



# *Maine Association for Health, Physical Education, Recreation and Dance*

## *You are invited to the 71st Annual MAHPERD Conference*

*November 6-8, 2016*

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The Maine Association for Health, Physical Education, Recreation and Dance invites you to attend the 71st Annual MAHPERD Conference held at the Samoset Resort on November 6, 7, 8.

### **RELEVANT AND CURRENT PROFESSIONAL DEVELOPMENT**

Come and enjoy the wide array of sessions and exhibits. As you attend the sessions, we hope you will be inspired to take away something to share with your students, colleagues, and parents. Enjoy the time to network with other professionals, visit with the exhibitors to gather valuable resources. Plan to attend the opening general session and all-conference session to be inspired by our national keynote speakers.

### **OVER 10 NATIONAL AND INTERNATIONAL SPEAKERS**

- Valuable new programs, products and services for health, physical education, recreation and dance
- Instructional and assessment tools for developing physically and health literate individuals
- Modeling of proficiency-based instruction in physical education and health education for all grades
- Learn best practices in curriculum and instruction such as teaching standards-based lessons and implementing a skills-based approach to teaching health education and physical education

**New Option:** On the conference registration form, participants can indicate if they would like a paper copy of the conference program or if they would like to download an electronic copy of the program from the MAHPERD website.

### **MONDAY LUNCHEON SPONSORED BY SPORTIME**

Join us for Monday lunch **at a reduced price of \$10** and hear the 2 keynote speakers at the all-conference session. Lunch includes salad, entrée, dessert, beverage, tax and gratuity.

### **NEED CONTACT HOURS/CEUs?**

15 Contact hours will be available for all conference participants.

1.5 CEUs from the University of Maine can be earned for those attending the entire MAHPERD Conference!

## MAHPERD Executive Board

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## MAHPERD Conference Registration

### ON-LINE REGISTRATION ONLY

You can register for the 2016 MAHPERD Conference starting on **September 12**. Registration will be done electronically; cash, checks or credit cards will be accepted - no purchase orders. Payment should be received before the conference. If you register **on or before October 29** you can take advantage of the **reduced early bird conference registration rate**. Registrations made after **October 29** will be charged the full rate.

**To register**, go to: [www.maineahperd.org](http://www.maineahperd.org)

1. Choose the Conferences tab
2. Click on MAHPERD Conference
3. Click on Registration

### To Reserve a Room at the Samoset Resort

Reservations will be accepted from September 1 to October 31, or until all rooms have been booked. \$125 single or double rooms; \$288 suites.

#### Online

**To reserve a room at the reduced conference rate**, go to:  
[www.samosetresort.com](http://www.samosetresort.com)

1. Click on "Check Availability" (found on the right hand side, below the 800#)
2. Type in Arrival & Departure Dates
3. Under "Special Codes" choose Group/Block Code from the dropdown box
4. Type **MAHPERD2016** (where it indicates Enter Code)  
**(You must put the code or a message will state there are no available rooms.)**
5. Click on the "Check Availability"
6. (All rooms should appear - click on **All Rates** (if no rooms or rates appear.)
7. Select Room - scroll down to select the room you want
8. Click on "Select Room at this Rate"
9. Enter guest and billing information

#### Via Phone

Lodging reservations can also be made by calling the Samoset Resort directly at 800-341-1650. If you are rooming with another person(s), please give the name(s) at this time. You are not able to list roommates when using the electronic reservation feature.



### Need Financial Help to Attend the Conference?

The MAHPERD Professional Development Grant Program provides financial support of \$100 for up to 5 MAHPERD members to attend the MAHPERD Conference. Grant applications are quick and easy and must be postmarked by 10/5/16. **To submit a grant application, go to [www.maineahperd.org/Opportunities/Grants](http://www.maineahperd.org/Opportunities/Grants), click on the link to the 1-page simple application.**

## 3 OUTSTANDING KEYNOTE SPEAKERS

**Deborah Tackmann**  
**Fall Creek School District, Fall Creek, WI**  
General Session

### **Wellness Education in the 21<sup>st</sup> Century: Are We Ready for the Challenge?**

This high-energy presentation will help you understand youth trends in the 21<sup>st</sup> century, identify essential elements that are necessary for effective school health and physical education as well as motivate and inspire you as a professional educator!

Deborah Tackmann is an exemplary health and physical education teacher and is the only HE/PE teacher that has been inducted into the National Teacher Hall of Fame. Her presentations will make you laugh, make you cry and inspire you to be the best educator you can be.

