Thursday, November 17, 2016
8:00 am - 9:00 am
Session I

Jump Rope For Heart/Hoops For Heart Coordinator Meeting
Presenter: 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.

Let’s Have Fun In Health Class Today
Presenter: Melanie Lynch (2016 SHAPE America Health Education Teacher of the Year)
Location: Cypress E
Presider: Bruce Risley
Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with lessons and activities that will facilitate them to effectively create an energized health class appropriate for all students. Special attention will be paid to assessments, differentiated lessons and literacy strategies. These student-approved lessons and activities will breathe new life into any health class.

Nuts & Bolts Of NYS AHPERD
Presenters: Dr. Alisa James (NYS AHPERD Past President) & Monica Wolfe (NYS AHPERD President-Elect)
Location: Birch
Presider: Kate Manson
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.

The Most Physically Educated Contest
Presenters: Dr. Kevin Mercier & Tom Howard (Adelphi University)
Location: Meadow
Presider: Dennis Johnson
Adelphi University recently held the first annual Most Physically Educated Contest. Nassau Zone high school’s selected representatives to compete in scored events including a written essay, fitness tests, and small sided games. Come learn about and discuss how to plan and conduct this event in your zone.

Why Won’t They Listen?! Incorporating Behavior Management Into APE Activities
Presenter: Patrick Colgan (NYC Department of Education)
Location: Oneida
Presider: Kelly Schulz
Many teachers have problems with behavior management and developing elementary activities for adapted physical education and inclusion classes. This program will utilize several behavior management strategies infused in activities to increase the success of the teacher and their students with disabilities and behavior issues.

Creating A Transgender Inclusive K12 Physical Education And Health Program
Presenter: Dr. Pat Griffin (University of Massachusetts, Amherst)
Location: Cypress B
Presider: John Wells
Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with lessons and activities that will facilitate them to effectively create an energized health class appropriate for all students. Special attention will be paid to assessments, differentiated lessons and literacy strategies. These student-approved lessons and activities will breathe new life into any health class.

Fitness Boot Camp For The Gym, Hallway Or Weight Room
Presenter: Amy D’Amato (Cleveland Hill UFSD)
Location: Tuscarora
Presider: Jeanine Millar
Fitness Boot Camp is a fun, but challenging unit, full of movement, designed to enhance traditional weight room instruction or hold its own as a stand-alone fitness unit in the gym. Come participate in a rolling and stretching warm-up routine, followed by 4 rotating cardio and strength training stations, differentiated at 3 different levels to meet the needs of all students. We will cap it off with a challenger activity with extra credit for those who can meet the goal. Leave this session with all that you need to jump start your fitness program.

Warm-Ups And Workouts: Get Large Groups Moving
Presenter: Doug Hallberg (Mohonasen CSD)
Location: Mohawk
Presider: Michael Miller
In this session, various warm ups and workouts will be showcased so that participants can see and experience how easy it is to get large groups moving while meeting our NYS and National Standards. Heart rate monitors will also be showcased as a way to measure intensity and to connect students, parents and administrators to what happens in Physical Education.

Physical Education Behavioral Challenges 101
Presenter: Kelly Brock (The Sage Colleges)
Location: Seneca
Presider: Kristen Bagley
Who doesn’t have the one or a hundred students that provide challenges while they teach? This session will focus on the fundamental basics of behavior management strategies. These strategies can be implemented when working with students’ that present a wide range of behavior, including noncompliance, aggression, safety concerns, and other behaviors. Professionals will be introduced to a variety of techniques and strategies that can assist in both individual and whole class instruction within the physical education environment.
EVERYONE Can Get Up And Move With A Dance Based Morning Workout
Presenters: Heather Crowley & Mike Rose (Devereux Residential School)
Location: Showroom
Presider: Tracy Iacovelli
This is a fun and exciting school based dance fitness program that is based off of the DXF- Dance Xross Fitness program. It consists of: calisthenics, dancing, stretching, kickboxing and light weight training. Students of all abilities, including those with developmental disabilities are able to start their day by getting up and moving to music.

Integrating Technology With The Curriculum & Assessment Guidance Document For PE
Presenter: Kerri Bullock (Broome-Tioga BOCES)
Location: Cypress A
Presider: Marty Nemecek
This session will highlight how to use technology to teach and assess curricular focal points that are part of the Curriculum & Assessment Guidance Document for PE. Examples from all grade levels will be provided but many of the ideas can be used across grade levels. Please bring your preferred technology and join us for an interactive and engaging session!

Secondary Activities & Variations That WORK
Presenters: Jayson Jaskier, Mark Dalfonso, Chris Cownie & Scott Santona (Lancaster CSD)
Location: Event Center A
Presider: Mark Anzalone
Check out this session for variations and additions to Secondary PE games. You will come away from this session with game variations, secondary teaching strategies and fitness related warm ups. Attendees will also leave with assessment tools to that can be utilized outside the classroom to maximize participation time.

EZ Scan® - The New Lap Scanning App For Run Clubs
Presenters: Debbie Drake & Rich Fairbanks (Fitness Finders, Inc.)
Location: Briar
Presider: Dan Graf
With EZ Scan®, kids simply scan their barcode over an IPad or Android tablet and the data automatically syncs to your computer. It’s fast, EZ, affordable, and even verbally interacts with your kids; what fun! STOP spending your time entering data and START watching kids build healthy habits.

FUNdamentals Of Fitness: Integrating Fitness Into Physical Education
Presenter: Ryan Burke (One on One Fitness Consultants)
Location: Cayuga/Onondaga
Presider: Michael Leonard
Fitness has become an integral part of physical education. The focus of this session is to provide participants with the tools and inspiration required to effectively create a fitness-based class appropriate for all students. Participants will gain ownership of key concepts such as designing fitness lessons, purposeful cueing, and individualized assessments. Come see why Fundamentals of Fitness is creating real change in schools and beyond.

