explore and advocate for health issues important to them. This presentation is part of the Keeping The Skills Alive series; look throughout your program for other health education presentations that are part of this series.  
*Health Education Section*

Affective Assessment: Why And How  
**Presenter:** Dr. JoEllen Bailey (SUNY Cortland)  
**Location:** Cypress E  
**Presider:** Ed Woolston  
NYS Learning Standard 2 focuses on the affective domain and directs physical educators to teach their students to be personally and socially responsible. This session will present procedures and tools that can be used in affective assessment. The PE Profile will be the foundation of top-down NYS standard 2 planning.  
*Secondary PE Section*

The Quest For The Web In Health Education: WebQuest  
**Presenter:** Dr. Nancy DeKorp (The Sage Colleges)  
**Location:** Birch  
**Presider:** Juliann DellaRocco  
Incorporate the internet while encouraging critical thinking and providing a creative learning strategy for skills-based Health Education. By your design, your students will either work with others or go solo to discover and incorporate information from the internet to solve a problem, explore approaches, analyze events, and so on. The WebQuest strategy is as vast as your needs and imagination! This is just a session, not a training.  
*Health Education Section*

Lacrosse-The Creator's Game  
**Presenter:** Perry Ground (Rochester CSD)  
**Location:** Cypress D  
**Presider:** Kristina Cavallo  
This session will detail the cultural and historical significance of the Haudenosaunee game of lacrosse. Students will learn how the Haudenosaunee invented this game, the evolution of the game and equipment, different styles played today, and some basic elements of game play. Teachers will receive ideas about linking the significance of playing Tewaarathon (Mohawk word for lacrosse) to the Social Studies curriculums.  
*Elementary/Middle School PE Section*

Risk Management & Safety In Physical Education  
**Presenter:** Rod Mergardt (SUNY Cortland & Manhattanville College)  
**Location:** Cypress E  
**Presider:** Lauren Herman  
During this session, the presenter will focus on the 14 legal duties of teachers and coaches, liability and negligence. Participants will have the chance to explore strategies that will help keep our students out of the emergency room and teachers and coaches out of the courtroom.  
*Higher Education/Professional Prep and Coaches Sections*

Making The Connection: Children’s Health = School Success  
**Presenter:** Michelle Easterly (NY Beef Industry Council)  
**Location:** Cypress B  
**Presider:** Lonnie Wilson  
Health is academic, this simple fact is supported by dozens of research studies and practical experience in hundreds of school districts. This motivational session will explore the relationships between nutrition, physical activity, behavior at school, and performance in the classroom. You will learn easy ways to make the connection between strong bodies and smart brains come alive for administrators, educators, families, and students in your district.  
*Health Education Section*

Diversifying Health Education & Infusing 21st Century Skills  
**Presenter:** Michelle Isfill-Roseau (White Plains High School)  
**Location:** Cypress A  
**Presider:** Bruce Risley  
Our global economy calls for innovation and creativity, and health education is well suited to meet this demand. This presentation will explore how health education can diversify instruction and infuse the framework for 21st century learning. Participants will engage in interactive activities relating to critical thinking and problem solving, communication, collaboration, and creativity.  
*Health Education Section*
**Wellness Policy - A Springboard For Advocacy**
Presenter: Vanessa Booth (Half Hollow Hills SD)
Location: Meadow
Presider: Barbara Smith
Using your board approved wellness policy, you can advocate for healthy behaviors in your community. Are all of the buildings in your district in compliance with the policy? Do parents really understand? Start the conversation that may spark others to support and improve your policy AND support health and physical education programs at the same time!

**Health Education Section**

**What's New In Paddling... Kayak, Canoe and SUP!**
Presenter: Steve Busch (Binghamton University)
Location: Indoor Pool
Presider: Lori Friend
Kayaking, canoeing, and the latest craze in the paddling world - SUP (stand up paddling). Come try SUP, learn to roll a kayak or canoe and see how the versaboard is being used in lifeguarding. Pick up some tips on teaching paddling in your physical education class! Don’t forget your bathing suit!

