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

Footprints to our future

Celebrating Our Diamond Jubilee
Turning Stone Convention Center
Verona, New York
November 14 - 17, 2012
More than 75 Years of Excellence

Department of Physical Education and Human Performance

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

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

For more information, contact:

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

Dear Fellow Professionals,

It’s time to celebrate our Diamond Jubilee Conference....just think, you are attending a milestone Conference, our 75th! How exciting it is for NYS AHPERD to host you once again. We have worked diligently to bring you the best Conference ever. “Footprints To Our Future“, the theme for this Conference, was never so important as it is today. We have had to step up and leave many footprints in many new areas such as, Annual Professional Performance Review (APPR) and the Student Learning Objectives (SLO). This work took a great deal of time and energy so we could provide quality needed service to our members. NYS AHPERD was ready when school started with every member receiving the SLO’s in Health and Physical Education produced by a committee of your peers over the summer.

The “Footprints to our Future” Conference is offering over 170 professional development opportunities. Where else can you get this much information all in one place? To prevent information overload we will have a number of opportunities for you to relax, meet with old friends, and join us for dinner. We have two nights of socials to keep us all on our toes. You will also see a few new twists in the Conference, for example, we have an updated registration process, a lounge to sit with friends and exchange workshop material, and the exhibitors will be out in the main hallway for greater visibility. What a great time we are going to have!

One of the most rewarding times during the Conference is when we honor our “best of the best”. We have the Amazing People Awards ceremony and the Jay B Nash Awards Dinner when we have the opportunity to honor some truly outstanding professionals and students! Friday, you can attend college, university and Zone socials to catch up with colleagues and friends you haven’t seen in years. Then, if that’s not enough, Thursday evening we will have a Simon Says Competition followed by a “Square Dance”, and you can dance the night away Friday evening with a DJ. I can go on and on telling you what’s in store for you, but now that you are here, you’ll see for yourself, how great this Conference will be!

Thank you for being with us to celebrate our Diamond Jubilee! We are pleased once again to be your hosts!

Professional yours,

President NYS AHPERD
“Footprints To Our Future”
2012 Conference Schedule At-A-Glance

WEDNESDAY, NOVEMBER 14, 2012
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 15, 2012
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
Section Meet & Greet...........................................5:30 pm – 6:30 pm
Amazing People Awards Ceremony....................7:00 pm – 8:30 pm
Simon Says Challenge & Square Dance............8:30 pm – 12:00 am

FRIDAY, NOVEMBER 16, 2012
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
General Session....................................................9:25 am – 10:40 am
Exhibit Time.......................................................9:55 am – 11:10 am
Session VII.......................................................11:15 am – 12:30 pm
Session VIII.....................................................12:40 pm – 1:55 pm
Exhibit Time......................................................1:55 pm – 2:25 pm
Session IX..........................................................2:30 pm – 3:45 pm
Session X..........................................................3:55 pm – 5:10 pm
College, Zone & Jay B. Nash Socials.............5:30 pm – 6:30 pm
Jay B. Nash Awards Dinner.........................6:45 pm – 9:00 pm
Dancing Through The Ages Social...............10:00 pm – 2:00 am

SATURDAY, NOVEMBER 17, 2012
Registration.....................................................8:00 am – 10:00 am
Retirees Section Breakfast Meeting..................7:30 am – 9:00 am
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* – 2:00 pm

*Will begin immediately following the noon raffles.

Need to keep track of your professional development hours to help with your Annual Professional Performance Review (APPR)?
Check out page 57 in this Conference Program!
**PERSONAL CONFERENCE PLANNER**

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

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**THURSDAY, NOVEMBER 15**

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

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

President's Welcome  
and General Session  
9:25 am - 10:40 am

Exhibit Time  
10:40 am - 11:10 am

**Session II**  
11:15 am - 12:30 pm  
Title: __________________________  
Location: _______________________

Session III  
12:40 pm - 1:55 pm  
Title: __________________________  
Location: _______________________

Exhibit Time  
1:55 pm - 2:25 pm

**Session IV**  
2:30 pm - 3:45 pm  
Title: __________________________  
Location: _______________________

Session V  
3:55 pm - 5:10 pm  
Title: __________________________  
Location: _______________________

Committee Meetings  
5:15 pm - 5:45 pm

Section Meet & Greet  
5:30 pm - 6:30 pm

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

Ultimate Simon Says Challenge/  
Square Dancing Social  
8:30 pm - 11:30 pm

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**FRIDAY, NOVEMBER 16**

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

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

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

General Session  
9:25 am - 10:40 am

**Session VII**  
11:15 am - 12:30 pm  
Title: __________________________  
Location: _______________________

Past President’s Luncheon  
12:00 pm

**Session VIII**  
12:40 pm - 1:55 pm  
Title: __________________________  
Location: _______________________

Exhibit Time  
1:55 pm - 2:25 pm

**Session IX**  
2:30 pm - 3:45 pm  
Title: __________________________  
Location: _______________________

**Session X**  
3:55 pm - 5:10 pm  
Title: __________________________  
Location: _______________________

Committee Meetings  
5:15 pm - 5:45 pm

Section Meet & Greet  
5:30 pm - 6:30 pm

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

Ultimate Simon Says Challenge/  
Square Dancing Social  
8:30 pm - 11:30 pm

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**SATURDAY, NOVEMBER 17**

Retirees Section Meeting  
7:30 am - 9:00 am

Intensive Training  
8:00 am - 4:00 pm

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

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

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

End of Conference Raffles  
12:00 pm

Board of Directors’ Meeting  
12:00 pm* - 2:00 pm  
*Will begin immediately following the Noon Raffles.

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**Special Notes:**

Use this worksheet to help identify where you want to be and when!
NYS AHPERD Proudly Recognizes Our 2012 Amazing People Award Recipients

Section

Adapted Physical Education and Sport
Justin Haegele, Ohio State University

Aquatics
Srecko Mavrek, East Fordham College
& Career Prep HS

Coaches
Dr. Jerome “Jerry” Casciani, SUNY Cortland

Council of Administrators
Lloyd Mott, NYSPHSAA (Retired)

Dance Education
Leslie Pieters, Roosevelt UFSD

Elementary/Middle School Physical Education
Tara Nelsen, Lawrence PS

Future Professionals
Dr. Joseph Winnick, The College at Brockport

Health Education
Dr. Donna Videto, SUNY Cortland

Higher Education/Professional Preparation
Dr. Elaine Gregory, Roberts Wesleyan College

Recreation/Adventure Education
Monica Wolfe, Cooperstown CS

Retirees
Wendy Cooper, Greece PS (Retired)

Secondary Physical Education
Shelly Connors, Auburn Enlarged SD

Zone

Capital Zone
Marc Vachon, Mohonasen CSD

Catskill Zone
Kelly Striefler, Minisink Valley SD

Central North Zone
Wendi Haynes-Eklund, New Hartford CS

Central South Zone
Eric Laine, II, Susquehanna Valley CSD

Central Western Zone
Michelle Craig, Webster CSD

Nassau Zone
Lauren Friszell, Farmingdale SD

Northern Zone
Amber Wilcox, Gouverneur CSD

Southeastern Zone
Jean Mazzilli, Bedford CSD

Suffolk Zone
Lynn Hefele, Huntington UFSD

Western Zone
Sarah Lester, Gateway-Longview

Departmental Majors of the Year

Christina Cobucci, Adelphi University
Sheldon Sucre, Adelphi University
Teresa Berschwaner, The College at Brockport
Austin Dodge, The College at Brockport
Kristina Hartman, Canisius College
Aimee Cook, SUNY Cortland
Andrew Herman, SUNY Cortland
Megan Wallner, Hofstra University
David Tobin, Hofstra University
Kristen Morcone, Long Island University
Vanessa Sell, Roberts Wesleyan College
Andrew Follman, Roberts Wesleyan College
Michelle Gibbs, Syracuse University
Matthew Kline, Syracuse University
Please join us as we celebrate our Amazing People, Departmental Majors of the Year & dedicated Exhibitors on Thursday, November 15, 2012, at seven o’clock in the evening.

As we celebrate our Diamond Jubilee Conference, we want to extend a sincere thank you to our loyal Exhibitors.

**Exhibitor Awards**

### 5 Years Exhibiting
- Advantage Sport & Fitness, Inc.
- BWI Health Promotions
- GTM Sportswear
- NYS Department of Environmental Conservation
- Tchoukball

### 25 Years Exhibiting
- US Games

### 55 Years Exhibiting
- SUNY Cortland

### 10 Years Exhibiting
- Speed Stacks, Inc.
- USTA Eastern, Inc.

### 25 Years Exhibiting
- US Games

### 55 Years Exhibiting
- SUNY Cortland

**As we celebrate our Diamond Jubilee Conference,**

**we want to extend a sincere thank you to our loyal Exhibitors.**

AAHPERD
Adelphi University
Advantage Sport & Fitness
American Heart Association
ATC Endurance
Bigger Faster Stronger, Inc.
Biospace, Inc.
BWI Health Promotions
Cabot Creamery
Canisius College
ETR Associates- Health Smart
Everlast Climbing
Flaghouse
G&G Fitness Equipment, Inc.
Gopher
GTM Sportswear
Healthy Highway
Hofstra University
Human Kinetics
Insight Grants Development, LLC
Iroquois Empire Region-USA Volleyball
Ithaca College
Kid Power Programs
KMS Medical
McGraw-Hill

Monroe Community College
Myachi Industries
Nasco
NYS Action For Healthy Kids
NYS Bowling Proprietors Association
New York Road Runners
New York State Dept. Of Environmental Conservation
Normal In Schools
Omnikin and International Kin-Ball Federation
Parkmest, Inc.
Polar Electro, Inc.
Racquets Plus
Rugby NY (Rookie Rugby)
S&S Discount Sports & PE Supplies
Security Benefits Corp
SPARK
Speedstacks
SUNY Cortland
Tman Fit-N-Learn LLC
Tchoukball, Inc.
The Children’s Health Market
The College At Brockport- SUNY
U.S Games
United States Tennis Association Eastern, Inc.
Y-Ties
Your Self Series
Please join us at the Jay B. Nash Awards Dinner, as we celebrate our distinguished honorees, Friday, November 16, 2012, at 6:45 in the evening, Oneida Room.

Jay B. Nash
Outstanding Majors

Christina Cobucci
Adelphi University

Edward Woolston
Colton-Pierrepont CS
(Retired)

Dr. Shawn Ladda
Manhattan College

Edward Woolston
Colton-Pierrepont CS
(Retired)

Distinguished Service Award

Award of Distinction for a School Administrator

Rosemarie Posillico
Burnt Hills-Ballston Lake SD

Michael Macci
Lakeland CSD

Joy of Effort

Bernard E. Hughes Award

Black River Outdoor Education Program
Formerly Potato Hill Farm

NYS AHPERD Proudly

Professional of the Year Award
Recognizes Our 2012 Honorees

Elementary Physical Education Teacher of the Year
Colleen Mickle
Guilderland CS

Secondary Physical Education Teacher of the Year
Srecko Mavrek
NYCDOE

Adapted Physical Education Teacher of the Year
Justin Haegele
Ohio State University

Health Education Teacher of the Year
Jennifer Aull
Half Hollow Hills CSD

**FlagHouse ~ Proud Sponsor of our NYS AHPERD Teachers of the Year!**
A Very Special Thank You!

2012 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.

Tracy Sharlow – Adapted PE and Sport
Lori Friend – Aquatics
Brandon Herwick – Coaches
Jim Rose – Council of Administrators
Colleen Buchanan – Dance Education
Donn Tobin – Elementary/Middle School PE
Dr. Robert Otto – Exercise Science/Sports Medicine
Karyn Schutzer – Future Professionals
Matt Parina – Future Professionals
Dr. Sandy Bargainnier – Future Professionals
Lonnie Wilson – Health Education
Lisa Hrehor – Higher Education/Prof Preparation
Sara Lester – Recreation/Adventure Education
Dr. Jack Baker – Retirees
Murphee Hayes – Secondary PE

NYS AHPERD Salutes Our Registration Team Volunteers!

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

Joan Canorro
Jim Codispoti
Lois Codispoti
Sam Corsi
Mollie Cotton
Claire Demas
Ken Demas
Skip Earle
Judy Ingram
Lee Mittelstaedt
Jason Quitoni
Linda Quitoni
Ed Woolston

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

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

**Conference Registration Hours**

- **Wednesday**
  8:00 am ~ 5:00 pm
- **Thursday**
  7:00 am ~ 5:00 pm
- **Friday**
  7:00 am ~ 3:00 pm
- **Saturday**
  8:00 am ~ 10:00 am

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**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!

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**Summit Says...Jump In!**

Take part in a Jump Rope For Heart Event during our Conference on Thursday, 9:30 am - 3:30 pm at the American Heart Association Booth! $1 for a 30 second fun and easy jump! Prizes for the most jumps in your age group! Stop in and do your part to help Fight Heart Disease & Stroke!

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**Please Take Note!**

Like us on Facebook & Follow us on Twitter to be sure you are receiving any changes or updates to the Conference Program!

**Facebook:**
New York State Association for Health, Physical Education, Recreation & Dance

**Twitter:**
@NYSAHPERD
Annual Professional Performance Review (APPR)

As always, we work diligently with our program planners, to offer an extensive array of exciting workshops focused on curriculum, instruction and assessment strategies in health education, physical education, recreation and dance.

This year, in an effort to provide you with the most up-to-date information we are offering a number of sessions related to the new Annual Professional Performance Review (APPR) initiative covering SLO’s, Pre and Post Assessments and the Common Core Learning Standards!

There are 3 Intensive Trainings on Wednesday, November 14th and then our APPR Track continues on Friday, November 16th.

We are starting with a Keynote Address by Anita Murphy and following with ~

The APPR Process & The Evaluation System: Best Practices For Teachers & Directors
PE SLO’s: A Clarification Of The State Ed Dept 8 Component SLO Template: Grades K-5
PE SLO’s: A Clarification Of The State Ed Dept 8 Component SLO Template: Grades 6-12
SLO Down
Health Education SLO’s & Pre/Post Assessments
SLO & Skills Based Assessment
Health Education SLO’s: A Clarification Of The State Ed Dept 8 Component SLO Template: Grades 7-12
The Common Core Learning Standards And Physical Education
Developing SLO’s With An Adapted Physical Education Focus

Ed Woolston Receives 2012 Distinguished Service Award

Year after year, you have been dedicated to serving NYS AHPERD. We want you to know we appreciate all the time, energy, and expertise you have so generously given.

We are so proud you are being honored with this most prestigious award!

