The Chris Klug Foundation is proud to offer educators our FREE Video & Interactive Educational Toolkit

It includes...

- CKF Educational Video “Know the Facts, Share your Decision”
- Trivia Questions and Answers on Donation
- Quizzes throughout the Toolkit
- Animated Videos
- Facts to debunk the myths

The team at the Chris Klug Foundation truly believes that education is key to helping decrease the number of people that are on the wait list for an organ transplant. That is why we have put together a curriculum for high school and college students.

There is currently 119,000 people waiting for a life-saving organ transplant. Over 95% of Americans support donation, but less than half know how to declare their wish. We aim to eliminate the wait by giving students and young adults the tools to make an educated decision.

Get our free interactive toolkit today!
Dear Colleagues,

It is with great pride in our profession that I welcome you to what I believe is the best conference for health, physical education, recreation and dance professionals in the country, our 80th Annual NYS AHPERD Conference ~ Connect, Grow, Do!

I hope you find rejuvenation from the energy created being surrounded by passionate presenters and colleagues like yourself, who are striving to better their craft. This is an opportunity for you to embrace professionalism by engaging in as many of the 160 outstanding sessions as possible.

Connecting the importance of why we teach through positive engagement in dynamic health, physical education, recreation and dance programs, we can facilitate a growth mindset in our students that focuses on leading a healthy active lifestyle.

We have secured Dave Burgess, the author of Teach Like a Pirate, to help guide your progress in creating strategic lessons that will spark your students’ curiosity about their personal wellbeing.

Our Friday keynote speaker is Dr. Dean Kreillaars. Dr. Kreillaars is an Associate Professor at the University of Manitoba, Canada. He will speak to us on the importance of physical literacy as a gateway to an active lifestyle from childhood through to adulthood. His message is, “Physical literacy is the foundation for active and meaningful participation in society.”

As professionals, please be courteous to our presenters, many of whom have traveled far and wide and spent countless hours preparing exemplary sessions to share their knowledge and expertise with you. Be an active and engaged participant in every session you attend!

My wish for you is that you take the information you learn at this conference to become a more effective teacher; a leader in your district who models the current trends in educational practice. After the conference, I hope you will stay connected to NYS AHPERD through our podcasts and our new blog.

Please take the time to thank our exhibitors for all they do to support NYS AHPERD and our work. Be on the lookout for flash mobs and welcome the newest member of our family, our NYS AHPERD mascot.

Thank you for your steadfast loyalty to NYS AHPERD. Your membership allows us to continue our mission of proclaiming the value of quality health, physical education, recreation and dance programs. These programs are the foundation which provide our students with the tools they need for a healthy and successful future.

Your enthusiasm for teaching will influence your students’ desire to be happy, healthy and active! Enjoy this time of learning, living and laughing with your NYS AHPERD family!

With sincerest gratitude,

Monica Wolfe
NYS AHPERD President
START SCANNING!
“QR” is short for “quick response,” and QR codes are a fast and easy way to share web sites, videos, and other electronic resources.
- Download a free “QR Reader” app from your device’s app store.
- Use your QR reader to scan QR codes scattered throughout the NYS AHPERD conference and conference program.
- Want to make your own? Search online for a “QR Code Generator” and turn your favorite web resource into a scan-friendly QR code.

GET SOCIAL!
Did you know NYS AHPERD is on Facebook and Twitter? Visit these official channels and stay current on conferences, resources, news, contests, and more!
- Visit facebook.com/NYSAHPERD or twitter.com/NYSAHPERD
- ‘Like’ or ‘Follow’ NYS AHPERD and share these channels with your colleagues.
- Have a suggestion or something meaningful to share? Send a message directly through Facebook or Twitter.

PLAY HASHTAG!
Are you on Facebook or Twitter? Educational hashtags (#) are a great way to connect and share best practices with other teachers and leaders in the field.
- Visit Twitter or Facebook and try searching for an educational hashtag. Some examples are #edchat, #edtech, and #ntchat.
- Search for #NYSAHPERD to see conference and association-related content, resources and more. Try adding #NYSAHPERD to your own posts so others can find and connect with you.

FLEX YOUR ‘TECH’ MUSCLE!
Phrases like ‘muscle memory’ and ‘practice makes perfect’ apply to technology too. Step outside of your comfort zone and try out a new teaching-related technology!
- Consider attending one of the many technology-focused workshop sessions at the NYS AHPERD State Conference.
- Pick one or more technology-related tools you tried, learned, or saw and give it a try in your own teaching setting.
- Ask questions! If a colleague doesn’t have the answer, “Google it!”
The Council of Administrators (COA) Conference Program is included in this, our NYS AHPERD Conference Program. Each session is characterized by the COA logo (as shown to the right)!

**COA Conference At-A-Glance**

**Wednesday, November 15, 2017**

- 9 am - 12 pm
  - PEHPC 106
- 12:00 pm - 1:30 pm
  - COA/Higher Education Luncheon
- 1:40 pm - 2:35 pm
  - Legal Updates in Health & Physical Education
- 2:40 pm - 3:35 pm
  - Round-table Discussion
- 3:40 pm - 4:35 pm
  - Social Media Tools for All!
  - Motivation of Student-Athletes, Coaches and Teachers
- 4:40 pm - 5:30 pm
  - COA Handbook
  - Mindfulness in Education

**Thursday, November 16, 2017**

- 7:30 am - 8:30 am
  - Health Education for LGBTQ Inclusion
- 8:40 am - 10:40 am
  - Keynote Presentation with Dave Burgess
- 10:45 am - 11:30 am
  - Dedicated COA Exhibit Time
- 11:45 am - 12:30 pm
  - NYSPHSAA Updates
- 12:40 pm - 1:55 pm
  - Anne Mackey Luncheon
- 2:05 pm - 3:05 pm
  - Preparing for the Next Step: Retirement
  - Creating a Dynamic Health World
- 3:35 pm - 4:30 pm
  - NYSED Updates
- 5:00 pm - 6:30 pm
  - COA Social & Board of Directors Meeting
An Opportunity To Give To NYS AHPERD  
Today Or Tomorrow

The value of a gift to the New York State Association for Health, Physical Education, Recreation and Dance is immeasurable. When making the important decision of how and when to make your gift, there are many choices available to you for structuring a donation in a manner that will allow for the maximum impact both for your benefit and for NYS AHPERD. Gifts can be made for a particular use or can be arranged to have a lasting impact in years to come.

We are grateful for your consideration of these giving opportunities!

**today**
- Cash Gifts
- Gifts of Property
- Gifts of Personal Property

**tomorrow**
- Your Will
- Gifts of Insurance
- Deferred Gifts

Note: We encourage you to talk to your tax accountant to discuss your options and verify current tax laws prior to making your gift.

The NYS AHPERD Foundation Proudly Recognizes the Following Contributors

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($10,000+)

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Sandy Morley

**Founding Gold Benefactor**  
($5,000 to $9,999)

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Sandy Morley, President
Rick Amundson, Treasurer
Tom Howard, Secretary
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Note: We encourage you to talk to your tax accountant to discuss your options and verify current tax laws prior to making your gift.
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Frances M. Vincent
Natalie Wheeler
Barb Wurz
Erica Hope Yaffe
Please join us at the Jay B. Nash Awards Dinner as we celebrate our distinguished honorees, Friday, November 17, 2017, at 6:45 p.m. in the Oneida Room.
Recognizes Our 2017 Honorees

**Bernard E. Hughes Award**

Melissa Bailey  
National Archery in Schools Program

**Jay B. Nash Scholarship Award**

Ceire Corcoran  
Adelphi University

**Secondary Health Education Teacher of the Year**

Alexis Kane  
SUNY Cortland

Jessica Wright  
Monroe-Woodbury Central School District

**Elementary Physical Education Teacher of the Year**

Donn Tobin  
Mahopac Central School District

**Middle School Physical Education Teacher of the Year**

Juliann Zelazny Wehner  
Rochester International Academy

**Secondary Physical Education Teacher of the Year**

Shellly Connors  
Auburn Enlarged School District

Congratulations!
For 35 years, Ron served as a professor and chair of the Department of Health Studies, Physical Education and Human Performance Science at Adelphi University, and for five years he served as dean of the Ruth S. Ammon School of Education at Adelphi. Ron is a past president of the National Association of Physical Education in Higher Education; the Eastern District Association; the American Alliance for Health, Physical Education, Recreation and Dance; the International Association of School Supervisors of Physical Education, as well as past president of NYS AHPERD. Dr. Feingold helped establish a world summit on physical activity for children. He participated in a meeting with representatives from over 100 countries in Paris to discuss the value of sport for children. He has given over 70 presentations in 14 countries. Thirty pieces of his work have been published. In service to NYS AHPERD, Ron was founder and president of the Higher Education Section, Future Professionals Section advisor and treasurer, and served as a member of a crucial Roles and Responsibilities Committee. At the Zone level, he has served as a Nassau Zone board member for 40 years, chair of the Nassau Zone Awards Committee, and liaison to the American Heart Association for Jump Rope for Heart. He was also co-chair of the NYS Physical Activity Coalition. Ron has been an instrumental part of numerous projects working in collaboration with the State Education Department, including being one of the authors of The Adult Roles Paper, and the New York State Learning Standards. He is currently a member of the NYS AHPERD Foundation board of trustees. Ron has received awards too numerous to list, although four of note are: the NYS AHPERD Distinguished Service Award in 1987, and the NYS AHPERD Professional of the Year Award in 2002, the Luther Halsey Gulick Award, which is the highest honor the SHAPE American bestows in recognition of long and distinguished service, and in 2014, he was inducted into the AAHPERD Hall of Fame. Ron’s work is truly his vocation; he has distinguished himself among the very best our profession has to offer; he has set the standard for all of us to follow. He is an exemplary leader and has dedicated his life to proclaiming the importance of quality health and physical education programs. For all that Ron has contributed throughout his professional life to the success of NYS AHPERD, he has our deepest appreciation, our deepest respect and our deepest gratitude. President Wolfe, let us together celebrate Dr. Feingold and his lifetime service to NYS AHPERD as we honor him with our 2017 Lifetime Service Award.
Jason Quitoni, NYS AHPERD 2017 Distinguished Service Award Recipient

Jason began his career at Mamaroneck High School. Over the course of nearly thirty years, he was a physical education teacher, district department chairperson for health and physical education, and interim athletic director for Longwood Central Schools. He finished his career at Hofstra University as a physical education instructor and advisor. Jason has been an active member of NYS AHPERD for most of his career. He is a NYS AHPERD past president and was a member of the board of directors. At the Zone level Jason served as Suffolk Zone President and is a former vice president of the Secondary Physical Education Section. He currently serves as a member of the Foundation board of trustees and is co-chair of the Annual Ken Demas Future Professionals Leadership Academy. He has presented at numerous local, state and national conferences and volunteers at the NYS AHPERD annual conference. Jason was honored with the NYS AHPERD Secondary Physical Education Teacher of the Year Award, the Suffolk Zone and the Future Professionals Section Amazing Person Award, the Suffolk Zone Service Award, the Mark Cooper “Excellence in Teaching Award” and the Longwood Athletic Department Service Award. In nominating Jason for the Distinguished Service Award, his lifelong friend Ken Demas stated, “Jason’s professional contribution has been his unique style of leadership: self-deprecating, self-assured, unselfish and courageous. I include courageous because Jason gives permission to those around him to take chances, to speak up, to challenge what has been done in the past and to freely ask questions. I believe he has contributed greatly by empowering another generation of teachers and leaders. He gives of himself without reservation and with full knowledge that he serves a profession he loves.” President Wolfe, it is my honor to present to you the recipient of the 2017 Distinguished Service Award, Jason Quitoni.

Congratulations Ron & Jason
You are an inspiration to all...
NYS AHPERD Proudly Recognizes
Our 2017 Amazing People Award Recipients

Section
Adapted Physical Education and Sport
Lisa Santos, New Hyde Park-Garden City Park SD

Aquatics
Diane Hicks-Hughes, Lansing CS

Coaches
Joe Stark, Potsdam CSD

Dance Education
Maleda Funk, The College at Brockport

Elementary/Middle School Physical Education
Terry Gendron, Cohoes CSD

Future Professionals
Gerard “Rod” Mergardt

Health Education
Charlie Rizzato, Oyster Bay-East Norwich CS

Higher Education/Professional Preparation
Dr. Michael Norris, Syracuse University

Recreation/Adventure Education
Kirstjan Seago, Penn Yann CSD

Retirees
Sandra Morley

Secondary Physical Education
Tracey Engle, Jordan-Elbridge CSD

Technology
James Rose, Yonkers PS

Zone
Capital Zone
Ashley Chapple, Albany CSD

Catskill Zone
Tamara Coney, Monticello CSD

Central North Zone
Dr. Tam Ray, Auburn Enlarged CSD

Central South Zone
Terry Hagenbuch, Norwich CS

Central Western Zone
Brianne Blaszak, Villa of Hope Youth & Family Services

Nassau Zone
Bob Kenney

New York City Zone
Srecko Mavrek, Kappa International HS

Northern Zone
Janelle Wingerter, Potsdam CSD

Southeastern Zone
Dr. Rhonda Clements, Manhattanville College

Suffolk Zone
Jeremy Thode, Center Moriches SD

Western Zone
Kelly Strong, Kenmore Town of Tonawanda UFSD

Departmental Majors of the Year

Ceire Corcoran, Adelphi University
Michael Leonard, Adelphi University
Annie Draves, Canisius College
Eric Gold, Canisius College
Lena Sargenti, Ithaca College
Kelly Backus, Long Island University
Ashley Schecher, Long Island University
David Cartolano, Manhattan College

William Stallings, Manhattan College
Nathan Ravick, Roberts Wesleyan College
Reed Warner, Roberts Wesleyan College
Alexis Kane, SUNY Cortland
Renee Walker, SUNY Cortland
Amy Masciale, The College at Brockport
Alyssa Trad, The College at Brockport
Exhibitors Years of Service Award

ETR Associates 5 Years
Interactive Health Technologies 5 Years
Advantage Sport & Fitness 10 Years
NYS DEC National Archery in Schools Program 10 Years
Mohawk Valley Community College 10 Years
Eastern Tennis Association (USTA) 15 Years
US Games 30 Years
SUNY Cortland 60 Years

Jump Rope For Heart/Hoops For Heart Top Ten Schools

Jump Rope For Heart Events

French Road Elementary School
Gayhead Elementary School
Concord Road Elementary School
Lincoln Avenue Elementary School
Unqua Elementary School
Sunquam Elementary School
Fort Salonga Elementary School

Hoops for Heart Events

Ardsley Middle School
Summit Lane Elementary School

Combined Events

Plank Road South Elementary School
Victor Intermediate School

Please join us as we celebrate our Amazing People, Departmental Majors of the Year, Dedicated Exhibitors & Jump Rope For Heart/Hoops For Heart Top Ten Schools on Thursday, November 16, 2017, at 7:30 pm in the Cypress Rooms.
A Very Special Thank You!

2017 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.

Dr. Ellen Kowalski – Adapted PE and Sport
Catherine Murray – Aquatics
James McCaul – Coaches
Greg Warren – Council of Administrators
Cindi Parise – Dance Education
Lori Bifarella – Elementary/Middle School PE
Dr. Michael Norris – Exercise Science/Sports Medicine
Ceire Corcora – Future Professionals
Nick Yachetta – Future Professionals
Dr. Mara Manson – Future Professionals
Ryan Fisk – Health Education
Dr. Sheri Treadwell – Higher Education/Prof Preparation
Eric Kohl – Recreation/Adventure Education
Tom Howard – Retirees
Kiki Seago – 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:

Carol Atkins
Frank Bartok
Christina Buschmann
Joan Canorro
Jim Codispoti
Lois Codispoti
Sam Corsi
Mollie Cotton
Larry Debel
Claire Demas
Skip Earle
Judy Ingram
Lee Mittelstaedt
Wendy O’Connor
Jason Quitoni
Linda Quitoni
Tim Reynolds
John Wells

And the Central Office Staff!
Colleen Corsi
Patricia Frazier
Lisa Reardon
Lisa Corbett
Amy Johnson
Jessica Synenki

NYS AHPERD proudly recognizes our valued sponsors!
Attend a business meeting!

Each of our NYS AHPERD Sections has a business meeting scheduled throughout the Conference; all members are invited to attend these meetings.

When you attend a Section business meeting this year, you will be given a raffle ticket. The raffle tickets need to be turned in at the End of Conference Raffles on Saturday for a special drawing worth over $300!

(Package includes a waterproof, wireless speaker and an inflatable kayak!)

Say cheese!

Photographs taken during the conference may be viewed and purchased at:


$5/photo (edited full res file) with discount for multiple files; PayPal or Venmo, preferred

A portion goes to the NYS AHPERD Foundation.

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 registration area for last minute changes to the schedule, along with the times and locations.
President-Elect presentations will be just prior to the Keynote Presentation, Thursday, November 16th, at 8:40 am in the Showroom.

Voting will begin immediately following the Thursday Keynote Presentation at the NYS AHPERD Conference Headquarters in the Event Center or online at www.nysahperd.org.

Voting will remain open until 11:59 pm on December 18, 2017; you may only vote once.

President-Elect Candidates

**Dr. Clancy Seymour**  
Clancy earned his Bachelor of Science and master’s degrees from Canisius College, and completed his doctorate in educational leadership at D’Youville College. He joined the faculty of Canisius in 2007, and serves as assistant professor and director of the Physical and Health Education Teacher Education Program. He has several publications to his credit in peer reviewed journals and achieved success in receiving funding through grants for the college. In service to NYS AHPERD, Clancy is an active member in the Western Zone. As zone president, he serves on the Association’s Executive Council. He also serves as chair of the Western Zone Higher Education Section. He has been a member and committee chair for the Jay B. Nash Outstanding Major Awards Committee and has presented many times at state and Western Zone conferences. Clancy also served as the president of the NYS Professional Preparation Council for Physical Education. He has been honored with the Canisius College Dean’s Research Award, D’Youville College Doctoral Scholar’s Award, Western Zone Amazing Person Award, and Higher Education/Professional Preparation Section Amazing Person.