**Aquatics Section**

**Fitness Dancing: Modifications that Create Success for ALL**
**Presenters:** Michelle Gibbs, Jenni Hershman, Kaitie Kairys, Caitlin Weinsheimer & Matt Kline (Syracuse University)
**Advisors:** Dr. Sandy Bargainnier & Dr. Luis Columna (Syracuse University)
Location: Onondaga
Presider: Carissa Cromwell
Make fitness fun and successful for all through a variety of dance moves. Teaching tips, modifications, and techniques appropriate for students, grades 7-12, will be included. A packet of dance moves and lesson ideas will be provided for participants.

**Secondary PE and Adapted PE & Sport Sections**

**Creative Leadership: Ensuring Quality Physical Education**
**Presenter:** Lloyd Mott (Fit 4 Life Consulting)
Location: Birch
Presider: Ken Demas
The Council of Administrators’ Section wants to share information with potential Directors of Health and Physical Education. Creative directors provide leadership with teachers, help their districts assess programs and collaboratively update and improve quality. Future directors should attend and participate!

**COA Section**

**Touch Rugby For Everyone!**
**Presenters:** Grace Warren, Christopher Heim & Dr. Jeff Walkuski (SUNY Cortland)
**Location:** Adirondack
**Presider:** Frank Bartok
Looking for a simple game that just needs a rugby ball or any other type of ball and a space to play? Touch rugby is a simple, but exciting game, which allows for minimal physical contact that focuses on basic skills such as running, handling a ball, evading opponents and learning about offensive and defensive strategies. The game is suitable for a variety of age levels and can be quickly learned and played in a variety of venues!

**Future Professionals and Secondary PE Sections**

**Cracking The Code: The Key To Physical Education Activities And Fitness**
**Presenters:** Sheri Brock (Auburn University, Alabama), Gina Pucci (Cecil County PS, Maryland) & Robin Thornburg (South Smiths Station ES)
**Location:** Seneca
**Presider:** Shelly Connors
This activity session will include ready-to-use, non-traditional games and activities to motivate students of all ages and skill levels. The games presented will encourage problem solving, cooperation, motor skill development, tactical awareness, and use of technology, while implementing and assessing fitness components in your daily curriculum. Practical concerns of instructing activities with varying group sizes and limited space/equipment will be addressed.

**Secondary PE Section**

**Afrobics Featuring Calypsorobics, Socarobics & Reggaerobics!**
**Presenter:** Leslie Pieters (Roosevelt UFSD)
**Location:** Tuscarora/Cayuga
**Presider:** Monica Wolfe
For the first time, Afrobics brings together similar high energy dances from the Afro-Caribbean Diaspora. Inspired by West & East African music & dance, Afrobics makes for a high energy aerobic dance party to the tune of Calypso, Soca & Reggae music. Think cardi-carnival as you prepare for this exercise experience!

**Dance Section**

**Knock It Outta Yankee Stadium!**
**Presenters:** John Hichwa & Aaron Hart (The SPARK Programs)
**Location:** Mohawk
**Presider:** Margaret Roblee
Batter up! Well, not exactly. Leave traditional methods in the dugout and step onto the field with a new, NASPE and New York State standards-based approach to instruction. First base > lead with the Standard. Second base > Create your assessment. Third base > Select your activities. 4 > Home Run! You and your students score! Learn via active examples and leave with access to the lessons and assessments used. Be here when the first “pitch” is thrown out!

**Elementary/Middle School PE Section**
Multidisciplinary Teaching Techniques Taught Through Map Adventures (Orienteering)
Presenters: Ed Hicks (Orienteering Unlimited) & Raluca Gruin (Fordham Leadership Academy HS)
Location: Lava
Presider: Amber Wilcox
Orienteering is a map-navigating sport that brings the fun of a treasure hunt to any program you are designing. Experience a step-by-step progression of exercises that foster problem solving, decision-making, team building and self-confidence, and inspire a wide range of applications that you can use immediately with any subject matter, any age group, and in any setting.

Future Professionals and Secondary PE Sections

Positive Practices For Teaching Overweight Students
Presenters: Dr. Paul Rukavina, Dr. Sarah Doolittle, Dr. Angela Beale & Dr. Mara Manson (Adelphi University), Berto Cerasi (Seaford MS), Fran Clark (Weber MS) & Jacquie Gow (Finley MS)
Location: Briar
Presider: Dr. Sarah Doolittle
This session will discuss strategies on how to include overweight and obese students in secondary physical education classes and programs. Presenters will also showcase practical inclusive strategies of expert middle school physical education teachers. Both instant activities and curricular and managerial strategies will be discussed.