CONGRATULATIONS
From the Northern Zone
A Tribute To Jacquee Albers

Jacquelynn Albers, one of New York State’s champions for health education, passed away January 4, 2012, but not before touching hundreds if not thousands of lives with her infectious smile and unlimited kindness. Jacquee graduated summa cum laude with a bachelor’s and subsequently a master’s degree in Health Science Education from SUNY Cortland. After teaching health education in the Homer school district, Jacquee was employed by the New York State Education Department where she helped develop programs in comprehensive school health, became program coordinator for the Drug Free Schools program, served as the CDC multi NYS agency Infrastructure Coordinator, co-directed the statewide HIV/AIDS Program, managed and maintained federal grants, and was instrumental in bringing about the Guidance Document for Health Education currently implemented by many health educators across the state. In addition, Jacquee is considered one of the “founders” of the former Lakeside Health Promotion Institute modeled after the Oregon Seaside Wellness Conference. It is easy to see Jacquee worked tirelessly for health education programming to ensure all NYS students would be given every opportunity for appropriate health education. After retirement, Jacquee relocated to Virginia with her husband Dirk Mundt. There Jacquee supported her own social, physical, intellectual, emotional, and spiritual health by boating extensively up and down the east coast, playing bridge, reading voraciously, volunteering her time to others, and staying connected to her friends and family. She continued positively touching lives even in her retirement. It is ironic that after serving several years as a counselor at Camp Ta Kum Ta in Vermont, a camp dedicated strictly to children with cancer, that Jacquee would succumb to a brain cancer. But as Jacquee, along with others, would celebrate the children’s lives, it is only appropriate we celebrate Jacquee’s life and recognize all she has done for others, for NYS, and for health education.

The beautiful quilt on display in the NYS AHPERD Registration/Exhibit Area was donated by Kenneth Packer as a tribute to Jacquee Albers and her many years of service.

Drums Alive

The original BRAIN & BODY drumming fitness since 2001
- Drums Alive® is a scientifically researched-based program.
- Drums Alive® in partnership with Chemnitz, Gloucestershire, and Chichester Universities has launched the first drumming studies for the fitness, therapy, and educational markets.
- Drums Alive® the authentic and trusted drumming brain and body sensation program.
- Join a class or instructor certification now at www.drums-alive.com

www.nysahperd.org
The Elementary/Middle School Physical Education Section would like to congratulate the following award winners:

Colleen Mickle
Guilderland Central Schools
2012 Elementary Physical Education Teacher of the Year

Tara Nelsen
Lawrence Public Schools
2012 Elementary/Middle School Physical Education Section Amazing Person

Elementary/Middle School PE Section Business Meeting
Thursday, November 15, 1:55 pm - 2:25 pm in the Oneida Room!

Our Section is proud to have both the 2012 NASPE Elementary PE Teacher of the Year - PJ Jarvis & the 2012 NASPE Middle School PE Teacher of the Year - Jessica Shawley join us at our 75th Annual Conference! Be sure to check out their presentations on Thursday & Friday!

The New York City Zone Proudly Recognizes
Our 2012 Award Recipients

Professional of the Year
Dr. Shawn Ladda, Manhattan College
NYC Zone President

Secondary Physical Education Teacher of the Year
Srecko Mavrek, NYCDOE
NYC Zone President-Elect

Congratulations Recipients!
Thank you Jason Quitoni for your dedication to NYS AHPERD & for representing the Suffolk Zone as NYS AHPERD President 2011-2012!

The Suffolk Zone Proudly Recognizes Our 2012 Award Recipients

Lynn Hefele, Huntington Union Free School District
Suffolk Zone Amazing Person

Chris Cosenza, Suffolk County Community College
Physical Education Director Recognition Award

Christine Collins, Harborsfield School District
Suffolk Zone Elementary Physical Education Teacher of the Year

Congratulations Recipients!
NYS AHPERD 75th Annual Conference
Intensive Training & Certification Programs

Pre-registration by November 1, 2012, may have been required for the Intensive Training/Certification Programs.

WEDNESDAY, NOVEMBER 14, 2012

9:00 am – 5:00 pm

Board of Directors Meeting
Ken Demas, 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: Tuscarora/Cayuga

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: Mohawk

Drums Alive® Academic Beats - Learning through Rhythm and Movement Academic Beats provides a total brain & body workout! Bursts of high intensity movement interspersed with periods of recovery cognition exercises create an interval training experience that is fun and engaging. This unique course actively increases each participant’s own learning and creative approach to rhythm, movement and cognitive connections. School administrators, health professionals, parents, and teachers will gain essential knowledge and skills to implement Kids Beats activities in math, language arts, social studies, science, and other content areas. Drums Alive® Academic Beats Instructor Certification Program is a one day training that is designed to provide an instructor with a basic knowledge and practical application of the Drums Alive® program. Explore the realm of this exciting new educational 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.

Special Olympics Coach Education System: Inclusion Model For Physical Education
Presenters: Dr. Paula Scraba (St. Bonaventure University), Bill Collins (Special Olympics of NY), Allison Barnes (St. Bonaventure University)
Location: Seneca/Onondaga

The key to improving student/athlete performance and well-being is based on the quality of physical education/sports training and experiences. Through certifying our participants in soccer, this worldwide Special Olympics Coach Education System will identify basic standards and competencies necessary and essential for being trained as a Special Olympics coach and integrating those inclusive qualities into your physical education program for all students. In addition, the Special Olympics Coach Education System, accredited by the National Council for the Accreditation of Coaching Education provides participants to gain new and/or improved coaching/management competencies and skills which will provide better training opportunities for all athletes and students.
Physical Education and Health Education Teacher Educator Academy (T.E.A.)

**Location:** Cypress B

Physical Education and Health Education Teacher Educator Academy (TEA) The Higher Education Section is presenting the 3rd Annual Teacher Educator Academy. Topics will include the following: APPR and linking content to the standards; Using the CDC’s training tools to promote healthy eating and physical activity; Community College approach to PETE transfer programs; Non-teacher prep programs across NYS: What do they have to offer through general education? 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!

**Physical Best Specialist Certification**

**Presenter:** Dr. Stephen Virgilio (Adelphi University)

**Location:** Oneida

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: 1-Practical, ready-to-use, and fits into any K-12 Physical Education Curriculum; 2-Based on national Health, Physical Education, and Dance content standards; 3-Inclusive and developmentally appropriate, wherein all children can succeed with Physical Best. 4-Taught through activity; and, 5-Based on guidelines for health and personal improvement, non-unrealistic performance based standards. The cost includes 3 required resources: The Physical Best Teacher’s Guide, FITNESSGRAM Test Administration Manual, and Physical Best Activity Guide.

**Certification Program**

12:00 pm – 3:00 pm

**Golf With The Pros – Swing Analysis, Simulator, Indoor Driving Range, Putt And Chip!**

**Presenter:** Turning Stone Resort Assistant Golf Professionals

**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.

**You’ve Written Your Student Learning Objectives (SLO’s)... Now What?**

**Presenters:** Kerri Bullock (Broome-Tioga BOCES) & Murphee Hayes (Whitney Point CSD)

**Location:** Cypress A

Do you still have questions about Student Learning Objectives (SLO)! This intensive training will provide an overview about the components of the SLO and will provide samples of what they could include in health and physical education. The workshop will also discuss next steps for the teacher once the SLO is developed.

12:00 pm – 6:00 pm

**DIY – Simple Strategies For Designing A Skills-Based Health Education Curriculum**

**Presenters:** Jen Mead & Fran Vincent (Bethlehem CSD)

**Location:** Meadow

With increasing demands on teachers, a skills-based curriculum not only meets both state and national standards but also makes it easy for teachers to compile evidence for APPR evaluations. Health educators have voiced frustration in receiving training about how to design such a curriculum using the Guidance Document for Achieving the NYS Standards in Health Education. All participants in this intensive training will leave with a concrete understanding of the document, a scope and sequence for their own customized curriculum, an outline of their first learning experience (i.e. unit) as well as, contacts and references for continued support in the design process.
Integrating Polar Technology Into Your Physical Education Program
Presenters: Bob Wehinger (Retired, North Syracuse CSD) & Matt Zuccarello (Polar Electro, Inc.)
Location: Event Center B
This 5-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 Active watch with built in accelerometer will be demonstrated with measurement of daily activity, intensity levels, steps and calories. The activarium feature will also be demonstrated. 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.

PE Metrics PIPEline Workshop
Presenter: Jackie Lund (Georgia State University)
Location: Event Center A
This PE Metrics PIPEline workshop is intended for both elementary level and secondary level physical education teachers, and curriculum supervisors who wish to be introduced to a validated skill assessment tool. The PE Metrics national assessment series provides ready-to-use protocols, procedures, equipment lists, and rubrics for reliable assessments for the six National Standards. From lesson development and assessment administration, to rubric and videotape skill analysis, participants will learn how to overcome mythological testing limitations with PE Metrics through a dialogue that ultimately enhances instruction and boosts student achievement.

The First Tee National School Program 2.0
Presenter: Lana Peterson (2010 NASPE Elementary PE Teacher of the Year)
Location: Seneca/Onondaga
During this intensive training, physical educators participate “hands-on” in lesson plan activities that incorporate safety instructions, golf motor skills, The First Tee Nine Core Values and Nine Healthy Habits using a fun, pedagogically sound teaching approach. The First Tee National School Program curriculum is adapted from and meets the national standards developed the National Association for Sport and Physical Education.

Catch The Wave! Update Your Aquatic Safety Skills In CPR
Presenters: Sheldon Sucre & Dr. Angela Beale (Adelphi University)
Location: Birch
During this course, participants will learn the updates the American Red Cross has made to CPR and how it would affect you as a Physical Educator or Coach. The topics that would be discussed are teacher requirements, reason for updates to CPR, compression only CPR, Compression- Breathing- Airway, checking for a pulse, changes made to adult, child and infant CPR, and AED. Recertify yourself in CPR with the updated information needed to educate you, save a life, and make a difference. At the completion of the course, you will need to pass a written test with 80% or better and demonstrate the necessary skills in order to receive a Red Cross CPR Certification, good for one year.

Golf With The Pros – Swing Analysis, Simulator, Indoor 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.

NYS AHPERD Executive Council Meeting
Jason Quitoni, NYS AHPERD President
Location: Cypress D & E
THURSDAY, NOVEMBER 15, 2012
8:00 am - 9:15 am
Session I

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

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.

60 Second Count Down!
Presenter: John Smith (FlagHouse)
Location: Event Center A
Presider: Nick Trottier
Minute to Win It! We have all seen it and maybe even tried it. This session will present a series of 60-second countdown activities that are quick, fun and creative. These activities will challenge individuals, groups and teams to complete a skill challenge in a minute using their physical and mental skills as well as teamwork, organizational skills and fitness. Got a minute? Time is running!

C8 Sciences: A Brain Exercise Regimen For Elementary School Students
Presenter: Nick James (C8 Sciences)
Location: Event Center B
Presider: Carol Atkins
Participants will learn how C8Kids helps teachers exercise the minds of their students in an innovative and stimulating way that impacts/ improves the ability to learn so success and greater achievement can occur. The computer and physical exercises motivate children to strengthen their brains in much the same way athletes strengthen their muscles -think Spark- through cross-training to develop and strengthen the brain’s 8 Core Cognitive Capacities. Participants will examine how the reports are individualized so early intervention opportunities can be seen at both the high and low end of the spectrum.

Cardio GX As A Tool For Motivation
Presenter: Bob Wehinger (BW Physical Education Consultants)
Location: Birch
Presider: Brian Dusch
Experience interactive heart rate through Cardio GX technology and collection of the same data through E 600 HRM and PE Manager Software. This presentation will give you the opportunity to see you heart rate projected on the wall.

Surviving And Celebrating Student Teaching
Presenters: Brittany Stagnitta & Heather Susek (Syracuse University), Matt Parina & Jonah Kiehle (The College at Brockport), Kim Quartier (SUNY Cortland), Steve Trenchard (Canisius College) & Andrew Grayson (Ithaca College)
Advisor: Dr. Sandy Bargainnier (Syracuse University)
Location: Briar
Presider: Kevin Kriz, Jr.
Come interact with a panel of current student teachers from across New York State. Hear about their successes and learn to plan for challenges. A great session for the physical education future professional!

Risk Management And Safety In Physical Education
Presenter: Rod Mergardt (SUNY Cortland & Manhattanville College)
Location: Oak
Presider: Albert Mercado
This session will focus on negligence, liability and the legal duties of teachers and coaches. It will provide strategies to keep our students out of the emergency room, as well as teachers and coaches out of the courtroom.

Using Fitness In Classroom For Meeting NYS Required Minutes For Elementary PE
Presenters: Maurice Watson & George Forrester (Schenectady CSD)
Location: Meadow
Presider: Jeff Masline
The session will present a creative method to help bring physical education into the classroom. Using interactive technology, students can reinforce important fitness concepts in the classroom while helping fulfill the NYS requirement contact minutes.

Where Physical Education Meets The Common Core!
Presenters: Philippe Chahinian (Adelphi University)
Advisor: Dr. Mara Manson (Adelphi University)
Location: Oneida
Presider: Laura Owen
This presentation will provide participants with hands on activities that incorporate the Common Core subjects of Math and ELA into their physical education curriculum. Further connections to health/wellness, social studies and science will be explored. Participants will leave with hands-on tools to immediately use in their workplace.

Adaptive Physical Education For All Populations And All Physical Abilities
Presenter: Brianne Blaszak (Center for Disability Services: Langan School)
Location: Mohawk
Presider: Ryan Nugent
This presentation will discuss how to increase students’ self esteem, use different styles of instruction, and evaluate students in the three learning domains simply by including students with various physical abilities into the same lesson or activity. Specifically, this presentation will address how students with gross motor, fine motor, and cognitive disabilities are able to access these activities using adaptive equipment. The use of various homemade and national organizations’ adaptive equipment will be demonstrated for a variety of activities that can provide or improve your curriculum options.
frequently asked question for sport dietitians. Also discover the most recent research recommendations for athletes on pre-competition meals, training diets, and fluid replacement during competition. Get a preview of what it’s really like to work with all levels of athletes, their families, the coaches, and even the team chefs to develop a nutrition program that not only meets athletes’ needs, but is one they will follow. This session is for future or current professionals who wish to use physical education as a gateway for preventing bullying and will include: information on the rise of bullying, its impact on the bully and the bullied, role playing, gym and locker room management, and activities to promote both acceptance of differences and cooperation.

**USTA School Tennis- No Courts, No Problem**
**Presenters:** Joe Steger & Michelle Skelley (USTA)
**Location:** Cayuga

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 and 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 Workshop for physical education teachers, 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.

**Creating Dance And Movement Through The Ages**
**Presenter:** AnnaLisa Osterhout (Syracuse University)
**Location:** Seneca/Onondaga

This will be a highly interactive session that will introduce participants to dance and movement across the ages. Basic anatomy, proper alignment, and student creativity will be discussed. All students will be made to feel comfortable and experience success.

**On Your Mark, Get Set...Eat To Compete!**
**Presenter:** Michelle Barber (New York Beef Council)
**Location:** Cypress A

What are the latest research recommendations for athletes on pre-competition meals, training diets, and fluid replacement during and after competition? Get a preview of what it’s really like to work with all levels of athletes, their families, the coaches, and even the team chefs to develop a nutrition program that not only meets athletes’ needs, but is one they will follow. Also discover the most frequently asked question for sport dietitians.