The TEAM Approach To Health Education: NYSED And NYSCSH
Presenters: Linda Khalil, Pattie Northrup (NYS Center for School Health), Martha Morrissey (NYSED) & Laura Ficarra (NYS Office of Alcohol and Substance Abuse Services)
Location: Cypress D
Presider: Jackie Parker
Do you search for evidence-based lessons, accurate resources, and ways to teach health education with the common core in mind? Do you wish you could find them in one place to update your health education programs? Are you informed about NYSED regulations and initiatives that affect health education? If you answered yes - join us to learn about the new look of Health Education through the partnership of the NYSED, the NYS Center for School Health and the NYS Department of Health. We will share resources and initiatives to support coordinated and sustainable approaches to health education focused on The Whole School, Whole Community, Whole Child model. You will leave this session connected to the Center’s Health Education Resource Specialist, along with website resources and email subscription information that will support your health education needs and help you implement new initiatives.

Teams That Work: Using Alternative Pedagogies To Increase Student Engagement
Presenter: Dr. Melanie Perreault (The College at Brockport)
Location: Willow
Presider: Dr. Sheri Treadwell
This presentation will introduce higher education faculty to two growing instructional methods called team-based learning (TBL) and problem-based learning (PBL) that focus on student engagement and active learning in the classroom. Participants will receive an overview of each method, hear first-hand accounts of using TBL and PBL in the classroom, and consider how they can integrate it within their own classes.

The Department of Kinesiology, Sport Studies and Physical Education from the College at Brockport invites you to our Department Social on Friday, November 18th at 5:30 pm in Cypress B.

Join us as we Celebrate:
Dr. Alisa James
NYS AHPERD Past-President

Mrs. Melissa Pierce
Future Professionals Section Amazing Person

Madison Hornung and Nick Faulds
Jay B. Nash Scholarship Award Recipients
Presidential Welcome, President-Elect Candidate Forum & Keynote Presentation
9:10 am - 10:40 am
Location: Showroom

Join us as President James Rose welcomes each of us to the 2016 NYS AHPERD Conference and introduces our 2017-2018 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 James will welcome our General Session Presenter, Carly Wright, SHAPE America!

Every Student Succeeds Act: Game Changer For Health And Physical Education
The new federal education legislation, the Every Student Succeeds Act (ESSA) identifies school health and physical education as part of a student’s “well-rounded education”. This allows increased access to funding for health and physical education programs across the country. Learn the basics of ESSA and the opportunities for health and physical education as this monumental legislation is implemented in states and school districts in the months ahead. It’s critical for health and physical educators to be at the table as decisions are made and funding is allocated. Make sure your voice is heard!

This general session time is for COA Attendees also!

10:40 am - 11:10 am
Exhibit Time
Be sure to check out the POLAR ELECTRO Demonstration in Event Center B!

10:55 am - 11:30 am
Health & Physical Education Update from the New York State Education Department
Presenter: Darryl Daily (NYSED)
Location: Catskill (Shenendoah Clubhouse)
Presider: Greg Warren
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.

11:15 am - 12:30 pm
Session II

Good To Great: How To Assess Your Athletes The Power Yoga For Sports Way
Presenter: Gwen Lawrence (Power Yoga for Sports)
Location: Tuscarora
Presider: Ariana Drauch
This session will give attendees the tools they need to assess their athletes to improve their game. Participants will leave with the top poses to become proactive, not reactive, to injury and will understand the importance of a symmetrical balanced body to reduce injury, improve ability and increase longevity

Teachings From The Twin Cities
Presenter: Shelly Connors (Auburn HS)
Location: Oneida
Presider: Nancy Graziano
Weren’t able to attend the 2016 SHAPE America convention in Minneapolis, MN? No Problem! Come and check out these invigorating activities from educators around the country. The session will include all sorts of new ideas being used around the nation.
Let’s Embrace The Race In This PE Space!
Presenter: John Strong (Niagara CCC) & Dr. Clancy Seymour (Canisius College)
Location: Meadow
Presider: Leslie Pieters
This session will focus on the skills and mindset necessary to create an authentic community in your classroom. Presenters will look at past and best practices in providing a positive learning environment for diverse learners. Alternative strategies to embrace a multicultural approach will be discussed and shared.

Dying To Be Thin
Presenter: Melanie Lynch (2016 SHAPE America Health Education Teacher of the Year)
Location: Cypress E
Presider: Jenna Monahan
As an educator of high school students for over twenty years, the presenter has seen the devastating effects that poor body image and eating disorders can have on a student’s academic success, social life, physical health and overall mental health. This presentation will share information on how the media is perpetuating eating issues and body dissatisfaction among our youth and how we as a community can help our youth maintain a healthy body image in a looks-obsessed society. Lesson activities will be included.

A Running Club As A Catalyst For Change
Presenter: Chad Mann (Marathon Kids)
Location: Mohawk
Presider: Peter Rodrigo
Over the past two years, Marathon Kids has sought to better understand the personal, social and physical impact on individuals who run as part of a group. One key finding was the critical importance of an empowered running club champion. During this interactive session, participants will learn how to plan and implement a dynamic running club by using the Marathon Kids research-based framework. Marathon Kids staff will show these champions of change how to effectively leverage the unique characteristics that set them apart in their field as exemplary teachers to mobilize and leverage resources necessary for a world-class program. Most importantly, participants will learn how to take a campus-based running club and use it as a catalytic agent to create systemic change that extends well beyond the walls of their local campus and into the larger community.
Unified Sports: Competitive Sports And Leadership Skills For An Inclusive Future
Presenters: Dr. Paula Scruba (St. Bonaventure University), Nathan Johnson (NYS Unified Sports) & Jessica Byerwalbers (Amsterdam HS)
Location: Cypress D
Presider: Michael Cocquyt
Special Olympics Unified Sports is a program that has opened the door to a whole new world for so many students who otherwise may not qualify or be accepted by their peers to participate in a sporting environment. Coaching Unified Sports training is available for free through the National Federation of High Schools. A coaches panel will illustrate how inclusive sports builds community, improves skills for positive social interaction and creates acceptance in the sporting arena.