Secondary PE Section

“Getting To Your Finish Line”
Presenter: Sarah Reinertsen (NYS AHPERD Keynote)
Location: Oak
Presider: C. Brian Oaks
NYS AHPERD’s Friday Keynote Presenter, Sarah Reinertsen, the first woman on a prosthetic leg to finish the Ironman World Championships in Kona, in a very respectable finish time of 15 hours and 5 minutes, will take time to discuss goal setting with you! Come learn how to be better at achieving and creating your own success!

5:30 pm - 6:30 pm
College & Zone Socials

Central Western Zone Social
Cypress D

The College at Brockport ~ SUNY Social
Cypress E

Adelphi University Social
Cypress B

SUNY Cortland Social
Cypress A

5:30 pm - 6:30 pm
Jay B. Nash Awards Dinner Reception
Location: Tuscarora/Cayuga

6:45 pm - 9:00 pm
(6:00 pm - Doors Open)

Jay B. Nash Awards Dinner
Location: Oneida

The Awards Dinner provides an opportunity to recognize our colleagues who have accomplished distinguished professional achievements.

Teachers of the Year, Professional of the Year,
Distinguished Service Award,
Health Education Awards, and the
Bernard E. Hughes Award, as well as, the
2011 Jay B. Nash Outstanding Major Awards.

Join us for our NYS AHPERD
Presidential Rotation and the passing of the gavel!

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

JAB is a Classic Rock, Southern Rock, Rock ‘n Roll, Blues, and Modern Country band who has been influenced mainly by the Allman Brothers, Stones, Petty, Cream/Clapton, Skynyrd, Doors, a little modern country, and on!

Members include Rich Marocco, Bob Willman, Joe LaValla, Mark Kaucher, & Roger Marocco. JAB is based out of Little Falls, NY.
Saturday, November 19, 2011

7:30 am - 9:00 am
Retirees Section Breakfast Meeting
Location: Cypress C

Intensive Trainings
Pre-registration by Tuesday, November 1, 2011, may have been required for all Intensive Training and Certification Programs.

8:00 am - 4:00 pm
Physical Best Specialist Certification
Presenter: Dr. Jeffrey Walkuski (SUNY Cortland)
Location: TBD
This 7-hour workshop is designed to educate participants about the Physical Best and FITNESSGRAM Program, through hands-on activities that teach the components and principles of health-related fitness education. Physical Best is: Practical, ready-to-use, and fits into any K-12 Physical Education Curriculum; Based on national Health, Physical Education, and Dance content standards; Inclusive and developmentally appropriate, wherein all children can succeed with Physical Best; Taught through activity; and, Based on guidelines for health and personal improvement, non-unrealistic performance based standards. The cost includes 3 required resources.

Certification Program
9:00 am - 12:00 pm
Getting Started On The Web
Presenter: Jonathan Walsh (Adelphi University)
Location: Oak
Physical education and health education are behind the times! Many districts do not have quality websites for physical education or health education and are not making modern connections with students, parents and the community. This intensive training will address why your program should have an up-to-date website, how to make it happen on your own, and where to take it in the future! Participants should bring their own laptops.

Catch The Wave! Update Your Aquatic Safety Skills In CPR
Presenter: Sheldon Sucre (Adelphi University)
Advisor: Dr. Angela Beale (Adelphi University)
Location: Willow
The purpose of this intensive training is to help participants recognize emergencies and make appropriate decisions for first aid care. Participants will engage in activities that will help them gain the knowledge and skills needed to know how to provide immediate care to a person who becomes ill or injured whether it be in a recreational area or place of employment. The emergency care procedures presented in this training will reflect the current updates and standard of knowledge needed for certification by the American Red Cross. Participants will be introduced to the current American Red Cross updates with CPR/AED training, discuss reasons for updates, and participate in skill sessions and activities that will help participants interested in receiving their certification in American Red Cross CPR/AED. The cost of this training will cover the certification and materials. Participants must attend the entire training and pass a written exam with 80% or better to receive certification of completion.