**Drew Walker**  
Drew earned his Bachelor of Science, master’s degree, and School Administrator Certificate from SUNY Cortland. He began his teaching career 28 years ago, and for the past 20 years has been at Hampton Bays Union Free School District, where he is the director of health, physical education and athletics. Drew also serves as head of the School-Wide Wellness Committee. In service to NYS AHPERD at the state level, he was a member of the Executive Council as Suffolk Zone president. At the zone level, he served as treasurer and organized two Suffolk Zone conferences. As chairman of the Leadership Awards ceremonies for the elementary/middle schools and high school, Drew was responsible for organizing and facilitating the events. Within Section XI, Drew served as the Suffolk Zone representative for directors, as chairperson for boys and girls golf, and was president of Conference IV. He was also a member of the eligibility, football and tournament committees. Drew is the recipient of the 2017 Council of Administrators Director of the Year Award.
Board of Directors - 3 Year Term (female)

Laura Owen
Laura graduated from SUNY Cortland with her bachelor’s degree in physical education and her Master of Science degree in exercise physiology from Queens College. She also earned a Certificate in Nutrition from the Institute of Integrative Nutrition, certification in Adventure Basics from High Five Adventure, and is a regional trainer for “Bigger, Faster, Stronger.” Laura has been a physical education teacher for 23 years and has been at White Plains High School for the past 16 years. She is an active member of the Southeastern Zone, having served as secretary, co-director for the Southeastern Zone Election Day Conference, Secondary Section representative, and a member of the Get Moving NY Committee. At the state level, Laura served as a member of the Executive Council as Southeastern Zone president, is a member of the Membership Recruitment and Retention Committee, is chairperson of the Teacher of the Year Award Committee and is co-chair of the Mascot Committee. She is also serving as a NYS AHPERD Ambassador which is a new membership recruitment initiative. Laura has been honored with the NYS AHPERD Secondary Physical Education Teacher of the Year Award and the Southeastern Zone Amazing Person.

Monica Wolfe
Monica graduated from SUNY Cortland with her bachelor’s degree in physical education, master’s degree in health education and a School District Administrators Certification. She currently teaches physical education in the Cooperstown Central School District. Monica has been an active member of NYS AHPERD for the past 13 years and is currently serving as president. She is a Jump Rope for Heart event coordinator, the Central North Zone conference planner and a member of the Zone Awards Committee. She also served as the representative of the Elementary/Middle School Section for the Central South Zone. At the state level, Monica is a member of the Joy of Effort Award Committee, the Membership Recruitment & Retention Committee, co-chair of the Mascot Committee, served as chairperson of the Bernard E. Hughes Award Committee and was a member of the original Get Moving New York ad hoc committee. Monica has served as president of Central North Zone and the Elementary/Middle School Physical Education Section. She has been honored with the Central North Zone and the Recreation/Adventure Education Section Amazing Person Awards.

Board of Directors - 3 Year Term (male)

Maurice Watson
Bud received his bachelor’s degree in psychology from CUNY College of Staten Island, his master’s degree in physical education from CUNY Brooklyn College and his Administrative Certificate from the Massachusetts College of Liberal Arts. Currently in his 20th year in education, Bud has been a physical education teacher in the Schenectady City School District for the past 16 years. In service to NYS AHPERD, he held the position of president for the Capital Zone, was Elementary and Middle School Section representative, the newsletter editor, and has presented at both local and state levels. As a member of the Executive Council, he served on the Advocacy Committee, and represented NYS AHPERD at SHAPE America Speak Out Day. Bud has also participated in the regional Every Student Succeeds Act (ESSA) forums and advocated extensively for the inclusion of health and physical education in the New York State Education Department ESSA Plan.

Chris Wert
Chris received his bachelor’s degree in physical education and his master’s degree in health education from SUNY Cortland. He has been a physical education teacher for 20 years and has been at Hugh Gregg Elementary in the Corning-Painted Post School District for the past 13 years. In service to NYS AHPERD, Chris is currently a member of the Board of Directors. He has served as a member of the Executive Council as president of the Elementary/Middle School Physical Education Section (EMSPES), organized the first EMSPES conference and was an EMSPES program planner. He is a past member of the Bylaws & Operating Codes Committee and Executive Council secretary. Chris served as the Elementary/Middle School Section representative for the Central South Zone and has written articles for zone and section newsletters. He has presented at numerous NYS AHPERD and zone conferences. At the district level, he is the former Council for Services representative to the Eastern District Association. Chris was honored by NYS AHPERD as the Elementary/Middle School Physical Education Section Amazing Person.
SUNY Cortland
MSED in Physical Education

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

START THIS SUMMER!

MSED in Physical Education Leadership
An online program with one two-week on-campus experience during one summer. This program prepares you to take a leadership role in developing and implementing progressive curricula and advocating for quality physical education programs.

MSED in Physical Education
Choose one of the following concentrations:

Adapted Physical Education
Enhance your expertise in adapted physical education in this nationally recognized program. Graduate Assistant positions available.

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

Contact John Foley, Interim Chair
607-753-5577 or visit
www2.cortland.edu/departments/physical-education/
or
http://www2.cortland.edu/admissions/

Cortland
Active Sports (Paddle Zlam)
Representatives: Robert DiGiacomo
6 Deerfield Drive
Lake Grove, NY  11755
Telephone: 631-235-4477   www.paddlezlam.com

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

Advantage Sport & Fitness
Representatives: Mitch Clark, Matt Bogumil & Rob Anspach
2255 North Triphammer Road
Ithaca. NY 14850

American Dairy Association
Representatives: Anthony Singleton, Kristina Deecher
325 Chesnut St., Suite 600
Philadelphia, Pennsylvania
Telephone: 814-221-3810   www.dairyspot.com

American Heart Association
Representatives: Ramona Englebrecht, Tom Mossotti, Neil Como
25 Circle Street, Suite 102
Rochester, NY  14607
Telephone: 585-615-6196   www.heart.org

American Red Cross
Representatives: Kimberly King, Michael Hassenbalg
8330 Craine Drive
Manlius, NY  13104
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Bigger Faster Stronger, Inc.
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Dinkers & Bangers
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Representative: Pam Gunther
70 Pearl Street
Nelsonville, NY  10516
Telephone: 800-681-0684   www.fitandfunplayscapes.com

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

Food & Drug Administration
Representative: Diana Monaco
622 Main Street, Suite 100
Buffalo, NY 14202
Telephone: 716-846-6204   www.fda.gov
G&G Fitness Equipment, Inc.
Representatives: Kevin Downy, Anthony Ruffalo
7350 Transit Road
Williamsville, NY 14221
Telephone: 800-537-0516   www.livefit.com

Goodheart-Willcox Publisher
Representative: John Marconi
18604 West Creek Drive
Tinley Park, IL 60477
Telephone: 800-323-0440   www.g-w.com

Gopher
Representative: Bill Grinde, Robert Pangrazi
2525 Lemond St SW
Owatonna, MN 55060
Telephone: 507-451-7470   www.gophersport.com

Heart Tech Plus
Representatives: Chris Mekelburg, Ross Chakrian
2911 Sherman Street
Port Townsend, WA 98368
Telephone: 360-344-2927   www.hearttechplus.com

Heart Zones
Representative: Joe Gooden
2636 Fulton Ave, Suite 100
Sacramento, CA 95821
Telephone: 916-481-7283   www.heartzones.com

Herkimer College
Representative: Don Dutcher, Kyle Ropenack
100 Reservoir Road
Herkimer, NY 13350
Telephone: 315-866-0300   www.HERKIMER.edu

Hofstra University
Representatives: Nancy Halliday, Steve Messina
220 Hofstra University, 101 Hofstra Dome
Hempstead, NY 11549
Telephone: 516-463-5101   www.hofstra.edu

Interactive Health Technologies
Representative: Clareann Grimaldi, Ben Brown
1101 W. 34th Street #213
Austin, TX 78705
Telephone: 512-848-8044   www.ihtusa.com

USA Volleyball - IREVA Region
Representatives: Hazel Goldstein, John Goldstein
590 Mullock Road
Port Jervis, NY 12771
Telephone: 845-355-8527   www.ireva.org

Ithaca College
Representatives: Dr. Raj Subramaniam, Dr. Phoebe Constantinou
953 Danby Road
Ithaca, NY 14850
Telephone: 607-274-3659   www.ithaca.edu

JumpSport Fitness
Representative: Pam Powers
5614 Dolores St
Houston, TX 77057
Telephone: 404-536-7057   www.jumpsport.com

Kendama USA
Representative: Alissa DeCoteau
2140 Newmarket Plkw, Suite# 118
Marietta, GA 30067
Telephone: 770-803-1000   www.kendamausa.com

Kerboom Kids, Inc.
Representative: Kershel Anthony
PO Box 722
Holbrook, NY 11741
Telephone: 888-452-5439   www.kerboomkids.com

Matrix Fitness
Representative: Ken Boardman
4 Grouse Path
Westport, CT 06880
Telephone: 203-984-2705   www.matrixfitness.com

Mohawk Valley Community College
Representatives: Dave Warren, Michelle Kelly
1101 Sherman Drive
Utica, NY 13501
Telephone: 315-792-5674   www.mohawkvcc.com

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

NYS AHPERD Foundation
Representatives: Foundation Trustees
77 North Ann Street
Little Falls, NY 13365
Telephone: 315-823-1015   www.nysahperd.org

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

NYC DOE Office of School Wellness Programs
Representative: Lindsey Harr
335 Adams Street
Brooklyn, NY 11201   wellness@schools.nyc.gov
http://schools.nyc.gov/academics/wellness

New York Road Runners
Representative: Cliff Sperber, Martyn White
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: Jill Trunco
207 Genesee Street
Utica, NY 13501

Playout, LLC
Representative: Eddie Kovel, Adam Lombroso
1422 Tuxworth Circle
Decatur, GA  30033

Plyoga Fitness
Representatives: Stephanie Lauren, Thomas Ascough
1915 Parkside Drive
Forked River, NJ  08731
Telephone: 732-691-9559   www.plyogafitness.com

RampShot
Representative: Mike Philips, Barry Thacker
18 Cynthia Lane
Center Moriches, NY  11934

Rugby NY (Rookie Rugby)
Representatives: Rob Slwinski, Evan Tabachnick
11 Victoria Way
Albany, NY  12209
Telephone: 518-461-9351   www.rugbyny.org

Ski Areas of New York
Representatives: Scott Brandi, Susan Brandi
PO Box 277
Tully, NY  13159
Telephone: 518-792-5060   www.iskiny.com

Skillastics
Representative: Sandy Slade
670 E Parkridge Ave, Suite 104
Corona, CA  92879
Telephone: 951-279-3476   www.skillastics.com

Snap!Raise
Representatives: Alex Chirico, Nicholas Coco
939 Westlake Ave N
Seattle, WA  98109

Speed Stacks
Representatives: Kaylie Diedrick
11 Inverness Way South
Englewood, CO  80112
Telephone: 303-962-5656   www.speedstacks.com

Spikeball, Inc.
Representative: Scott Wilson
1235 N. Damen Avenue
Chicago, IL  60622
Telephone: 312-519-3965   www.spikeball.com

Sportime Featuring SPARK
Representative: Steve Ferreira, Patty Lanier
438 Camino Del Rio S. Ste 110
San Diego, CA  92108
Telephone: 800-772-7573   www.sparkpe.org

SUNY Cortland
Representative: John Foley
1126 Park Center, PO Box 2000
Cortland, NY  13045
Telephone: 607-753-4956   www.cortland.edu

The Children’s Health Market
Representative: Sharon Vaissiere, Katie Zema
27 Cannon Rd. Suite 1B
Wilton, CT  06897

The College At Brockport- SUNY
Representatives: Dr. Jennifer Boyle, Dr. Darson Rhodes,
Dr. Christine Hopple
350 New Campus Drive
Brockport, NY  14420
Telephone: 585-395-5341   www.brockport.edu

Tri Federation USA
Representatives: Charles Wolcott, Jim Wolcott
PO Box 38
South Hamilton, MA  01982
Telephone: 978-380-2977   www.trifederation.com

Tricrosse
Representatives: Andy Matthews, Bill Kidd, Bill Strobel
14 Watson Lane
Setauket, NY  11733
Telephone: 631-997-9600   www.tricrosse.com

US Games
Representatives: Nick Kline, Rachel Weir
1901 Diplomat Drive
Farmers Branch, TX  75234
Telephone: 1-800-327-0484   www.usgames.com

United States Tennis Association Eastern, Inc.
Representative: Joe Steger, Jenny Irwin
70 West Red Oak Lane
White Plains, NY  10604
Telephone: 914-282-4153   www.eastern.usta.com

WonderWorks
Representative: Lisa Whitmore, Austin Skinner
9090 Destiny USA Drive
Syracuse, NY  13204
Telephone: 315-466-7700   www.wonderworksdestiny.com
The Southeastern Zone is incredibly proud of our members and their accomplishments!

Dr. Rhonda Clements, Manhattanville College
Southeastern Zone Amazing Person Award

James Rose, Yonkers Public Schools
Technology Section Amazing Person Award

Donn Tobin, Mahopac Central School District
NYS AHPERD Elementary Physical Education Teacher of the Year

Gerard “Rod” Mergardt, NYS AHPERD Past President
Future Professionals Section Amazing Person & NYS AHPERD Joy of Effort Award

Congratulations on all of your accomplishments and thank you for your contributions to our profession!
THURSDAY, NOVEMBER 16

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

Session I
7:30 am - 8:30 am
Title: __________________________
Location: _______________________

Presidential Welcome and General Session
8:40 am - 10:40 am

Exhibit Time
10:40 am - 11:10 pm

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

NYS AHPERD 5K Race
3:30 pm start time

Session V
3:35 pm - 4:50 pm
Title: __________________________
Location: _______________________

Socials
6:00 pm - 7:00 pm

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

FRIDAY, NOVEMBER 17

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

Exhibit Time
10:40 am - 11:10 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 - 3:30 pm
Title: __________________________
Location: _______________________

Session X
3:40 pm - 4:55 pm
Title: __________________________
Location: _______________________

Pickleball Tournament
4:00 pm - 6:00 pm

College Socials
5:30 pm - 6:30 pm

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

Raffle Extravaganza Drawing
Approximately 9:40 pm

SATURDAY, NOVEMBER 18

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

Executive Council Meeting
9:00 am - 11:50 am

Session XI
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.

Thursday is Heart Day!

Look for special sessions related to JRFH/HFH Events throughout the program that have this heart!

Also, look for special activities that have been arranged throughout the conference program for you!
Welcome to the Turning Stone Convention Center and the Central North Zone!

Congratulations to the following Central North Zone Members!

**Bernard E. Hughes Award**
Melissa Bailey (National Archery in Schools Program)

**NYS AHPERD Secondary PE Teacher of the Year**
Shelly Connors

**Central North Zone Amazing Person**
Dr. Tamela Ray

**Higher Education/Professional Prep Section Amazing Person**
Dr. Michael Norris

**Secondary Physical Education Section Amazing Person**
Tracey Engle

Please join the Central North Zone in congratulating these incredible people!

Look for a Central North Zone Board Member throughout the conference to ask about our special coins and social hour!
HEALTH EDUCATION AND PHYSICAL EDUCATION GRADUATE PROGRAMS

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PROGRAM HIGHLIGHTS

- Quality, engaged, diverse faculty
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- Tuition reduction of up to 70% with graduate assistantship
- Exchange program with Cornell University
- Small faculty-student ratio

Learn more about graduate studies at Ithaca College and our programs by visiting ithaca.edu/gradprograms or by contacting Raj Subramaniam, Ph.D., graduate program chair, at hppegrad@ithaca.edu.
8:00 am to 5:00 pm

NYS AHPERD Board of Directors Meeting
Facilitator: Lisa Sherman, Chair of the Board
Location: Cedar

8:00 am to 9:00 pm

American Red Cross CPR/AED for the Professional Rescuer Instructor Course
Presenters: Marrick McDonald & Barbara Randall (Upstate Aquatics)
Location: Meadow

Join us to become a certified instructor to teach the American Red Cross CPR/AED for Professional Rescuers course. Once obtained, you can teach CPR/AED for the Professional Rescuer, and you can complete an online bridge program (for free) to become an instructor in First Aid/CPR/AED, First Aid Responding to Emergencies, Wilderness Remote First Aid, Babysitter Training, and Basic Life Support (BLS). This instructor certification will allow you to certify students, coaches, faculty, nurses and administrators in CPR/AED to meet the NYS requirements. In addition, you could offer community classes to increase revenue in your department. This certification is valid for two years and is renewable if certain criteria is met. Instructions on how to purchase your materials and how to complete the online pre-course material will be emailed to participants soon after registration is completed. This may qualify your school to enter in the American Red Cross’ 5x5 CPR Program for faculty and students; if qualified, all CPR/AED classes will cost $5 per student, faculty and staff member. To participate in this instructor course, you must meet the following prerequisites: hold a current American Red Cross certificate in CPR/AED for the Professional Rescuer or equivalent; and, complete the online session for the CPR/AED for the Professional Rescuer, including the pre-course exam. An online link for that exam will be sent to instructor candidates in a registration email by the presenters.

9:00 am to 12:00 pm

Physical Education & Health Professional Certification (PEHPC) I06: Budget Development & Facilities Management
Presenter: Dr. James Wright (South Huntington UFSD)
Location: Saranac

This course will review the budget process including budget development, securing bids, tracking purchases, and assessing needs of teachers. Additionally, this course will discuss the management of the existing facilities and what to include in new construction projects.

9:00 am to 3:30 pm

Foundations: Core Skills Training for Sex Ed
Presenters: Anne Garno (North Country Prenatal/Perinatal Council) & Heather Fredenburg (Oxford MS)

Foundations: Core Skills Training for Sex Ed is a national model for training teachers to implement high-quality sexuality education. Foundations aims to ensure that all sex educators are equipped with the skills needed to effectively facilitate student learning, create safe and inclusive classroom environments, and provide opportunities for meaningful skill-building and values exploration, regardless of the specific curriculum they teach. The Foundations’ training consists of one full-day training covering climate setting, sex education policies in New York State, facilitation skills, values/beliefs clarification, managing personal disclosure, and answering difficult questions.
Bigger Faster Stronger National Safety Certification Course  
**Presenter:** John Robotham (BFS)  
**Location:** Oneida

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.

New York Safety Instructor Certification Workshop  
**Presenter:** NY Safety Program  
**Location:** Birch

Participants will train to facilitate the NYS Point and Insurance Reduction Program for NYSP. After completing this training class, individuals will be certified to facilitate the six hour class, be eligible to become an NYSP delivery agent, and receive point and insurance reduction benefits. Instructors can earn $125 per class and the potential to earn additional income: Agents can earn from $700 to $1450 per class: Anyone completing the six hour class will receive Point and Insurance Benefits: four points reduced from point total and cost savings on your auto insurance, valid for three years. Take advantage of this limited time discounted fee for instructor certification and agents. Promote safer driving habits in your community.