Making Movement Stick
Presenters: Dr. Helena Baert, Dr. Matthew Madden & Kayla Hampton (SUNY Cortland)
Location: Willow
Presider: Renee Walker
The presentation will explore a free and online education resource (OER) that offers a mastery-based learning approach to understanding fundamental movement skills. This resource is valuable for current pre-service teachers, elementary physical education teachers, coaches and teacher educators. The aim for the online resource in fundamental movement skills is to enhance physical literacy of teachers and in return enhance physical education instruction to create competent and confident movers.

Aquatics Roundtable: Sharing Session
Presenters: Dr. Michael Norris (Syracuse University), RaLuca Gruin (Kappa International HS) & Dr. Jane Katz (John Jay College)
Location: Birch
Presider: RaLuca Gruin
This session is for those interested in discussing Aquatic topics and sharing ideas related to programming in their home communities. The purpose is to engage others from across the state who are doing programming in aquatics and willing to share their ideas and strategies that support education, provide instruction, and/or safety of individuals in, on, and around the water. At the conclusion of this session, individuals will leave with knowledge of program ideas for consideration in their home communities.

The Real Survival Guide To Teaching Elementary Physical Education
Presenters: Donn Tobin (Mahopac CSD) & Ken Wojehowski (Ranapo CSD)
Location: Cypress B
Presider: Mark Andrejack
Hey Future Professionals...want to learn about stuff they don’t teach you in college? Think you are truly ready for your first teaching position? Want to learn how incredible it is to be in our profession? This lecture-style workshop will highlight real dilemmas faced by two highly successful veteran teachers, and offers their solutions that are just as realistic and inspiring. Come experience their triumphs and mistakes and see how their practical and common sense solutions made them better prepared as educators!

“Essentials” Of Sport Stacking With Speed Stacks!
Presenters: Kailey Diedrick & Don Teel (Speed Stacks)
Location: Event Center B
Presider: Wendy O’Connor
This session features lessons from the NEW Speed Stacks Sport Stacking Instructor Guide. Learn and review the teaching techniques for the sport stacking patterns, 3-3, 3-6-3 and Cycle. Experience stacking and movement activities included within the Instructor Guide. First time attendees will receive FREE instruction materials!

SNAG - Starting New At Golf
Presenters: Timothy Jones (Greater Amsterdam SD) & Rich Scott (Fox Run Golf Course)
Location: Mohawk
Presider: June Lagan
Golf can be a scary topic when teaching in a physical education class. SNAG® (“Starting New at Golf”) is a proven first touch development program designed for new learners of all ages. It’s an easy, fun and approachable way to learn how to play golf and is readily adaptable to non-traditional venues. During our session Golf Teaching Professional, Rich Scott, will show us how to integrate SNAG into our gymnasium. I will also bring a brief video on how SNAG works during a physical education class.

Stepping Up Your Student MVPA Time
Presenters: Ron Trainum (2016 SHAPE America Middle School Physical Education Teacher of the Year)
Location: Cayuga/Onondaga
Presider: Kimbra Wilsoncroft
Are you maximizing the instructional time you have with your students? Are your students getting enough activity time during the time they are with you? How much is at moderate to vigorous levels? Come and discuss some ways that you can increase students’ moderate to vigorous activity time. Tricks of the trade like pedometers, assessment of RPE, and teaching/training techniques that can allow your students to get high intensity activity in a short amount of time!

Anne Mackey Awards Luncheon
Location: Appalachian (Shenendoah Clubhouse)
The Anne Mackey Awards luncheon provides an opportunity to recognize our colleagues who have accomplished distinguished professional achievements. A complete listing of Award Recipients can be found on page 15 of this program.
Regent Roger Tilles will be the featured guest speaker at the luncheon.
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12:40 pm - 1:55 pm

Thursday, November 17, 2016

Session III

Dance Section Business Meeting
Cindi Parrise, Section President
Location: Showroom

Improving Your Classroom One Tech Tool At Time
Presenter: Kathleen Vogt (Arlington CSD)
Location: Cypress D
Presider: Marianne Witkowski
Looking for an easier way to gather data, student interests, and understanding! How about saving hours of grading and rewriting lesson plans year after year? This session will cover the following online resources and technology tools: ZipGrade, Google Forms, Planbook, & more.

The Sensational Secondary Session!
Presenter: Ashley Chapple (Albany HS), Charlie Rizzuto (Oyster Bay HS), Jessica Bywalters (Amsterdam HS) & Shelly Connors (Auburn Enlarged CSD)
Location: Oneida
Presider: Allison Relyea
Calling all secondary physical education teachers! Please join our amazing group of teachers for a sensational session you won’t want to miss! This session will have games, concepts, and ideas to bring back to your school and immediately add to your physical education curriculum. The Secondary Physical Education Section Business Meeting will immediately follow this session in the Oneida Room.

How To “Deal” With Today’s Parents
Presenter: Marty Nemecek (Beacon CSD)
Location: Birch
Presider: DJ Goldman
During this session, participants will be able to hear and share real life situations that surround sports and coaching today. Participants will also receive information and ideas on how to handle parents and players in today’s high school sports arenas.