Certification Program

9:00 am - 10:15 am
Waddles Elementary Time Travel Exposition!
Presenter: Jack Murphy (SUNY Cortland)
Location: Oneida
Presider: Nicole Augustine
Have you ever wondered how it felt to land on the moon? Maybe you have thought about life in the Roman Empire. Perhaps you have dreamed of being on the deck of the Titanic? Remarkable achievements and events have helped to define human history. In a classroom, students can learn facts and dates. However, in physical education, students have the ability to relive some of history's greatest events first hand. In this unit, many of history's major events are transformed into physical challenges to help students acquire knowledge of historical events. We will cover the NYS/NASPE Learning Standards as well as the interdisciplinary use of this unit. Check the flux capacitor, hop in the DeLorean, and come experience some of history's greatest moments!
Elementary/Middle School PE Section

Ditch The Workout, Join The Party
Presenters: Nicole Contrera & Christina Cobucci (Adelphi University)
Advisor: Dr. Angela Beale (Adelphi University)
Location: Onondaga
Presider: Eric Englander
Why go the gym and do boring workout routines, when you could join the party with a few Latin dance moves that are fun and exciting? This program will incorporate many different routines that feature interval training sessions and resistant sessions that are designed to tone and sculpt your body while burning fat. This program is intended to inform the audience members of the various benefits of physical activity on the brain. This session will provide scientific evidence on how and why aerobic activity will increase brain activity. This program will incorporate the salsa, merengue, reagetton, and cumbia into fun-filled Latin dances that will increase brain activity while creating a positive effect on other interdisciplinary subjects.
Secondary PE and Dance Sections

Talking, Dating, or Hookin’ Up
Presenter: Linda Finn (Erie 2 BOCES)
Location: Cypress B
Presider: Bruce Risley
With so many mixed messages in society regarding healthy relationships, it is increasingly more difficult for teens to navigate their way through emotions, decision-making, and behavior when it comes to their own relationships. This workshop will provide sample lessons and discussion starters to use with teens when teaching about healthy relationships. Participants will engage in interactive and fun activities that they can use in their classrooms.
Health Education Section
Current Events In Health: A Communication Learning Experience
Presenter: Lindsay Armbruster (Burnt Hills-Ballston Lake CSD)
Location: Cypress A
Presider: Juliann DellaRocco
Attendees will be exposed to the entire 8th grade learning experience, complete with student products and participation in several activities. The learning experience is an integration of communication skills, current health issues/events, learning styles, and community building. This presentation is part of the Keeping The Skills Alive series; look throughout your program for other health education presentations that are part of this series.

Health Education Section

Creativity- Your Inner Talent
Presenter: Bess Koval (Dance-A-Peas)
Location: Tuscarora/Cayuga
Presider: Caitlin Sweetapple
Creativity, your inner talent, jump out of your security box and have fun being creative - all in the name of modern or creative dance, writing your name on the wall, giving sport a new look, and/or “Hop, Plop, and Roll”. Thinking out of the box can help teachers view class material and methods, whatever they are, in a way to excite both teacher and students to more efficient and fun learning. Athletes included, will find their inner talent!

Dance Section

Softball- Modifications That Create Success For ALL
Presenters: Jenna Caira, Morgan Nandin, Alyssa Partyka & Jayme Sky (Syracuse University)
Advisors: Dr. Sandy Bargainnier & Dr. Luis Columna (Syracuse University)
Location: Mohawk
Presider: Mark Nersesian
Participants are invited to come learn how to modify softball skills and tactics so all children can learn while having success and fun. A packet of games and lesson ideas will be provided for participants!

Dance Section

Small Sided Games Football 3v3
Presenter: Jeff Gush (Horseheads CSD)
Location: Onondaga
Presider: Wendi Eklund
Small sided games football 3V3 is a new approach to get all students active in class and camouflage fitness strategies in your lesson. Exciting passing and ground game for all students 4 grade up to high school.

Elementary/Middle School PE and Secondary PE Sections

Expanding Your Professional Portfolio With Camp Abilities Alaska
Presenters: Justin Haegle (NYCDOE), Courtney Aldrich, Greg Shultz & Zach Ferrara (The College at Brockport)
Location: Meadow
Presider: Kelly Schulz
Camp Abilities Alaska is a one week developmental sport camp for children with visual impairments, blindness, and deaf blindness located in Anchorage, Alaska each July. This program will introduce participants to the camp and explore opportunities to participate in this extraordinary program. The presentation will also discuss different sports for children with visual impairments or blindness and include an interactive demonstration.