PLYOGA Fitness Instructor Certification  
**Presenter:** Thomas Ascough (PLYOGA Fitness)  
**Location:** Mohawk

PLYOGA is a unique, innovative, and effective fitness format designed to challenge EVERYONE from a fitness beginner to a perennial athlete. PLYOGA uses a four-segment Plyometric interval system, which implements fundamental and accelerated Yoga postures as an active recovery. An EQUIPMENT-LESS workout that leaves participants feeling challenged yet rejuvenated, refreshed, and wanting more! PLYOGA encourages every participant to be better in tune with their body, their goals, and their overall desire to be great. As a physical education professional, you will take away from this workshop not only a whole new outlook on Interval Training at its finest, but also a new tool in a non-choreographed format that allows personal style, professional experience, and a fun & innovative approach to body weight training! Includes four WEEKS OF UNIT PLANNING, professional development hours, & CEUs for all major fitness organizations in North America! *Find Your Inner Athlete*

POUND Pro Training  
**Presenter:** Kirsten Potenza (POUND Creator)  
**Location:** Event Center A

Sweat, sculpt and rock with POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! POUND is a full body cardio jam session championed by fitness rebels around the world...and NYS AHPERD is proud to offer POUND Pro Training! This eight-hour intensive training workshop provides the essential knowledge and skills you'll need to include POUND Fit in your physical education curriculum at any level. This training also certifies you to provide POUND Fit classes in your community at a local fitness facility. Join us and discover POUND's history, results-based methods and tools for leading a safe and addictive class. Learn how to structure a POUND class, master POUND positions, techniques and modifications. Participants will listen to incredible music as we break down eight complete tracks of choreography. Each participant will receive a free pair of Ripstix® as part of their registration fee.
8th Annual Higher Education Teacher Educator Academy

Presenters: Dr. Elaine Gregory (Roberts Wesleyan College), Dr. Michael Norris (Syracuse University), Dr. Lynn McDonald (SUNY Cortland), Dr. Catherine Cardina (Buffalo State), and Dr. Sheri Treadwell (The College at Brockport)

Location: Cypress A/B

The 2017 Higher Education TEA promises to have something for everyone (in higher education). The morning session will focus on teacher candidate professional dispositions. Perspectives will be shared from both public and private institutions with opportunities for round table discussions. There will be a joint luncheon with the Council of Administrators as a way to build dialog between higher education and K12 teaching partners; Dr. Michael Norris and Greg Warren will facilitate the discussion. The afternoon session include presentations on K12 partnerships and preparing teacher candidates to teach using cultural competency. Dr. Clancy Seymour will talk about current K12 partnerships affiliated with Canisius College. Also in the afternoon session, Dr. Lynn McDonald and Dr. Matthew Madden will share about Cortland’s CURE program, which gives teaching candidates the opportunity to student teach in urban and under served areas. Finally, Dr. Amaury Samalot-Rivera will present on preparing teaching candidates to be culturally competent. He will speak specifically about how students’ pedagogical content knowledge of culturally competent practices are measured in Brockport’s Diversity in Physical Education class. The Higher Education Section business meeting will close out the day followed by the Higher Ed Happy Hour in the Upstate Tavern.

12:00 pm to 1:30 pm

Council of Administrators & Higher Education Professionals Luncheon

Location: Cypress A/B

12:00 pm to 6:00 pm

Getting started with the NYS AHPERD Curriculum and Assessment Guidance Document

Presenter: Dr. Alisa James (The College at Brockport)

Location: Briar

The NYS Curriculum & Assessment Guidance Document for Physical Education was developed by teachers, for teachers. It is a resource that defines physical literacy and contains five curricular strands including, character, health related fitness, individual enjoyment, life skill development and skilled play. Each strand includes, guiding questions, content, curricular focal points, connections to the ELA common core state standards and vocabulary. Grading and assessment are defined and information is provided that can be used to assess the benchmarks for each curricular strand. This workshop is designed specifically for physical education teachers at all levels K-12. As a result of attending this workshop, teachers will: (A) Identify the curricular strands that will lead to the development of a comprehensive curriculum; (B) Become familiar with the guiding questions, content aligned with NYS and National Learning Standards for Physical Education, curricular focal points, connections to the ELA common core state standards and vocabulary for each curricular strand; (C) Develop a lesson using the guidance document as a resource, incorporating focal points from multiple strands; (D) Identify strategies for using the sample assessments to inform student learning; and, (E) Explain the importance of appropriate grading practices and assessment tools included in the document.

1:00 pm to 5:00 pm

Teaching With Heart: Health Education Group Design Institute

Presenter: Jen Mead (Waterford-Halfmoon UFSD)

Location: Willow

The NYS Curriculum & Assessment Guidance Document for Physical Education was developed by teachers, for teachers. It is a resource that defines physical literacy and contains five curricular strands including, character, health related fitness, individual enjoyment, life skill development and skilled play. Each strand includes, guiding questions, content, curricular focal points, connections to the ELA common core state standards and vocabulary. Grading and assessment are defined and information is provided that can be used to assess the benchmarks for each curricular strand. This workshop is designed specifically for physical education teachers at all levels K-12. As a result of attending this workshop, teachers will: (A) Identify the curricular strands that will lead to the development of a comprehensive curriculum; (B) Become familiar with the guiding questions, content aligned with NYS and National Learning Standards for Physical Education, curricular focal points, connections to the ELA common core state standards and vocabulary for each curricular strand; (C) Develop a lesson using the guidance document as a resource, incorporating focal points from multiple strands; (D) Identify strategies for using the sample assessments to inform student learning; and, (E) Explain the importance of appropriate grading practices and assessment tools included in the document.
1:00 pm to 5:00 pm
Speed and Agility Training for Sports
Presenter: Brad Fitchthorn (SUNY Cobleskill)
Location: Onondaga/Seneca
This program will center on safe and effective practices for developing speed and agility sessions for athletes of various ages. The session will include best teaching practices, cues, and information on training design. Participants will learn how and when to implement plyometrics into training, as well as ways to stop, decelerate, and change direction. Concepts learned in this session can be applied to the sports of track and field, soccer, basketball, football, and other team and individual sports.

1:40 pm to 2:35 pm
Legal Updates in Health & Physical Education
Presenter: Renee James (Legal Council for NYSPHSAA)
Presider: Greg Warren
Location: Catskill (Shenendoah Clubhouse)
This workshop will present recent cases and regulation changes pertinent to directors of health & physical education. The workshop will present information regarding liability for class-related injuries, including lawsuits involving concussions: AED's and activity-related injuries. The presentation will cover recent decisions and guidelines involving transgender students as well as recent decisions under Title IX.

2:00 pm to 5:00 pm
Presidential Youth Fitness Program Training
Presenter: John Strong (Niagara CC)
Location: Tuscarora/Cayuga
This program will afford participants insight into strategies for integrating the Presidential Youth Fitness Program into physical education standards and programming at each level of schooling. Participants will receive instruction in administering the FitnessGram assessment protocols and best practices for using data in their schools. Historical significance of the PYFP will also be covered in the programming. Curriculum, instruction and assessment practices at the schools of the participants should all improve as a result of this program.

2:40 pm to 3:55 pm
COA Roundtable Discussion
Facilitators: Denise Kiernan (Tarrytown Schools), Greg Warren (New Paltz CSD), Dr. Tam Ray (Auburn Enlarged CSD)
Location: Adirondack
Participatory session with attendees discussing budgeting, what directors are doing with the curriculum & assessment document, and current issues that directors are facing (transgender)

3:40 pm to 4:35 pm
Social Media Tools for All: Voxer, Twitter, Remind & Class Dojo
Presenter: Allison Relyea (Guilderland HS)
Presider: Tam Ray
Location: Catskill
A “how to” mini presentation on each tech tool to get you started on a variety of social media apps in order to network and communicate with students, athletes, coaches, staff, and parents.

Motivation of Student-Athletes, Coaches and Teachers: Striving for Excellence
Presenters: Paul Muench & Scott Sugar (Fayetteville-Manlius SD)
Presider: Greg Warren
Location: Appalachian
This session will focus on methods a director can use to motivate those individuals necessary to develop and build a culture of excellence.
4:00 pm to 5:00 pm

NYS AHPERD Foundation Board Meeting
Facilitator: Sandy Morley, President
Location: Hawthorn

4:40 pm to 5:30 pm

Mindfulness in Education
Presenter: Tawn Turnesa-Norton (Tarrytown Schools)
Presider: Greg Warren
Location: Catskill
Mindfulness has been proven to enhance overall mood, help to regulate emotions, and improve psychological and physiological health. This presentation will help you understand specifically what mindfulness is, how it affects our brain function and learning, and how to integrate it into health & PE classes. Participants will also experience sample relaxation techniques, visualizations, and guided imagery.

The Council of Administrators Handbook
Presenter: James Rose (Yonkers PS)
Presider: Tam Ray
Location: Appalachian
The Council of Administrators sent out well over 300 copies of the COA Handbook since 2014. It has been used by superintendents, district cabinets, universities, and physical education directors around New York State. This session will review the process of development, the contents and go into detail with some of the documents within the publication, culminating with a discussion on future editions.

5:00 pm to 9:00 pm

LGBTQ Academy SafeZone Training
Presenter: Gay Alliance Trainers
Location: Oak
While progress is slowly being made to create more welcoming and inclusive schools for LGBTQ (lesbian, gay, bisexual, transgender and queer/questioning) students, faculty and staff, there is still much to be done. The school environment continues to pose numerous threats and obstacles for LGBTQ individuals and those who are perceived to be LGBTQ. Hateful language, physical and emotional harassment and the threat of physical violence are a reality for many LGBTQ people. Even in more supportive environments, the resounding silence on all things LGBTQ is a painful message in itself. The LGBTQ Academy SafeZone Training is a dynamic, interactive workshop that includes information on respectful and inclusive language, the process of coming out, understanding sexual and gender identity, best practices for transgender student inclusion (ie. locker rooms, sports teams, etc.), tips for creating inclusive schools and where to go for resources or additional support. Becoming SafeZone trained is a proactive step to creating inclusive spaces where all students, teachers and staff are empowered to reach their full potential. At the end of this workshop participants will be given a Gay Alliance SafeZone lapel pin so that they can create their own SafeZone.

6:30 pm to 9:00 pm

NYS AHPERD Executive Council
Facilitator: Monica Wolfe, President
Location: Cypress D/E

NYS AHPERD Catskill Zone congratulates the following 2017 award winners!

Tami Coney
Catskill Zone Amazing Person

Jessica Wright
NYS AHPERD Health Education Teacher of the Year

Congratulations!
Do more with your education degree!

A second certification in health education can make you more marketable. Learn strategies for enhancing and encouraging change toward positive health behaviors.

Take the next step to enhance your career.

Take advantage of a lower application fee when you apply during the NYSAHPERD Conference, Nov. 15-18, 2017.

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300178 11/17
Electronic Handouts

As you read through your Conference Program, you will notice a picture of a smartphone next to many of our program descriptions. By using your smartphone or tablet, you can scan the QR code below and have instant access to the presenter’s handouts!

There are many QR code readers available to download in the Apple iTunes & Google Play Stores to take advantage of this opportunity.

We hope you enjoy this feature!

NYS AHPERD
Raffle Extravaganza!

Stop by the NYS AHPERD Conference Apparel Area in the Event Center Foyer 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 approximately 9:40 pm in the Mohawk Room.

Prizes this year include: Fitbit & Apple Watches, LCD Projector, Waterproof Speakers, Tablets, a TV and more!

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For additional information:
Dr. Elfreda Blue, Chairperson Phone: (516) 463-5762 Email: elfreda.blue@hofstra.edu
Directions for obtaining Continuing Teacher and Leader Education (CTLE) Hours at the NYS AHPERD Conference:

1. Complete all items of Section I below (you must print legibly).
2. Print the title of each session you attend on the tracking sheets (following two pages); you must attend each session in its entirety.
3. Obtain a signature at the immediate conclusion of each session you attend to verify your attendance.
4. Tear this centerfold out of your conference program and turn your completed form in at the conference registration area, prior to departure.
5. Your certified form will be emailed to you for your records in December.

Completion of Approved Continuing Teacher and Leader Education (CTLE) Hours
CERTIFICATE

CTLE Activity Title: NYS AHPERD 80th Annual Conference
Activity Location: Turning Stone Convention Center, 5218 Patrick Road, Verona, NY 13478
Activity Date(s): 11/15/2017 - 11/18/2017 Instructor: Various
Areas of Activity: X Pedagogy X Content

Section I: Participant Information

First Name: ______________________ Last Name: ______________________ Middle Initial: ___
Date of Birth: ______________________ Last 4 Digits of your Social Security Number: [ ] [ ] [ ] [ ]
School District Name: _____________________________________________________________

Email Address: ________________________________________________________________

NYS AHPERD Member Number: ________________________________________________

I certify that I attended the professional development hours recorded on this form.

Participant’s Signature: _______________________________________________________

Section II: For Office Use Only

I certify that the individual listed in Section I completed the CTLE cited above pursuant to Subpart 80-6 of the Regulations of the Commissioner of Education.

Name of Authorized Certifying Officer: Colleen C. Corsi, NYS AHPERD Executive Director

Signature of Authorized Certifying Officer: _______________________________________

NYSED Continuing Teacher & Leader Education (CTLE) Approved Provider #:3199 (NYS AHPERD,Inc.)

Date: ____________________________ Total number of CTLE Hours Earned: ____________
## Completion of Approved Continuing Teacher and Leader Education (CTLE) Hours Tracking Sheet

### Wednesday, November 15, 2017 Intensive Trainings

<table>
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<tr>
<th>Intensive Training:</th>
<th>CTLE Hours Earned for Intensive Training:</th>
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**CTLE Hours Earned for Wednesday, November 15:** _________

### Thursday, November 16, 2017

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<tr>
<th>Session I Program Title:</th>
<th>Association Leader or Presenter Signature:</th>
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<td><strong>(7:30 am to 8:30 am, 1 hour)</strong></td>
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<tr>
<th>Presidential Welcome &amp; General Session:</th>
<th>Association Leader or Presenter Signature:</th>
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<tr>
<td><strong>David Burgess, Teach Like a Pirate</strong></td>
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<th>Session V Program Title:</th>
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**CTLE Hours Earned for Thursday, November 16:** _________
Completion of Approved Continuing Teacher and Leader Education (CTLE) Hours Tracking Sheet (Con’t).

**Friday, November 17, 2017**

<table>
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<tr>
<th>Session VI Program Title:</th>
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<td>Association Leader or Presenter Signature:</td>
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General Session: Dr. Dean Kriellaars, University of Manitoba, Winnipeg, Canada (9:25 am to 10:40 am, 1.25 hours)

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<th>Session VII Program Title:</th>
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CTLE Hours Earned for Friday, November 17: __________

**Saturday, November 18, 2017**

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<th>Session XI Program Title:</th>
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<tr>
<th>Session XII Program Title:</th>
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<td>Association Leader or Presenter Signature:</td>
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CTLE Hours Earned for Saturday, November 18: __________

All forms must be turned in at the Registration Area, prior to departure, to be accepted!
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**High Quality!**
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Unconditional 100% Satisfaction Guarantee!
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Thursday, November 16, 2017

Session 1
7:30 am to 8:30 am

Jump Rope for Heart/Hoops for Heart Coordinator Meeting
Facilitator: Paula Summit (American Heart Association NYS Coordinator)
Location: Hawthorn
This annual breakfast meeting is for the NYS AHPERD Zone Board Representatives and AHA Youth Market Directors.

Making Stress Management Techniques a Reality
Presenter: Jessica Butts (Croton-Harmon Schools)
Presider: Jane Connors
Location: Cypress E
This program will highlight the learning experiences of middle school health students researching various stress management techniques and making them a reality in a classroom setting. The research/assessment process, as well as several examples of student products, will be shared and exemplified during this session. Participants will leave with the planning steps and ideas for student products to integrate this work into their classroom.

Good to Great: How to Assess Your Students and Athletes the Power Yoga for Sports(TM) Way!
Presenter: Gwen Lawrence (Power Yoga for Sports)
Presider: Nick Yachetta
Location: Tuscarora
Learn the same techniques Gwen teaches to her most elite athletes, including the NY Giants and NY Knicks. Want to add yoga techniques to your program to enhance players’ health, longevity and well-being? This is the class for you. Leave this day with a new set of eyes, which can spot injury before they happen and give you the tools to help solve the problems. Reduce injury and increase success with a balanced strong and flexible athlete.

PreK-2 Physical Education: Stories, Activities, Stations Are OPEN Now!
Presenters: Helena Baert (SUNY Cortland), Allison Cook (Homer Primary), Nick Dambroso (Pelham SD) & Erika Pratt (SUNY Cortland)
Presider: Matthew Madden
Location: Event Center A
This session will provide participants with movement stories, stations and group activities to model and engage PreK-Grade 2 children in the purposeful exploration of movement. Gain some new ideas to create an energetic primary program in your school while staying focused on offering a developmentally appropriate curriculum. Free resources will be available and ready to use activities will get you ready to make movement stick in your school!

Guidelines for Grading Committee Meeting
Facilitator: Dr. Alisa James (The College at Brockport)
Location: Cedar

Aquatic Tabata
Presenter: Catherine Murray (Southern Cayuga SD)
Presider: Mary Green
Location: Lodge Pool
This presentation is participatory in the Turning Stone pool. Aquatic Tabata takes the High Intensity Interval Training (HIIT) program to the pool for an increase in workload with a “user friendly” approach. You will be afforded time to shower/change for the next scheduled programs and provided with “take home” sample workouts at the conclusion of this presentation.

Anatomy & Physiology Can Be Fun!
Presenters: Nathan Rarick, Reed Warner, Kayleigh Denney, Jordan Wallace, Brett Neddo, Dakota Lutz, Paul Dunbar & Joshua Ryan (Roberts Wesleyan College)
Advisor: Dr. Elaine Gregory (Roberts Wesleyan College)
Presider: Amy Masciale
Location: Cayuga/Onondaga
This session will showcase games and activities that integrate anatomy and physiology knowledge into K-12 physical education lessons. Included will be opportunities to insert literacy into instruction. Let’s put those A&P undergraduate classes to work!