**Teaching Media Literacy: There’s No “App” For That**
**Presenter:** Ryan Fisk (North Shore HS)
**Location:** Cypress B

Laptops, tablets, and smartphones provide access to information wherever and whenever needed, but how can you ensure your “connected” students are connecting to the right content inside and outside of class? Learn how to fuse engaging technologies with good old “chalk and talk” to effectively teach your students how to sift through the nonsense, and pinpoint relevant, meaningful information.

**SPLISH SPLASH- Aqua For Kids And Youth**
**Presenter:** Carrie Ekins (Drums Alive®)
**Location:** Lodge Pool

Aqua like you’ve never seen it before! Experience the wonders of the waters with this fun, exciting and unique Splish Splash Aqua fun, fitness and dance workshop for kids and youth. This innovative program will teach you how to combine movements and music from pop to rock from around the globe and transform them into powerful and fun Aquatic choreographies. Unique equipment and thematic ideas will provide you with a creative spark to design your own unique Aqua workout!

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**Sex Games: Creating Fun, Interactive Games In Sexuality Education**
**Presenter:** Dom Splendorio (Prime Time Health Consulting)
**Location:** Cypress D

Games have long been used by health educators to introduce or review information. Learn how to download free game templates from the internet. Come have fun playing Jeopardy, “Are You Smarter Than a 7th Grader When It Comes To Sex?”, Sexuality Pictionary, and other high and low tech games.

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

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**Summit Says...Jump In!**

Take part in a Jump Rope For Heart Event during our Conference on Thursday, 9:30 am - 3:30 pm at the American Heart Association Booth!

$1 for a 30 second fun and easy jump! Prizes for the most jumps in your age group! Stop in and do your part to help Fight Heart Disease & Stroke!
President Welcome To The Turning Stone Convention Center
9:25 am - 10:40 am, Location: Showroom
Join us as NYS AHPERD President, Jason Quitoni, welcomes the 2012 NYS AHPERD Conference attendees to Verona and introduces Dr. Robert Gilbert

Dr. Robert Gilbert is one of the world’s leading experts on Sport Psychology. As a professor at Montclair State University, he teaches Sports Psychology and also researches athletic motivation and teamwork, studies that have helped literally thousands of athletes defeat their mental problems. He has studied the mental skills of not only the world’s greatest athletes, but also the most successful business executives and highest-earning sales people. In the intensely competitive world of athletics, he finds that “it’s minds, not muscles, that win games, and I mentally coach athletes how to become winners,” says Dr. Gilbert. Specifically, he trains athletes how to overcome choking, slumps, lack of self-confidence and various other mental problems by using the powerful mental techniques from the field of Sports Psychology. Now the Director of the Center for Sports Success, he has given over 2,000 speeches and seminars around the country on his unique peak performance methods. However, he is not limited to speaking to athletes and coaches. Business, educational, and medical groups invite him to address their meetings because they know that the same mental skills that make people winners on the athletic field are just as effective in the boardroom, the classroom or any other arena where people work to achieve success.

10:40 am - 11:10 am
Exhibit Time
Be sure to check out the Parkitect’s Demonstration in the Event Center!

11:15 am - 12:30 pm
Session II

Drums Alive® Kids Beats (School Beats)
Presenter: Carrie Ekins
Location: Seneca/Onondaga
Presider: Jennifer Brewer
Drums Alive ® – KIDS (SCHOOL) BEATS is simply FUN! Every child was born with the ability to move and feel rhythm. Join us in this unique workout that will guide you through a program of drumming, movement and creative exploration that will not only thrill the child but, the instructor as well. It is a powerful tool to integrate into all classrooms and fitness centers. Learn how to integrate the next generation of fitness with this Whole Body-Whole Mind workout extravaganza!

Homer High Schools Shift To Adding Outdoor And Adventure Activities To Their Program
Presenter: Geoff Sorenson (Homer HS)
Location: Cedar
Presider: Andrew Follman
Participants will look into Homer High Schools physical education curriculum and see how they made it possible to incorporate so many outdoor and adventure activities. We will discuss the benefits of these activities to students and give a solid framework to start a program like it anywhere. Activities discussed will include: mountain biking, fly fishing, paddling, backpacking, geocaching, snowshoeing, angling, ice fishing and more.

“Kid Power's Operation Lunch Line 3D”
Presenter: Justin Bennett (Kid Power Programs)
Location: Briar
Presider: Barb Wenz
“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.

Xtranormal Assessment
Presenter: Dr. Raj Subramaniam, Anya Eckhardt, Johnny Gorton-Parker, Amanda Failla & Monica Weimer (Ithaca College)
Location: Oak
Presider: Lisa Hrehor
Students possess multiple intelligences and assessing them primarily via written exams or papers could be perceived as restrictive as per multiple intelligence theory. Xtranormal movie clips could serve an important function in assessing students’ multiple intelligences. The purpose of this presentation is to provide students’ perspectives on using Xtranormal movie clips to assess learning.

Hunger Games, Harry Potter…Integrating Literacy Into PE Through Cool Books!
Presenter: Heather Susek, Michelle Gibbs, Brittany Stagnitta, Caitlin Weinsheimer & Chelley Pietras (Syracuse University)
Advisor: Dr. Sandy Bargainnier (Syracuse University)
Location: Event Center B
Presider: Marissa Sell
Content area teachers (Physical Educators) outside of the ELA classroom are now required to emphasize literacy experiences in their planning and instruction. Learn to integrate throwing, offense, defense and literacy through Harry Potter and Quidditch. Motivate students with target sports and adventure activities with the Hunger Games. What better way to help children read and write about text than play a game and learn a PE skill around a cool book!
**Incorporating Para-Educators In PE**
*Presenter: Rocco Aiello (St. Mary's County PS) & Dr. Lauren Lieberman (The College at Brockport)*

Paraprofessionals have been an integral part of school systems for decades. Their role is of significant value in the education process for students in the special education classroom. The role of paraprofessionals is diverse and changing as more students with disabilities are included in the general education population. With this said, it is time for paraprofessionals to undertake the same responsibilities in physical education as they carry out in the general classroom.

**Games For The Elementary Intramural Program**
*Presenter: Donn Tobin (Mahopac CSD)*

Do you run an after school activity program? Are you looking for some non-traditional, fun, and competitive activities for your kids to participate in? Come experience some different games/lead-up sports that will enhance your after school program!

**Spice It Up!**
*Presenter: Nikki Lee (White Plains CSD)*

During this session you will walk away with some classroom activities that can be used to spice up your health classes. These activities will focus on classroom instruction, assessment and student participation.

**No Curriculum, No Problem: Implementing An Effective Curriculum In An Ineffective Setting**
*Presenters: Yolanda Vozzolo (NYCDOE) & Dillon Landi (North Bergen PS)*

Now that you have landed that new job, disappointment sets in. You are faced with some of the biggest challenges: the curriculum lacks structure or is completely non-existent, your space is less than ideal or even worse you have limited access to equipment. Where do you start? Do you put your hands-up and give-up? Don’t let your frustrations take away the great teacher you are. Come and attend our session (no matter your experience) to learn how to turn this challenging job into a creative and successful experience.

**Make An “IMPACT”: Reduce Distracted Driving:Improve Teen Driver Safety**
*Presenters: Sherry Deacon (Deer Park HS) & Debra Douglass (NYSDOH)*

This workshop will entail descriptions of programs that can be used within the classroom, school and community to help increase awareness of teen driving risks with an emphasis on the dangers of distracted driving. These activities provide basic knowledge and skills which support positive health choices and behaviors, and help students predict how decisions regarding health behaviors have consequences for self and others. These activities, along with information shared on educational materials and resources available through state agencies, can be used to develop community and school based approaches to promote teen driving safety behaviors.
The Ethics Of Coaching: A Value-Based Approach  
**Presenters:** Dr. Peter Hager & Dr. Robert Schneider (The College at Brockport)  
**Location:** Cypress A  
**President:** Drew DiSanto  
This session will focus on helping participants better understand the moral obligations that coaches have in youth sport and high school settings. The presenters will thoroughly examine the moral values that coaches should cultivate, model, and teach, and the role that these values can play in reforming competitive sport. Case studies will be used to demonstrate how a value-based approach to coaching can positively affect youth and high school sport participants and environments.

Infusing Exercise/Fitness Concepts Into The Middle School Program  
**Presenter:** Timothy Smith (East Syracuse Minera PS)  
**Location:** Cayuga  
**President:** Dr. Robert Otto  
Strategies for infusing exercise/fitness concepts into an already existing curriculum will be presented. This presentation will utilize power point, handouts and live demonstration to show how warm-ups, technology and after school programming can be used to enhance any existing curriculum.

Aquatic Map Adventure, A Skill Review Lesson Designed To Use The Pool Map  
**Presenter:** Raluca Gruin (Fordham Leadership Academy HS)  
**Location:** Lodge Pool  
**President:** Lori Friend  
In this session, participants will learn how to add adventure and challenges to their swimming skill review assessment methods. Through entertaining station tasks, 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! *Don’t forget your bathing suit!*

Integrating Salsa Dancing Into Your Curriculum  
**Presenter:** Brian Bromka  
**Location:** Showroom  
**President:** Monica Wolfe  
Come to this extraordinary and fun presentation and experience the complete repertoire of “basic” Salsa footwork, the building blocks of Latin dance. Learn the “Lead & Follow technique”. Explore the fundamentals of Salsa Rueda de Casino, the preferred method for teaching Salsa in Cuba. NO prior Salsa experience necessary!

Applying For And Evaluating PEP And Other HPE Grants  
**Presenter:** Rosalie Mangino-Crandall (Insight Grants)  
**Location:** Hawthorn  
**President:** Chris Wert  
While money certainly isn’t everything, grant funding can go a long way toward empowering you with key resources needed to improve your PE and Health curricula, instruction, and assessment practices. Attend this session to learn the language and basics of applying for HPE grants like the Carol M. White PEP grant and the current rules for evaluating PEP grants. Information will be presented first on applying for grants and then on PEP evaluation for winners in the 2010, 2011, and 2012 cohorts—current PEP grantees are welcome to join us at the start or around the mid-point of the presentation based on their scheduling needs.
Welcome to the Turning Stone Convention Center and the Central North Zone!

Congratulations Award Winners from Central North Zone!

**Bernard E. Hughes Award**
Black River Outdoor Education Center
Formerly Potato Hill Farm

**Central North Zone Amazing Person**
Wendi Haynes-Eklund - New Hartford CS

**Recreation-Adventure Education Section Amazing Person**
Monica Wolfe - Cooperstown CS

**Secondary Physical Education Section Amazing Person**
Shelly Connors - Auburn Enlarged SD

**CNZ Members please join us Thursday, November 15th, 4:00 - 5:30 pm at The Hill in Sherrill!**

SAVE THE DATE

CNZ/CSZ Conference
Friday, January 25, 2013
SUNY CORTLAND
Coaching And Parents-Tips On How To Handle Today’s Parents
Presenter: Marty Nemecek (Putnam Valley CSD)
Location: Briar
Presider: Brandon Herwick
This program will give the participants the opportunity to get insight and coping tips into how to handle issues when parents are to involved in the coaching of their child. This informative session will include “Role Play” activities that will not only be fun but rewarding.

It’s Ok To Eat & Run
Presenter: Aaron Hart & Billy Beltz (The SPARK Programs)
Location: Cayuga
Presider: Dylan Gratch
Physical activity AND nutrition? This session will show busy teachers how to accomplish both at the same time. Attendees will learn and play, “5 Servings Tag,” “Healthy Choice,” “Workout Buddies,” and more. All are inclusive and enjoyable activities that reinforce nutrition concepts and promote healthy food choices while moving. Participants will leave with free, on-line access to lesson plans they can use on Monday, and the confidence to teach them!

The Simple Secrets Of Stress Reduction
Presenter: Dr. Robert Gilbert (NYS AHPERD Keynote)
Location: Oak
Presider: Tom Howard
BAD NEWS: Stress kills. GOOD NEWS: If you take this workshop, it need not kill you! In this session, you will learn amazingly simple and incredibly powerful relaxation techniques. First, you will learn the theories. Then you will put these theories into practice. You will leave the workshop feeling deeply relaxed and with the knowledge of how to relax yourself and how to teach these relaxation techniques to others.

Summit Says...Jump In!
Take part in a Jump Rope For Heart Event during our Conference on Thursday, 9:30 am - 3:30 pm at the American Heart Association Booth! $1 for a 30 second fun and easy jump! Prizes for the most jumps in your age group! Stop in and do your part to help Fight Heart Disease & Stroke!
Building Men
Presenter: Joe Horan (Syracuse CSD)
Location: Meadow
Presider: Quinton White
The Building Men program, developed by a physical educator and coach, is a comprehensive program designed to keep urban, middle school boys in school and on track to succeed. The mission of Building Men is to support boys in becoming young men of positive significance, integrity, and to value and build relationships. After-school basketball, challenge courses, local role models, and community service provide the incentives to focus on academics, character building, and becoming “A Man” not “The Man”.

Health 101: Who Am I?
Presenter: Paula Prentis (Your Self Series)
Location: Cypress B
Presider: Ashley Gunsle
Your Self Series™ is a new curriculum that helps students develop a sense of self - the foundation for 21st century skills and the missing link to preventative programs school wide. Learn how developing self-awareness can improve academics and pro-social behavior while providing social and emotional skills necessary in today’s world. Taught in health class, Your Self Series™ has helped students discover, manage and express who they wish to be.

Are My Students Really Learning Anything? Skill Assessment In Health Education
Presenter: Lindsay Armbuster (Burnt Hills-Ballston Lake CSD)
Location: Cypress D
Presider: Lonnie Halusic
This session will explain one teacher’s semester long approach to near-authentic and authentic assessment of 8th grade students. The first aspect of this approach includes pre- and post-assessments and rubrics related to planning and goal setting, decision making, stress management, and communication. The second aspect is a student reflective portfolio based on the self-management skill. Participants will see and work with student examples and will be provided with print materials.

Incorporating Sport Based Youth Development Models Into Health Education Curriculums Planning
Presenter: Dr. Jenine DeMarzo (Urban Dove Team CS)
Location: Cypress E
Presider: Kelsey Rehain
Sport Based Youth Development Models focus on young people’s abilities, strengths, and developmental needs. Utilizing these models within health education domains allow educators to provide meaningful health promotion and disease prevention strategies. This approach focuses on three strands; content knowledge, engagement and leadership experience.

Blending Beanbag, Bowling & Ball-Based Games With Fitness & Health
Presenter: Jessica Shawley (2012 NASPE Middle School PE Teacher of the Year)
Location: Oneida
Presider: Christina Cobucci
Fun ways to incorporate health and fitness into beanbag, bowling and foam ball games while using pedometers to measure (moderate to vigorous physical activity) during active play. Integrating fitness and health allow you to check for student understanding throughout a lesson and provide content specific assessment. Using pedometers are an efficient way to measure moderate to vigorous physical activity during active play.

Adventurcise: Empowering Children To Be Healthy Leaders Of Tomorrow
Presenter: Michele Gordon (Adventurcise)
Location: Seneca/Onondaga
Presider: Rachel Gnaiff
Today you will leave with a comprehensive outline addressing the benefits of youth fitness training, an extensive list of exercise varieties, visualization and motivation practices, and the knowledge to empower children to lead healthier lives. Adventurcise™ combines aspects of fitness and leadership to make today’s youth healthier and stronger individuals. This program is a cutting-edge contribution to any youth physical activity program.