Adapted PE & Sport Section
Parents As Partners In Health Education  
Presenter: Jessica Butts (Croton-Harmon Schools)  
Location: Briar  
Presider: Ed Woolston  
Working with parents is an essential component to comprehensive school health. It’s time to be proactive with parents as partners in health education! This session will examine how effective parent workshops can reinforce curricula, facilitate positive communication and foster comfortable parent-teacher relations.  
Health Education Section

Lacrosse –Modifications That Create Success For ALL  
Presenters: Jo Jo Marasco, Alyssa Murray, Stephen Ianzito, Gairret Meyers & Lauren Welch (Syracuse University)  
Advisors: Dr. Sandy Bargainnier & Dr. Luis Columna (Syracuse University)  
Location: Oneida  
Presider: Harold Gibbons  
Conference attendees are invited to come learn how to modify lacrosse skills and tactics so all children can learn while having success and fun (middle school-high school). A packet of games and lesson ideas will be provided for participants.  
Secondary PE and Adapted PE and Sports Sections

“Deal With It” A Stress Management Learning Experience  
Presenters: Frances Vincent, Jennifer Mead & Nancy Zincio (Bethlehem CSD)  
Location: Cypress A  
Presider: Bruce Risley  
Session participants will benefit from seeing a complete learning experience from start to finish, with student exemplars. You will be shown how to translate the Guidance Document into your own terms so that it makes sense and supports your own teaching style.  
This presentation is part of the Keeping The Skills Alive series; look throughout your program for other health education presentations that are part of this series.  
Health Education Section

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 2011 NYS AHPERD Conference has to offer, we are planning a Raffle for all Conference Registrants in attendance at NOON on SATURDAY, NOVEMBER 19th!  

Prizes Include  
Complimentary Overnight Stays at the Turning Stone Resort  
Complimentary 2012 Conference Registrations  
1-Year NYS AHPERD Memberships  
Magazine Subscriptions  
Additional Prizes May Include ~ Nintendo Wii, iPod Touch, FLIP Cameras, and much more!

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

12:00 pm* - 2:00 pm  
NYS AHPERD Board of Directors Meeting  
Location: Cedar  
* Will begin immediately following the Noon Raffles.
Adelphi University
Representatives: Dr. Ron Feingold, Donna Feingold
1 South Avenue
Garden City, NY 11530
Telephone: 516-877-4100
www.adelphi.edu

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

American Heart Association
Representatives: Ashley Dates, Meg Gibbons, Jeff Masline
3500 Winton Place, Suite 4
Rochester, NY 14623
Telephone: 585-615-6196
www.heart.org

Bigger Faster Stronger, Inc.
Representatives: Bob Rowbotham, John Rowbotham
843 West 2400 South
Salt Lake City, Utah 84119
Telephone: 800-628-9737
www.biggerfasterstronger.com

Biospace, Inc.
Representatives: Mary Weyrick
4801 Wilshire Blvd. Ste. 320
Los Angeles, CA 90010
Telephone: 323-932-6503
www.biospaceamerica.com

BWI Health Promotions
Representatives: Shawna Dosser, Cindy Sternbergh
8355 Cherry Lane
Eden, NY 14057
Telephone: 716-992-2732
www.bwihp.com

Canisius College
Representatives: Julie Zulewski, Dr. Jeffrey Lindauer
2001 Main Street
Buffalo, NY 14218
Telephone: 716-888-2545
www.canisius.edu/graduate

Designs For Fitness
Representatives: Stu Clements, Kathy Clements
483 Main Ave.
Wynantskill, NY 12198
Telephone: 518-283-5763
www.everactivebrands.com

Everlast Climbing
Representatives: Kevin Sudeith
1355 Mendota Heights
Mendota Heights, MN
Telephone: 651-665-9131
www.everactivebrands.com

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

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

Greek Peak Mountain Resort
Representatives: Megan-Mack Nicholson & Marty Harrington
2000 NYS St. 392
Cortland, NY 13045
Telephone: 607.853.6111
www.greekpeak.net

GTM Sportswear
Representative: Ben Ruder
520 McCall Road
Manhattan, Kansas 66502
Telephone: 785-537-8822
www.gtmsportswear.com

Gym Source
Representatives: Jeff Wopperer, Brian Peek
194 Ransom Road
Lancaster, NY 14086
Telephone: 716-353-0227
www.gymsource.com