Teaching Constructive and Positive Management and Self-Discipline Skills
Presenters: Robert Pangrazi (Arizona State University) & Bill Grinde (Gopher Sports)
Presider: Sara Warner
Location: Oneida
Physical education is one of the few curriculum areas where students can learn constructive and positive behaviors toward peers. Attendees will participate in an activity-based management approach that is designed to maximize activity time and minimize off-task behavior. Disciplining students in a private and constructive manner by “buying time” will be a secondary line of instruction.

Teaching with Heart: Set a Goal. Make a Plan.
Presenter: Lisa Perrone (Ballston Spa HS)
Presider: Bruce Risley
Location: Cypress D
Engage your students by teaching them to set goals and make appropriate plans to reach those goals! Take a guided tour of an entire classroom-ready planning and goal-setting learning experience focused on nutrition and fitness. You’ll have access to all of the teacher materials, student materials, lesson plans, slide shows, assessments and more!
The Other APE: Managing, Teaching and Assessing Students with Behavior Disorders and Emotional Disturbance (OHI)
Presenter: Brianne Blaszak (Villa of Hope)
Presider: Jade Elek-Tadler
Location: Cypress B
Come learn successful techniques from a seasoned PE teacher who has taught in the APE field for nine years. This session will discuss tips for classroom management for students with behavior disorders, learning disabilities, ADHD, ADD, emotional disturbance and OHI. In addition, strategies to implement curriculum, instruction and assessment that meets national/state standards but also IEP/504 objectives, will be discussed. You will also learn how the NYS AHPERD curriculum and guidance document assists in developing and assessing IEP or 504 plans.

Health Education for LGBTQ Inclusion
Presenter: Lauren Schneider (Somerville PS)
Presider: Murphee Hayes
Location: Cypress A
The purpose of this program is to give health educators information and tools for educating for and about LGBTQ students. The program will discuss current research in health outcomes for LGBTQ students, as well as vocabulary and language to use when discussing LGBTQ issues. Participants will participate in activities that can be used in the classroom.

Nassau Zone All-Stars: See What All the Talk Is About
Presenters: Henry Opperman (Rochdale Early Advantage CS), Tara Nelsen (Lawrence PS), Michael Gordon (Yonkers PS) & Charlie Rizzuto (Oyster Bay Schools)
Presider: Kelly Schulz
Location: Mohawk
This presentation will showcase the amazing talents of the physical education teachers from Nassau Zone! An assortment of activities, games and warm-ups at the elementary level will be demonstrated that will motivate and engage your students from the start. You will be able to take everything learned during this presentation and implement it into your curriculum immediately!

Interactive Notebooks for Middle School Health Class!
Presenters: Maura Kerkezis, Jennifer McEntee, Krystina Clark (Fairport CSD)
Presider: Kim Krause
Location: Meadow
Do your students lose their worksheets and forget where their notes are? Then this Interactive Notebook seminar will help streamline learning with productive use of a composition notebook. Participants will assemble a composition notebook to take away with lots of great ideas to get you started NOW rather than waiting until the new school year.

Join us as President Monica Wolfe welcomes attendees to the 80th Annual NYS AHPERD Conference and introduces our 2018-2019 NYS AHPERD Slate of Officers! Both President-Elect Candidates will be given an opportunity to express to you why they want to be the next NYS AHPERD President-Elect!

After both candidates are done speaking, President Wolfe will welcome our General Session Presenter, David Burgess, Teach Like a Pirate!

Dave Burgess is the NY Times best-selling author of Teach Like a PIRATE and co-author of P is for PIRATE: Inspirational ABC’s for Educators. He received the 2014 BAMMY Award for Secondary School Teacher of the Year. In San Diego, California, he was recognized as Teacher of the Year, a Golden Apple recipient, and a faculty standout for 17 consecutive years in categories such as most entertaining, most energetic and most dramatic. He specializes in teaching hard-to-reach, hard-to-motivate students with techniques that incorporate showmanship and creativity. His dynamic and inspirational message, coupled with his outrageously energetic performance style, has transformed classrooms and sparked an educational revolution around the world.

This general session time is for COA Attendees also!

Sponsored by:

10:40 am - 11:10 am
Dedicated Exhibit Time
Be sure to check out the Heart Zones demonstration in Event Center B!

Thursday, November 16, 2017 40
Session II
11:15 am to 12:30 pm

Increase Student Engagement With Warm-ups and Instant Activities
Presenter: Thomas Gelardi (District 26)
Presider: Brian Rosa
Location: Adirondack/Catskill
Learn how to motivate your students and get your physical education class moving instantly. The presenter will share teaching and assessment strategies for modifying warm-ups and instant activities; participants will leave with at least ten different ideas they can start using immediately!

Healthy Teacher Transformation
Presenters: Peg Lazzari (Minisink Valley SD) & Ed Lazzari (TSFL)
Presider: Ryan Fisk
Location: Willow
Are you living above the line or have your health habits slipped away? Come learn how to achieve and maintain a healthy body, a healthy mind and even a healthy financial state! This session will enable you to adopt positive habits of health and lead a more productive and rewarding life!

Introduction to PaddleZlam
Presider: Sabrina DeBellis
Location: Event Center A
An exciting new way to get kids of all ages to enjoy exercising. PaddleZlam combines pickleball, volleyball, and Kan-Jam into a very unique interactive sport.

National Board Certification
Presenters: Kathleen Young & Darcey Cross (Clinton CS)
Presider: Anne Fowler
Location: Briar
In this session, educators will learn how National Board can help grow professionally. We will focus on the benefits of pursuing National Board, provide an overview of the certification process, and discuss opportunities for candidate support. Presenters will include two Nationally Board certified teachers and one current candidate.

Dr. Sanders Greatest Dance Hits!
Presenter: Dr. Gary Sanders
Presider: Wendi Haynes-Eklund
Location: Showroom
This dance session will be a super exciting movement cruise thru many favorite dances. The session will include fun mixers, line dances and rhythmical movement experiences you can take back and use on Monday. Here are a few of the titles: Mr Sandman, Muscle Dance and Shut Up and Dance!

It’s Lit! Literature in Health Education
Presenters: Jenna Monahan (The Brooklyn Latin School) & Amanda Heelan (Brooklyn Amity School)
Presider: Cheryl Joerger
Location: Birch
Promoting language acquisition and reading comprehension through literature in the health classroom. This program discusses the benefits of utilizing literature in the health classroom and explores books, topics, discussion questions and activities for all levels. Literature can be used to help increase understanding of the difficult topics we teach in our curriculum.

Elevated Physical Education
Presenter: Darah Torres (Ithaca College)
Advisor: Dr. Raj Subramanian (Ithaca College)
Presider: Dr. Raj Subramanian
Location: Seneca
This interactive session will provide you with ideas to elevate fun and learning in the gymnasium with simple equipment. Incorporates math lessons and spelling in fun and creative ways while exercising to elevate heart rates. The goal is to elevate heart rates, elevate education, and elevate fun, all without elevating your budget.

Super Sensational Secondary Physical Education Session
Presenters: Kiki Seago (Penn Yan SD), Ashley Chapple (Albany HS), Shelly Connors (Auburn Enlarged SD), Tracey Engle (Jordan Elbridge HS), Shelly Collins (Victor HS), Charlie Rizzuto (Oyster Bay Schools) & Allison Relyea (Guiderland HS)
Presider: Kiki Seago
Location: Oneida
Calling all secondary physical educators...this session is for you! The continuation of our collaborative session with some of the best secondary teachers around the state. Each presenter will provide a 10 minute glimpse into a successful activity, assessment, or warm-up that participants can utilize in their own classes. Teachers could have up to five new ideas to implement into their own program.

Baseball Breakdown: Instructional Strategies for Students with Multiple Disabilities
Presenter: Jessica Willson (Harford County PS)
Presider: Joseph Bender
Location: Cayuga/Onondaga
This session will provide instructional strategies and adaptations for students with multiple disabilities, including intellectual delays, in progressions for teaching complex concepts in offense and defense in a base/soft/whiffle ball unit. Progressions and strategies are backward mapped for the skills and concepts for high school, middle school, and elementary aged students. The middle and high school level scope and sequence will be the main focus of this presentation, however could be utilized for a general education elementary physical education unit.
What Your Eyes Don’t See
Presenter: Dr. Pam Charles (Chiropractic Neurologist & Nightingale-Bamford School)
Presider: Thomas Burns
Location: Tuscarora
Do you have a “stellar” athlete who somehow can’t consistently hit, catch, or throw the ball where it needs to go? Join me as I show you how simple exercises with the eyes can greatly enhance their vision, balance, and performance. Sports vision eye exercises can have transformational results for your students, athletes and your teams!

Making PE Matter: Connections for a Lifetime
Presenter: Gregory Otis (Southern Cayuga Central Schools)
Presider: Riley Osier
Location: Cedar
Students ask …. “Why are we doing this?” We may ask ….. “How do we know that we’re making a difference?” Reenergize yourself and your connections. In this session, you and your colleagues will have the opportunity to discuss these crucial questions. You may recharge and refocus your own teaching by connecting with colleagues, sharing successes, and focusing on ways to make a difference. We will discuss ways to motivate and to make personal and real-world connections with students --- make physical education a class that students can’t wait to change for!

Creating and Sustaining Excellence
Presenter: William Aris (Fayetteville-Manlius SD)
Presider: Jim McCaul
Location: Cypress A
The cross country program for boys and girls at Fayetteville-Manlius has become synonymous with success and championships. Learn the basic approach and simple philosophy used to build their cross country program into a state and national power from 2004 to present.

Physical Literacy Lessons for Preschool Children
Presenters: Dr. Rhonda Clements (Manhattanville College) & Sharon Schneider (Hofstra University)
Presider: Gianna Marcantonio
Location: Cypress B
Identify key elements and practices common to effective physical literacy lessons for preschool children. Learn how easy it is to implement a lesson with limited equipment that can still spark the child’s interest and desire to move. Sample lesson plan and learning tasks included.

Choices and Challenges: Everyone has an IEP with Mrs. P!
Presenter: Karen Petermann (2017 SHAPE America Elementary Physical Education Teacher of the Year)
Presider: Lori Bifarella
Location: Mohawk
Engage your students and maximize activity time with standards based challenges related to striking. Empower learners with personal choices and show them how to take their skills to the next level. Physical literacy will soar!

How to Run a Community Day for Your School
Presenter: Maureen Trefethen, Bridget Daoust, Wendy O’Connor (Niskayuna CS)
Presider: Wendy O’Connor
Location: Oak
Do you want to have some fun in your school by learning new activities? Running a community day for your school can be a lot of fun for both students and employees in your school. This workshop will explain in detail what it takes to run a day filled with fun educational workshops such as disc golf, curling, sea perch (underwater robotics), tennis, mindfulness, geocaching and more. Our students say it is one of the best days they have experienced in their school career.

11:45 pm to 12:30 pm

State of Interscholastic Athletics: NYS Public High School Athletic Association Updates
Presenter: Robert Zayas (NYSPHSAA)
Presider: Tam Ray
Location: Cypress E
During 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.

Session III
12:40 pm to 1:55 pm

Anne Mackey Awards Luncheon
Location: Appalachian

Health Education Section Business Meeting
Facilitator: Ryan Fisk, Health Section President
Location: Cypress D

Dance Section Business Meeting
Facilitator: Cynthia Parise, Dance Section President
Location: Showroom

JRFH/HFH Care-to-Share Panel
Presenters: Rick LaPaglia (French Road ES), Margaret Robelee (Hyde Park CSD), Brad Gitlin (NYC DOE)
Presider: Paula Summit
Location: Meadow
Are you considering running a Jump or Hoops event, but don't know where to start? Come to this panel discussion/care to share session and ask questions of the panel members.
Research Partnerships in Physical Education-The Do's and Don'ts
Presenters: Dr. Clancy Seymour (Canisius College) & Dr. Kiel Illg (Amherst HS)
Presider: Dr. Sheri Treadwell
Location: Willow
This session will highlight a partnership between a local college and K-12 school district to study the effects of Common Core State Standard (CCSS) integration in physical education. A research framework that local educators can emulate or adopt will also be presented. A discussion about the strengths and weakness of both experiences with helpful tips for future implementation will conclude the presentation.

Plicker’s-Integrating Technology with Formative Assessments
Presenter: Darcey Cross (Clinton CS)
Presider: Marianne Witkowski
Location: Briar
Plicker’s is a formative assessment tool yielding immediate student data to inform instruction. Using general class or individual results, lesson plans can be constructed to differentiate instruction and facilitate the attainment of the learning objectives.

Crazy Ping Pong
Presenter: Christina Buschmann (Retired, Clinton CS)
Presider: Amy Coleman
Location: Event Center A
In this table tennis (TT) section, your students will learn how to hustle, hit and never quit as a team. Plan on participating as you will not need any prior TT skills or experience. We will play pong and live long!

Swimming with Heart
Presenter: Kathleen Young (Newburgh Enlarged CSD)
Presider: RaLuca Gruin
Location: Cedar
Learn how to use the theme of “Heart Month” (Feb) to incorporate fitness and workout principles into your aquatics program. Participants will receive an outline so they can plan an entire month of lessons around this theme, sample workouts and handouts, and ideas that include other subject areas, such as math and science, while keeping the focus on swimming and fitness. Participants will learn to differentiate instruction so that students know how to use different types of workout techniques and strategies so they can continue using swimming as a means to stay fit throughout life!

PE 360
Presenters: Donn Tobin (Mahopac CSD), Nick Kline (SUNY Cortland) & Lori Bifarella (Attica CS)
Presider: Chris Keenan
Location: Oneida
Heads will spin in this highly engaging session geared toward elementary physical education. We are going to get participants up and moving in some of our favorite outcome-based and FUN activities! Additional tips and tricks will be shared for delivering a highly effective physical education program.

Rising New York Road Runners
Presenter: Martyn White (New York Road Runners)
Presider: Dr. Michael Norris
Location: Seneca
At the start of the 2017-2018 school year, NYRR launched a new youth program ‘Rising New York Road Runners’ based on the concepts of physical literacy and long term athlete development. This active session will highlight a movement preparation routine and developmentally appropriate activities you can do with your students to work on their fundamental movement skills and build them into lifelong athletes. In addition this session will highlight setting up the optimal learning environment and effective cues and feedback to give students.

Technology-Infused Lesson from Start to Finish
Presenter: Patty Lanier (Sportime featuring SPARK)
Presider: Kelly Backus
Location: Mohawk
This active session will have attendees move through a technology-infused lesson from a student’s perspective. This session shows what an effective lesson can look like when using technology to increase MVPA, assess students and manage your class. Please bring your mobile device; great for physical educators at all grade levels!

The Role of Schools and Communities in Recognizing and Responding to Adolescent Trafficking
Presenters: Sharon King & Agnes Pala Bukhala (NYS Office for the Prevention of Domestic Violence)
Presider: Bruce Risley
Location: Cypress A
During this session, participants will learn to recognize signs that an adolescent may be a victim of trafficking and how to work with trafficking victims to provide resources that will increase their safety, develop relationship building skills to help improve safety through the recognition and prevention of coercion, violence, or abuse and identify important considerations for comprehensive sexuality education in the digital age.
Making Connections with Students through Outdoor Education in Physical Education
Presenters: Monica Wolfe (Cooperstown CS), Catherine Murray (Southern Cayuga CSD) & Elaine Hage (Black River Outdoor Education Ctr.)
Presider: Janelle Wingerter
Location: Oak
Attendees will learn curriculum goals and benefits of teaching lifelong activities that incorporate participating in the great outdoors. Benefits of utilizing your community resources to make authentic connections for students through ALPINE unit, winter projects and afterschool “Adventure Club” and “Outing Club.” After all, life is an adventure! Join us and learn how Southern Cayuga CSD and Cooperstown CS embraces teaching outdoor education in physical education and beyond.

Gold Medal Games: Olympic Games for Non-Olympians
Presenters: Amanda Gargiulo, Kate Manson, Brenna Martini, Mark Andrejack, Michael Papach & Joseph LaBarbera (Adelphi University)
Advisor: Dr. Mara Manson (Adelphi University)
Presider: Dakota Lutz
Location: Cayuga/Onondaga
Come join us for new and exciting ways to spice up your curriculum. This presentation will give you the basics for incorporating Olympic-style games that are inclusive for all. Attendees will actively participate in fun and creative games using a thematic approach.

Balancing Act: Managing Divergent Talent and Commitment on Athletic Teams
Presenter: Jim Vermeulen (West Genesee Schools)
Presider: Jim McCaul
Location: Cypress B
Scholastic sports teams now attract participants with a widening range of talent, fitness and commitment to the sport. The challenge for coaches is to successfully accommodate that range while maintaining the pursuit of team excellence. Clear expectations, differentiated training and effective team management are keys to meeting that challenge.

Awesome PE for AUsome Students!
Presenter: Lara Brickhouse (2017 SHAPE America Adapted Physical Education Teacher of the Year)
Presider: Alexis Kane
Location: Cypress E
This session will provide valuable insight and recommendations that can be utilized when teaching students with autism in a PE setting. Participants will learn various teaching strategies and classroom management skills that decrease anxiety and frustration, and encourage acceptance and inclusion within the school setting and beyond. Experience how to create visual supports and other useful resources that can be easily implemented in your lessons today – all participants will make and take a visual of their choice!

Dynamic Dances to Teach for Meaningful and Fun Classes!
Presenters: Cynthia Parise (Middletown Enlarged SD), Leslie Pieters (Roosevelt MS) & Brandon Herwick (Ravena-Coeymans-Selkirk CSD)
Presider: Brandon Herwick
Location: Showroom
Participate in energetic class ideas for all ages! Learn fun line dances and short routines to incorporate into your dance block plan to make it fresh and exciting. Make lessons meaningful by integrating history, origin and fun facts! Session attendees will be invited to participate in other fun moments with movement throughout the remainder of the conference! The NYS AHPERD Dance Section business meeting will take place at the end of this session where you will receive a raffle ticket for the amazing Section Raffle!

Physical Education & Officiating: Paths That Cross
Presenter: Emily Oakes (WNY Maritime Charter School)
Presider: Tiffany Rogers
Location: Birch
This session will explore the ways in which officiating sports relates to the PE professional. Participants will see the connection officiating has to teaching, coaching, and as a profession. Everyone thinks they know about officiating, but find out the truth for yourself!