**Jacalyn Lund**  
**Georgia State University, Atlanta, SHAPE America President**  
All-Conference Session

### **Fifty Million Strong: Our Profession's Gift to the Nation!**

This session will celebrate the things that health and physical education teachers do to make children healthy and active and challenge them to do things differently in the future.

Jacalyn Lund is a professor in the Department of Kinesiology and Health at the Georgia State University and draws on her 16 years of public school teaching experience. She served as president of the National Association for Sport and Physical Education (NASPE), and is the current president of SHAPE America.

**Kymm Ballard**  
**Sportime featuring SPARK, Executive Director**  
All-Conference Session

### **Legitimized! Now What?**

It has been a long time since health education and physical education has been legitimized, equal to other subject areas. But now what? This important advocacy presentation will focus on an overview of the new Federal *Every Student Succeeds Act (ESSA)*, what it means for you and next steps to be taking.

Dr. Kymm Ballard is the HPETE Coordinator at Campbell University as well as the Executive Director of the SPARK programs at Sportime/School Specialty. Previously, Kymm spent 11.5 years as the HPE state director in NC and was a teacher/coach for nearly 10 years.

## **Upcoming MAHPERD Regional Workshops**

Maine DOE Updates on PBE Diploma Requirements for Health Education and Physical Education;  
ESSA; Advocacy; Hands-only CPR Training (Optional)

Contact Hours and Refreshments. Additional Information on [maineahperd.org](http://maineahperd.org) Homepage.

<b>Friday, September 16, 2016 (Partners with CACE)</b>	<b>Wednesday, September 28, 2016</b>	<b>Thursday, September 29, 2016</b>
<b>UMPI 8:00 am - 3:15 pm</b>	<b>Husson 3:15 pm - 6:15 pm</b>	<b>UMF 3:15 pm - 6:15 pm</b>

*Maine Association for Health, Physical Education, Recreation and Dance  
71st Annual Conference, November 6-8, 2016*

**REGISTRATION**

**Sunday** 12:45 pm - 5:00 pm; **Monday** 7:30 am - 4:00 pm; **Tuesday** 7:30 am - 10:00 am

**EXHIBITS**

**Sunday** 2:00 pm - 6:00 pm; **Monday** 8:00 am - 3:00 pm

**SUNDAY, NOVEMBER 6, 2016**

11:30 – 12:30 pm Run Strong, Live Long 5K Run & Fun Walk (Registration opens at 10:30 am)

**2 HALF-DAY WORKSHOPS**

1:15 - 5:15 pm MIAAA Leadership Training Course: LTC 504 Athletic Administration: Legal Issues

Presenter: Gary Stevens

Target Audience: Administrators seeking information concerning Constitutional law and the need of exposure to causes for negligence and to legal "Standards of Care". Pre-registration is required.

2:00 - 5:00 pm USTA School Tennis Program Workshop

Presenter: Eric Driscoll

Learn how you can easily teach tennis to children with balls, rackets, and courts sized right for their age and ability and how to receive free materials for your schools.

**SESSIONS**

2:00 - 3:30 pm Session 1

3:45 - 5:15 pm Session 2

**6:15 - 7:15 pm AWARDS BANQUET**

**7:15 - 8:15 pm AWARD PRESENTATIONS**

8:30 - 9:30 pm Fun with Zumba

Until 9:00 pm Samoset Pool & Fitness Center Open

**MONDAY, NOVEMBER 7, 2016**

5:30 - 7:30 am Samoset Pool and Fitness Center Open (no charge for hotel guests)

**7:00 - 8:15 am BREAKFAST – (Free AHA Recognition Breakfast for Jump/Hoop for Heart Coordinators)**

8:20 - 9:20 am Session 3

9:35 - 10:35 am Session 4

**10:35 - 11:00 am VISIT WITH THE EXHIBITORS & REFRESHMENTS**

**11:05 - 12:30 pm GENERAL SESSION & KEYNOTE PRESENTATION**

**12:30 - 1:10 pm LUNCHEON BUFFET (\$10 with support from Sportime), FREE STUDENT TACO LUNCH**

**1:10 - 2:05 pm ALL-CONFERENCE SESSION - BUSINESS MEETING & KEYNOTE SPEAKERS**

2:15 - 3:30 pm Session 5

3:45 - 5:00 pm Session 6

**6:00 - 7:00 pm SOCIALS & TICKET RAFFLE**

**7:00 - 8:15 pm DINNER BUFFET**

**8:15 - 8:45 pm SILENT AUCTION**

**8:45 - 12:00 am DANCE WITH DJ**

Until 9:00 pm Samoset Pool & Fitness Center Open

**TUESDAY, NOVEMBER 8, 2016**

5:30 - 7:30 am Samoset Pool and Fitness Center Open (no charge for hotel guests)