Healthy Highway
Representatives: Leslie O'Keefe, Alexa Carter
123 Eileen Drive
Rochester, NY 14616
Telephone: 585-621-1986
www.healthy-highway.com

Human Kinetics
Representatives: Byron Clark, TBD
1607 North Market Street
Champaign, IL 61820
Telephone: 217-351-5076
www.HumanKinetics.com

Ithaca College
Representatives: Deb Wuest, Srijana Bajracharya
953 Danby Road
Ithaca, NY 14850
Telephone: 607-274-3108
www.ithaca.edu

Juice Plus+
Representatives: Stu Clements, Kathy Clements
483 Main Ave.
Wynantskill, NY 12198
Telephone: 518-283-5763
2011 Exhibitor Directory

Kid Power Programs
Representatives: Tom French, Justin Bennell
2317 Cardinal Drive
Wichita, Kansas 67204
Telephone: 316-831-9560
www.kidpowerprograms.com

Math & Movement
Representatives: Suzanne Kuntz
PO Box 4017
Ithaca, NY 14850
Telephone: 607-233-4209
www.mathandmovement.com

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

Monroe Community College
Representatives: Leanne Fisher, Liz Kelly
1000 E. Henrietta Rd.
Rochester, NY 14623
Telephone: 585-292-2854
www.monroecc.edu

Nasco
Representatives: Karrie Eden
901 Janesville Avenue
Fort Atkinson, WI 53538
Telephone: 920-563-2446
www.eNasco.com

Netball America
Representatives: Sonya Ottaway, Kelli McShane
PO Box 11531
Westminster, CA 11531
Telephone: 949-307-4455
www.netballamerica.com

NY Army National Guard
Representatives: Tony DeSena, Catherine Ward-Galli
19 Ann Lee Court
Latham, NY 12110
Telephone: 518-330-0791
www.partnersineducation.com

New York Beef Industry Council
Representatives: Michelle Eastery
PO Box 250
Westmoreland, NY 13490
Telephone: 315-339-6922
www.nybeef.org

NYS Bowling Proprietors Association (In-School Bowling)
Representatives: Kathy Leitgeb, Karen Wolanin
435 New Karner Road
Albany, NY 12205
Telephone: 518-464-1176

New York State Dept. Of Environmental Conservation
(National Archery In The Schools Program (NASP))
Representatives: Melissa Bailey
207 Genesee Street
Utica, NY 13501
Telephone: 315-793-2515

Omnikin and International Kin-Ball Federation
Representatives: Pierre-Julien Hamez, TBD
4545 Pierre-De-Courerin Avenue, PO Box 1000, Station M
Montreal, QC, Canada
Telephone: 514-252-3210
www.kin-ball.com

Parkitects, Inc.
Representatives: Steve Lauzun, Kirsten Thorpe, Matt Kinast
138 Ludlowville Rd.
Lansing, NY 14882
Telephone: 607-533-3517
www.playgroundinfo.com

Polar Electro, Inc.
Representatives: Matt Zuccarello, Bob Wehinger
1111 Marcus Avenue, Suite M15
Lake Success, NY 11042
Telephone: 800-290-6330
www.polarusa.com

Potato Hill Farm
Representative: Elaine Hage
11904 Potato Hill Road
Boonville, NY 13309
Telephone: 315-941-3942
www.potatohillfarmec.org

Project Adventure
Representatives: Angel Krimm, Bill Bates
719 Cabot Street
Beverly, MA 01915
Telephone: 975-524-4627
www.pa.org

Pykamo Golf At School
Representatives: Maurice Duhamel, Mark Boulanger
120 Rue Des Hauts-Pres
Cowansville, QC, Canada J2K 3W1
Telephone: 450-522-6058
www.pykamo.com
Rigoball International
Representatives: Sarah Perez, Natalie Taveras
3773 103 St.
Corona, NY 11368
Telephone: 718-424-4242
www.rigoball.com

Rugby NY (Rookie Rugby)
Representatives: Rob Sliwinski, Mike Hodgins, John Durrant
11 Victoria Way
Albany, NY 12209
www.rugbyny.org

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

The SPARK Programs
Representatives: John Hichwa, Allen Ormsby
438 Camino Del Rio S. Ste 110
San Diego, CA 92108
Telephone: 619-293-7990
www.sparkpe.org