Session IV
2:05 pm to 3:05 pm

Nuts & Bolts of NYS AHPERD
Presenters: Dave Garbarino (NYS AHPERD President-Elect) & James Rose (NYS AHPERD Past President)
Presider: Colleen Corsi
Location: Meadow
This session is designed for individuals who are interested in becoming more active in NYS AHPERD. Come learn about the structure, benefits, services and increasing involvement in our professional organization. Qualities and expectations of good leaders will also be presented. Incoming NYS AHPERD Executive Council members are encouraged to attend.

Fly Fishing 101
Presenter: Patrick Seidel (Lockport HS)
Presider: Joshua Ryan
Location: Tuscarora
An introductory level fly fishing class for high school students. Students will learn the parts to a fly rod, how to cast and the art of tying flies. After participating in this class, students will be able to enjoy the lifetime sport of fly fishing.
Heart-to-Heart: Incorporating Heart Rate Monitors in Elementary Physical Education  
Presenter: Chris Mekelburg (William S Covert ES)  
Presider: Brandon Gingher  
Location: Cayuga/Onondaga  
This session will focus on how to successfully implement heart rate technology into your elementary teaching. Attendees will be participating in a variety of cardiorespiratory endurance, muscular strength, muscular endurance and flexibility activities while being “wired up” with forearm-based optical heart rate monitors, as we explore the physiological responses of the body on these forms of exercise from the perspective of upper elementary students. While exploring this essential question, cross-curricular themes of math and literacy integration will be utilized as attendees also view and analyze heart rate data, which can be used as formative and summative assessments.

Using Challenges to Motivate Your Students to Practice  
Presenters: Dr. Christine Hopple, Marcus Burry, Sabrina DeBellis, Rayshawn Downs, Amy Masciale, Andrew Parra, Brooke Sherburne, Jon Sperry & Alyssa Trad (The College at Brockport)  
Presider: Andrew Parra  
Location: Adirondack/Catskill  
How do you motivate children who have not yet mastered a task or skill to keep practicing that skill, without getting bored or wanting to give up? The use of “challenges” (Graham, 2008), one of the three components of task development in a lesson (along with tasks and cues), are the answer! Join us in this active session as we practice tasks for basic skills such as throwing, dribbling, and more — and then show how the many different types of challenges can be used to keep your students interested and motivated to practice and improve their skills!

Donate Life! Advocacy for Organ Donation  
Presenter: Gerard Mergardt (NYS AHPERD Past President)  
Presider: Laura Owen  
Location: Cypress B  
With nearly 10,000 NYS residents on organ waiting lists, we are one of the states in the country with the lowest number of available donors registered. This workshop will present facts about the critical need for organ donation in NY and basic information about the process of being a donor. Participants will be given opportunity to register for donation and learn how this opportunity is available for residents beginning at 16 years of age.

Aquatic Round-table Discussion & Business Meeting  
Presenter: Catherine Murray (Southern Cayuga SD)  
Presider: Mary Green  
Location: Cedar  
Attend this program if you wish to share your great work in aquatics, discuss limitations and/or gains with regard to your facility, and share ideas regarding ways to make aquatics user friendly for all. You will leave this program energized and motivated to get your aquatic program growing!

Creating a Dynamic Health World  
Presenter: Charlie Rizutto (Oyster Bay HS)  
Presider: Greg Warren  
Location: Cypress D  
Come and take a deep dive into best practices in health education. This session will cover technology, classroom management, lesson creation, student engagement and assessment practices. We will move through the three main stages of solid teaching (preparation, presentation and assessment,) all the while exploring a variety of ways to bring engaging, student centered learning experiences to our health students.

School of Rock...Climbing: How to ‘Rock’ Your Traverse Wall  
Presenter: Kevin Sudeith (Everlast Climbing)  
Presider: Jarod Burmaster  
Location: Oak  
Are you looking to refresh your climbing wall unit with new ideas and activities? Or did you “inherit” a climbing wall and need help using it with your students? The ‘School of Rock’ presentation will enable you to get the most out of your traverse wall. Participants will learn climbing wall best practices, including basic climbing techniques, safety and risk management protocols and strategies to maximize moderate-to-vigorous physical activity. Participants will be introduced to a variety of dynamic climbing wall activities that help develop physical, social-emotional and cognitive skills. Some activities will demonstrate how the climbing wall can be used to support learning in such content areas as math and literacy. This presentation will also include assessment ideas. The session ends with an opportunity for participants to share their own ideas and experiences and to ask questions. Leave inspired and equipped with climbing wall practices and activities that can be put to immediate use!

Special thanks to Sportime for providing our Conference Bags!

SPORTIME.  
ACTIVE. HEALTHY. HAPPY.
Partnering to Grow Tennis - A Lifelong Activity
Presenter: Joe Steger (USTA Eastern, Inc.)
Presider: Nathan Rarick
Location: Event Center B
As part of our mission to promote and develop the growth of tennis, USTA Eastern is dedicated to introducing this lifetime sport to children of all ages in schools throughout our Section. During this interactive and fun session, we will discuss the new comprehensive curriculum for physical education teachers designed by USTA in conjunction with SHAPE. We will provide information on age-appropriate equipment, additional resources, Tennis Skillastics, and other programs/benefits available free to participating schools.

Engage your Brain! Move/Multiply with MATH! (Moving and Thinking!)
Presenters: Margaret Robelee (Retired, Hyde Park CSD) & Ted Suttmeier (Saugerties CSD)
Presider: Reed Warner
Location: Seneca
Excite your students to the possibility of “Math in Motion!” Students who experience the use of math while they are physically active have the potential to remember more, be better problem solvers and be successful academically. Join us as we share a variety of ways to use math in elementary physical education.

Catch the Hype! The Penfield Patriots PE Program: Part I
Presenter: Marybeth Walker (Penfield CSD)
Presider: Kiki Seago
Location: Cypress A
The Penfield CSD physical education department will share framework for success that excites students, pleases parents and receives 100% support from administration. Come join us as we discuss the nuts and bolts of how we transition students from a 9th and 10th grade prescribed program which covers climbing to kayaking, golf to Ga Ga and 20 additional units, to an 11th and 12th grade program with 11 electives. You will not want to miss this session or Part II where we will go in depth with unit and elective descriptions.

Athletes First-Connect and Grow through Unified Sports
Presenters: Dr. Paula Scraba (St. Bonaventure University) & Nate Johnson (Unified Sports NY)
Presider: Allison Barnes
Location: Event Center A
Unified Sports players from local high schools will be participating in a Unified Sports demonstration. Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding through participation in the Unified Champion Schools program.

KIN-Ball: A Non-Traditional Action-Packed Game
Presenter: Marc-Andre Laliberte (Omnikin, Inc.)
Presider: Joe Evans
Location: Mohawk
The sport of KIN-BALL requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidation, no interference, no one left out. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship. Supports the number one instructional best practice: all students actively engaged and learning. The only equipment needed is the official 48” Kin-Ball. Play inside or out. Have a ball!

Effectiveness of Using 2 NYS AHPERD Guidance Document Assessment Instruments During Elementary PE
Presenters: Dr. Amaury Samalot-Rivera (The College at Brockport) & Dr. Pedro Gil Madrona (University of Castilla La Mancha, Spain)
Presider: Dr. Sheri Treadwell
Location: Briar
The purpose of this presentation will be to share results of a pilot study done in Spain and Puerto Rico using two of the NYS AHPERD guidance document assessment instruments. Teacher perceptions (elementary physical education) about the effectiveness of using this instruments during the physical education class will be presented.

Preparing for the Next Step... Retirement
Presenter: Andrew Whitney (NYS Teachers Retirement System)
Presider: Blake White
Location: Willow
This presentation will provide an overview of the important benefits NYSTRS provides, with an emphasis on issues pertaining to members approaching retirement. Highlights include a review of the fundamental pension components such as service credit and final average salary, key retirement thresholds to reach for, the tools needed to maximize these benefits, retirement benefit options and much more. Hopefully you’ll leave our meeting with a handle on what’s needed to plan wisely on your road to retirement, as well as what costly errors to avoid along the way.

25 Secrets of Track and Field
Presenter: Dr. Russ Ebbets (On the Road Institute)
Presider: Renee Walker
Location: Birch
During this session, participants will be guided through a discipline by discipline analysis (i.e. throws, jumps, sprints, endurance) of training and competition tips that avoid a “trial and error” approach to coaching. The tips provided are meant to prevent injuries, improve performance and maximize potential.
I Like to Move it, Move it: Fitness Fun for Everyone!
Presenter: Doug Hallberg (2017 SHAPE America Middle School Physical Education Teacher of the Year)
Presider: Janelle Wingerter
Location: Oneida
Come to this high energy session where Doug Hallberg will share some of his favorite warm ups, workouts and fitness activities. These activities are designed to help you to connect with your students, put tools in their fitness toolbox and guide them on their own personal fitness journey. Come participate in the activity, add to the energy and fun, and leave with something you can put to use with your students right away.

Capoeira Plus!
Presenters: Angel Martinez, Marco Cisneros & David Cartolano (Manhattan College)
Presider: Catherine Henry
Location: Showroom
Capoeira, a Brazilian martial art, will be combined with other movements which makes it a dance complete fitness activity. Basic movements will be taught along with giving participants an opportunity to put sequences of movements together. This session is designed to be taught to middle/high school/college students.

3:05 pm - 3:35 am
Dedicated Exhibit Time
Be sure to check out the Spikeball demonstration in Event Center B!

3:30 pm
5th Annual 5K Run/Walk
Location: Vernon-Verona-Sherrill HS
Cross Country Course
Please visit the 5K Race table in the Event Center for directions, transportation details and to pick up your packet. If you didn’t pre-register, please stop by to see if space still remains!

Session V
3:35 pm to 4:50 pm
Health & Physical Education Update from the New York State Education Department
Presenter: Darryl Daily (NYSED)
Presider: Tam Ray
Location: Cypress E
Attendees will benefit from this question-and-answer session related to the New York State Education Department. Come to this session to discuss current issues relative to all health education and physical education programs.

Technology Section Business Meeting
Facilitator: Laura Shaw (Technology Section President)
Location: Hawthorn

Recharge, Refresh, and Relax: The Sequel
Presenter: Gay Elliot (Aristo-Fit)
Presider: Jordan Wallace
Location: Seneca
Attend this active stretching session (a version of last year’s) and finish the day/the conference with a sense of being ‘centered,’ refreshed and relaxed. This session enables the participant to “grow” his/hers’ stretching vocabulary while taking home a sense of wellbeing. A great way to ease those tired muscles from a day or a conference full of activity. Developed by a professional physical educator of over 45 years of teaching both in schools and in the community setting.

Inclusive PE: Strategies for Including All Students
Presenter: Patty Lanier (Sportime featuring SPARK)
Presider: Cristina Iannacchino
Location: Cayuga/Onondaga
Learn how general physical educators can adapt skill-building activities and games to include students with disabilities in enjoyable and meaningful ways. Strategies will be shared on how to create an inclusive environment, general and activity-specific adaptations, and engage all students in a general physical education setting. Receive resources on how to create an inclusive PE environment.

I SKI NY Free for Kids
Third and Fourth Grade Program
Ski or ride at New York Ski Areas for FREE*
Visit iskiny.com
*Plus Processing Fee Applies

Visit iskiny.com for details, rules, participating ski areas, snow conditions, and more.

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Thursday, November 16, 2017
It Is Free! Gain Access to AHA Heart Healthy Educational Materials
Presenter: Ramona Englebrecht (American Heart Association)
Presider: Meg Gibbons
Location: Oak
Did you know that the American Heart Association offers free resources to educators? Learn how to access these educational materials created as a direct response to heart and brain health research. Our materials and programs available are current, relevant, meet your educational standards and a nice addition to your professional portfolios.

Barenaked Games...No Equipment Necessary
Presenter: Herwig Baldauf (CIRA Ontario)
Presider: Brett Neddo
Location: Event Center A
This workshop will provide participants with a large variety of transition games taken from the CIRA Ontario resource “Barenaked Games” that can bridge the down times, like: when the group finishes early, too early to start a new activity, the bus is late, rainy day activity, children need a break and the list goes on and on. The activities need no equipment and can be used in a classroom, open space and the outdoors.

Moving Toward Using Gender-Expansive Language in Physical Education
Presenter: Julia Stern (Hetrick Marin Institute)
Presider: Dr. Sheri Treadwell
Location: Cypress D
In this program, participants will begin to acquire the tools to use more gender-inclusive language, particularly as it pertains to physical education. As we, and the world around us, become increasingly aware of the existence of transgender and gender non-conforming (GNC) youth, we are likely to feel challenged by how to best meet their needs. Getting used to teaching with some small but vital adjustments to our body-talk can stop our trans and GNC students from feeling alienated, and it can help maintain safer spaces for everyone.

Catch the Hype! The Penfield Patriots PE Program: Part II
Presenter: Marybeth Walker (Penfield SD)
Presider: Christine Piscopo
Location: Cypress A
We shared our nuts and bolts; now join us as we go into detail explaining our 20+ units and 11 electives. Participants will take away ideas and strategies for implementation, assessment ideas and effective promotion of your program. Come join us; you will not want to miss this session!

Fun Fitness Fridays
Presenters: Amy Coleman (Mt. Markham CSD) & Jodi Bard (Richfield Springs SD)
Presider: Paul Dunbar
Location: Adirondack/Catskill
Fun and energetic games that keep the kids learning or reviewing fitness concepts. You will also get your classroom teachers helping you out and vice versa with some of these math and reading activities. All of them are easily modified for elementary or middle school age students.

Active Heart Play
Presenters: Alice Benjamin & James Cofancesso (Phoenix CS)
Presider: Lauren Fezer
Location: Mohawk
Run through an active HEART event! Ideas, brainstorming and moving to get our students to have heart health top of mind. Take away ideas and even some raffles for equipment!

Introduction to NYSTRS for New and Mid-Career Teachers
Presenter: Andrew Whitney (NYS Teachers Retirement System)
Presider: Tom Howard
Location: Willow
Even in turbulent economic times like these, you can achieve future financial strength and security by building a strong pension at NYSTRS. This presentation will provide an overview of the important benefits NYSTRS provides, with an emphasis on issues pertaining to new members, as well as mid-career members. Highlights include explanations of the guaranteed benefits for which you will be eligible, the tools needed to maximize these benefits, and answers to questions you may have about retirement.

Teaching with Heart: The Power of Choice
Presenter: Jennifer Mead (Waterford-Halfmoon UFSD) & Fran Vincent (Retired, Bethlehem CS)
Presider: Ceire Corcoran
Location: Cypress B
Engage your students by teaching them to harness the Power of Choice! Take a guided tour of an entire classroom-ready, decision-making learning experience focused on alcohol and drug prevention. You’ll have access to all of the teacher materials, all of the student materials, lesson plans, slide shows, assessments, rubrics and more!

Back to Basics Basketball:
Presenter: Gregory Otis (Southern Cayuga)
Presider: Jim McCaul
Location: Event Center B
Are looking for ways to enrich your basketball unit and practices? Bring excitement and competition to your classes and teams with these tried and true strategies for building a strong basketball foundation. You will leave this active session with drills and differentiations to challenge ALL levels of students and athletes, from your beginners to your All-Stars.
The Importance of Core Training for the Physical and Mental Development of our Children  
**Presenter:** Kulaa Bacheyie (Syracuse University)  
**Presider:** Sharon Rohdenburg  
**Location:** Meadow  
The advent of technology, social media and long hours of sitting at home and school is causing havoc on the minds and body of our children. The purpose of this program is to help teach coaches, teachers and parents how to improve posture and core strength in kids, while also increasing cognitive function and self-esteem in a manner that is fun and engaging.

Trauma-Informed Approach to Sexuality Education  
**Presenter:** Anne Garno (North Country Prenatal/Perinatal Council) & Heather Fredenburg (Genesee Valley BOCES Student Support Services)  
**Presider:** William Stallings  
**Location:** Briar  
The impacts of trauma and the possibility of re-traumatization can impact a young person’s experience in the classroom. Understanding the nature, range of experiences and impacts of trauma are essential to effective, trauma-informed facilitation. Facilitating from a trauma-informed approach will reduce the chances of re-traumatizing students and help to create compassionate, resiliency focused classrooms.

The Role of PE in Action Based Learning and Kinesthetic Classrooms  
**Presenter:** George Blessing (Kids Fit)  
**Presider:** Kayleigh Denney  
**Location:** Tuscarora  
Research supports the many benefits of movement as it relates to students’ cognitive learning and academic performances without question. Come and experience how academic learning is from the feet up as opposed to the head down, and how movement supports wellness, health and fitness. As physical education and health professionals, aren’t our ultimate goals to have students become better learners and achieving overall wellness? The session will explore local data from kinesthetic classrooms and describe Action Based Learning programs. Most importantly, we explain the pivotal role that wellness professionals have in designing, implementing and supporting these teaching and learning ventures within a school.

Smooth Swing (not West Coast)  
**Presenter:** Dr. Gary Sanders  
**Presider:** David Cartolano  
**Location:** Showroom  
Come to this session and learn Smooth Swing as it will be simple to start and escalate to a complex session. You will learn the basics to a wide variety of partner variations; this session is appropriate for upper elementary through college. Join us and you will smooth out your Swing!

Balancing Teaching and Coaching in your Rookie Years  
**Presenters:** Jayson Jaskier, Chris Dickson, Mark Dalfonso & Scott Sandora (Lancaster Schools)  
**Presider:** Chris Cownie  
**Location:** Birch  
Check out this presentation for wisdom and advice from four teachers & multi-sport coaches whose experience ranges from 5 - 20 years in the gym. You will come away with tips, tricks and templates to improve your instruction in the gymnasium and on the practice field. Attendees will also leave with assessment tools that can be utilized outside the classroom and in between practice to maximize participation.

The Sport of Roundnet (How to Play, Teach & Adapt)  
**Presenters:** Ryan Delaney & Tyler Cisek (Spikeball)  
**Presider:** Brian Smith  
**Location:** Oneida  
Description: “In this Spikeball presentation, we will teach the rules of Roundnet. We will demonstrate the skills (ie: hand-eye coordination, defensive positioning, over-hand strike) required to play and various modifications to adapt the sport to any age group or skill set. We'll round the session out with some competitive play. Come learn the skills of Roundnet: America's next great sport!”