PE Without Borders: Creating A Physically Literate Lifestyle
Presenters: Margaret Robeele (Hyde Park CSD) & Lynn Hefele (South Huntington UFSD)
Location: Willow
Presider: Laurie Updike-Kaup
This presentation will focus on ways to expand the benefits of physical education beyond class. In addition, we will focus on programs that involve the classroom setting, school-wide projects and ways to involve families both inside and outside of school. Resources and handouts will be provided.

Drills To Facilitate Learning In The Freestyle And Breast Stroke
Presenters: Susan Garcia & Daniel Armstrong (Queensborough CC)
Location: Lodge Pool
Presider: RaLuca Gruin
In this session, participants will learn simple and easy-to-use drills to help the swimmer learn the Freestyle and Breast stroke. Participants are invited to join us in the water or just observe.

Enhance Your School’s Culture With An Effective Employee Wellness Program
Presenters: Laura Randell (Clyde-Savannah CSD), Robin Carll (Livonia CSD) & Rick Amundson (Excellus Finger Lakes Area School Health Plan)
Location: Cypress A
Presider: Jessica Butts
When employees are invested in their own personal health and well-being, having both opportunity and support to take steps toward improving it, the culture of wellness in a district starts to shift from the top down. The Whole School, Whole Community, Whole Child is a collaborative approach to learning and health, focusing on ten areas where policy, process and practice can support a child’s well-being; one of those areas is employee wellness. When schools place value on their employees’ health by offering comprehensive wellness programs that support physical activity, healthy eating, stress management, and disease prevention, a special type of modeling occurs that students not only notice but can benefit from.

A Collection Of Highly Engaging Instant Activities
Presenter: Penny Kroening (2016 SHAPE America Elementary Physical Education Teacher of the Year)
Location: Mohawk
Presider: Madison Hornung
Grab your students’ attention at the door by using high activity, purposeful, instant activities! This session will use numerous instant activities that utilize dance, review skill, or simple fun to engage your student’s mind and body at the doorway of your classroom.

Partnering To Grow Tennis, A Lifelong Activity
Presenter: Joe Steger (USTA Eastern)
Location: Event Center B
Presider: Kevin Ferguson
As part of our mission to promote and develop the growth of tennis, USTA Eastern is dedicated to introducing the lifetime sport of tennis to children of all ages in school districts throughout New York State. The USTA worked closely with Dr. Robert Pangrazi and other experts to develop the USTA School Tennis Curriculum Kit that meets NASPE standards and contains a complete teaching manual, instructional DVD, quick-reference pocket guide, and a CD of animated station signs. This interactive and fun session will include an abridged version of the USTA School Tennis Workshop for Physical Education Teachers, and we will provide information on age-appropriate equipment, Tennis Skillastics, and other programs/benefits available to schools.

Social Security And Your Retirement
Presenter: Amy Mielnicki (Paradigm Consulting)
Location: Oak
Presider: Tom Howard
Join us as we discuss how your Social Security benefits can factor into your retirement planning. Our agenda will include thoughts on how much you might expect, and how and when you should consider taking your benefit.
Towards LGBTQ Inclusion In Health Education (Session I)
Presenter: Lauren Schneider (Lawrence PS)
Location: Briar
Presider: Jen Mead
This session will discuss current research and trends in understanding and serving LGBTQ students. Additionally, there will be discussion on the differences between sex, gender, and sexuality; the distinctions and intersections between sexual orientation, identity, and behavior; and modern trends in inclusive language when discussing issues pertaining to LGBTQ people in the health classroom. Participants will learn new activities to use in the classroom that promote the celebration and acceptance of difference, as well as how this information can be used to fulfill the intended goals of the Dignity for All Students Act. This presentation is one of a 2-part series.

Structuring Lessons For Success For Students With Special Needs
Presenter: Tracy Sharlow (2016 SHAPE America Adapted Physical Education Teacher of the Year)
Location: Cayuga/Onondaga
Presider: Danielle Bartow-Grant
Learn how to create a lesson plan that flows by using posted Student Learning Objectives to get your paraprofessionals engaged, instant activities to grab the students before they are off-task, develop an easy rubric system that assess both NYS PE Standard 1 and NYS PE Standard 2, using visuals, and ending class with a calming effect.

Physical Education: An Overlooked Engine For Integrated School-Wide Social Emotional Learning
Presenter: Larry Childs (Project Adventure)
Location: Event Center A
Presider: Monica Wolfe
Nation-wide there is a SEL movement sparking increasing recognition that student social emotional development is not only an essential responsibility of schools, but a likely ‘missing link’ in the illusive quest for meaningful school improvement. Meanwhile at Project Adventure we have taken note that PE professionals are better and better equipped to not only help advance SEL within PE, but to assume a key school leadership role for better alignment and integration of SEL initiatives. All too often SEL efforts are disconnected and scattered across content areas and settings. Using an interactive format, this workshop will explore strategies PE teachers and coordinators can adopt to elevate their SEL-supporting PE programming and leadership abilities as a critical resource for any school and/or district pursuing effective and integrated SEL.

Learn Top 10 Yoga Poses For Athletes
Presenter: Gwen Lawrence (Power Yoga for Sports)
Location: Seneca
Presider: CJ Thomson
This session is a must for coaches! Join the session and learn top yoga poses that will increase athletic performance. Participants will learn correct form and how to adjust your athletes form, hands-on.

Utilizing The NYS AHPERD Curriculum & Guidance Document
Presenters: Jason Czarny (Onondaga CSD), Matt Murphy (Fayetteville-Manlius SD), Brianne Blaszak (Villa of Hope), Alissa Ingerick (Fairport CS)
Location: Cypress E
Presider: Alissa Ingerick
Wondering how to use the NYS AHPERD Curriculum Guidance Document (CGD)? We will share some simple and practical ways for teachers in ALL grades to utilize the CGD including: how to create new unit and lesson plans, enhance existing lesson plans, write I.E.P goals, inform assessment, guide department meetings, define grade level benchmarks and more.