**7:00 - 8:15 am BUFFET BREAKFAST**

8:20 - 9:20 am Session 7

9:35 - 10:35 am Session 8

10:45 - 12:00 pm Session 9

# 2016 Tentative Conference Sessions At-A-Glance

## Sunday, November 6, 2016

- 1:15 - 5:15 pm** MIAAA Leadership Training Course Gary Stevens
- 2:00 - 5:00 pm** USTA School Tennis Program Workshop Eric Driscoll
- 2:00 - 3:30 pm** **Session 1**
- Crucial Conversations in Sexual Health for High School Students Dana Fadel  
Building Your Formative Assessment Toolbox for Health Classrooms Doreen Swanholm  
Legitimate Maybe, but Accepted? Importance of Advocacy Kymm Ballard  
Play LACSAL in Your School: Learning the Basics of Lacrosse Paul Cain  
Summer Camp & Learning Loss: Intentional Literacy Bridges the Gap Karen Seymour  
Dance Around the World Nancy Curtis  
FLIP – The PE/Health Class You Wish You Had Geoff Wright & Cheryl Lambert
- 3:45 - 5:15 pm** **Session 2**
- Outrageous Teaching Strategies Deborah Tackmann  
Increase MVPA All Day Nick Kline  
Transforming Teaching Through Technology Naomi Hartl  
Learn the Ropes: Time-Tested Teaching Strategies Liz Giles-Brown  
Task Analysis in Adapted Physical Education Stephen Butterfield & Jayne Chase  
Technology! Innovation! The Tools of the Trade & Baseball Larry Moore  
Line Dancing 101 – Fun for All Ages! Heather Clark & Melissa Adams  
Proficiency-based Report Cards for PE & HE: What Do They Look Like? Susan Berry & Jean Zimmerman
- 6:15 - 7:15 pm** **Awards Banquet**
- 7:15 - 8:15 pm** **Award Presentations**
- 8:30 - 9:30 pm** **Fun with Zumba**

## Monday, November 7, 2016

- 8:20 - 9:20 am** **Session 3**
- Going Beyond Limits: The Appalachian Trail Adventure Jacqui Lowman & Students  
A Call to Action to Promote Children's Oral Health Marissa Albert & Rebecca Reeves  
Supporting Positive Masculinities Matt Theodores & Sam Eley  
Formative Assessments in the Health Classroom Erin Bjorkdahl & Elizabeth Koharian  
Rhyme & Reason – Using Explicit & Implicit Memory Strategies Liz Giles-Brown  
In Physical Education  
Move It with a Maniac: MVPA at Its Best Dana Welch  
Contra Dance & Quebequois Sets for Physical Education Marie Wendt  
ACTION! Team Games Workshop Bill Grinde  
Bicycle & Pedestrian Safety Education James Tasse, Bridgette Kelly, Darcy Whittemore & Eric DaSilva

**9:35 - 10:35 am      Session 4**

Using 2015 Maine Integrated Youth Health Survey Data  
Mental & Emotional Health Teaching Strategies  
What's Your Challenge Course Culture  
Patriot Wellness: Fitness Through the Ages PK-12 and Beyond  
Bring Tennis to Your School – No Tennis Courts Required  
Character Education through Creative Recreation  
Tai Chi & Tango – Finding the Connection  
MABC - The Voice of Maine's Basketball Coaches  
Cobra Power/Will Power – Part I

Jean Zimmerman  
Deborah Tackmann  
Charlie Williams & Sarah Moore  
Dana Welch & Leigh Croteau  
Eric Driscoll  
John LaRue  
Shiwa Noh  
Peter Murray, George Conant & Rick Clark  
Jack Kaplan, Judi Dunphy & Kirk Robinson