SUNY Cortland
Representatives: Dr. Lynn Couturier, Dr. Mike Kniffin
1126 Park Center, PO Box 2000
Cortland, NY 13045
Telephone: 607-753-5577
www.cortland.edu

SUNY Youth Sports Institute
Representatives: Timothy Donovan, Dan Sullivan
PO Box 2000, McNeil Building
Cortland, NY 13045
Telephone: 607-662-4156
www.youthsportsny.org

Tchoukball, Inc.
Representatives: Terry Gooding
PO Box 9182
Naperville, IL 60567
Telephone: 800-939-0273
www.tchoukballpromo.com

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

The College At Brockport- SUNY
Representatives: Dave Berky, TBD
350 New Campus Drive
Brockport, NY 14420
Telephone: 585-395-5341
www.brockport.edu

UCS, Inc.
Representatives: Jim Schmus, Jason Schwartz
511 Hoffman Road
Lincolnton, NC 28092
Telephone: 704-732-9922
www.ucsspirit.com

U.S Games
Representatives: Ron Halom, Jabet Wheeler (Focused Fitness)
1901 Diplomat Drive
Farmers Branch, TX 75234
Telephone: 972-406-3413
www.usgames.com

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

Special thanks to all our exhibitors for their commitment to NYS AHPERD!

Exhibitor Demonstration Schedule

Thursday, November 17

10:40 am - 11:10 am
Greek Peek

1:55 pm – 2:25 pm
Netball America

Friday, November 18

9:15 am – 9:45 am
FlagHouse

1:45 pm – 2:15 pm
US Games
NYS AHPERD 74th Annual Conference  
November 16 – 19, 2011  
Turning Stone Convention Center

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.

*Please use this side of the form for any intensive trainings you attend on Wednesday or Saturday. Please use the reverse side of this form for any general sessions you attend on Thursday, Friday or Saturday.*

**Wednesday Intensive Trainings**

Time: ______________ Program Title: ________________________________

Presenter Signature: ______________________________________________

Time: ______________ Program Title: ________________________________

Presenter Signature: ______________________________________________

**Saturday Intensive Trainings**

Time: ______________ Program Title: ________________________________

Presenter Signature: ______________________________________________

**MANY CULTURES ONE WORLD**

*A Celebration of Diversity*
NYS AHPERD 74th Annual Conference  
November 16 – 19, 2011

Certification of Professional Development Hours

Thursday, November 17, 2011

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<th>Session</th>
<th>Time</th>
<th>Session Title</th>
<th>Presenter/Presider Signature</th>
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<tbody>
<tr>
<td>Session I</td>
<td>8:00 am – 9:15 am</td>
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<td>Keynote</td>
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<td>Session II</td>
<td>11:15 am – 12:30 pm</td>
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<td>Session V</td>
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* 2 sessions, Nina VanErk (NYSPHSAA) and Daryl Daily (SED) 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.

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<th>Time</th>
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<td>1:20 pm - 2:35 pm</td>
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Friday, November 18, 2011

| Session VI | 8:00 am – 9:15 am |               |
| Keynote    | 9:55 am – 11:10 am|               |
| Session VII| 11:20 am – 12:20 pm|               |
| Extended Session | 11:20 pm – 1:45 pm|               |
| Session VIII| 12:30 pm – 1:45 pm|               |
| Session IX  | 2:25 pm – 3:40 pm  |               |
| Session X   | 3:50 pm – 5:05 pm   |               |

Saturday, November 19, 2011

| Session XI  | 9:00 am – 10:15 am |               |
| Session XII | 10:30 am – 11:45 am |               |
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- Drums Alive - Rhythm In Motion – Session I, Tuscarora/Cayuga
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- The New ADA Standards And School Pools – Session III, Briar
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- Fun Filled Activities For Elementary Students Grades Pre-K-4 – Session III, Oneida
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Floorplan

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The Central Western Zone is proud to recognize their zone members who are 2011 Award Winners!

Professional of the Year
Dr. Alisa James

Secondary PE Teacher of the Year
Linda Polizzi
Linda was also a CWZ 2011 Teacher of the Year.

Middle School PE Teacher of the Year
Haley Schedlin
Haley was also a CWZ 2011 Teacher of the Year.

Central Western Zone Elementary Teacher of the Year
Kim Ormsby

Central Western Zone Amazing Person
Jason Lehmbeck

Adapted PE Section Amazing Person
Dr. Joe Winnick

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