I Want To Be Obsolete Over And Over Again!
Presenters: Tom Winiecki (Fayetteville-Manlius Schools) & Nick Kline (US Games)
Location: Tuscarora
Presider: Cheryl Joerger
Attend this session and join two experienced and NBCT elementary physical educators that will actively engage you in activities to develop physical literacy. Learn ideas that will help shape your program and give your students everything they need to know to be both physically active on their own and to be best prepared to learn at each level in your district. See how easy it is to align lessons to meet both NYS and SHAPE America standards and grade-level outcomes.

Mindfulness In Urban PE
Presenters: Benjamin Stenerwalt, Renee Burgess-Seymour & James Devaistis (Syracuse CSD)
Location: Meadow
Presider: Dr. Michael Norris
This program focuses on incorporating mindfulness in school settings with a specific focus on an urban school. There will be testimonies, sharing, and discussion on mindfulness and how it can positively impact the life of a child. Participants will leave this session with resources and handouts on mindfulness practices for teachers to use in their school settings.

Legal Developments In Physical Education
Presenter: Renee James (Legal Counsel for NYSPHSA)
Location: Catskill (Shenendeha Clubhouse)
Presider: Greg Warren
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.
Fun And Free Elementary Activities

Presenters: Nicholas Kline (US Games) & Brandon Herwick (Ravena-Coeyman-Selkirk CSD)
Location: Event Center B
Presider: Nathan Rarick

This session is for elementary physical educators looking to increase the MVPA and physical literacy of their students. Get ready to be actively engaged in activities aligned with SHAPE America’s National Standards & Grade-Level Outcomes. Discover fun and easy methods to promote best practices and high quality physical education utilizing a free curriculum resource (OPENphsysed.org).

Classroom Activity Breaks: Getting Teachers Onboard

Presenters: Lena Sargenti & Mikaela Suddaby (Ithaca College)
Advisor: Dr. Raj Subramaniam (Ithaca College)
Location: Oak
Presider: Stephan Castelli

School-aged children should engage in 60 minutes of physical activity daily and schools have a responsibility to cater to half of this time. Merely relying on physical education will not suffice in meeting this goal. Classroom teachers can contribute to physical activity in schools through classroom activity breaks.

Fitness Fun Utilizing A Health Integration

Presenter: Dr. Kristie Lynch (Manhattanville College)
Location: Seneca
Presider: Herman Lim

Come one, come all to an interactive session that utilizes fitness activities and games to teach health education. The primary emphasis will be on nutrition concepts taught through health-related fitness. This session will be an informative, enjoyable, participatory experience.

Enrich Your PE Curriculum Using Community (NYS Standard #3)

Presenters: Danielle Carsen & Dan Graf (Webster CS)
Location: Tuscarora
Presider: Greg Woolever

Come learn new and exciting ways to enrich and extend your physical education program through special events and field trips! Each year, the presenters host over eight special events during and after school, that are little to no cost, using community resources; these include a gymnastics field trip, interschool volleyball, soccer 5th grade tournaments, Karate presentations, Jazzercise, an official timed one mile run, orienteering at a local park, 5th grade alumni basketball game vs our former 6th grade students and more! Leave with lots of new ideas and resources, including our format of these special events, permission slips, parent letters, etc!

Introduction Of Indoor Cycling In Urban Schools: Everybody Can Do It!

Presenters: Dr. Anna Markova (Stuyvesant HS) & Indra Echeverri (West Side HS)
Location: Birch
Presider: Casley Jakowski

An indoor cycling program is easy to establish and easy to maintain in your school! It is an organized activity with a group fitness format where classes focus on endurance, strength, interval, and high intensity training using the stationary bike. Indoor cycling is similar to other exercise equipment you find in the gym with regard to health benefits. Indoor Cycling is a lifelong activity!

Climb On! How To Bring Rock Climbing To Your School

Presenter: Kevin Sudeth (Everlast Climbing)
Location: Willow
Presider: Marco Cimenes

Learn about the many benefits of rock climbing, the different wall options and the steps to securing a climbing wall. Safety and risk management protocols and fun climbing wall activities are also shared. Participants will leave inspired and equipped with resources that will inform and support a planning process for acquiring a climbing wall.

Using Google Classroom In PE

Presenter: Mariusz Berkowski (Bay Shore HS)
Location: Meadow
Presider: David Cartolano

Google Classroom is a new tool available to all schools who subscribe to Google Apps for Education. Classroom weaves together Google Docs and Drive to help teachers create and organize assignments quickly and easily assess learning. On the learner’s side, Classroom lets students organize their work, complete and turn it in, and communicate directly with their teachers and peers.

Nutrition On The Go!

Presenters: Ceire Corcoran & Michael Leonard (Adelphi University)
Advisor: Dr. Mara Manson (Adelphi University)
Location: Cayuga/Onondaga
Presider: Alex Bailey

This presentation will demonstrate to elementary educators fun, creative and affective ways to incorporate nutrition into physical education, while inspiring students to eat a healthy balanced diet. Attendees will actively participate in nutrition-based lessons that include the My Plate food diagram, various aspects of a healthy diet and the influence nutrition has on the body’s performance.

Bringing Our Community Together “The New Era”

Presenter: Christopher Thomson (NYS Parent Teacher Association)
Location: Cedar
Presider: Tom Howard

This session will give insight into how your schools physical education department can work with the PTA from collaborating with events to sponsoring programming. This resource has been proven to bring physical education departments all across New York to the next level. With some of our new directives focused on expanding our involvement within districts, be some of the first departments to gain a benefit, collaborate with and advocate side by side with the PTA. Welcome to the PTA “Every Child One Voice”.