5:00 pm to 6:30 pm  
**Council of Administrators Social & Board of Directors Meeting**  
**Facilitator:** Greg Warren  
**Location:** Canandaigua, Chattaqua & Saranac

5:00 pm to 5:30 pm  
**NYS AHPERD Treasurer’s Meeting**  
**Facilitator:** Robert Zifchock (NYS AHPERD Treasurer)  
**Location:** Willow

**Teacher of the Year Award Committee Meeting**  
**Location:** Meadow

**Bernard E. Hughes Award Committee Meeting**  
**Location:** Briar

**Health Education Award Committee Meeting**  
**Location:** Birch

**Jay B. Nash Award Committee Meeting**  
**Location:** Hawthorn

**Distinguished Service Award, Professional of the Year Award & Lifetime Service Award Committee Meeting**  
**Location:** Cedar
6:00 pm to 7:00 pm

Capital Zone, Nassau Zone & Adelphi University Social
Location: Cayuga/Onondaga

Western Zone & Canisius College Social
Location: Seneca

New York City Zone, New York Road Runners &
American Heart Association Social
Location: Tuscarora

7:30 pm to 9:00 pm

Amazing People Awards Ceremony
Location: Cypress C, D & E
Please join us as we honor our colleagues accomplishments, outstanding future professionals, dedicated exhibitors and Jump Rope For Heart & Hoops For Heart Top Ten New York State Schools & Coordinators! A list of award recipients can be found on pages 12 and 13 of this program.

NYS AHPERD’s Capital Zone Proudly Recognizes
the Following Award Recipients

Ashley Chapple
Capital Zone Amazing Person

Teresa “Terry” Gendron
Elementary/Middle School Amazing Person

Sandy Morley
Retirees Section Amazing Person

Congratulations Award Recipients!
Session VI
8:00 am to 9:15 am

Follow the Leader
Presenter: Ceire Corcoran (Future Professionals President, The College at Brockport)
Advisor: Dr. Mara Manson (Future Professionals Advisor, Niagara County Community College)
Location: Appalachian/Adirondack
Pre-registration is required for all Future Professionals. You’ve heard of speed dating? Now there is speed networking...have breakfast with teachers, health/wellness leaders, athletic directors and retirees. Switch tables every 10 minutes. Professional dress, business cards, and resumes encouraged— you never know who you might meet!

Circuit Fitness with a Bounce!
Presenter: Pam Powers (Physical Powers)
Presider: RaLuca Gruin
Location: Event Center A
Circuit training continues to be a programming essential in physical education providing flexibility to work in small groups and consolidate equipment needs. This circuit rebounding class will take you through various ways you can incorporate a rebounder into your classroom. Session will include a fun Fitness Circuit, Tabata workout and lesson plan with video link for all participants.

FITstep Pedometers: Teaching Positive Physical Activity Behaviors Monitor, Move, & Monitor
Presenters: Bob Pangrazi (Arizona State University) & Bill Grinde (Gopher Sport)
Presider: Marianne Witkowski
Location: Oneida
When students find joy in activity, they move. When they monitor their activity, healthy lifestyles emerge. Learn best practices for using FITstep Pro pedometers in your school.

Oodles of Noodles
Presenter: Gay Elliott (Aristo-fit)
Presider: Rayshawn Downs
Location: Seneca
“Pool” noodles are an inexpensive and fun piece of equipment for use in the gym, outside or in the pool. Come to this session and take home a myriad of ideas with the noodles that will incorporate: cardiovascular, flexibility, balance and agility activities, as well as being just plain fun. The noodle activities demonstrated can be used as warm ups, cool downs or developed into entire lesson plans good for all ages.

OMG! I am Teaching Grades Pre-K – 3… The Journey Continues
Presenters: Tara Nelsen (Lawrence PS), Teresa Gendron (Cohoes SD), Marybeth Stefano (White Plains SD), Tom Miccuci (Bedford PS), Tracy Sharlow (St. Lawrence Lewis BOCES) & Cindi Parise (Middletown HS)
Presider: Andrew Bieber
Location: Mohawk
Keep all students in your physical education program moving, learning, and on their toes - even when you're teaching very large classes. If you are looking for fresh ways to teach children basic fitness concepts, movement skills, dance and activities that emphasize creative thinking and cooperation, then attending our session is for you. With this collection of invigorating, fun and gym-tested activities, you’ll be able to motivate, engage, and intrigue students in large or small classes for years to come.
Bring your sneakers, a smile and have some fun!

Yoga to Help Avoid Knee Problems and Pain
Presenter: Gwen Lawrence (Power Yoga for Sports)
Presider: Brittany Clemens
Location: Tuscarora
Join this session and learn some of the best, user-friendly yoga poses to help reduce the pressure, pain and potential injury to the knees. The presenter will discuss the simple anatomy of the knee and try out stretches that will increase power flexibility of the lower body. Many of the techniques shown are the same Gwen uses to help her most elite athletes, including the NY Giants.

Free Middle School Body Confidence Program!
Presenter: Shelly Klutz (Cairn Guidance representing Dove Self Esteem Project)
Presider: Brooke Sherburne
Location: Briar
Confident Me! is a free 1-session and 5-session self-esteem program for middle school students. It uses skills-based health education and focuses on challenging unrealistic sociocultural ideals of appearance; media literacy with respect to these ideals; reducing appearance comparisons and appearance conversations; and encouraging body activism and positive behavior change. This session will bring awareness and education to the program for any middle school interested in using it.

Reminder:
Wear your badge at all times!
Project ADAPT - Altering Decisions & Attitudes for Pregnancy & Teens  
**Presenter:** Paula Boyd (Project ADAPT)  
**Presider:** Jon Sperry  
**Location:** Cypress A  
Project ADAPT is a program designed to provide the participants with knowledge and skills necessary to become responsible and productive citizens and to prepare them for the role of parenthood. Project ADAPT places a major emphasis on a socio-economic component, including household budgeting and financing. This session will aid the participants in creating an exit project using the health skills, functional knowledge and selected (NYSTL) approved literature.

CATCH Coordination Kit: A Blueprint for Creating Healthy School Environments  
**Presenter:** Corina Forsythe (CATCH Champion, Elmira CSD)  
**Presider:** Murphee Hayes  
**Location:** Oak  
Many educators see the benefit of moving beyond PE and health education to provide coordinated school health for students, but few have the confidence or skills to do so. The CATCH Coordination Kit lays out a series of school-wide activities, organized into 6-week themes, with specific instructions for school personnel to seamlessly weave health messages across children’s learning environments.

Teen Leadership Summit - Engaging Youth to Reduce Alcohol and Substance Abuse  
**Presenter:** Kristin Bergin (Queensbury School)  
**Presider:** Bruce Risley  
**Location:** Meadow  
It’s difficult to impact teen alcohol and substance culture without teen engagement. Yet, adults often plan programs without teen input. When teen social structure makes some teens feel alienated and alone if they do not subscribe to drug and alcohol culture, it can be hard to create an environment that creates positive open conversation among teens. The teen leadership summit was designed to ask key teen stakeholders their perceptions, assessment of harm, and empower them to educate adults about solutions that could work for them. The structure was created so everyone has a voice: from the outspoken to the quiet. Self and relationship management and advocacy are crucial skills for teens to develop to have positive health outcomes. Come join us to learn our process, our outcomes and what we learned along the way.

Reimagining Student Engagement, Assessments, and Data Collection  
**Presenter:** Ryan Fisk (Manhattanville College)  
**Presider:** Laura Shaw  
**Location:** Cypress B  
Tired of the same five students answering all of your in-class questions? Plickers, Google Forms, Flubaroo, and Kahoot all allow you to gather feedback from every single student in your class in a matter of seconds. Watch and learn, or bring your laptop, tablet, or smartphone to test-drive them yourself!

Adapted Physical Education - Think Outside of the Box!  
**Presenter:** Lara Brickhouse (2017 SHAPE America Adapted Physical Education Teacher of the Year)  
**Presider:** Karalynn Murphy  
**Location:** Cayuga/Onondaga  
In this session, participants will learn innovative and progressive strategies that encourage student success, inclusiveness, and the acceptance of all learners. Participants will learn how to best include students with disabilities in his/her least restrictive environment through abstract thinking, creative lesson/equipment design, and student/teacher engagement. Throw the textbooks out the window, and start thinking outside of the box today!

Sports and Motivation  
**Presentation:** Peter Moore (North Syracuse SD)  
**Presider:** Jim McCaul  
**Location:** Birch  
Sports and motivation is about motivating athletes in today’s world through working on mind, body and spirit. The presenter will discuss athletes he has worked with who have come from the bottom and risen to the top, such as Mitch and Chelsea Dunay, Bryce Moore, Bre Stewart, Tyvon Branch, Meghan King, Gabriella Lannotti, and Kyle Francis, a former marine with Lou Gehrig's disease, to name a few.

Sex Ed Superheroes: Effective and Fun Teaching Strategies for Secondary Students  
**Presenter:** Nora Gelperin (Advocates for Youth)  
**Presider:** Jessica Wright  
**Location:** Cypress E  
This session will showcase engaging and interactive teaching strategies appropriate for middle and high school students when covering sexuality education. Participants will experience a wide range of methodologies that can be adapted for a variety of topics and populations.

Presenters: Nate VanKouwenberg, Trevor Sousa (Victor Schools) & Joe Aratari (Next Level Strength & Conditioning)

Presider: Christopher Dickson

Location: Cypress D

Functional Strength Training is the latest buzz word in fitness. Much like preceding fitness trends, the term is often misguided, leading to endless misconceptions and subpar implementation. Quality functional strength training, however, can be a game changer for students, athletes and adults alike. The goal of this two-part workshop series will be to provide physical education teachers and coaches the tools required to implement quality functional strength training methods with students and athletes of all ages. Build the foundation of your physical education and athletics powerhouse by taking your functional strength training programs to the next level! The first part of this two-part series is the why, how & what behind the functional strength training movement and to outline detailed strategies to bring these proven methods to your physical education and athletic programs! This session will cover a wide range of useful information, including: why functional strength training in physical education and athletics, how to implement these methods into your physical education and athletics programs, and what a quality functional strength training physical education curriculum and athletics program look like. Part II (11:15 am to 12:30 pm in Event Center B) will be a hands-on skill development session; participation in both sessions is not required.

8:30 am to 2:15 pm

Physical Education & Health Professional Certification (PEHPC) 101/102: Foundations Of Physical Education And Health Education Administration & Roles And Responsibilities Of Health And Physical Education Directors

Presenter: Dr. James Wright (South Huntington UFSD)

Location: Hawthorn

This course includes both PEHPC 101 and 102 and is for both directors and potential directors. Focus will be on the roots of Health and Physical Education in New York State with attention placed on the various areas of Federal and local laws that make up the mandates for Health and Physical Education. Additionally, the connection will be made to professional organizations and websites that will serve to assist the director in developing contacts that staff may use to enhance instruction. Participants will understand the role of the HPE director in an educational setting. Areas of discussion will be related to management styles, organizational skill development, and operational procedures and attendees will receive a template for implementation of policies and procedures for professional development and departmental meetings.

Keynote Presentation by Dr. Dean Kriellaars

9:25 am - 10:40 am

Location: Showroom

Dr. Dean Kriellaars is a faculty member of the College of Rehabilitation Sciences, Department of Physical Therapy. He is a member of the Spinal Cord Research Centre and a scientist of the Children’s Health Research Institute. The staff of his Human Performance Laboratory are directed to undertake research on physical literacy, physical activity and durability. Dr. Kriellaars has been awarded two major university teaching awards, national and international awards for scientific research and innovation. Dr. Kriellaars has received two University of Manitoba Presidential Outreach awards for meritorious community work, and recently was awarded the Campbell Award for longstanding community service. He was named as the co-chair of the Premiers Council on Healthy Living for the province of Manitoba, and was awarded their Healthy Living Award for his outstanding activities in building community wellness. His affiliations include Canadian Sport for Life, PHE Canada, the Aspen Institute on Project Play in the USA, as well as the RCMP on community wellness initiatives. He also undertakes extensive research performance enhancement and injury prevention in the high performance circus setting at the National Circus School and Cirque du Soleil. He is one of the original designers of two physical literacy assessment tools (Passport for Life and the PLAY tools).

Sponsored by:
Quality Functional Strength Training: Building the Foundation of Your Powerhouse (Part II) – Skill Development (Sponsored by G&G Fitness)

Presenters: Nate VanKouwenberg (Victor Schools & Next Level Strength & Conditioning) & Joe Aratari (Next Level Strength & Conditioning)

Presider: Thomas Burns
Location: Event Center B

Functional Strength Training is the latest buzz word in fitness. Much like preceding fitness trends, the term is often misguided, leading to endless misconceptions and subpar implementation. Quality functional strength training, however, can be a game changer for students, athletes and adults alike. The goal of this two-part workshop series will be to provide physical education teachers and coaches the tools required to implement quality functional strength training methods with students and athletes of all ages. Build the foundation of your physical education and athletics powerhouse by taking your functional strength training programs to the next level! The second part of this two-part series, the presenters will introduce and practice the essential skills required for YOU to properly demonstrate and provide feedback to your students and athletes! This hands-on skill development session will cover a wide range of basic progressions and skill cues, using the latest in functional equipment provided by G&G Fitness, including:
- Comprehensive Movement Prep
- Squat, Split Squat, Lunge Progressions
- Hip Hinge/ Deadlift Progressions
- Upper Body Push/ Press Progressions
- Upper Body Pull Progressions
- Basic Triple Extension/ Olympic Progressions, and,
- Core Stabilization.

Be sure to wear comfortable clothes appropriate for skill practice! A team of Next Level Strength & Conditioning coaches will be on hand to provide feedback and individualized modifications!
Step Up Your Sport Stacking Program!
Presenter: Kailey Diedrick (Speed Stacks, Inc)
Presider: Melissa Pierce
Location: Appalachian/Adirondack
An advanced Sport Stacking activity session showcasing physical activities from our comprehensive curriculum. Triple Up Triple Down Relay, March Madness, and Fetch 12 are featured activities. Experience the excitement, fun and movement these activities offer every student regardless of ability. First-time attendees receive FREE instructional materials.

Making the Grade with School Wellness Policy
Presenters: Kate Huber & Susan Cyrulik (Erie 1 BOCES)
Presider: Carol Atkins
Location: Briar
Healthy schools don’t just happen - they are created by people like you who care deeply about the success of children and come together to make it happen. School administrators, staff (including health and PE teachers) and community partners hold the keys to the long term success of students through school wellness. Join your colleagues - participate in this wellness policy training to learn strategies and resources to support a healthy school environment.

Intro to PLYOGA: Functional Interval Training Meets YOGA
Presenter: Thomas Ascough (PLYOGA Fitness)
Presider: Christina Schutrum
Location: Showroom
PLYOGA = PLYOMETRICS + YOGA! PLYOGA implements fluent, fundamental, and accelerated Yoga as a true active recovery for a 4-part system featuring FUNctional Plyometric intervals. NO EQUIPMENT and options for ALL levels! Complete with 4 WEEKS OF UNIT PLANNING specifically designed for your grade level...let PLYOGA be your next move in physical education! Come experience your body’s true potential and embrace our vision...your body is power. Bring PLYOGA to your school district and change the game for your physical education program!

Cooperative and Fun Activities with GIANT GAMES
Presenter: John Smith (Flaghouse)
Presider: Chris Wert
Location: Cayuga/Onondaga
Looking for a few new, fun, exciting, cooperative and competitive games for your facility? Need to add a little spice to your games repertoire? Come join us in this action packed session as we play GIANT Games, Noodle Hockey, 4 Square (singles and doubles), Giant Towers, Up 4 It, Fitness Tic Tac Toe, Jumbo Bucket Stacking, Connect the Dots, Tenzi, Spoons and several more great games. These games played around the country in schools, parks and camps by all ages. Bring back some new games for your facility!

Let’s Talk Technology
Presenter: Kathleen Vogt (Arlington CSD)
Presider: Laura Shaw
Location: Cypress E
Session attendees will leave with several tools and resources that can be immediately implemented into your professional life and classroom. How to gamify your classroom, while also gathering data to inform instruction, will be one focus of this session (if possible please bring a smartphone or other device to be able to fully participate). Additionally, time will be allotted for participants to share how they have successfully implemented technology into their practice.

10 Strategies to Create a Fun and Motivating Health Classroom
Presenter: Mary McCarley (2016 SHAPE America Southern District Health Education Teacher of the Year)
Presider: Ryan Fisk
Location: Cypress D
Join this outstanding presenter as she shares fun and motivating standard-based strategies, activities and assessments that will increase student engagement in the health classroom. Teachers will leave with 10 or more new ideas, activities, and assessments that can be easily implemented in the classroom.

High Quality Physical Education for ALL! Universal Design Modifications for Your PE Class!
Presenter: Michael Martinez (Democracy Prep Charter Schools)
Presider: Dave Barlow
Location: Event Center A
This session will show simple and easy modifications that ensure all students will continue learning and developing at a high level, regardless of their physical/cognitive limitations. Attendees will leave with a greater knowledge of how to modify equipment, rules, environment, etc., to maximize learning for all students. These modifications will lead to success for inclusion classes, adapted physical education classes or general education classes that might feature students with developmental delays.
You’re Never Too Tall to Bend Down to Help a Child
Presenter: Kathy Brophy (2016 SHAPE America Eastern District Secondary Physical Education Teacher of the Year)
Presider: Kiki Seago
Location: Seneca
Have you had ideas that you wanted to do with your students, but for some reason just haven’t done them yet? Kathy will share a unique self-defense class and Mindful Yoga class that are a part of the Fitness & Health curriculum at Wellesley High School. Her hope is to inspire other teachers by sharing the passion and intrinsic motivation these classes offer students. This session will actively engage participants with one another in conversations about successes and challenges in our classrooms. Let’s get closer to doing that thing we always wanted to do!

The Social Psychology of Teaching, Coaching & Educational Leadership
Presenter: Rod Mergardt (NYS AHPERD Past President)
Presider: Blake White
Location: Cypress B
This presentation will address the TWO dynamics that drive all human activity; the thoughts that occupy our minds and the people who occupy our time. First, will be a self-assessment in order to understand why and how we set goals, plan and overcome challenges. Second, we will study the different kind of people in our lives and gain an understanding of why they behave the way they do.