Tubing For Two
Presenter: Gay Elliott (Aristo-Fit)
Location: Tuscarora
Presider: Amber Wilcox
This practical session will take the participant through a myriad of exercises for a complete strength training workout, with resistance bands, and a partner. These exercises can be for secondary school students, but also fun to incorporate in group fitness classes or personal training sessions with adults. Modifications for each exercise will be shown, as well as teaching cues for posture and performance.

Integrating Sign Language Into Your Physical Education Program
Presenters: Caitlin Marie Weinheimer & Michelle Gibbs (Syracuse University), Tiffany Mitrokas, Carissa Cromwell, BreAnne Galloway, & Daniel Shukitis (The College at Brockport), & Jessica Schultz (Canisius College), Joseph Maloney, Dorothy Neimira, Matt Thompson Advisors: Dr. Lauren Leiberman (The College at Brockport) & Dr. Luis Columba (Syracuse University)
Location: Event Center A
Presider: Adam Duyer
Schools today host a diverse student population. In addition, teaching cross-curricular activities is supported by administration and parents alike. Do you want to learn sign language while having fun? Teachers often struggle to identify ways to communicate with children with disabilities, especially if these children use sign language. The purpose of this presentation is to provide APE and PE teachers with a spectrum of developmentally appropriate activities and games for school-aged students with and without disabilities. The audience will be actively involved in a variety of physical activities presented in Sign Language to accommodate students with varying ability levels and diverse backgrounds in individual and integrated settings. This may also promote the concept of acceptance and diversity while promoting age appropriate skills.

PACER Games: Incorporating ELA And Math Skills Into Your Curriculum
Presenters: Jason Czarny (Onondaga CSD) & Matt Murphy (F-M CSD)
Location: Mohawk
Presider: Princetess Schramm
“I know what you do is important but I’ve got to get these kids ready for State Tests!” The demand to integrate ELA and Math skills into the physical education curriculum is greater now than ever before. Don’t miss this opportunity to see how you can creatively use the PACER to reinforce student comprehension of the Common Core without sacrificing fun and physical intensity.
The Power Of FOOD: Life Skills For Nutrition, Children And Families
Presenter: Dr. Robert Dell’Amore (The Power of FOOD)
Location: Birch
Presider: Alyssa Elwood
An award-winning, innovative, research-backed method of engagement and enrichment, this fun, colorful and interactive nutrition education/life skills program teaches youth, educators and youth development specialists the necessary skills and techniques for healthy food preparation and cooking. Building on proven successful kid-tested recipes, and proven effective methods of engagement, through neuro-sensory stimulation of sight, smell and taste, Dr. Dell’Amore will demonstrate expert knife skills, techniques perfected to prepare fresh produce in a kid-friendly fashion, and amazingly delicious fruit, vegetable and lean meat combinations that kids go crazy for. Aligned with and directly supporting NYSED Core Curriculum Standards in PE, health and nutrition, at three levels. Follow your nose, and come see what all the buzz is about!

Literacy And Physical Education Activities
Presenters: Dr. Alisa James & Dr. Sheri Treadwell (The College at Brockport)
Location: Event Center B
Presider: John Strong
Literacy and physical education activities is a program that will provide examples of activities at both the elementary and secondary levels that have a literacy focus. Several examples of weaving literacy into physical education activities will be provided.

1:55 pm - 2:25 pm
Elementary/Middle School PE Section Business Meeting
Location: Oneida

Extended Sessions
2:30 pm – 5:10 pm

Creative Ideas & Equipment To Improve Skills And Combat Obesity
Presenters: Carly Schultz, Joseph Cervo, Terence Crossan & Jay Quinn (Queens College)
Advisors: Dr. Ariela Herman & David Wiener (Queens College)
Location: Event Center A
Presider: David Michael
How you say it through the written, spoken and non-verbal communications is more important than you think. Discover proven techniques to unlock your full potential, enhance your chances of getting an interview and promote yourself as a highly regarded candidate.

Healthy Schools NY PE Plan Workshop
Presenters: Victoria Keir, Stacy McNeill & Deb Spinella (HSNY Coordinator)
Location: Birch
Presider: Katie Kairys
Healthy Schools NY (HSNY) and Physical Education (P.E.) Trainer will provide a workshop for Directors of PE, appropriate administrators, and PE teachers to begin the process of developing or revising their current New York State Education Department (NYSED) District PE Plans. HSNY is a New York State Department of Health funded program working in collaboration with NYSED.

Empowering Youth With ADHD: Coaching Toward Success
Presenter: Jodi Sleeper-Triplett (JST Coaching, LLC)
Location: Cypress A
Presider: Tracy Sharlow
For many youth with ADHD, coaching provides techniques for greater focus, organization, time and task management and skills for increased academic success and effective daily living. By initiating the coaching process with youth, we are able to motivate students and help them to build self-confidence and self-awareness. This interactive session will provide background on the common difficulties faced by adolescents and young adults with ADHD and offer strategies for use in a multitude of learning environments.

Learning From Life And Living What You’re Learning
Presenter: Steve Lembke (Road Scholar, Inc.)
Location: Hawthorn
Presider: Janet Carey
This presentation will discuss Road Scholar’s beginnings (36 years ago) and its relevance in the world of lifelong learning today. Through anecdotes, participant comments, research findings and a close look at some of Road scholar’s 4500 programs offered annually to over 100,000 participants, we will understand Road Scholar’s unique not-for-profit programming philosophy and the sense of community that develops between program participants as they travel and learn together outside the classroom. The presenter will involve the audience by putting them into the picture of what it’s like to travel and learn though Road Scholar. Attendees will be encouraged to discuss their own educational travel experiences and a $100 program voucher for a Road Scholar program of their choice will be raffled off at the session. Questions and answers will round out the session.

1:55 pm - 2:25 pm
Exhibit Time
Be sure to check out the Your Self Series Demonstration in the Exhibit Hall!

2:30 pm - 3:45 pm
Session IV

Aquatics Section Business Meeting
Location: Lodge Pool

Take It From Someone New In The Field... Learn How To Be The Best Candidate You Can Be In PE!
Presenter: Melissa Fromm (Monroe CC)
Location: Cedar
Presider: Peter Cady
Interested in learning about what you need to do to make yourself the best candidate to get a job in the future? Come join a new professional who was able to get a job immediately after college; take the journey to her pathway to success!
Explore The Hidden Benefits Of Assessment To Enhance Your Teaching!
Presenters: Dr. Helena Baert & Dr. Mike Kniffin (SUNY Cortland)
Location: Briar
Presider: Amber Wilcox
There are important benefits of using assessment tools that many teachers overlook. This session will help you to recognize and explore these benefits and start tapping the power of assessment benefits to support your teaching and our profession. Experience the power of assessment yourself and take away new ideas on how to assess in PE.

The Quest For The Web In Health Education: WebQuest Workshop
Presenter: Dr. Nancy DeKorp (The Sage Colleges)
Location: Oak
Presider: Lonnie Halusic
Get your students’ juices flowing by creating a problem for them to solve or a situation to address through the use of assigned internet websites and pages. The nationally recognized WebQuest strategy requires critical thinking, cooperative learning (could be completed independently) while supporting an authentic learning experience.

Parents As Partners In Health Education
Presenter: Jessica Butts (Croton-Harmon SD)
Location: Meadow
Presider: Kristina Hartman
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.

CSI Bone Investigation
Presenter: PJ Jarvis (2012 NASPE Elementary PE Teacher of the Year)
Location: Oneida
Presider: Laura Shaw
This exciting and innovative learning experience has students work in investigation teams to complete knowledge, skill, and fitness challenges; solve bone clues; collect bones; and assemble a skeleton puzzle. At the conclusion of the lesson students turn their skeleton’s gravestone around and discover what high risk behavior led to their skeleton’s untimely death, and then discuss ways to avoid the same fate. The ideas shared will help you integrate fitness development; knowledge assessment; and skill practice in a highly engaging way for all your students.

Make Them Sense-Able! Promoting Sensory Integration Through Physical Education Activities
Presenter: Dr. Ellen Kowalski (Adelphi University) & Dr. Tim Davis (SUNY Cortland)
Location: Mohawk
Presider: Ray Banach
This session is designed to “re-introduce” SI theory and demonstrate how the physical educator can help students improve their kinesthetic, vestibular and movement awareness. Participants will experience a variety of fun activities designed to promote sensory integration, cross-lateral integration, sensory stimulation and discrimination. Come prepared to be STIMULATED!

Healthy Highway
Presenters: Wendy Cooper (Healthy Highway) & Margaret Robelle (Hyde Park CSD)
Location: Event Center B
Presider: Mike Benke
This K-5 program will demonstrate how to incorporate nutrition concepts into every unit of study all year long and keep movement a top priority. Watch how to apply quick and effective assessment tools into any lesson, as well as how to connect with other classroom objectives to expand student knowledge. Participate in activities that will raise awareness of healthy choices, encourage dialogue of these choices, activate more choices, and demonstrate commitment to a healthier lifestyle.

Teaching Strategies And Tips In Fencing At The Collegiate Level
Presenters: Dr. Zeki Tulmlu (Anadolu University)
Location: Tuscarora
Presider: Jessica Briggs
Fencing has become such a popular sport activity at the collegiate level and many basic instruction programs started to offer fencing courses for college students. Therefore, the purpose of this session is to provide basic strategies and teaching tips for fencing at the collegiate level. Basic instruction courses.

Middle And High School Physical Educators- Texting You!
Presenters: Aaron Hart & Billy Beltz (The SPARK Programs)
Location: Cayuga
Presider: Christine Johnson
It’s here! SPARK’s new middle and high school physical education resources have taken content, instruction, and technology to a new level of secondary physical educators. Experience it yourself, actively and “hands-on”, then leave with terrific FREE resources. Rated RR for Relevant in the Real world!

Jazz Funk
Presenter: Kathleen Kilcoyne (Queensborough CC)
Location: Seneca/Onondaga
Presider: Colleen Buchanan
“Jazz Funk” is a complete dance class including a basic warm-up, floor exercises, across the floor variations, and a dance combination. It is designed to teach basic dance technique, and teach the participant how to structure a successful and fun dance class for any level student.

Getting Kids To Tri: Growing A Successful High School Triathlon Club!
Presenter: Chris Zenyuh (Harborfields HS)
Location: Cypress E
Presider: Maddy Combs
If you believe in the power of sport to help youth develop identity, confidence, and lifelong healthy habits, then you owe it to yourself and to your students to start a triathlon club in your school. Discover the ingredients necessary to rapidly build interest, financial support, and a school culture that celebrates everyone who wishes to participate in the fastest growing sport in America: triathlon. Christopher Zenyuh, IM finisher and science teacher / coordinator at Harborfields High School (Long Island), will describe the ‘Tri Fit’ philosophy, fundraising activities, sponsor acquisition, club activities, and race experiences that have more than 10% of Harborfields High School’s student body participating in the sport of triathlon! Leave this seminar knowing how to navigate the challenges you’ll face and be inspired to teach your students that to succeed in life, they simply must ‘tri’!
Body to feel the beat! Dynamic levels of movement. Get your heart pumping and allow your rhythmic beats as you increase your spatial awareness, while executing moves your body and explore street jazz and hip hop movements to increase your body’s strength, flexibility, and coordination. Enjoy the rhythmic beats as you increase your spatial awareness, while executing dynamic levels of movement. Get your heart pumping and allow your body to feel the beat!

STD? Who, Me?: Breaking Through The Invincibility Of Youth
Presenter: Michelle Scarpulla (ANSWER)
Location: Cypress B
Presider: Jenna Caira
Sexually transmitted diseases among adolescents are nothing new, and usually the lessons teachers use to teach about them aren’t new either. Come find out about the current trends—which STDs are most common, how are they spread, and how to prevent them. And also learn new activities you can use to engage and educate your students.

Literacy, Math And The Common Core... Oh My!
Presenters: Matthew Baumoel and Dr. Robert Schmidlein (Manhattanville College) & Dr. Martha James (St. Paul PS, MN)
Location: Cypress D
Presider: Austin Dodge
This presentation will cover the integration of literacy, math and common core standards into physical education classes. The participants will engage in practical application activities, as well as theoretical overviews of the themes. The presentation will cover curriculum (K-12), assessment and how to incorporate new strategies into your practice.

DanzEnergy-From Around The World Dances
Presenter: Alexandrino DuCarmo (InterArts InterCultural)
Location: Showroom
Presider: Michele Hynes
In this session, participants will experience ways that people from around the world express themselves through movement—which are based on their exciting music and rhythms. They will learn a series of movement and dance combinations from traditional worldwide dances, especially from the Latin, Afro, Indian, and Brazilian cultures. Even if one never danced before, he or she will have fun participating in this workshop.

3:00 pm - 4:15 pm

State Of Interscholastic Athletics - NYSPHSAA Updates
Presenter: Robert Zayas (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.

3:55 pm - 5:10 pm
Session V

Cardio Funk: Pump It Up!
Presenter: Josef Woodson (Queensborough CC)
Location: Showroom
Presider: Matt Hamilton
Move your body and explore street jazz and hip hop movements to increase your body’s strength, flexibility, and coordination. Enjoy the rhythmic beats as you increase your spatial awareness, while executing dynamic levels of movement. Get your heart pumping and allow your body to feel the beat!

www.nysahperd.org 29
More Folk Dances From Around the World  
Presenter: Allison Relyea (Guilderland HS)  
Location: Seneca/Onondaga  
Presider: Donna Pierno  
Participants will learn at least 4 folk dances from different areas of the world that can be added to their dance or physical education curriculum. All participants will receive written descriptions of each dance along with the music.

Financial Literacy For Middle Career Employees  
Presenters: Craig Frisch (Securities Benefit) & Peter Bifarella (RFC Multi-Financial Securities)  
Location: Briar  
Presider: Chris Wert  
This session will provide future professionals, current professionals and those currently going through retirement with important information on securing your financial future. Our focus is retirement - helping you save for it and, most importantly, helping you enjoy it to its fullest potential. Participants will receive free education on how to maximize their personal pension as it ties into NYS retirement. How can we help you?

Just Move-Healthy Schools Healthy Families Physical Activity Program  
Presenters: Arlen Zamula & Andrea Brekke (New York Presbyterian/Ambulatory Care Network)  
Location: Cayuga  
Presider: Megan Wallner  
“Just Move” is a physical activity program in eight public elementary schools, serving 4,300+ students and was created by Healthy Schools Healthy Families, a collaboration between NewYork-Presbyterian Hospital and Columbia University Department of General Pediatrics. Just Move’s goals are: • To make physical activity an educational asset that can be used daily by classroom teachers • To help students reach NYSED/DOE PE mandates and national recommendations for activity. Just Move forged a strong partnership with students, schools and communities enabling the creation of professional development and a curriculum connected to Common Core Learning Standards with a data collection system that allows schools to meet NYSED/DOE 120 minute physical activity regulation with limited space and staff.