2:05 pm - 3:05 pm
Session IV
Lessons etc. and age of the student are perfectly designed for the Learn-to-Swim Carnival program. Fun races that use basic skills, that do not necessarily know to swim in the Water Learn about the easy and fun way to engage students Presider: RaLuca Gruin Location: Lodge Pool Presenter: Kathleen Young (Newburg Free Academy) Water Carnival play the full game. incorporate teaching aspects of disabled sport without needing to Volleyball, Goal ball and Beep Baseball. Come learn how you can Participants will experience drills and activities for playing Sit and bridge the gap between students with and without disabilities. This interactive session will showcase the benefits of using inclusive sport in the physical education curriculum to encourage participation and bridge the gap between students with and without disabilities. Participants will experience drills and activities for playing Sit Volleyball, Goal ball and Beep Baseball. Come learn how you can incorporate teaching aspects of disabled sport without needing to play the full game.

Classroom Deliberation: Enriching The Learning Environment for All Students Presenters: Lisa Stahley (SUNY Broome CC) & Stef Olbrys (Windsor CSD) Location: Cypress B Presider: Nancy Kleinsmith Classroom deliberations offer students an opportunity to engage in a rich dialogue on any unit of study. Students learn how to approach tough topics such as substance abuse, mental illness, and obesity with a curious mind as they explore possible solutions to these problems, by weighing the strengths, weaknesses, and trade-offs for each solution. In this presentation, participants will learn how the National Issues Forums Institute (NIFI) guides can be used to enhance student learning and foster deliberative dialogue concepts and skills with students.

Mobilizing Your Students Through Performance Based Assessment Presenters: Jeremy Casciani, Linda Foster (SUNY Cortland), Sandy Morley (Retired, Bethlehem MS), John Lutz (Cortland CS), Rod Mergardt (Rye CSD) & John Strong (Niagara CC) Location: Oneida Presider: Nancy Kleinsmith Classroom deliberations offer students an opportunity to engage in a rich dialogue on any unit of study. Students learn how to approach tough topics such as substance abuse, mental illness, and obesity with a curious mind as they explore possible solutions to these problems, by weighing the strengths, weaknesses, and trade-offs for each solution. In this presentation, participants will learn how the National Issues Forums Institute (NIFI) guides can be used to enhance student learning and foster deliberative dialogue concepts and skills with students.

Rookie Rugby Presenters: Mike Hodgins & Evan Tabachnick (Rugby NY) Location: Event Center A Presider: Taylor Ziefel Rookie Rugby is the non-contact version of the Olympic sport of rugby that can be played indoors or outdoors by boys and girls of all ages. It is perfect for a school setting because it keeps kids active, working on team dynamics, and having fun! Participants will learn drills and techniques to get students playing Rookie Rugby.

Got Participation? Encouraging Inclusion Through Sport Presenters: Christina Palminteri, Tina Brindisi, Will Rezin & Kevin Ferguson (Adelphi University) Advisor: Dr. Ellen Kowalski (Adelphi University) Location: Oneida Presider: Alex Bailey This interactive session will showcase the benefits of using inclusive sport in the physical education curriculum to encourage participation and bridge the gap between students with and without disabilities. Participants will experience drills and activities for playing Sit Volleyball, Goal ball and Beep Baseball. Come learn how you can incorporate teaching aspects of disabled sport without needing to play the full game.

Water Carnival Presenters: RaLuca Gruin Location: Lodge Pool Learn about the easy and fun way to engage students that do not necessarily know to swim in the Water Carnival program. Fun races that use basic skills, games that can “grow” with the skill development and age of the student are perfectly designed for the Learn-to-Swim Lessons etc.

Fitness Fun With Gopher’s ACTION! ToppleTubes!! Presenters: Dr. Jerry Casciani, Linda Foster (SUNY Cortland), Sandy Morley (Retired, Bethlehem MS), John Lutz (Cortland CS), Rod Mergardt (Rye CSD) & John Strong (Niagara CC) Location: Mohawk Presider: Kayleigh Denney Come check out Gopher’s new ACTION! ToppleTubes fitness activity. New to the physical education market, this product is versatile and comes with many activities. If fitness is your goal, we have your new PE product for a high activity class!

Child Sexual Assault Prevention & Personal Safety: Erin’s Law Presenters: Shannon Wilbur (The Children’s Health Market) Location: Cypress D Presider: Bruce Risley At least 26 states have now enacted legislation requiring districts to implement a prevention-oriented child sexual abuse program, often referred to as “Erin’s Law.” During this interactive session, participants will explore tools and resources for evaluating existing PK8 health education efforts and discuss strategies for implementing child sexual abuse prevention within a comprehensive approach to health education.

Connecting Body, Mind & Spirits: Cross Training In Dance, Yoga And Pilates Presenters: Maria Royals (2016 SHAPE America Dance Education Teacher of the Year) Location: Showroom Presider: Stephanie Barbero Take time, to take care of the whole child and the whole teacher! This session will incorporate the physicality of dance, the breathe practice and inward focus of yoga and the core strengthening and alignment techniques of Pilates®. By utilizing the core concepts and exercises of these somatic practices you will be empowered to promote the overall wellness of your active students. Benefits of these practices include Injury prevention, body awareness and anatomically correct alignment, improved flexibility utilizing breath and relaxation, stress relief and increased focus and concentration.

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Mobilizing Your Students Through Performance Based Assessment Presenters: Charlie Rizzuto (Oyster Bay HS) Location: Cypress A Presider: Amber Schiele Calling all health and physical education teachers! This session will explore what a performance based assessment is, as well as what it is not, while providing the attendees with examples of assessments that they can implement into their classes. If you teach health education and physical education, this session is for you.