**10:35 - 11:00 am      Visit Exhibits - Refreshments Provided**

**11:05 - 12:30 pm      General Session & Keynote Presentation**

**12:30 - 1:10 pm      Luncheon Buffett (\$10 with support from Sportime), Free Student Taco Lunch**

**1:10 - 2:05 pm      All-Conference Session: Business Meeting & Keynote Speakers**

**2:15 - 3:30 pm      Session 5**

Literacy Strategies for the Health Education Classroom  
Games People Play: The Challenge Course Primer  
How to Make FLIP Happen for Your School  
Live Heart Rate Your Way  
Writing Rubrics that Document Student Learning  
Maine Ultimate  
Drums Alive  
Cobra Power/Will Power – Part II  
Define, Model, Practice, Assess: Health Skill Building  
2nd Annual Disc Golf Tourney

Georgia Vallee  
Sarah Moore & Scott Gross  
Geoff Wright & Cheryl Lambert  
Julian Acevedo  
Jackie Lund  
Nicole Welch  
Carol Richards  
Jack Kaplan, Judi Dunphy & Kirk Robinson  
Holly Alperin & Sarah Benes  
Adam Boyington

**3:45 - 5:00 pm      Session 6**

Proficiency-Based Health Education  
Hazing Prevention in Higher Education: Community Readiness  
OMNIKIN BALL: Fundamentals, Frolic, Fitness & Fun  
Engaging Activities: Increase MVPA and Physical Literacy  
of Elementary Students  
Growth of Lacrosse  
Korfball  
Dancing with the Stars  
Introduction to Student Learning Objectives  
Brick by Brick: Building the Foundation of a Skills-Based  
Approach to Health Education

Casey Holmes  
Stephanie Swan  
Pierre Hamel  
Nick Kline  
  
Jonathan Becker  
Clairlynn Roundtree & Rebecca Shields  
Jack Kaplan  
Charles Lomonte & Scott Reynolds  
Holly Alperin & Sarah Benes

**6:00 - 7:00 pm      Socials & Ticket Raffle**

**7:00 - 8:15 pm      Dinner Buffet**

**8:15 - 8:45 pm      Silent Auction**

**8:45 - 12:00 am      Dance with a DJ**

**Tuesday, November 8, 2016**

**8:20 - 9:20 pm      Session 7**

Sexual Orientation & Gender Identity in Health Education  
Update on Substance Use Among Young People  
Pickle Ball ABCs for Schools, Parks & Recreation  
Organization of Formative Assessments in K-4 Physical Education  
Physical Education Friendly Circle Dances  
Get to Know Your Maine AHPERD Board  
HOOP to It: Teaching Skills

Quinn Gormley  
Caleb Gilbert  
Roger Huppe  
Clairlynn Roundtree, Rose Angell  
Gina Gaetani  
Sara Thurston, Kris Tyler & Andy Gray  
Jessica Anderson & Katrina Smith

**9:35 - 10:35 am      Session 8**

American Heart Association's CPR in Schools  
Health Education Sharing Session  
Foundation of Outdoor Sport Education  
Understanding the Physical Activity Preferences of Rural Youth  
Active Kids = Active Minds  
Traditional Barn Dances with Calls & Fiddling  
MLB Pitch, Hit & Run

Catherine Kinney  
Liz Hemdal  
Erin Fay & Mike Smith  
Rebecca Drewette-Card  
Heather Chase  
Dudley & Jacqueline Laufman  
Tyler Stewart

**10:45 - 12:00 pm      Session 9**

The Latest in Effective Comprehensive Sexuality Education  
Outdoor Sport Education: Mountain Biking  
Concussion Management Strategies and Resources  
Elementary Physical Education Demo Slam  
Middle & High School Physical Education Sharing  
Reframing Violence Prevention Efforts

Vicki Preston  
Erin Fay & Mike Smith  
Christopher Nightingale  
Andy Gray  
Michael Bailey  
Regina Rooney & Destie  
Hohman Sprague

### **Outstanding Professional Development**

**Check out the sessions and share with your principal.** This is your opportunity to learn the latest information about proficiency-based education as well as the most effective and up-to-date health education and physical education lessons/programs for your students. Check out the sessions and share with your administrators. The conference includes sessions for effective health education and physical education; helpful and practical uses of technology; interactive, skill-based teaching strategies; and standards-based assessments.

Don't miss out on this outstanding, comprehensive and diverse programming.



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**EARLY BIRD CONFERENCE REGISTRATION**

**DEADLINE—October 29, 2016**

**Register early and save \$10.00**

**BOOK YOUR ROOM EARLY!**

**Samoset Resort Reservation Deadline**

**October 29, 2016**

**or when rooms are filled!**