Partner Exercises Variations  
Presenters: Srecko Mavrek (NYCDOE), Susan Garcia (Queensborough CC) & John Strong (Niagara CC)  
Location: Tuscarora  
Presider: Oscar Lopez  
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. The aim of this program is to provide an overview of enjoyable partner exercise variations that can be performed anywhere and without the use of sports equipment.  
*Srecko is the 2012 Secondary Physical Education Teacher of the Year!*

Beginnings And Endings: Warm-Ups And Cool-Downs For Elementary Physical Education  
Presenters: Margaret Roblee (Hyde Park Central School District)  
Location: Mohawk  
Presider: Sarah Cassada  
Energize the beginning of your physical education class with exciting warm-ups that will engage the entire class quickly! Wrap up your physical education class with quick assessments and cool-downs that will have your students ready for the classroom! Learn organizational strategies that will facilitate your entire physical education class from beginning to end!

A-Z Games And Activities For K-8  
Presenter: Chris Wert (Corning Painted Post SD)  
Location: Oneida  
Presider: Vanessa Sell  
In this session you will get 26 games or activities that you can take back and implement into your program very easily. The type of activities can be used during specific units, warm-up activities, or could be implemented into field day. It is even possible to use these activities as part of the new Common Core Learning Standards or make them part of your personal assessments.

Using NCBI To Improve School Climate  
Presenters: Lisa Perrone (Ballston Spa HS) & Ira Baumgarten (National Coalition Building Institute)  
Location: Meadow  
Presider: Lonnie Halusic  
The Dignity Act requires districts to be more proactive than ever about building school climate. This program will demonstrate and explain how our school has used NCBI (National Coalition Building Institute) to build a safer and more caring school learning environment. Join us to take part in segments of an NCBI workshop and to discuss the logistics of how we make it work.

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  
Sara Daggett, Committee Chair  
Location: Birch  
Bernard E. Hughes Award Committee  
Kerri Bullock, Committee Chair  
Location: Hamilton  
Health Education Award Committee  
Jay B. Nash Outstanding Major Awards Committee  
Dr. Shawn Ladda, Committee Chair  
Location: Willow  
Jay B. Nash Outstanding Major Awards Committee  
Kevin Mercier, Committee Chair  
Location: Briar
5:30 pm - 6:30 pm

Section Meet & Greet
Location: Showroom
Are the three interest sections you chose that come with your NYS AHPERD membership still priorities?
If YES please come and share your thoughts and ideas with our Section Leadership!
If your priorities have changed, come to learn about your section options!

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 - 11:30 pm

Ultimate Simon Says Challenge & Square Dance
Location: Oneida & Mohawk
Join your colleagues for lots of fun and excitement while competing to be the top Simon Says Champion!
Be sure to stay after the games are over to enjoy square dancing with Shoe Leather Express!

A Most Sincere Thank You to FLAGHOUSE For Contributing Prizes for Our Simon Says Challenge!

NYS AHPERD’s Capital Zone
Proudly Congratulates our 2012 Award Winners

Elementary Teacher of the Year
Colleen Mickle - Guilderland CSD

Award of Distinction for a School Administrator
Rosemarie “Rie” Posillico - Burnt Hills – Ballston Lake CSD

Capital Zone Amazing Person
Marc Vachon - Mohonasen CSD

Council of Administrators Amazing Person
Lloyd Mott – New York State Public High School Athletic Association (Retired)

Departmental Major of the Year
Teresa Berschwinger – College of Brockport SUNY
FREE
Youth running programs
Teacher resources
nyrr.org

Coming soon
Lesson plans to teach running in P.E. class!
NYS AHPERD’s Southeastern Zone congratulates Lisa Sherman as she embarks on her journey as NYS AHPERD President!

-Lisa-

For year’s you have provided leadership and service to the Southeastern Zone and as a result, we are one of the strongest Zones in the State. Please know, as you take over the NYS AHPERD presidency, we will be by your side every step of the way! Our wish for you is that you have a year filled with beautiful memories and unprecedented successes!

Leadership is...

The act of making a difference.
Honoring the greatness and uniqueness in others.
Doing whatever it takes to...Honor your word...Make a difference through your work
Give hope to people around you
Being grateful for every genuine effort and act of kindness.
Aligning your daily effort with big dreams and great goals.
Learning faster than the world is changing.
Trusting enough to be trusted.
Knowing that the biggest risk in life is no risk at all.
Living so that when other people think of integrity, enthusiasm, commitment, and caring they think of you.
Knowing you were born an original.
Were born to make a difference in the world.
The time is now the leader is YOU!
Automated external defibrillators (AEDs) save thousands of lives each year. Is your school, church, health club or Town prepared to treat a sudden cardiac arrest? To learn more about AEDs and the treatments for SCA, visit us on the web or call us for more information.

Have a great conference!

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1-888-959-1194
Fat Burning Pilates
Presenter: Carol Powers (Suffolk CCC)
Location: Seneca/Onondaga
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.

Let's Move In School! Ok... I Am In, Now What?
Presenter: Dr. Stephen Virgilio (Adelphi University)
Location: Meadow
Presider: Ken Wojehowski
This session will describe the five major components of the Comprehensive School Physical Activity Program (CSPAP) known as Let’s Move In School. In each component very practical strategies will be provided to help teachers get the program started and help children obtain the required 60 minutes of physical activity each day. As a culmination to the session, the participants will have an opportunity to share their favorite programs and approaches with a compilation of strategies sent to each participant after the conference.

Spring Into Sport Stacking With Speed Stacks!
Presenter: Sunnie Bifarella (SUNY Cortland)
Location: Mohawk
Presider: Marc Tath
Sport Stacking... a track meet for your hands at warp speed; a jaw-dropping display of dexterity; a mind-numbing manipulative motor skill! Stackers of all ages and abilities find success in this unique individual and team sport that promotes hand-eye coordination, ambidexterity, quickness and concentration through up stacking and down stacking 12 specially designed cups. All participants will receive a FREE set of Speed Stacks, Instructor Training DVD and information.

Elementary Fun-Filled Cooperative Tag Games
Presenter: Brian Ross & Jaclyn Carboni (NYCDOE)
Location: Tuscarora
Presider: Amanda Osborn
This session will get participants actively engaged while learning various cooperative tag games. Many of these fun-filled warm-up games will not only be exciting and enjoyable for students, but they will help to strengthen/workout various muscle groups which helps to incorporate dimensions of fitness in all units throughout my curriculum. Most of these games also incorporate cooperation amongst classmates in a means to motivate students to always work together and help one another.

Expectations Of Future Physical Education Teachers
Presenter: Mike Ferreri (Victor CS)
Location: Hawthorn
Presider: Jeffrey Hart
What do you have to offer that separates you from other professionals in physical education? This session will help provide the future professional with what is expected of them when entering a school district. Strategies on how to apply your knowledge of PE to numerous specific teaching situations will be offered.

Follow The Leader
Presenter: Karyn Schutzer (Future Prof President, SUNY Cortland)
Advisor: Dr. Sandra Bargainnier (Future Prof Adv, Syracuse University)
This session is a must for future professionals!

Domestic & Dating Violence: An Information & Resource Overview, What You Need To Know
Presenters: Jackie Ward & Megan Dack (Domestic Violence Program)
Location: Birch
Presider: Cathy Haight
This session will help you recognize potential, volatile relationships and provide strategies you can share to help your students understand the dangerous consequences that can result from unhealthy relationships. Including crisis and supportive resources that are available.

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Location: Mohawk
Presider: Marc Tath
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NYS AHPERD Leadership Seminar - What Is It All About?
Presenters: Lisa Sherman (NYS AHPERD President-Elect)
Location: Saranac
Presider: Jason Lehmeck
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.
Implementing A Dynamic Warm-Up In Your PE Class  
**Presenter:** Paul Houck (East Syracuse Minoa CSD)  
**Location:** Cayuga  
**Presider:** Dr. Robert Otto  
This session will begin with a brief introductory discussing the purpose and benefits of a dynamic warm up, then followed by a lab activity on implementing this warm up in your physical education class. Finally, develop a student led warm up, and peer assessment activity, which can be used as an APPR goal.

Diverse Line Dancing For All Ages  
**Presenter:** Carissa Cromwell, Stephanie Bond, Zachary Ferrara & Alexandra Stribing  
**Advisor:** Dr. Ferman Konukman (The College at Brockport)  
**Location:** Seneca/Onondaga  
**Presider:** Tess Praino  
A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows without regard for the gender of the individuals, all facing the same direction, and executing the steps at the same time. Line dancing is a popular activity for all ages and school physical education programs can integrate this fun activity into physical education curriculum. Therefore, the purpose of this session is to provide several practical ideas for teaching different types of line dancing (Wobble-Soul, Country, Classic Hussle) using a fundamental approach. In addition, this session will focus on how to integrate line dancing into school physical education programs.

S.A.V.E.D! Maximize The Success Of Children With Autism In Physical Education  
**Presenters:** Justin A. Haegele (Ohio State University) & Alexis Noest (NYCDOE)  
**Location:** Cypress E  
**Presider:** Jordan Brown  
Children with Autism have unique needs in physical education environments. The S.A.V.E.D. acronym (Structure, Audio, Visuals, Environment, and Differentiated Instruction) provides several teaching considerations which will enable children with Autism to be more successful in PE. The presenters will discuss each subtopic and provide practical ways to implement in the physical environment.  

Overcoming Barriers To Developing Effective School Health Systems  
**Presenters:** Aimee Greeley, Dr. Donna Videto, Dr. Bonni Hodges & Amber Earl (SUNY Cortland)  
**Location:** Cypress D  
**Presider:** Cathy Haight  
Coordinated School Health is often an overwhelming concept to both health and non-health educators. The Coordinated School Health program is designed to coordinate efforts across components, but isolation of each component persists. This session will focus on overcoming barriers and concerns related to building effective and efficient school health systems.

Safe Schools For All Students: Supporting The LGBTQ Population  
**Presenter:** Michelle Scarpulla (Answer)  
**Location:** Cypress B  
**Presider:** Taylir Lorino  
With the Dignity for All Students Act having gone into effect in July, preventing bullying is on the mind of every New York teacher. Research shows that lesbian, gay, bisexual and transgender students are bullied more than their heterosexual peers, and thus are more likely to skip school and less likely to graduate. During this workshop, participants will learn how to make their school a safer learning environment for all students.

Moving Toward Full Assessments; A Road Map To Success  
**Presenters:** Ron Whitcomb & Nate Vankouwenberg (Victor CS)  
**Location:** Cypress A  
**Presider:** Laura Owen  
This session will map out how to move your school or individual teachers toward full implementation of assessments aligned to the standards. Clear examples of rubrics and units will be covered.

Water Aerobics!  
**Presenter:** Wendi Haynes-Eklund (New Hartford CS)  
**Location:** Lodge Pool  
**Presider:** Lori Friend  
(Don’t forget your bathing suit!)  
Come for some fun in the water while getting a good workout! Participants will perform water aerobics moves in the water that will include the use of noodles and kickboards. All of the moves can be used in the gym as well for aerobic exercise. Hand-outs will be provided with the routine used in the session.

Rookie Rugby  
**Presenters:** Rob Sliwinski & Mike Hodgins (Rugby NY)  
**Location:** Event Center A  
**Presider:** Kendra McCoy  
Rookie Rugby is the non-contact version of rugby that is a safe, simple and enjoyable introduction to the sport. Designed with American athletes in mind, the skills of passing, running, communication and decision-making are stressed and developed. Rookie Rugby is the ideal starting point for developing players, coaches and referees for the newest Olympic sport.

Indoor Soccer (Futsal): A Practical Approach For Teaching Soccer Drills  
**Presenters:** Dr. Hayrettin Gumusdag (Hitit University, Turkey) & Dr. Ilker Yilmaz (Anadolu University, Turkey)  
**Location:** Event Center B  
**Presider:** Dr. Shaton Ladda  
Indoor soccer, or commonly known as Futsal, is becoming a popular physical activity. Young soccer players trained in Futsal can improve control of the ball and ability to pass in small places. In addition, practicing Futsal drills can develop great technical ability for players. Therefore, the purpose of this session is to provide several practical ideas for teaching Futsal using a fundamental step by step approach with some tactical games and drills.
9:25 am - 10:40 am

NYS AHPERD General Session Keynote Presenter ~ Anita Murphy
Location: Showroom

Anita Murphy is currently the Deputy Superintendent for Administration for the Rochester City School District. In this capacity Ms. Murphy is responsible for all operational departments within the RCSD. Prior to her appointment with Rochester, Anita was the Associate Commissioner for Curriculum, Instruction and Field Services with the New York State Education Department. She has extensive knowledge and experience in the field of P-12 Education and instruction. She was formerly the Deputy Superintendent of Schools for the Syracuse City School District and Director of Information Technology for the City of Syracuse. She has also served as an Adjunct Professor at LeMoyne College in the Certificate of Advanced Study program, Director of Instruction at City School District of Albany and Director of Instructional Data at the Binghamton City School District. Ms. Murphy began her career in education as a Middle School Social Studies teacher. Anita's delivery style is fast paced, funny and energizing! Her expertise in the area of Annual Professional Performance Review, Student Learning Objectives and assessment will be a motivating kick-off to our Friday themed presentations related to the Annual Professional Performance Review initiative.

10:40 am - 11:10 am

Exhibit Time

Be sure to check out the Myachi Demonstration in the Exhibit Hall!

11:15 am - 12:30 pm

Session VII

Future Professionals Section Business Meeting
Location: Showroom

Health Education Section Business Meeting
Location: Cypress D

Adapted PE & Sports Section Business Meeting
Location: Cypress E

Exercise Science/Sports Medicine Section Business Meeting
Location: Cedar

Secondary PE Section Business Meeting (12:00-12:30 pm)
Location: Appalachiun

Creativity, Fun And Comfort In The Water
Presenters: Dr. Jeff Walkuski, Gina Carlone, Matthew Ehrenreich & Madelyn Weaver (SUNY Cortland)
Location: Lodge Pool
Presider: Lori Friend

Want to find new ways of improving the swimming and aquatic skills of your students? Trying to find a way to include creative, conceptually based activities in your aquatics program? This session will present a variety of games, ideas and activities to expand the creativity and comfort of your students in the water.

Tchoukball: Not Just Another Ball Game
Presenter: Shari Frank (Tchoukball, Inc.)
Location: Event Center A
Presider: Jon Mackenchar

Play this fast-paced, energetic game that promotes teamwork, vigorous physical activity, and social skills, with maximum student participation. No contact, intimidation, interference, or interceptions and all ages and skill levels are highly engaged. Defense is all about strategic positioning!

Sports Medicine And Athletic Training Course For High School Students
Presenter: Byron Clark (Human Kinetics)
Location: Cypress A
Presider: Matt Jeffords

Sports medicine and coaching courses, as well as student athletic trainer programs, can use texts that are focused and comprehensive. This session provides an overview of several textbook options covering coaching, athletic training, sports medicine, sport management, and sport and exercise physiology.