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2:20 pm - 3:20 pm

**What Does ESSA Mean For My School District?**

Presenter: Carly Wright (SHAPE America)
Location: Catskill (Shenendoah Clubhouse)
Presider: John Wells

The new federal education legislation, the Every Student Succeeds Act (ESSA) identifies school health and physical education as part of a student’s “well-rounded education”. This allows increased access to funding for health and physical education programs. Learn the basics of ESSA and the opportunities for health and physical education as this monumental legislation is implemented in throughout New York in the months ahead. Gain access to resources that will help you prepare your school district to leverage opportunities for your health and physical education programs next school year.

**Technology To Enhance Communication And Organization Skills**

Presenter: Allison Relyea (Guilderland CSD)
Location: Adirondack (Shenendoah Clubhouse)
Presider: Dr. Tam Ray

This session will highlight how to use technology to enhance communication and your organizational skills. The presenter will cover many aspects of Google, including Drive, Docs, Sheets, Slides, Forms, Flubaroo, and Gmail, in addition to PE Podcasts, Twitter, Voxer, Remind and GroupMe.

3:05 pm - 3:35 pm

**Exhibit Time**

3:35 pm - 4:50 pm

**Session V**

- **The Cycle Of Leadership**
  Presenter: NYS AHPERD Leadership
  Location: Birch
  Presider: Colleen Corsi

  Past and present leaders of NYS AHPERD will share their experiences and successes. The panel of speakers will discuss how being involved in a professional organization has shaped their careers, styles of leadership, along with an opportunity for questions. This session is recommended for both future professionals and young professionals, but all are encouraged to attend.

- **Nutrition Ideas That Are Fun And Change Behavior! USDA Supertracker For Students- It Works!**
  Presenter: Kristin Bergin (Queensbury School)
  Location: Meadow
  Presider: Kathleen McDermott

  Use student centered learning to increase fun and engagement about nutrition! After this program you will have several lessons and strategies that make nutrition fun, engaging and lead to the ‘A-Ha’ moments that help change behavior. To maximize your learning experience at this session, please bring your computer or tablet!

- **Exercise Science/Sports Medicine Section Business Meeting**
  Dustin Verga, Section President
  Location: Cedar
Core Concepts Of Swimming/Fundamental Techniques & Practices
Presenter: Elan Duening (Asphalt Green)
Location: Lodge Pool
Presider: Janet Carey
Asphalt Green is a nonprofit organization that provides high-quality sports, swim, and fitness programs in New York City. Our diverse range of services cater to individuals of all skill levels, from first-time exerciser or new swimmer, to elite athletes. As a proven leader in the Aquatics environment, representatives from Asphalt Green’s Swim School will gladly present on broadening outreach, and enhancing under-served communities through the power of swim. Asphalt Green firmly believes that swimming is a life-skill. This session will focus on teaching students from communities with limited swimming exposure, and provide psychology, philosophy, and proven tactics that we deem successful. Education is the key to growth and development, and we intend to expand the boundaries by simplifying the process. Our goal is to instill the value of 3 necessary levels of comfort, as well as Asphalt Green’s Core Concepts for teaching beginner swimmers. Even the most prolific athletes encourage fundamental learning – we believe that our Core Concepts translate beginners to elite. This presentation will focus primarily on working with Elementary School students from under-served communities, but will briefly touch on working with Middle and High School students as appropriate.

Healthy Teachers, Healthy Kids!
Presenters: Peg Lazarrini (Minisink VS), Ed Lazarrini (Retired) & JC Doornick (Take Shape for Life)
Location: Willow
Presider: Bruce Risley
Be the role model of optimal health, all while inspiring your students and colleagues to do the same with their lives! Join this session and learn how to achieve and maintain a healthy body, a healthy mind and even a healthy financial state. Implementation of programs in our schools with the upcoming ESSA funds (Every Student Succeeds Act) will be explored. This session will enable you, your students, and your colleagues to adopt positive habits of health and lead a more productive and rewarding life!

OMG! I Am Teaching Grades Pre-K-2...The Journey Continues
Presenter: Tara Nelsen (Lawrence PS)
Location: Mohawk
Presider: Wendi Haynes-Eklund
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 in Grades Pre-K-3 basic fitness concepts, movement skills, dance and games that emphasize creative thinking and cooperation, then attending this session is for you. Get ideas and solutions to help you increase the time students are active in class. The presenters will share a wealth of innovative ways to motivate kids and make classes more enjoyable. 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.

Assessment And Grading Overview Using The NYS AHPERD Curriculum And Assessment Guidance Document
Presenters: Dr. Amaury Samalot-Rivera & Dr. Alisa James (The College at Brockport)
Location: Cypress D
Presider: Dr. Michael Gossett
The session will provide information regarding the use of the NYS AHPERD Curriculum and Assessment Guidance Document to create assessments that are aligned with learning outcomes. In addition, assessments in the document will be previewed and examples of how to create a grading system based on the assessments will be presented.

What Moves Your Reluctant Movers?
Presenter: Patty Lanier (The SPARK Programs)
Location: Tuscarora
Presider: Giovanna Blanco
In every class, there are students who are there solely because they are required to take physical education. Physical educators may have a tough time relating to the “reluctant exerciser” and may need to adapt their teaching to meet their needs. This activity session includes a variety of instructional and inclusionary strategies to engage your unmotivated students while keeping your highly skilled students challenged! You will take away new activities, strategies, and resources you can use tomorrow that will positively affect your students’ physical education experience.

Orienteering: Finding Your Way with Map and Compass
Presenters: Kelly Ahern & Gina Potenza (Victor CS)
Location: Cypress A
Presider: Dylan Jaklitsch
Want to teach your high school students real-life skills that will give them the confidence to explore the backcountry? This introduction to orienteering will show you how we teach the following: basic map reading (road and topographical), use of a compass and using a map and compass together. The presenters will also share their block plan, lesson plans, and assessments with participants.