Future Professionals Section Business Meeting & Tips to Securing That First Job
Facilitator: Ceire Corcoran (Adelphi University)
Guest Speaker: Kermit Moyer (Ellenville CSD)
Location: Catskill
During this Future Professionals Section business meeting, a president-elect will be chosen. The guest speaker will provide participants information that will assist them in preparation for that all important interview. Attendees will learn and actively take part in strategies to answering interview questions and how to present themselves in a positive and professional manner. This session is designed for health and physical education majors and recent graduates who want to create a sound résumé and refine their interviewing skills.

Sexual Health Education: Updates in Content and Shifting the Focus to Skills
Presenter: Nora Gelperin (Advocates for Youth)
Presider: Murphee Hayes
Location: Cypress A
This session will provide quick research updates in the area of contraception and STDs while also making the case for focusing the bulk of instructional time on skill-building with students. Content for educators will be provided in addition to strategies for honing instruction on effective strategies to teach skills.

NYS AHPERD Past Presidents’ Luncheon
12:00 pm
Chautauqua Room

Session VIII
12:40 pm to 1:55 pm

Higher Education Section Poster Presentation
Facilitator: Dr. Sheri Treadwell (The College at Brockport)
Location: Event Center: Conference Registration

Elementary/Middle School PE Section Business Meeting
Facilitator: Lori Bifarella (EMSPE Section President)
Location: Appalachian/Adirondack

Gender Integration in Combative Physical Education
Presenters: MAJ Alexander Bedard & Dr. Lynn Fielitz (United States Military Academy)
Presider: Annie Draves
Location: Willow
Combative physical education classes, such as boxing, martial arts and wrestling, offer many positive benefits to students and institutions. These classes have become increasingly popular with women. The United States Military Academy recently integrated the required boxing class. Physical educators should consider a number of social, psychological, physical, and medical factors to ensure successful gender integration of combative programs. This presentation will highlight issues and lessons learned during boxing gender integration at West Point.

Becoming a Sports Official
Presenter: Dawn Fields (Section III Athletics)
Presider: Tam Ray
Location: Meadow
High School sports officials are needed in all sports. This program outlines what it means to be a sports official, and the steps required to “earn your stripes”. Officiating is a great way to be a part of a sport you love, to stay in shape, and to earn some extra money.

New York State Teachers’ Retirement System: Overview and Options
Presenter: Jonathan Wilsey (Foresters Financial Services)
Presider: Frank Bartok
Location: Cypress A
Foresters Financial is excited to provide you easy to understand information on all aspects of your retirement benefits, including explanation of retirement benefits, retirement benefit payout options, beneficiary options, understanding social security benefits, how to coordinate benefits with your spouse and supplemental retirement programs.
Back From Boston
Presenter: Shelly Connors (Auburn Enlarged CSD)
Presider: Matt O’Dair
Location: Seneca
This session hits the high points from the 2017 SHAPE America conference held in Boston. There will be technology, activity and possibly a little dance. If you couldn’t get to Boston, come and see what you missed.

Y Tech? Infusing Technology Into a 21st Century PE Classroom
Presenter: Kevin Yarnell (Rhinebeck CSD)
Presider: Stephen Yarnell
Location: Mohawk
During this session, participants will learn creative methods of engaging your students in physical activity while integrating technology and 21st learning skills into your physical education programs. In addition, you will learn innovative ways to showcase your teaching by communicating with students, parents, teachers, and administrators through technology.

Google Classroom in Wellness Center/Weight Room
Presenter: Mariusz Borkowski (Bay Shore HS)
Presider: Maurice Watson
Location: Briar
Everything is in one place... start a conversation ... submit and grade assignments. A teacher can create classes with a few clicks, distribute individual assignments, send class and/or individual feedback, and communicate with students. Detailed examples of how it works and is applied with Wellness Center/Weight Room classes with be displayed and showcased. Results are instant, paperless and easy!

Mindfulness in Health Education
Presenter: Tawn Turnesa (Tarrytown SD)
Presider: Andrew Gentile
Location: Cypress D
Mindfulness has been proven to enhance overall mood, help to regulate emotions, and improve psychological and physiological health. This presentation will help you understand specifically what mindfulness is, how it affects our brain function and learning, and how to integrate it into health classes. Participants will experience sample relaxation techniques, visualizations, breathing exercises, and guided imagery scripts. They will also learn sample lesson ideas and where to find the best resources.

SwimTECH Technology in Action for Swimmers
Presenter: RaLuca Gruin (Kappa International Baccalaureate World School)
Presider: Janet Carey
Location: Cedar
Did you ever wanted to have a personal trainer or a professional guide at all times for all your swimmers? Here it is. Learn to apply the sophisticated virtual coach app to help you be proficient as an instructor and as a swimmer. Come design a learning plan and assessments for a specific water skill for all swim levels! Let’s monitor every swim and celebrate your students’ successes. Discover, understand and most importantly train your students in a super easy way wherever you are by using simple TECH. Bring your own device!

The Laws of Motion: Integrating STEM and Physical Activity
Presenter: Sandy Slade (Skillastics)
Presider: Donald Dunckley
Location: Oneida
Numerous studies have shown that children who are active and healthy have a lower risk of juvenile behavior, an increase in academic achievement, and tend to have a much better self-image. This workshop integrates STEM and Physical Activity in a unique format.

Adapted Physical Education All-Star Activities
Presenters: Kerry Hogan (South Country Day School), Tracy Sharlow (2016 SHAPE America Adapted Physical Education Teacher of the Year), Pam Maryjanowski (Medina CSD), Ann Davis (The Yoga Nook) & Kelly Schulz (Oswego County BOCES)
Presider: Michael Leonard
Location: Event Center A
Join former ‘Adapted Physical Education Teachers of the Year,’ Zone and Section leaders for instant activities and lessons which can be utilized in your program immediately. These time-tested activities have been successful in both the inclusive and small class settings. Come participate, learn, share and be inspired.

Fast, Fun Furious Fitness
Presenter: John Smith (FlagHouse)
Presider: Jasmine Bradwell
Location: Cayuga/Onondaga
Fast, Furious, Fun Fitness is a dynamic activity session in which participants are involved in creative and unique fitness activities for all grade levels and all abilities. Infusing fitness can sometimes be a challenge but this session will present activities, games and lesson ideas that meet the challenge of promoting fitness in fast, furious and innovative lessons. The participants will be involved in fitness activity experiences that include games, cooperative activities and small equipment manipulatives that will bring big results in student fitness and participation.

Reminder:
Wear your badge at all times!
Coaching the Coach: What is the Secret to Success?
Presenter: Bob Zifchock (Retired, Nyack Schools)
Presider: Jim McCaul
Location: Cypress B
Having been on both sides of the athletic experience, as a coach and an administrator, great coaches are a small aggregate. A significant difference exits between a good coach and a great one. It does not have to be that way. Attendees will develop an understanding for the teacher in the coach and the coach in the teacher, which are central to becoming the leader you want to be.

Move-to-Improve: Blending Academics with Physical Activity
Presenter: Mary Greenan, Lori Ann Guevin, David Barone & Kerice Di Resta (NYC DOE)
Presider: Lori Bifarella
Location: Tuscarora
Move-to-Improve is a free classroom-based physical activity program developed by the NYC Department of Education in partnership with the NYC Department of Health to energize students to stimulate learning and academic success. The activities blend academics and physical movement into educational lessons that support New York State PE Learning Standards and are integrated with Common Core Learning Standards. These short, easy-to-implement activities can be used by any teacher in the school and are designed to help physical education teachers support a culture of movement.

NY Elementary Physical Education All-Stars Encore Performance
Presenters: Maryanne Ceriello (Beacon CSD), Laura Shaw (Irvington UFSD), Tara Nelsen (Lawrence PS), Chris Keenan (Arlington CS), Teresa Gendron (Cohoes MS), Lori Bifarella (Attica SD), Domn Tobin (Mahopac CSD), Steve Ciancio (Overlook Primary), Margaret Robelee (Hyde Park CSD), Mary Beth Stefano (White Plains SD), Tom Micucci (Bedford Road School)
Presider: Jeanmarie Jacques
Location: Appalachian/Adirondack
Ten dynamic teachers presenting 10 unique and exciting activities for elementary students. Presenters include five teachers of the year, and a variety of teaching styles and methods. These activities are NYS and national standards based, and include health-related concepts, as well as some assessment strategies. This is a high energy session and participation is encouraged.

Cross Training in Dance
Presenter: Melinda Wilson (2017 SHAPE America Dance Education Teacher of the Year)
Presider: Cynthia Parise
Location: Showroom
Wonder how the timing of an arm movement can earn extra height in a jump? How about considering the use of core strength in gaining speed? What about those inner thigh muscles adding dexterity and coordination? Dance and related disciplines can give you all of this and more! Dance gives you the coordination and technique that makes even the weekend jock a super human. Cross train in this session by learning basic ballet floor barre, yoga and Pilates.

13th Annual Dr. Ron Feingold Lecture Series
Presented by Colleen Corsi, NYS AHPERD Executive Director
2:30 pm to 3:30 pm in Cypress E
A Look at The History of our NYS AHPERD Executive Directors
A Vision in the Rearview Mirror
Our current executive director will reminisce about the 7 executive directors who have served NYS AHPERD throughout the past sixty-one years. She will add some interesting facts about NYS AHPERD, discuss leadership and the core values of our Association.

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Session IX  
2:30 pm to 3:30 pm

Adapted Physical Education & Sport Section Business Meeting  
Facilitator: Michele Myers (Adapted Physical Education & Sport Section President-Elect)  
Location: Cypress D

Recreation/Adventure Education Business Meeting  
Facilitator: Eric Kohl (Recreation/Adventure Education Section President)  
Location: Oak

Volleyball 102: Ideas Taken From National and State AVCA Conferences  
Presenters: Karl Caputo (Westhill CSD & IREVA Volleyball Region), Liz Geist-Łobczowski (Solvay UFSD) & Gary Bynon (Burnt Hills-Ballston Lake CSD)  
Presider: Ashley Schecher  
Location: Oneida

Were you unable to attend the AVCA National Conference and Division I Volleyball Championships in Columbus, OH but are willing to settle for a few coaches’ CliffsNotes version of the events? Join us as we share ideas and drills from the 2016 National AVCA Conference and the 2016 and 2017 NYS AVCA Conferences. These ideas and drills come from some of the top Division I, II and III coaches in the country and have the potential to energize and enhance your high school volleyball program.

Mindfulness for the Athlete, In a Nutshell  
Presenter: Gwen Lawrence (Power Yoga for Sports)  
Presider: Christina Buschmann  
Location: Cayuga/Onondaga

Looking for ways to decrease stress, anxiety and fear in your athletes? Needing to increase team focus and productivity? Session attendees will learn why you need to add mindfulness to your practice schedule and what techniques the presenter uses when working with the NY Knicks.

Counting on Fun!  
Presenter: John Byl (CIRA Ontario)  
Presider: Barbara Muller  
Location: Appalachian/Adirondack

Session participants will recognize that in physical education classes we have the opportunity to assist in the development of students’ mathematic skills. The games provided will encourage players to use their math skills in “play.” In these games, the activities and challenges provided are specific and essential to ensuring the “math work” be done for the game to be played successfully.

Videos of Live PE, Health and Weight Lifting Classes  
Presenter: Jerry Honeycutt (Lancaster County SD)  
Presider: Allison Relyea  
Location: Cypress B

Session attendees will view live video samples of physical education, health and weight lifting classes, and learn strategies on how to teach the content, assess skill performance via technology, maximize time on task and develop an appreciation towards lifetime activity. All of the videos show start-to-finish of how all of my PE, health and weight lifting classes run themselves as far as pedagogical routine and how students take ownership in their learning. My goal is for the students to take home the content learned in my class and to design their own personal exercise and nutrition prescription program.

How do I Partner with the American Red Cross and Why?  
Presenter: Kimberly King (American Red Cross)  
Presider: Cathy Murray  
Location: Hawthorn

Do you get confused when it comes to what certifications are needed at your facility, the cost and where do you find them? Are you curious about the 2017 new lifeguard release and how it will affect you and your staff? Can I teach hands on CPR to my students or do I need them to be certified in CPR/AED to meet NY state regulations? Have you ever thought of becoming an instructor or trainer but do not know how? Considered teaching swimming lessons and what the cost would be? Do you have an AED or are you curious why you would need one? Need programming revenue at your facility? Did you know you can advertise aquatic classes free of charge on our website? Why would you need an aquatic examiner at your facility?

Toys 4U!  
Presenters: Margaret Roblee (Retired, Hyde Park UFSD), Skip Earle (Retired, Bedford Hills Elementary), Maryanne Ceriello (Beacon CSD) & Laura Shaw (Irvington UFSD)  
Presider: Jeanmarie Jacques  
Location: Event Center A

A collaborative group of NYS AHPERD Teachers of the Year will show you exciting and dynamic teaching ideas for students in grades PRE-K to 8. This session will include dance activities, creative and manipulative activities, nutrition activities, character education connections and more! Active participation will be encouraged and handouts will be available.
High-Tech Physical Education  
*Presenter: Kory McMahon (Fayetteville-Manlius SD)*  
*Presider: Jackie Gecewicz*  
*Location: Briar*  
Here are 10 great ideas to update your physical education instruction for your 21st century learners. I have inserted multiple opportunities for students to have hands-on learning experiences with technology (using iPads, a SMARTBoard, & Chromebooks) without sacrificing a lot of activity time. My discussion will include: video tutorials of skills, video apps, SMARTBoard use, iPad use, Chromebook use, and other technology applications.

KerboomKidz  
*Presenter: Kershel Anthony (KerboomKidz)*  
*Presider: Nicole Donnelly*  
*Location: Showroom*  
KerboomKidz is an energetic and challenging group exercise program that is especially designed for kids K-12. KerboomKidz is a great way for students to engage in a high energy dance fitness class while improving their physical coordination and focus, developing various motor skills and movement patterns, offering a structured environment to learn about oneself and others, developing students’ cognitive skills, gaining rhythm and confidence.

Pub Crawl - Cross Crawl Are They Related?  
*Presenter: Dr. Pam Charles (Chiropractic Neurologist & Nightingale-Bamford School)*  
*Presider: Kate Manson*  
*Location: Seneca*  
Ever feel like your students are rowdier than adults in a pub crawl? There is a lot to be learned from their behavior, steps, cadence and, yes, their movements. Discover the secrets of how the brain can quickly respond to learning repetitive movements, and the methods you can use to increase your students’ focus, coordination, balance and athletic skills.

Thrive in K-5 Health: Mini Lessons Your Students Will Love  
*Presenter: Mary McCarley (2016 SHAPE America Southern District Health Education Teacher of the Year)*  
*Presider: Brenna Martini*  
*Location: Meadow*  
Join this outstanding presenter as she shares K-5 health curriculum that students will love. These mini health lessons are easy for the teacher to facilitate and fun for the students. Teachers will learn strategies to overcome current obstacles and leave with a fun and motivating K-5 curriculum.

Speak: Using a Co-Disciplinary Approach to Suicide Prevention and Education  
*Presenters: Kristin Bergin & Jessica Eagle (Queensbury UFSD)*  
*Presider: Amanda Gargiulo*  
*Location: Cypress A*  
Talking to teens about mental health and suicide can be challenging as a standalone lesson. In this session, you will learn how we created a push in lesson for our 9th grade students while they were reading the book “Speak” in ELA classes. Using the characters and the book's text, the lesson teaches and deepens students understanding of the signs, symptoms and behaviors of someone struggling with loss and depression, creates a timeline for when to ask for help, and provides interactive strategies for how students can get help and provide self-care. This lesson will have students up and moving, discovering information, and structurally and spontaneously talking about mental health and suicide in a safe way.

PE Works! Revitalizing PE in NYC  
*Presenter: Jana Moran (NYC DOE)*  
*Presider: Tatiana Lucassi*  
*Location: Tuscarora*  
New York City is hiring over 500 teachers through PE Works in the largest physical education revitalization effort of its kind. Join members of the team in NYC who are working to change the face of physical education in the largest school district in the country, as we discuss the PE Works initiative. Learn more about the hiring process, direct on-site coaching support, advocacy and professional learning communities and networks; all designed specifically to support physical education teachers. NYC is dedicated to providing equitable access to improved physical education instruction and physical education spaces for all students. Help all NYC students succeed. Be part of the movement. Teach PE in NYC.

Ultimate Everything-Using the “Grids” Concept to Teach Invasion Games  
*Presenter: Doug Hallberg (2017 SHAPE America Middle School Physical Education Teacher of the Year)*  
*Presider: Lisa Whitcome-Beebe*  
*Location: Mohawk*  
In this session Doug Hallberg, Shape America’s National Middle School Physical Education T.O.Y. sponsored by Sportime, will share the “Grids” concept. Grids is a management strategy that can quickly and efficiently help you practice and develop skills and strategies with your classes. Ultimate will be our game of choice today but this concept can be applied to a wide variety of games and activities allowing it to fit into any curriculum. This session will focus on SHAPE America’s Middle School GLO’s but can be used to achieve outcomes K-12.
Using Project-Based Learning (PBL) in Health: Keeping It Real For Students
Presenters: Dr. Sheri Treadwell (The College at Brockport) & Mariah Laspina (Western NY Tech Academy: BOCES I)
Presenter: Ryan Fisk
Location: Birch
Attendees of this session will learn how to increase student motivation and engagement through using project-based learning in health. PBL helps students engage in subject-matter on a deeper level by solving real-world problems and creating authentic projects to demonstrate student learning!

Session X
3:40 pm to 4:55 pm

Exercise Science/Sports Medicine Business Meeting
Facilitator: Dr. Michael Norris (Exercise Science/Sports Medicine Section President)
Location: Hawthorn

Coaches Sectoin Business Meeting
Facilitator: James McCaul (Coaches Section President)
Location: Cedar

Outcome-based, Purposeful, Engaging, Non-stop Activities
Presenters: Nick Kline (SUNY Cortland), Brandon Herwick (Ravena-Coeymans-Selkirk CSD) & Michael Martinez (Democracy Prep CS)
Presider: Julie Dietrich
Location: Appalachian/Adirondack
Join this session ready to move and celebrate the joy of teaching physical education. Leave with a wide-variety of activities that will span all grade levels. The Online Physical Education Network (OPENphysed.org) is a free resource that is everything described in the title of this session and more.