ADVOCATE! We Are Worth It!
Presenter: Shelly Connors (Auburn Enlarged CSD)
Location: Cypress B
Presider: Rebecca Colella

Through this presentation participants will learn how to advocate for their profession as physical education teachers. This presentation will involve technology, assessment and cross-curricular involvement to show how PE relates to every other subject. This session will show how we can help students in other classes, not hinder them.

Are You Afraid To Teach Elementary Dance? Let Me Help!
Presenter: Rita Beardsley (Harrison CSD)
Location: Seneca/Onondaga
Presider: Colleen Buchanan

Add dance to your elementary physical education curriculum! I’ll show you how it can be easy and fun to teach dance by breaking down the dances and using cue words. You’ll learn some party dances so students can be social at events, get great exercise and feel good about themselves and you can assess all dances.

Guaranteed Benefits Of The New York State Teachers’ Retirement System
Presenter: Cindy Surprenant (NYSTRS)
Location: Willow

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.
FITStep Pro Pedometers – Quickly Upload Pedometer Data  
**Presenters:** Jesse Stapp & Andy Tupy (Gopher)  
**Location:** Cayuga  
**Presider:** Stacy Walker  
This will be a hands-on session where participants learn how to monitor their steps, activity time, and moderate to vigorous physical activity. A more important outcome for the session is that participants will learn how to quickly upload their pedometer data into a file for future analysis of student activity patterns. Data can be uploaded by students of any age in 5-10 seconds by docking the pedometer and waiting for the “green light.” No more typing in data, losing data, and other time consuming issues.

Choose It, Eat It, Move It - Nutrition Education In An Active Setting  
**Presenter:** PJ Jarvis (2012 NASPE Elementary School PE Teacher of the Year)  
**Location:** Oneida  
**Presider:** Carol Atkins  
Participants will learn a plethora of activities they can use tomorrow to teach and assess basic to advanced nutrition concepts in an active and highly engaging setting for all students. Come learn how to integrate technology; fitness and skill development; and health in lessons like Nascar Nutrition, Nutrition Knowledge Jeopardy, and I’m Here to Help!

Get Your Students Climbing The Walls- Planning & Programming For Your Indoor Climbing Wall  
**Presenter:** Kevin Sudeith (Everlast Climbing)  
**Location:** Oak  
**Presider:** Sara Lester  
The presentation takes you through the 12 Great Reasons to Climb and reviews the physical, social, emotional, and cognitive skills developed while climbing. Learn about different types of climbing walls and considerations to think about when adding a wall to your facility. Also, take home three activities to use on your wall.

Drums Alive® Street Beats  
**Presenter:** Carrie Ekins  
**Location:** Mohawk  
**Presider:** Tracy Sharlow  
Drums Alive® - Street Beats, a new thrilling urbanized dance & drum celebration that delivers excitement, power and energy for a new generation. A fierce workout designed to burn calories, tone the body and stimulate the brain. Street Beats utilizes fun drumming and dance styles found on the street. Come and experience the music and moves of the streets. The use of simple equipment such as drumming on large fitness balls and small garbage cans will supercharge your batteries.

Using A Culturally Responsive Approach To Meet NYSLS Standard 2A  
**Presenter:** Dr. Sheri Treadwell & Dr. Alisa James (The College at Brockport)  
**Location:** Meadow  
**Presider:** Lisa Hrehor  
The purpose of this session is two-fold; first, teachers will be reintroduced to NYSLS 2A and learn relevant strategies to address personal and social behavior in meaningful ways. Second, learn how to become a more culturally responsive teacher while addressing the needs and interests of your students.

Financial Literacy For Early Career Employees  
**Presenters:** Craig Frisch (Securities Benefit) & Peter Bifarella (RFC Multi-Financial Securities)  
**Location:** Briar  
**Presider:** Melissa Fromm  
This session will provide future professionals, current professionals and those currently going through retirement with important information on securing your financial future. Our focus is retirement - helping you save for it and, most importantly, helping you enjoy it to its fullest potential. Participants will receive free education on how to maximize their personal pension as it ties into NYS retirement. How can we help you?

Play Well With Others! Be Active Against Bullying!  
**Presenter:** John Smith & Gregg Montgomery (FlagHouse)  
**Location:** Event Center B  
**Presider:** Jenna Caira  
October was Anti-Bullying Awareness Month and FlagHouse launched a new program to help schools, recreation departments and organizations be physically active in their campaigns to stop bullying. This activity session will present games and activities with a connection to the anti-bullying programs being created across the country. Let’s be active, work together, cooperate and use physical activity to set the standard for anti-bullying programs in our schools.

Get Your School Involved With The HERSHEY’S Track & Field Games  
**Presenters:** Dave Williams (Hershey’s Track & Field Games), Irene DeJager (Oxford MS), Tim Baude (Maine AHPERD) & Kathy Mazzuchelli (Caribou, Maine - Parks and Rec. Department)  
**Location:** Tuscarora  
**Presider:** Sara Lester  
This session will demonstrate how the HERSHEY’S Track & Field Games program helps schools incorporate a comprehensive school physical activity program by increasing opportunities for students to be physically active before, during, and after the school day, while fostering effective staff, family and community involvement. Attendees will also learn how easy it is to host and facilitate your own HERSHEY’S Track & Field Games event. Take home materials include a FastTrack to Sports Kit, a blueprint for creating your own HTFG after school program, 6 lesson plans, and classroom physical activity ideas.

Resume Building And Interviewing: How You Say It Is Important!  
**Presenter:** Robert Zifchock (Retired, Nyack UFSD)  
**Location:** Hawthorn  
How you say it through the written, spoken and non-verbal communications is more important than you think. Discover proven techniques to unlock you full potential, enhance your chances of getting an interview and promote yourself as a highly regarded candidate.
Super Balls, Super Tubes, Super Games!
Presenter: Étienne Loignon-Buteau (Omnikin)
Location: Event Center B
President: Robert Ormsby
This session presents games and activities to develop skills and team spirit: Stimulant activities with 6 balls, 6 colors, 6 teams at the same time; manipulation, collective games and coordination are involved. New games with big footballs “Super Ball” ideal to enhance abilities to kick, pass and run. Activities with large TUBES to learn the basic skills and strategies with more accessible material.

Mad For iPad?
Presenters: Aaron Hart & Billy Beltz (The SPARK Programs)
Location: Cedar
President: Chris Green
Today, more and more teachers are looking for ways to integrate their iPads (and other tablets), iPods, and smart phones with their physical education and health courses. Attend this webinar and experience physical education/health “APP all-stars!” You’ll learn how an iPad (or tablet device/smart phone) and APPS can be used with students in a variety of class settings. Leave with free access to a website that continually reviews and recommends the best PE APPS. This session is guaranteed to SPARK an interest in APPlied technology and shock you with relevance and APPlication.

Create Your Own PE E-Portfolio Today!
Presenter: Helena Baert (SUNY Cortland)
Location: Birch
President: Patricia MacKey
Do you want to show off your teaching skills in an innovative way that makes YOU stand out to future employers? In this session participants will explore examples of professional online PE portfolios that present a variety of artifacts in relation to the NASPE and NYS standards. From these examples, participants will be guided as they set up the structure for their own online PE portfolio. Be sure to bring your own laptop to fully participate!

Concurrent Resistance Training For Endurance Athletes
Presenter: Dr. Robert Otto (Adelphi University)
Location: Briar
President: Srecko Mavrek
This is a scientific examination of the benefits and detriments of incorporating resistance training for endurance athletes. Salient studies will be reviewed and practical recommendations for scientifically based conditioning will be made. Physical education teachers and coaches will be able to incorporate this information into their responsibilities, immediately.

Jobs DO EXIST!
Presenter: Dr. Sandy Bargainnier (Syracuse University)
Location: Oak
President: Jeff Mint
Use your unique skill set and health-related knowledge to find jobs outside of the public school setting. Explore job opportunities, certifications, resources, and transferability of skills and knowledge. Learn what it takes to enhance your marketability to a broader audience.
**PE 24/7... Ways To Enrich Your PE Program**  
**Presenter:** Kim Ferrie (Burnt Hills-Ballston Lake CSD)  
**Location:** Meadow  
**Presider:** Allison Bernardi  
Physical Education doesn’t have to end when the bell rings! Come see how we plan out activities that will compliment your existing PE program, month by month, day by day. It becomes a great home to school communication tool, so you can connect more with your students. I will also demonstrate the positive outcomes of my PE Blog!

**Creating Structured Lessons With A Purpose While Holding Students Accountable**  
**Presenter:** Cindy Ferek (2012 NASPE Secondary PE Teacher of the Year)  
**Location:** Oneida  
**Presider:** Murphee Hayes  
Participants will use task cards at stations that show each student the skill and expectation for their time at each station. Students will use an assessment sheet to track their progress and as a teacher, each student is held responsible for their work. Create a challenging and stimulating learning environment in your classroom.

**Picture It! Making Your Activities Inclusive For Students With Disabilities**  
**Presenters:** Christina Cobucci, Sheldon Sucre, Kristine Puzio & Donna Pierno (Adelphi University)  
**Advisor:** Dr. Ellen Kowalski (Adelphi University)  
**Location:** Mohawk  
**Presider:** Jaime Friedman  
This session will provide basic strategies for augmenting activities, assisting students with disabilities ability to participate in the general physical education setting. Session participants will learn how adding the use of pictures and color coding to activities can improve instruction and facilitate participation, particularly with students who display difficulties with attention, memory and language.

**Yoga For The Mind, The Body And The PE Class!**  
**Presenter:** AnnaLisa Osterhout (Syracuse University)  
**Location:** Tuscarora  
**Presider:** JaNiya Noble  
Session participants will gain knowledge and skill application of beginning Iyengar Yoga. An introduction to postures, breathing techniques, and simple meditation will be discussed, as well as, body awareness, incorporating strength, flexibility, and balance.

**Preparing PE Unit Plans For Common Core Learning Standards**  
**Presenters:** Bonnie Johnson, Gregg Johns, Ryan Coppolo & Jolene Mensing (Middleburgh SD)  
**Location:** Cypress E  
**Presider:** Christie Layman  
You don’t have to reinvent the wheel when it comes to the PE Unit Plan for Common Core Learning Standards! With a few tips on what standards apply, you can implement your physical education unit plan with ease! Participants will leave this session with a better understanding of how to incorporate ELA and Math into physical education.

**Overcoming The Struggles Of Elementary Health Education**  
**Presenter:** Lindsay Armbruster (Burnt Hills-Ballston Lake CSD)  
**Location:** Cypress D  
**Presider:** Jennifer Heshman  
Health Education at the elementary level is often a struggle — health teachers can’t understand why it’s seen as an afterthought; elementary classroom teachers often can’t find time to fit it in. This session will provide attendees (teachers and administrators) with ideas about how to make Health Education delivery easier for elementary classroom teachers and more effective by using the skills-based approach, all while fulfilling state mandates. Included in the session will be strategies for “selling” this type of curricular change to elementary teachers as well as examples of an elementary health curricula.

**Holistic Nutrition For Teachers**  
**Presenter:** Jennifer Aull (Half Hollow Hills CSD)  
**Location:** Cypress B  
**Presider:** Sheldon Lipford  
We teach our children the importance of living a healthy lifestyle, but do you practice what you preach? Life is stressful–don’t forget to take care of yourself! Come explore ways that you could improve your own health and happiness so you can better serve your students!

**W.E.L.L. We Eat-Live-Learn Wellness! Make It Happen!**  
**Presenters:** Laurie Quilty & Margaret Robelee (Hyde Park CSD)  
**Location:** Cypress A  
**Presider:** Gina Carlone  
Would you like your students to move more, eat healthier, and make healthy choices for their own growth and development? Learn how to make an impact beyond PE class in the areas of nutrition and fitness! If you have ever thought about creating a school-wide program that increases physical activity time and nutrition education for your students this is the session for you! This session will show how effective programs were created in two elementary schools.

**Let’s Rock! Hip Hop Dance Basics For Middle School**  
**Presenter:** Dr. Tehmekah MacPherson (Syracuse University)  
**Location:** Showroom  
**Presider:** Miriam Nestle  
Participants will be introduced to the cultural background and technique of some basic hip hop dance moves. Participants will also learn how to help their students use hip hop dance moves to develop musical coordination and team building skills.

**Basic Skin And Scuba Diving**  
**Presenter:** Bart “Woody” Woodworth (USMA West Point)  
**Location:** Lodge Pool  
**Presider:** Aimee Cook  
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 is 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.

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Friday, November 16, 2012
SLO Down!
Presenter: Jody Cole (Retired, White Plains SD)
Location: Catskill
Presider: Lisa Sherman
This session will be an overview of curriculum mapping and assessment with an eye toward satisfying the Student Learning Objective mandate. This presentation would be applicable to all levels: K-12, administration, and higher education instructors in teacher preparation programs.

Physical Education SLO’s: A Clarification Of The State Education Department’s 8 Component SLO Template: Grades 6-12
Presenter: Jason Lehmbreck (Fairport CSD)
Location: Adirondack
Presider: Jeff Alger
This session will provide attendees information and clarification on how to determine answers to the 8 components on the SLO template, specifically addressing physical education for grades 6-12.

Health Education SLO’s & Pre/Post Assessments
Presenter: Lonnie Halusic (Niskayuna SD)
Location: Appalachian
Presider: Jen Aull
This session will allow participants to have conversations about developing pre-assessments and post-assessments for Health Education and working through the NYSED SLO template. Participants should bring any pre-and post assessments and SLO’s that they have currently developed or are developing. This session will not be a presentation, but more of a question/answer and guidance session.

Tap Dance In The PE Curricula: Applications For K-12
Presenter: Barbara LaNeve (Syracuse University)
Location: Showroom
Presider: Kaitlin Hallock
This interactive session will introduce participants to the basic structure of a tap dance class at different grade levels; including cross-curricular integration, barre exercises, across the floor exercises, and center floor work and combinations. Resources to organize and teach a tap class will be shared. Participants are encouraged to bring tap shoes—but all techniques will accommodate sneakers or non-marking shoes.

I Did My Student Teaching, Now I Know Everything... Right?
Presenter: Elyse Loughlin (Ravena-Coeymans-Selkirk CSD)
Location: Cypress A
Presider: Ryan Jones
Even after going through student teaching there are some things that somehow go unmentioned about teaching. Come learn some tips for getting ready for your first interview, what to look out for in your first job, and how to become a great teacher.

Using Technologies To Engage Your Students
Presenter: Ryan Fisk (North Shore HS)
Location: Cypress B
Presider: Katie Kairys
Pump up your lessons with technologies that students (and you) can easily use and relate to! Whether you’re teaching, reviewing, assessing or grading, learn how technology can help you to be more efficient in your daily tasks and activities, and leave with countless engaging tools, templates and ideas to take back to your classroom.
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The school community can be a promising setting in which children’s health issues can be positively addressed by those who work and learn within the setting. Though the Sneakers and Snackers Program originally served to meet the requirements of graduate course work, it ultimately served the populations of the Poestenskill Elementary School in the Averill Park School District to decrease empty caloric snacking while increasing physical activity. A description of the program will be presented along with the promising results which were assessed in the limited time constraints of implementation.