The Ethical Coach: Purpose And Values In Sport
Presenters: Dr. Peter Hager & Dr. Robert Schneider (The College at Brockport)
Location: Oak
Presider: Russell Peralta
What should be the purpose of school sport in 21st Century America and what values should coaches cultivate in themselves and their athletes to achieve this purpose? Presenters will attempt to answer these questions using case studies and research in sport ethics and philosophy. From this examination, profiles of today’s ethical high school and college coaches will emerge as take-away ideals that may inform the future efforts of those in attendance.

Applied Behavior Analysis (ABA) In Adapted Physical Education
Presenter: Jonathan Philby (The School at Springbrook)
Location: Cayuga/Onondaga
Presider: Nicholas Faulds
Applied Behavior Analysis (ABA) is an evidence based practice for teaching students with a variety of needs. It is highly effective when teaching students with autism spectrum disorder. This session will provide an overview of the strategies and interventions utilized by one APE teacher in an ABA program.

Thursday, November 17, 2016
Ballroom Dancing And Breaking The Barrier Of Appropriate Touch  
Presenters: Lindsay McBean (Adelphi University) & Dorothy Burke (Garden City MS)  
Advisor: Dr. Sarah Doolittle (Adelphi University)  
Location: Showroom  
Presider: Reanna Zappavigna  
A demonstration on how to introduce ballroom dancing into elementary, middle, and high school physical education curriculum’s. Participants will learn how to incorporate personal and social responsibility into teaching dances like the Merengue and the Salsa. Will provide a plethora of strategic ways to help address and break the barrier of appropriate touch.

Reimagining Student Engagement, Assessments And Data Collection  
Presenter: Ryan Fisk (Manhattanville College)  
Location: Briar  
Presider: Tina Brindisi  
Tired of the same five students answering all of your in-class questions? Plickers, Google Forms, Flubaroo, and Pear Deck 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!

Student Led Circuits  
Presenter: Sara Russell (2016 SHAPE America Secondary Physical Education Teacher of the Year)  
Location: Event Center A  
Presider: John Strong  
Tired of doing the same old stations for fitness activities? If you are, this is the session for you! Come see some new circuit training ideas for your high school students! Learn a fitness version of follow-the leader, a way to have students create their own circuits, as well as ideas of putting together stations in exciting new ways. All activities will focus on student’s being the leaders, working together and showing their creativity as they improve their fitness!

Building Unity Into Your Classroom  
Presenter: Ron Trainum (2016 SHAPE America Middle School Physical Education Teacher of the Year)  
Location: Oneida  
Presider: Victor Spadaro  
Ever find it challenging trying to get your students to work together in your gymnasium? Come work with your colleagues on some classic, high-yield strategies that build cooperation and unity among your students starting with the first day of school! These tried and true activities are guaranteed to push your students to communicate, problem-solve, and use critical thinking skills while being active and having some fun!

Strengthening The Chain Of Survival - CPR In Your School  
Presenter: Katie Kinney (American Heart Association)  
Location: Cypress E  
Presider: Jessica Wright  
New York State has set forth CPR and AED training as a graduation requirement in New York. Review the American Heart Association CPR In school program and how to implement this program in your school. Review how this will impact the chain of survival in your community and school. Demonstration of Hands-only CPR will be included in session.

Ready, Set, Retire!  
Presenters: Ken Demas, Sandy Morley, Jason Quitoni, Judy Ingram (Retired NYS AHPERD Past Presidents).  
Location: Hawthorn  
Presider: Judy Ingram  
Are you thinking about retiring? Wondering about the next stage in your life? A panel of retirees will share their experiences and respond to your questions/concerns.

Visit with the Exhibitors!  
Location: Event Center Foyer  

State Of Interscholastic Athletics - NYSPHSAA Updates  
Presenter: Robert Zayas  
Location: Cypress B  
Presider: Greg Warren  
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.

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

Distinguished Service Award, Professional of the Year Award & Lifetime Service Award Committee Meeting  
Location: Cedar  

Bernard E. Hughes Award Committee Meeting  
Location: Briar  

Health Education Award Committee Meeting  
Location: Birch  

Jay B. Nash Outstanding Majors Awards Committee Meeting  
Location: Hawthorn  

Teacher of the Year Awards Committee Meeting  
Location: Meadow  

Joy of Effort Award Committee Meeting  
Location: Oak

Thursday, November 17, 2016
5:30 pm - 7:00 pm
**NYS AHPERD New York City Zone & American Heart Association Reception**

*Location: Cayuga/Onondaga*

5:30 pm - 7:15 pm
**NYS AHPERD Nassau Zone & Adelphi University Reception**

*Location: Tuscarora*

7:30 pm – 8:30 pm
**Amazing People Awards Ceremony**

*Location: Cypress C, D & E*

Please join us as we honor our colleagues accomplishments, outstanding future professionals, 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 10 and 11 of this program.

9:00 pm
**Future Professionals Social Featuring a Playout Tournament**

*Location: Oneida*

If you are a college student, don’t miss out on the first annual “Future Professionals State Social” designed by your Section presidents, just for you! The night will include raffles, food, drinks, music, a Fitbit giveaway and a Playout Tournament! The tournament will be a night of fitness made fun with Eddie Kovel from Playout! With students from across the state, compete in any or all of five fitness games and finish it off with a Ninja Warrior obstacle course race! The winners will receive free Playout swag, decks and station cards! Bring your A game. Why workout...when you can Playout! Let’s come together and build friendships for a brighter future while having a blast!

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**Special thanks to Sportime for providing our NYS AHPERD Conference Bags!**