Feel the Beat: Innovative Activities for a Healthy Heart
Presenter: Kevin Yarnell (Rhinebeck CSD)
Presider: Stephen Yarnell
Location: Catskill
Come and get FIT with Kevin Yarnell in a session that will provide innovative activities and ideas to add to your elementary PE classes. Spice up your program with a variety of interactive fitness games that will be sure to motivate your students to be more physically active. By combining music and fun activities, you will keep your students focused and engaged.

Engaging All Students Using the Sport Ed Model
Presenter: Patty Lanier (Sportime featuring SPARK)
Presider: Emily Oakes
Location: Cayuga/Onondaga
Want to increase participation, improve class behavior and attendance, and have students be responsible for their own learning? Learn strategies to help implement the sport education model and provide a student-centered learning environment that allows teachers an authentic way to monitor progress and assess growth among all students.

Make Health Class Fun!
Presenter: Jessica Wright (Monroe Woodbury SD)
Presider: Michael Papach
Location: Cypress D
This session will be packed with interactive lessons to make your secondary health class fun for your students. A variety of topics will be shared. Be prepared to participate!

50 Games with 50 Tennis Balls
Presenter: Herwig Baldauf (CIRA Ontario)
Presider: Lena Sargenti
Location: Event Center A
A fun and active workshop involving the use of tennis balls easily obtain from local clubs at no cost in a variety of games that require very little instruction. 50 Games with 50 Tennis Balls is a CIRA Ontario resource that is perfect for all levels of education to spice up existing programs with some different and unique activities.

American Social Dance: Foundation Skills for PreK-12 Physical Education Teachers
Presenters: Lynn Miller (Lynn Miller & Company) & Maleda Funk (The College at Brockport)
Presider: Cynthia Parise
Location: Showroom
If we think about American Social Dance in all its myriad forms - swing dance, ballroom dancing, Latin dancing, folk dancing, country dancing to name but a few - it can be helpful for the prospective dance teacher to realize that there is actually a very limited number of foundation dance steps, which are common to all forms of social dancing. Come spend an hour with us, and we will introduce you to an easy-to-learn, basic curriculum developed specifically to help you establish a strong foundation in basic dance skills for your PK-12 PE students.
Apps, Mindfulness, Wellness and More - A Fresh Toolkit for Elementary PE  
**Presenter:** Monika Kurschatke (Marymount School of NY)  
**Presider:** Wendi Haynes-Eklund  
**Location:** Tuscarora  
This session will guide you through ways to transform your physical education classes by incorporating easy to use apps, movement parkour, skill stations and strategies for introducing fitness and wellness concepts to your youngest students. These fun and engaging ideas will keep your students from pre-K to 3rd grade on their toes and build a great knowledge base for subsequent years.

Movement Analysis for PETE students  
**Presenter:** Dr. Helena Baert & Matthew Madden (SUNY Cortland)  
**Presider:** Dr. Sheri Treadwell  
**Location:** Willow  
This presentation will share a mastery-based approach to teaching movement analysis skills to PETE majors. The modules will cover fundamental movement skills, including locomotor, manipulative and stability skills. The modules may help increase competency and confidence in identifying critical elements and when linked to a field experience can help teacher candidates provide focused feedback to young students.

Developing Community-Based Initiatives  
**Presenter:** Michele Myers (Rochester CSD)  
**Presider:** Joe Evans  
**Location:** Birch  
In this session participants will get to see how a community devastated by tragedy and one person’s desire to remember the victims of 9/11 came together in a unique and meaningful way.

Increasing Student Engagement in Health Education  
**Presenters:** Dan Gilmore & Dan Stadtmiller (Fulton CSD)  
**Presider:** Mark Andrejack  
**Location:** Cypress B  
Session participants will observe and take part in a variety of strategies and activities that promote increased student engagement in health education. Session participants will leave with activities, strategies, and assessment ideas to implement in their own classrooms. This session is a follow up from our 2016 presentation, however participation in that session is not required.

Yoga: Stretching it out for all Abilities  
**Presenter:** Jessica Willson (Harford County PS)  
**Presider:** Taylor Cook  
**Location:** Cypress E  
This session looks at stretching out the fundamental skills and concepts behind yoga to reach a vast spectrum of student abilities. Also, instructional strategies and adaptations for yoga units for students with disabilities ranging from ages 3 to 21 years of age will be presented. Strategies and adaptations include for students with multiple and/or severe disabilities and intellectual delays.

EZ Scan -Fun and Easy Lap Tracking  
**Presenter:** Tami Coney (Monticello CS)  
**Presider:** Joseph Campo  
**Location:** Seneca  
Tired of counting laps using clothes pins or Popsicle sticks, EZ Scan is the answer. Come find out about this fun, motivational and time saving technology that will forever change the way you keep track of your students laps. EZ Scan allows you to print out cards for all your students that they will use to scan at an iPad or android tablet as they pass by; it’s as simple as that, EZ Scan will do the rest.

Winning the Teach Off: Landing the Next Job  
**Presenter:** James Rose (Yonkers PS)  
**Presider:** Dr. Michael Gosset  
**Location:** Briar  
The presentation will prepare the professional with strategies and tips on the overall hiring process, résumé development, interviewing, and the teach-off competition. Great for the student, young professionals or anyone looking for another position.

Read, Write, Health: Integrating Literacy into Health Assessments and Activities  
**Presenter:** Mary McCarley (2016 SHAPE America Southern District Health Education Teacher of the Year)  
**Presider:** Kristen Bagley  
**Location:** Meadow  
Join this outstanding presenter as she shares health activities, assessments, and strategies that integrate literacy. Teachers will leave with five or more new ideas, activities, and assessments that can be easily implemented in the classroom.

Round-table on Diversity  
**Presenters:** NYS AHPERD Diversity Task Force Members ~Leslie Pieters, Chair, Dr. Shawn Ludda, Dr. Amaury Samalot-Rivera, Dr. Alisa James, John Strong, Madison Hornung, Nick Yachetta & Alyssa Trad  
**Presider:** Nick Yachetta  
**Location:** Oak  
In classic roundtable fashion, discussions and debates on the research findings from within and outside of NYS AHERD are discussed, as well as determinations on making NYS AHPERD a more inclusive organization.
PE Central’s Best Lesson Plans for Elementary PE
Presenters: Marcus Burry, Sabrina DeBellis, Rayshawn Downs, Amy Masciale, Andrew Parra, Brooke Sherburne, Jon Sperry & Alyssa Trad (The College at Brockport)
Advisor: Dr. Christine Hopple (The College at Brockport)
Presider: Genna Wilson
Location: Mohawk

Come join faculty and students from The College at Brockport as they share with you some of the top lesson ideas from PE Central’s K-5 Lesson Plans. What makes these ideas great is that they lead to skill and concept development for students of differing skill levels, are easy to implement, and can be a viable part of a quality PE curriculum which leads to student attainment of the NYS and national curricular standards. Come ready to participate, have fun, and get some great ideas that are motivating and that your students will enjoy!

5:30 pm - 6:30 pm
The College at Brockport Social
Location: Cypress E

SUNY Cortland Social
Location: Cypress D

6:45 pm - 9:00 pm
(6:00 pm - Doors Open)
2017 Jay B. Nash Awards Dinner
Location: Oneida

The Jay B. Nash Awards Dinner provides an opportunity to recognize our best and brightest and our most distinguished NYS AHPERD members.

A complete listing of award recipients can be found on pages 8 and 9 of this conference program.

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

Approximately 9:40 pm
Raffle Extravaganza Drawing
Location: Mohawk

Packleball Tournament
Location: Event Center B
Get fit, socialize and have fun participating in Pickleball! Beginner and advanced skill levels intermix for a variety of games. Equipment will be provided! Come and make new friends while having a great time!

Sponsored by Dinkers & Bangers!
...Proudly Recognizes Our 2017 Award Recipients

NYS AHPERD Lifetime Service Award
Dr. Ron Feingold, Retired

Nassau Zone Amazing Person Award
Bob Kenney, Retired

Adapted P.E. Amazing Person Award
Lisa Santos, Garden City Park School District

Health Education Section Amazing Person Award
Charles Rizzuto, Oyster Bay Schools

The Nassau Zone, Capital Zone, and Adelphi University invite you to their joint social:
Thursday at 6:00pm in Cayuga/Onondaga

Save The Date
NASSAU ZONE CONFERENCE
APRIL 13, 2018 - ADELPHI UNIVERSITY

....Mourns the loss of long-time Nassau Zone member and friend,
Suzanne Poakeart

Suzanne was an outstanding Adaptive PE teacher in the NY City Public Schools. She was devoted to her students and the profession. She lived life to its fullest.

We will always remember that special smile, that caring heart, that warm embrace she always gave us. God broke our hearts to prove to us, He only takes the best.

May 14, 1968 – July 10, 2017
7:30 am to 9:00 am
Retirees Section Business Meeting Breakfast
Location: Cypress C

8:00 am to 8:45 am
NYS AHPERD Section Presidents' Meeting
Facilitator: Jessica Synenki (Conference Director)
Location: Hawthorn

Session XI
9:00 am to 10:15 am
Gotta Dance!
Presenter: Melinda Wilson (2017 SHAPE America Dance Education Teacher of the Year)
Presider: Cynthia Parise
Location: Showroom
Get your groove on in this all-inclusive fun jazz class for all levels. Jazz dance includes several dance styles all connected to common roots including tap, ballet, musical theatre and African American rhythms of dance. Participants will receive a gentle warm-up and choreography with varied music from around the world.

The Heart Attack that Almost Killed Me Made Me Stronger
Presenter: Doug Schmidt (Victor Schools)
Presider: Ryan Fisk
Location: Cypress B
Over 40% of Americans suffer from chronic disease, many with multiple diseases. Statins, blood pressure medicine and other costly drugs whittle away at disposable income and don’t cure the disease. One in three children are getting diagnosed with type 2 diabetes, not juvenile diabetes. In this session, participants will learn about the latest information on how plant-based nutrition is curing chronic diseases, from type 2 diabetes, heart disease and even some forms of cancers. You can live a long, healthy life without medications. Doug Schmidt, Health and Wellness Director for Victor Central Schools, had a heart attack at 49; nine years later he is off of all medications, has lost 60 pounds and now runs marathons.

Inclusive PE: Strategies for Including ALL Students
Presenter: Patty Lanier (Sportime/SPARK)
Presider: Michele Meyers
Location: Tuscarora
Join this session to learn how general physical educators can adapt skill-building activities and games to include students with disabilities in enjoyable and meaningful ways. Strategies will be shared on how to create an inclusive environment, general and activity specific adaptations, and how to actively engage all students in a general physical education setting. Attendees will receive resources on how to create an inclusive PE environment that will benefit ALL students.

PE Themes, Props and Motivators
Presenter: Brian Rosa (NYC DOE District 75)
Presider: Kristen Bagley
Location: Mohawk
This K-5 active session provides a framework for largegroup station activities based on themes (Dr. Seuss, A Day at the Beach, Dinosaurs). Attendees will learn to incorporate literacy, math strategies, student choice, differentiation and skill development. Attendees will come away with resources that can be used immediately.

Teaching Health through Experiential Games
Presenters: Joe Castellitto, Alfonzo Whithurst & Amanda Lupo (Utica College)
Advisor: Dr. Carrie Taylor (Utica College)
Presider: Matt McCoy
Location: Cayuga/Onondaga
Session participants will learn how to teach games that emphasize health through experiential games and initiatives, highlighting diabetes, alcohol and drugs, and other health-related topics. Knowledge is measurable and assessable through processing after activities.

The First Year Coach
Presenter: Ryan Naccarato (Marlboro CSD & 2016 New York State Sportswriters Association Softball Coach of the Year)
Presider: Robert Venegas
Location: Meadow
This presentation will address issues and challenges the first year coach will face. While its focal point will be at the varsity level, concepts can be applied to modified, freshman and junior varsity as well. The first year coach can experience some problems and difficulties along the way, but you can be successful. This session is designed to offer thoughts and ideas to all coaches at any point in their career. You can experience a lot of pressure and stress in the coaching world, and it is important to stay motivated, confident and true to yourself. In 2016, we won the first softball state championship in school history. There were many bumps along the way, but I believe that failure is necessary for success. Another key point that will be discussed, is getting your student-athletes college and career ready. I believe we have the power to positively influence our athletes and make a difference in their lives.

Follow the Leader by CIRA Ontario
Presenter: John Byl (CIRA Ontario)
Presider: Andrew Bieber
Location: Oneida
Experiential Leadership will reinforce leadership skills such as cooperation, trust building, commitment, responsibility, decision-making, and problem solving by allowing participants to actively learn through experiential teambuilding exercises. The workshop will introduce experiential learning exercises through a variety of challenging activities and is designed for anyone who is developing leaders among children and youth in a school or community setting.
9:00 am to 11:45 am

edTPA for Success!
Presenter: Dr. Shawn Ladda (Manhattanville College)
Presider: Dr. Sheri Treadwell
Location: Willow
This session will explain what edTPA is, the three tasks that are a part of it, and give good examples of video and commentary for success. Future professionals, cooperating teachers, and college faculty will benefit from the workshop.

9:00 am to 11:00 am

NYS AHPERD Executive Council Meeting
Facilitator: David Garbarino (NYS AHPERD President)
Location: Cypress D/E

9:00 am to 12:00 pm

Training Maxims
Presenter: Dr. Russ Ebbets (On the Road Institute)
Location: Appalachian/Adirondack
Discussion and justification of 25 training maxims (e.g., train with intention, insecurity over prepares, train movements, not muscles, etc.). Presentation includes placement of training maxims within Bompa's seven principles of modern training, the four levels of sport and applying this thought into a daily training plan. This program is designed for all sports and youth through college-aged athletes.

Session XII
10:30 am to 11:45 am

Ballroom Baby Steps I
Presenter: Kathy Brophy (2016 SHAPE America Eastern District Secondary Physical Education Teacher of the Year)
Presider: Cynthia Parise
Location: Oneida
You don't need a background in dance to introduce your students to this important lifetime activity. Kathy will share how their love of ballroom dance has found its way into her classroom. She will help you take those baby steps towards implementing this wonderful form of movement into your curriculum. We will address inclusive language, partnering options, respect, and answer questions. Come ready to dance and have fun! Designed for K-12 educators. (Waltz, American Style Swing, Hustle, Foxtrot, Merengue) *Two of these styles would be taught.

Promoting Classroom Physical Activity
Presenters: Lena Sargenti & Maddy Horowitz (Ithaca College)
Advisor: Dr. Raj Subramaniam (Ithaca College)
Location: Mohawk
We want our students to achieve 60 minutes of moderate to vigorous physical activity a day, therefore it is imperative that we involve our classroom teachers. Learn how to help classroom teachers implement easy, safe, and effective physical activity into their lessons. This interactive session will focus on physical activities in a few subjects, such as math and reading, as well as strategies for classroom activity breaks.

Character-Based Athletics
Presenter: Andy DiDomenico (The Coaches Platform) & Christopher Rastelli (Tappan Zee HS)
Presider: Kaylee Meehan
Location: Meadow
We will present a comprehensive overview of a character-based, co-curricular athletic program: athletics as an extension of the school day, the last class of the day, with coaches as teachers and the field as their classroom. We will explore establishing core values, relationship building, establishing culture, empowering leaders, rewarding and reinforcing positive action, and creating opportunities to serve others off the fields of play. The session will provide an overview and rationale for implementing character-based athletics, the building blocks for creating a sustainable culture, and interactive activities directed at discovering core program values and methods to infuse them in your program. The implementation of a character-driven athletic program begins with laying the foundation, establishing, communicating and reinforcing a common culture. In order to do so, teacher-coaches must establish a set of core values, build relationships with the student athletes, and be intentional in teaching character traits. Once a foundation is laid, teacher-coaches must empower leaders to communicate and embody the program culture, reinforce and reward positive character in action, and, finally, find opportunities for their program to live their culture by serving others. Our philosophy is grounded in the teachings of Joe Ehrmann and the InsideOut Initiative, the Positive Coaching Alliance and the positive psychology field. Character-based coaching mimics positive education in that “teaching skills that promote positive emotions, relationships, and character strengths and virtues also promotes learning and academic success.”
Successful Interviewing: Earning Job Offers
Presenters: Dr. Jerry Casciani, Rod Mergardt, Sandy Morley, Linda Foster (SUNY Cortland) & Dr. John Lutz (Cortland City Schools)
Presider: Ceire Corcoran
Location: Cypress A
This will be a panel presentation with audience interaction, followed by simultaneous small-group interviews, each led by a panelist. Interview preparation, expectations, questions to ask and delivery strategies will be presented. Emphasis will be placed on being able to discuss the National and NY State Standards and how they apply to curriculum, instruction and assessment.

Gamify The Health Classroom!
Presenter: Alyson Powers (Naples CSD)
Presider: Ryan Fisk
Location: Cypress B
In this program, you will be exposed to new innovative lesson ideas that can immediately be used in your classroom on Monday! Learn how to take our everyday units to new heights! Please bring a device.

How to Use Your Noodle and Other Creative TOY Ideas
Presenter: Lynn Hefele (2017 SHAPE Eastern District Elementary Physical Education Teacher of the Year)
Presider: Lori Bifarella
Location: Cayuga/Onondaga
Join Lynn Hefele for a fun-filled session featuring unique equipment, activities and strategies to motivate and educate your students. The focus of this session is large group lessons and instant activities easy enough for kindergartners and exciting enough for older students.

KerboomKIDZ
Presenter: Kershel Anthony (KerboomKIDZ)
Presider: Leslie Pieters
Location: Showroom
KerboomKIDZ is an energetic and challenging group exercise program that is especially designed for students in grades K-12. KerboomKIDZ is a great way for students to engage in a high energy, dance fitness class while improving their physical coordination and focus, developing various motor skills and movement patterns, offering a structured environment to learn about oneself and others, developing students’ cognitive skills, gaining rhythm and confidence.

12:00 pm
Annual End of Conference Raffles
Location: Event Center Foyer

12:30 pm* – 2:00 pm
NYS AHPERD Board of Directors Meeting
Location: Cedar
*Or, immediately following the End of Conference Raffles.

NYS AHPERD Central South Zone congratulates the following 2017 award recipients!

Terry Hagenbuch, Central South Zone Amazing Person
Alexis Kane, Jay B. Nash Award Scholarship
Diane Hicks-Hughes, Aquatic Section Amazing Person

Save the date! CSZ Conference @ SUNY Cortland Friday, January 26, 2018!
Everyone is welcome to attend!
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<td>Robert Bub 1976 - 77</td>
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<td>Doris Soladay* 1977 - 78</td>
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