Incorporation Of Strength And Conditioning Concepts Into The High School PE Curriculum
Presenter: Darryn Fiske (St. Bonaventure University)
Location: Briar
Presider: Marc Agnello
This presentation looks to teach physical educators how to incorporate strength and conditioning concepts into their physical education curriculum to help teach their students the importance of physical capabilities trained specifically at the collegiate and professional levels of sport such as balance, agility, speed, coordination, strength, flexibility, endurance, and power. Gone are the days where the teacher takes the class into the weight room and lets the kids play around with weights and call it a day.

Behavior Management Strategies
Presenters: Dr. Cathy Houston-Wilson & Dr. Doug Collier (The College at Brockport)
Location: Oak
Presider: Christine Warren
This session will present strategies to minimize the likelihood of inappropriate behaviors in physical education and how to manage them. The presenters give an overview of Positive Behavioral Supports.

Ahead Of The Game Before You Start
Presenters: Sandy Morley (Retired, Bethlehem CS), Ken Demas (Retired, Mamaroneck PS), Toni Hagerman (Retired, Pittsford CSD), Tom Howard (Retired, Farmingdale SD) & Barbara Wurz (Retired, Scotia-Glenville SD)
Location: Meadow
Presider: Dr. Jack Baker
Wouldn’t you like to know those things which will assist in making you a successful, knowledgeable staff member BEFORE you begin working with students, parents, and colleagues? This panel of experts have over 150 years’ experience in doing just that and will share tidbits of advice to new AND experienced teachers alike in making the most of their positions and relationships in a school building. Whether you are starting your first job or your twentieth year, there is something here that you can take away with you for a more organized, thoughtful, and successful career.

Middle School Mania: Ultimate-Handball Games Galore And More!
Presenter: Jessica Shawley (2012 NASPE Middle School PE Teacher of the Year)
Location: Oneida
Presider: Monica Wolfe
Achieving moderate to vigorous physical activity through active play in ultimate-handball games! Learn new modifications, small-sided variations, and pedometer assessments as well as how to incorporate strategy sessions and sportsmanship efficiently.

Diversity In Physical Education Through International Games
Presenters: Sheldon Sucre, Joseph Annoscia, Peter Cody, Madeline Combs & Richard Grassa (Adelphi University)
Advisor: Edward Canner (Adelphi University)
Location: Mohawk
Presider: Scott Miele
Be prepared to participate in this activity based session! Participants will learn ways to incorporate and manage diversity into their PE program while adding a plethora of international games to their curriculum!

Boot Camp Fitness For Middle School Students
Presenter: Maggie Thompson (Syracuse University)
Location: Tuscarora
Presider: Delanie Rupert
This interactive session will show how to lead a fun class that encompasses strength, muscle endurance, balance and flexibility for all participants. It will be a combination of cardiovascular and strength exercises using only your body, no equipment is needed. This presentation will be FUN, informative, and give you some great ideas to improve the fitness of your students.

Bullying 101
Presenters: Elaine Ormsbee & Elizabeth Miller (ADAPEP Counselors, North Syracuse CSD)
Location: Cayuga
Presider: Kristin Węgrzyn
Bullying in our schools is an ever present problem. In this session, participants will receive ideas and activities that they can use in their classrooms. Activities are aligned to the NYS Guidance Document and the Common Core Skills.

Preparing For And Then Answering Student Questions About Sex
Presenter: Bob Winchester (BWA Educational Group)
Location: Birch
Presider: Ryan Fisk
This session will help teachers and administrators prepare and then answer the most difficult questions students might ask in or after class, regarding issues dealing with sexuality. The workshop will provide specific resources/references to use in preparing for sexuality education programs and will provide appropriate humor for all!
Kayaking
Presenters: Eric Laine, II (Susquehanna Valley CSD) & Tim Jones (Amsterdam SD)
Location: Lodge Pool
Presider: Lori Herwick
Hear, see and experience kayaking from the perspective of a long time instructor and one who is just getting his school’s program started. Bring your suit and towel if you’d like to learn how to roll!

Financial Literacy For Late Career Employees
Presenters: Craig Frisch (Securities Benefit) & Peter Bifarella (RFC Multi-Financial Securities)
Location: Cedar
Presider: Lee Mittelstaedt
This session will provide future professionals, current professionals and those currently going through retirement with important information on securing your financial future. Our focus is retirement - helping you save for it and, most importantly, helping you enjoy it to its fullest potential. Participants will receive free education on how to maximize their personal pension as it ties into NYS retirement. How can we help you?

Show Me The Money!
Presenters: Vanessa Sell, Andy Delmege, Alyssa Elwood, Andy Follman, Chris Green, Matthew Hamilton, David Michael, Jeff Mirt, Marissa Sell, Nick Trotter, Brandon Wagner & Patrick Zachmeyer (Roberts Wesleyan College)
Advisor: Dr. Elaine Gregory (Roberts Wesleyan College)
Location: Event Center A
Presider: Emily Wagner
This session will showcase games and activities that use money as the main theme. These games could meet Common Core Standard requirements for math, as well as the NYS Standards. Active participation is encouraged and handouts will be available.

PE Central Challenge
Presenter: Tom Winiecki (Fayetteville-Manlius Schools)
Location: Event Center B
Presider: KC Dwyer
Come discover how events like the “PE Central Challenge” can enhance your instruction. You will see your students work harder at this than at most anything else you presently do. This is yet another way to get kids of all abilities to want to work to improve.

Health Education SLO's: A Clarification Of The State Education Department 8 Component SLO Template: Grades 7-12
Presenter: Lonnie Halusic (Niskayuna CSD) & Colleagues
Location: Adirondack
Presider: Lindsay Armbruster
This session will provide attendees information and clarification on how to determine answers to the 8 components on the SLO template, specifically addressing health education for grades 7 -12.

Developing SLO's With An Adapted Physical Education Focus
Facilitators: Tracy Sharlow (St. Lawrence-Lewis BOCES ) & Sara Daggett (Retired, Liverpool CSD)
Location: Appalachian
Presider: Sara Daggett
This working session will provide attendees with an opportunity to discuss SLO assessments, while taking into consideration the diversity in our student population. ***This is an extended session and will not end until 5:10 pm.***
Dr. Joseph Winnick
The College At Brockport

You will long be remembered for your far-reaching, influential accomplishments. As your work has been long and satisfying, may your retirement be long and gratifying. Thank you for your 48 years of hard work and dedication! Our heartfelt congratulations on your retirement! We will miss you!

Your Colleagues & Friends At
The College At Brockport
Recreating The Wheel: SBYD For Engaging The Disenfranchised Urban Student  
**Presenter:** Dr. Jenine DeMarzo (Urban Dove Team CS)  
**Location:** Oak  
**Presider:** Xavier Goodrum

This program discusses a curriculum model that is based on sport based youth development, teaching personal and social responsibility and several elements of the Sport Education models to reengage under credited and over aged high school students. These at risk students have had the opportunity to develop life skills, increase 21st Century occupational skills while engaging in daily extended periods of physical activity.

Hoops, Hoops And More Hoops!  
**Presenter:** John Smith (FlagHouse)  
**Location:** Mohawk  
**Presider:** Lindsay John

Get ready to Hoop It Up at this active participation session! We all have our hoops and it’s time to bring them out and get hooping. We will jump, spin, roll, twist, build and toss the hoops as we create new ideas and lessons with the small, big and huge hoops. There is something for everyone in this hoop session so come join us!

Becoming An Athletic Director  
**Presenters:** Jim Rose (Yonkers PS), Fritz Kilian (Brighton CSD) & Kermit Moyer (Keshequa CS)  
**Location:** Cypress E  
**Presider:** Jeff Alger

Three leading Athletic Directors share their experiences about the position of an A.D. This session will cover job qualifications, a typical day, the rewards and challenges of the position.

Using Technology In The Skills Approach In Health Education  
**Presenter:** Dr. Nancy DeKorp (The Sage Colleges)  
**Location:** Cypress D  
**Presider:** Jenna Caira

There are many easy and free software programs and/or designs, downloadable to newer computers, which offer endless possibilities in supporting 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. Note: Those not teaching health education may find these programs useful in their own practices!

Having “That” Difficult Conversation  
**Presenter:** Rod Mergardt (SUNY Cortland & Manhattanville College)  
**Location:** Cypress B  
**Presider:** Laura Owen

This will be an interactive session designed to provide tools and concepts that will help one through a conversation in which difficult information must be shared.

Learning Water Skills By The Water Noodles Through Games & Fun  
**Presenters:** Srecko Mavrek (NYCDOE), Dr. Angela Beale & Sheldon Sucre (Adelphi University)  
**Location:** Lodge Pool  
**Presider:** Ryan Carberry

The water noodle is a fun addition to any aquatic program. It is great for water play or as an exercise aid. This session includes the review of activities and games for learning basic water skills with the water noodles.

Jazz Blast  
**Presenter:** Susan Garcia (Queensborough CC)  
**Location:** Showroom  
**Presider:** Daniel Williams

During this 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 while having a blast!

The SQAIR Fitness System: Progressive Programming For Athletes From K-12  
**Presenters:** Jade Ng, Steven King & Stacey Peigari (SQAIR)  
**Location:** Event Center A  
**Presider:** Karl VanAmburg

Grab your SQAIR and get ready to play! This is a fun and friendly approach to creating the athlete within each child. This class gives you fun, new, creative and safe methods to implement a dynamic and progressive training program for your kindergarten through late high school population. This training tool fuses science with cutting-edge athletic drills that will leave you feeling confident in your ability to bring out the best in each student while enhancing their kinesthetic awareness, balance, strength, reactivity, agility, speed and power.

Indoor Tennis: A Step-By-Step Approach With Tactical Games  
**Presenter:** Dr. Ferman Konukman (The College at Brockport)  
**Location:** Event Center B  
**Presider:** Curtis Newton

Tennis is a popular lifetime physical activity and many schools have started to adapt tennis into their curriculum, however, many physical education teachers and coaches may not have enough equipment and space (courts) to teach this fun activity. This session will provide several practical ideas for teaching indoor tennis using a fundamental step by step approach with some tactical games and drills. In addition, this session will focus on how to teach indoor tennis skills with limited equipment, space and appropriate stretching-injury prevention strategies will be discussed.
SLO & Skills Based Assessment
Presenter: Ron Whitcomb (Victor Central Schools)
Location: Catskill
Presider: Karyn Schutzer
This is a hands-on session where we will design SLO’s using the 8 component State Education Department template with a focus on skill based assessments.

The Common Core Learning Standards And Physical Education
Presenter: Dr. Alisa James (The College at Brockport)
Location: Adirondack
Presider: Matt Parina
The program will discuss what the common core standards are in relation to physical education. In addition, the program will discuss the link between the NYSL and Common Core Learning Standards. Furthermore, several examples of physical education content that is aligned with Common Core Standards will be provided.

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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

6:45 pm - 9:00 pm
(6:15 pm - Doors Open)

2012 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, Joy of Effort Award, and the Bernard E. Hughes Award, as well as, the 2012 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
Location: Cypress Rooms
Dancing Through The Ages Evening Social Featuring DJ Mike Brych
The Nassau Zone Proudly Recognizes Our 2012 Award Recipients

Nassau Zone Amazing Person
Lauren Friszell, Farmingdale School District

Dance Section Amazing Person
Leslie Pieters, Roosevelt Union Free School District

Elementary Physical Education Section Amazing Person
Tara Nelsen, Lawrence Public Schools

Eastern District Association
High School Physical Education Teacher of the Year
Tracy Iacovelli, North Shore Schools

COA Chapter 8 Recipient: Director of Physical Education
Dominick Vulpis, East Rockaway School District

Jay B. Nash Outstanding Major Award Winners
Christina Cobucci, Adelphi University
Sheldon Sucre, Adelphi University

Your dedication and hard work is an inspiration to everyone that works with you and we are very proud that you are part of our team.

Best wishes to Michael Gordon as he begins his term as President of the Nassau Zone and Mara Manson as she begins her term on the NYS AHPERD Board of Directors.

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Discover friendships. Learn more about themselves as teachers and as individuals, and will have a powerful health education classroom experience. Participants will laugh, giggle, and have a blast! This session is a dynamic, intense experience through which participants will learn how to develop, implement and maintain a therapy-focused program that meets the needs of diverse learners. The session introduces a program that helps students learn to integrate knowledge and skills into positive behavior patterns. The session is a dynamic, intense experience through which participants will learn how to develop, implement and maintain a therapy-focused program that meets the needs of diverse learners. The session introduces a program that helps students learn to integrate knowledge and skills into positive behavior patterns. 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10:30 am - 11:45 am
Session XII

Dance = Walking to Music. Fun and Easy! Middle School To Adult
Presenter: Skip Earle (Retired, Bedford SD)
Location: Seneca/Onondaga
Presider: Hamilton Sage
Meet physical education standards through the music you love! Dance is a simple motivating way to teach motor skills and conduct assessment. Leave the session armed with a packet to take your first STEPS to introduce dance to your program.

Including Anti-Bullying Lessons Into Your Health Education Curriculum
Presenter: Juliann DellaRocco (District Dignity Act Coordinator; Burnt Hills-Ballston Lake SD)
Location: Cypress A
Presider: Michelle Gibbs
What better place is there to incorporate lessons that raise awareness and sensitivity about bullying, diversity, and tolerance than in Health class? This workshop will show ways to infuse this newly mandated instruction into the health curriculum. Students will be empowered as they gain skills to help address issues related to bullying.

Up Close & Personal: Effective Learning For Students & Teachers - Part 2
Presenter: Bob Winchester (BWA Educational Group)
Location: Meadow
Presider: Lonnie Halusic
This is the second part of a two-part workshop. It is intended to help those who have used the Up Close & Personal experience within their classroom and have questions about how to move forward, this workshop will answer questions, provide resources and help to develop strategies.

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 2012 NYS AHPERD Conference has to offer, we are planning a Raffle for all Conference Registrants in attendance at NOON on SATURDAY, NOVEMBER 17th.

Prizes Include
Complimentary Overnight Stays at the Turning Stone Resort
Complimentary 2013 Conference Registrations
1-Year NYS AHPERD Memberships
Additional Prizes May Include - Gift Cards, Magazine Subscriptions, and much more!

Moving Forward: Health And Sexuality Education After Birds, Bees And Bias
Presenter: Kim McLaughlin (NYS Action for Healthy Kids)
Location: Cypress B
Presider: Christopher Nappa
The NYCLU released a report in September, “Birds, Bees and Bias: How Absent Sex Ed Standards Fail New York’s Students”. This session will provide an opportunity to debrief the report and findings, identify key learnings and discuss best practices to move health and sexuality education forward. It is highly recommended that participants review the report before attending the workshop.

Interdisciplinary Physical Education For Our Youngest Students
Presenters: Marcella Tebbano, Val Buchanan & Jody Hulsaver (Schenectady CSD)
Location: Mohawk
Presider: Cadi Baldwin
This is a collaborative presentation between regular education and physical education teachers. See how educators from the Schenectady City School District work together to provide more movement in the classroom and interdisciplinary concepts into the physical education curriculum.

Innovative Activities For The Elementary School Child Part II
Presenters: Andrew Bieber & Carlos Malave (NYCDOE)
Location: Oneida
Presider: Michael DeGregory
This session is the second in the series entitled “Innovative Activities For The Elementary School Child” New activities sure to get one’s heart rate elevated will be presented while meeting the New York State Learning Standards. There is no prerequisite for attending this session. We will be introducing non-competitive, concepts and ideas designed to bring a creative spin to your P.E. classes. Activities such as “Flush”, “Steal The Sun”, and “Cinderella Shoe Hunt” will be just a few of the engaging lessons that we will cover in this session.
HOFSTRA UNIVERSITY
Department of Health Professions and Kinesiology

Undergraduate Programs:

B.S. in Education – Physical Education
Professor Cheryl Clifton: (516) 463-5063
B.S. – Exercise Science
Dr. Katie Sell (516) 463-5814
B.S. – Athletic Training
Professor Jayne Kitsos: (516) 463-6952
B.S. Health Education
Dr. Michael Ludwig: (516) 463-5885

New 5 Year Dual Degree Program
Physical Education and Health Education
B.S./M.S.

Graduate Programs:

M.A. in Physical Education (Professional Certification)
Concentration in Curriculum Adventure Education, Strength & Conditioning
M.S. in Physical Education (Initial Certification)
Professor Cheryl Clifton: (516) 463-5063
M.S. in Sport Science (Strength & Conditioning)
Dr. Jamie Ghigiarelli: (516) 463-5122
Certificate of Advanced Study in Adventure Education
Professor Jessica Marra: (516) 463-4009
M.S. Health Education
Prof. Andrew Herman: (516) 463-6673

For additional information:

Dr. Nancy Halliday, Chairperson
Phone: (516) 463-5307 Email: hprneh@hofstra.edu
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or call Ron Feingold, Chair (516) 877-4260.

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2012 Exhibitor Directory

AAHPERD
Representatives: Chandelle Schulte, Andrew Mead
1900 Association Blvd.
Reston, VA 20191
Telephone: 703-476-3453  www.ahperd.org

Adelphi University
Representatives: Dr. Ron Feingold, Donna Feingold, Steve Virgilio
1 South Avenue
Garden City, NY 11530
Telephone: 516-877-4100  www.adelphi.edu

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

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

ATC Endurance, LLC
Representative: Michael Brych
PO Box 32
New York Mills, NY 13417
Telephone: 315-404-8130  www.atcendurance.com

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

Biospace, Inc.
Representatives: Calvin Lee
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

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

Canisius College
Representatives: Clancy Seymour, James Bagwell
2001 Main Street
Buffalo, NY 14218
Telephone: 716-888-2545  www.canisius.edu/graduate

ETR Associates: Health Smart
Representative: John Henry Ledwith
4 Carbonero Way
Scotts Valley, CA 95066
Telephone: 831-438-4080  www.etr.org/healthsmart

Everlast Climbing
Representatives: Kevin Sudeith
1335 Mendota Heights
Mendota Heights, MN
Telephone: 651-665-9131  www.everactivebrands.com

Flaghouse
Representatives: John Ruggerio, John Smith
601 Flaghouse Drive
Hasbrouck Heights, NJ 07604
Telephone: 201-288-7600  www.flaghouse.com

G&G Fitness Equipment, Inc.
Representatives: Kevin Downy, Arthur Speck, Tony Ruffalo, Henry Elwyn
7350 Transit Road
Williamsville, NY 14221
Telephone: 800-537-0516  www.livefit.com

Gopher
Representatives: Jesse Stapp, Andy Tupy
2525 Lemond St. SW
Owatonna, MN 55060
Telephone: 507-451-7470  www.gophersport.com

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

Healthy Highway
Representatives: Robyn Davie, Pam Newcomb
123 Eileen Drive
Rochester, NY 14616
Telephone: 585-621-1986  www.healthy-highway.com

Hofstra University
Representatives: Jay Cameron
220 Hofstra University, 101 Hofstra Dome
Hempstead, NY 11549
Telephone: 516-463-5101  www.hofstra.edu

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

Insight Grants Development, LLC
Representatives: Rosalie Mangino-Crandall, Tim Crandall
9 Dewey Avenue
Batavia, NY 14020
Telephone: 716-474-0981  www.insightgrants.com
New York Road Runners
Representatives: Cliff Sperber, Samantha Walsh, Derrick Adkins
9 East 89th St.
New York, NY 10128
Telephone: 212-860-4455   www.nyrr.org

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

Normal In Schools
Representatives: Robyn Hussa, Karen Sossin
339 E. 19th Street 2B
New York, NY 10003
Telephone: 917-771-4977   www.normalinschools.org

Omnikin and International Kin-Ball Federation
Representative: Étienne Loignon-Buteau
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, Brian Bethke
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

Racquets Plus
Representatives: Steve Luisa, Jon Gargiulo
19 Sweetgum Lane
Miller Place, NY 11764
Telephone: 631-219-9437   www.racquets-plus.com

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

S&S Discount Sports & PE Supplies
Representatives: TBD
PO Box 513
Colchester, CT  06415
Telephone: 800-243-9232   www.ssww.com

Securities Benefit Corp
Representatives: Craig Frisch, Peter Bifarella
One Security Benefit Place
Topeka, KS  66636
Telephone: 866-543-0998   craig.frisch@securitybenefit.com

Kid Power Programs
Representatives: Barb Wurz, Justin Bennett
2317 Cardinal Drive
Wichita, Kansas 67204
Telephone: 316-831-9560   www.kidpowerprograms.com

KMS Medical
Representatives: Kevin Smith, Gary Smith
76 Birchmont Circle
West Henrietta, NY 14586
Telephone: 585-402-5291   www.kms-medical.com

McGraw-Hill
Representatives: Josh Reynolds, Elaine Chandler, Sarah Scott
1333 Burr Ridge Parkway
Burr Ridge, IL 60527
Telephone: 585-474-4402   www.mheonline.com

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

Myachi Industries
Representatives: Myachi Man (Steve), Kid Myachi (Jason Loeffler)
1 Shore Road
Glenwood Landing, NY 11547
Telephone: 516-801-4949   www.myachi.com

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

NYS Action For Healthy Kids
Representatives: Kim McLaughlin, Florence Selin
GVEP, 80 Munson Street
LeRoy, NY 14482
Telephone: 585-344-7574   www.actionforhealthykids.org

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

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

Iroquois Empire Region-USA Volleyball
Representatives: Hazel Goldstein, John Goldstein
590 Mullock Road
Port Jervis, NY 12771
Telephone: 845-978-1663   www.ireva.org

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Representatives: Liz Kelly, Doug Henneberg
1000 E. Henrietta Rd.
Rochester, NY 14623
Telephone: 585-292-2854   www.monroecc.edu

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435 New Karner Road
Albany, NY 12205
Telephone: 518-464-1176
2012 Exhibitor Directory

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

Speedstacks
Representative: Sunnie Bifarella
11 Inverness Way South
Englewood, CO  80112
Telephone: 303-663-8083  www.speedstacks.com

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

Tman Fit-N-Learn LLC
Representatives: Laura Keough Mandara, Tom Mandara
1193 Stablegate Drive
Canandaigua, NY 14424
Telephone: 585-329-2636  www.tmanfitnlearn.com

Tchoukball, Inc.
Representatives: Shari Frank, Pierre Alain Giardin
PO Box 9182
Naperville, IL  60567
Telephone: 800-939-0273  www.tchoukballpromo.com

The Children’s Health Market
Representatives: Karin Shlereth
27 Cannon Rd. Suite 1B
Wilton, CT  06897

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

U.S Games
Representatives: Elliot Schwebel
1901 Diplomat Drive
Farmers Branch, TX  75234
Telephone: 972-406-3413  www.usgames.com

United States Tennis Association Eastern, Inc.
Representatives: Jenny Irwin, Joe Steger
4331 Berkley Place, Q4
Hamburg, NY 14075
Telephone: 914-282-4153  www.eastern.usta.com

Y-Ties
Representative: Eric Shapiro
4651 A NW 6th Street
Gainesville, FL  32609
Telephone: 888-969-8437  www.y-ties.com

Your Self Series
Representative: Paula Prentis
23 Springhurst Road
Bedford Hills, NY 10507
Telephone: 914-244-1032  www.YourSelfSeries.com

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

Exhibitor Demonstration Schedule

Thursday, November 15th

Parkitects, Inc.
10:40 am - 11:10 am

Your Self Series
1:55 pm - 2:25 pm

Friday, November 16th

Myacchi
10:40 am - 11:10 am

Bigger, Faster, Stronger
1:55 pm - 2:25 pm

The above Exhibitor Demonstrations will be held in the Event 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.

Wednesday Intensive Trainings

Time: ___________  Program Title: ________________________________
Presenter Signature: ____________________________

Time: ___________  Program Title: ________________________________
Presenter Signature: ____________________________

Saturday Intensive Trainings

Time: ___________  Program Title: ________________________________
Presenter Signature: ____________________________
# Certification of Professional Development Hours

**Thursday, November 15, 2012**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenter/Presider Signature</th>
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<tr>
<td>Early Bird</td>
<td>6:30 am – 7:30 am</td>
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<tr>
<td>Session I</td>
<td>8:00 am – 9:15 am</td>
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<tr>
<td>Keynote</td>
<td>9:25 am – 10:40 am</td>
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<tr>
<td>Session II</td>
<td>11:15 am – 12:30 pm</td>
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<td>Session III</td>
<td>12:40 pm – 1:55 pm</td>
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<tr>
<td>Session IV</td>
<td>2:30 pm – 3:45 pm</td>
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<tr>
<td>Session V</td>
<td>3:55 pm – 5:10 pm</td>
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* 3 sessions, Darryl Daily (SED) and Robert Zayas (NYSPHSAA) will be held in the Shenendoah Club House. Attendees can choose to attend these programs or any program offered during Session I, the Keynote or Session IV/V. *

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<th>Time</th>
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<td>8:00 am</td>
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<td>9:25 am</td>
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<td>3:00 pm</td>
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**Friday, November 16, 2012**

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<th>Time</th>
<th>Session VI</th>
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<tr>
<td>Early Bird</td>
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<tr>
<td>Session VI</td>
<td>8:00 am – 9:15 am</td>
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<tr>
<td>Keynote</td>
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<tr>
<td>Session VII</td>
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<tr>
<td>Session VIII</td>
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<td>Session IX</td>
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<tr>
<td>Session X</td>
<td>3:55 pm – 5:10 pm</td>
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**Saturday, November 17, 2012**

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<tr>
<th>Time</th>
<th>Session XI</th>
<th>Presenter/Presider Signature</th>
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<td>10:30 am – 11:45 am</td>
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SAVE THE DATE!

Central Western Zone Mini-Conference

Friday March 8th, 2013
The College At Brockport
7:30 am - 1:30 pm

Registration cost same as last year.
| Presidents of the New York State Association for Health, Physical Education, Recreation and Dance, Inc. |
|---|---|---|---|
| Herman Norton | 1924 - 30 | H. Jean Berger* | 1975 - 76 |
| Ellis Champlin* | 1930 - 36 | Robert Bub | 1976 - 77 |
| Frederick Wohlers | 1936 - 37 | Doris Soladay* | 1977 - 78 |
| Charles Kraft* | 1937 - 39 | Roger Bunce | 1978 - 79 |
| Paul Krimmel | 1939 - 41 | Angela Whisher | 1979 - 80 |
| Arthur Howe* | 1941 - 42 | Norman Fullerton | 1980 - 81 |
| Elmon Vernier* | 1942 - 43 | Martilu Puthoff | 1981 - 81 |
| H. Harrison Clarke | 1943 - 44 | Ronald Hoffman* | 1981 - 83 |
| Ethel Kloberg* | 1944 - 46 | Barbara DiPalma | 1983 - 84 |
| Francis Moench* | 1946 - 47 | Ron Feingold | 1984 - 84 |
| Carroll Smith* | 1947 - 48 | Phyllis Bigel | 1984 - 85 |
| Marie Schuler* | 1948 - 49 | John Ault* | 1985 - 86 |
| John Shaw | 1949 - 50 | Barbara Southwick | 1986 - 87 |
| Lloyd Appleton | 1950 - 51 | Sam Utter | 1987 - 88 |
| Jeanette Saurborn | 1951 - 52 | Shirley Bowen | 1988 - 89 |
| Julia Pratt* | 1953 - 54 | Arlene Seguine | 1990 - 91 |
| Ray Glunz | 1955 - 56 | Judy Ingram | 1992 - 93 |
| Paul Fairfield | 1956 - 57 | Ken Demas | 1993 - 94 |
| Elmer Smith | 1957 - 58 | Judy Harris | 1994 - 95 |
| Alice Backus | 1958 - 59 | George Blessing | 1995 - 96 |
| Raymond Bradley | 1959 - 60 | Sandy Morley | 1996 - 97 |
| William Stebbins | 1962 - 63 | Rick Amundson | 1999 - 00 |
| Ross Allen | 1963 - 64 | Toni Hagerman | 2000 - 01 |
| Robert Weber* | 1964 - 65 | Jack Baker | 2001 - 02 |
| Elizabeth Desch* | 1965 - 66 | Catharine Haight | 2002 - 03 |
| Emilio DaBramo | 1966 - 67 | Ronald Whitcomb | 2003 - 04 |
| Pearl Britton | 1967 - 68 | Paula Summit | 2004 - 05 |
| Nicholas Zona* | 1968 - 69 | Tom Howard | 2005 - 06 |
| David Rothenberg* | 1969 - 70 | Sara Daggett | 2006 - 07 |
| Doris McMahon | 1970 - 71 | C. Brian Oaks | 2007 - 08 |
| John Grant* | 1971 - 72 | Lisa Hrehor | 2008 - 09 |
| James Runyan* | 1972 - 73 | Jason Lehmbeck | 2009 - 10 |
| Edith Cobane* | 1973 - 74 | Mara Manson | 2010 - 11 |
| Richard Ahkao | 1974 - 75 | Jason Quitoni | 2011 - 12 |

* deceased
The Southeastern Zone Proudly Recognizes Our 2012 Award Recipients

Southeastern Zone Amazing Person
Jean Mazilli, Bedford CSD

Joy of Effort Award
Michael Macci, Lakeland CSD

Best Wishes to Rod Mergardt as he begins his term as NYS AHPERD President-Elect!

The College at Brockport
School of Health and Human Performance
Graduate Programs

Department of Kinesiology, Sport Studies & Physical Education
Graduate Programs in: Adapted Phys Ed, Teacher Ed/Pedagogy, and Athletic Admin
For more info, contact: Dr. Timothy Brusseau at tbrusseau@brockport.edu or (585) 395-5979

Department of Recreation & Leisure
Graduate Programs in: Recreation & Leisure Services Mgmt., Therapeutic Recreation
For more info, contact: Dr. Lynda Sperazza at lsperezza@brockport.edu or (585) 395-5490

Department of Health Science
Graduate Programs in: Community Health Education, Health Education (K-12)
For more info, contact: Dr. Patti Follansbee at pfollans@brockport.edu or (585) 395-5483

Congratulations
Justin Haegele

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Adapted Physical Education Teacher of the Year

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