



Maine Association for Health, Physical Education, Recreation and Dance

You are invited to the 72nd Annual MAHPERD Conference

November 5-7, 2017

The Maine Association for Health, Physical Education, Recreation and Dance invites you to attend the 72nd Annual MAHPERD Conference held at the Samoset Resort on November 5, 6 and 7.

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, and 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 70 STATE AND NATIONAL 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: PAPER CONFERENCE PROGRAMS WILL NOT BE PROVIDED AT THE CONFERENCE.

MAHPERD is going green. Participants will download an electronic copy of the Conference Program from the MAHPERD website, print a copy and bring to the conference or use the conference app on their phone or other electronic device.

MONDAY LUNCHEON SUPPORTED BY MAHPERD

Join us for Monday lunch at a **reduced price of \$10**. Lunch includes salad, entrée, dessert, beverage, tax and gratuity. **Immediately after lunch** hear the keynote speaker, Judy LoBianco, at the All-Conference Session.

Executive Board

President

Kristin Tyler

kwtyler06@gmail.com

President Elect

Maria Newcomb

mnewcomb@rsu1.org

Immediate Past President

Andy Gray

andrewmahperd@gmail.com

Recording Secretary

Karyn Bussell

karyn.bussell@msad59.org

Treasurer

Kathy Sutton

khsutton@gmail.com

V.P. Health

Liz Hemdal

lizhemdal@gmail.com

V.P. Elect Health

Gary Urey

gary.urey@heart.org

V.P. Physical Education

Mike Bailey

m Bailey@sanford.org

V.P. Elect Physical Education

Kendra Brown

kbrownbrunswick@gmail.com

V.P. Recreation

Kristen Espling

kespling@rsu26.org

V.P. Elect Recreation

Tim Baude

tim.baude@bangormaine.gov

V.P. Dance

Gina Gaetani

gina.m.g.finn@gmail.com

V.P. Elect Dance

Nancy Curtis

nancynoodle2@yahoo.com

**EARLY BIRD CONFERENCE REGISTRATION
DEADLINE – OCTOBER 28, 2017
REGISTER EARLY & SAVE \$10**

MAHPERD Executive Board

Adapted Physical Education
Andrea Lee
drea4111@yahoo.com

Student Rep
Gabrielle Adam
gabrielle.adam@maine.edu

Rep for Higher Education
Katie Hawke
khawke@une.edu

Reps for Health
Kayla McGee
kmcgee@lewistonpublicschools.org
Kristen Allen
kallen@rsu10.org

Reps for Physical Education
Sara Thurston
saramahperd@gmail.com
Dana Welch
dwelch@sad15.org
Shaun Robson
shaun.robson@rsu4.org

Rep for Recreation
Leslie Winchester
lwinchester@rsu26.org

Maine DOE Liaisons
Susan Berry
susan.berry@maine.gov
Jean Zimmerman
jean.zimmerman@maine.gov

JRFH/Hoops State Coordinator
Lynn D'Agostino
LDagostino@brunswick.k12.me.us

Executive Director
Kathy Wilbur
kathymwilbur@gmail.com

OFP and Awards Committees Chair
Kristen Allen
kallen@rsu10.org

Exhibits Coordinator/ENews Editor
Andy Gray
andrewmahperd@gmail.com

Archivist
Paula Hodgdon
phodgdon@sacoriver.net

Conference Planner
Joanne De Campos
mahperdconfcoor@gmail.com

MAHPERD Archivist
Paula Hodgdon
phodgdon@sacoriver.net

www.maineahperd.org

MAHPERD Conference Registration

ON-LINE REGISTRATION ONLY

Registration for the 2017 MAHPERD Conference opened on September 15. 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 28 you can take advantage of the reduced early bird conference registration rate. Registrations made after October 28 will be charged the full rate.**

To register, go to: www.maineahperd.org Home Page

1. Click on the Conference Registration Link
OR
2. Choose the Conferences tab, Click on 2017 MAHPERD Conference, Click on Registration

FREE AHA Recognition Breakfast for JRFH/HFH Coordinators

2016-17 JRFH/HFH Coordinators are invited to a Recognition Breakfast on Monday. Do NOT sign up for Monday Breakfast on the conference registration form. The breakfast is sponsored by the AHA and is free.

To Reserve a Room at the Samoset Resort

Reservations will be accepted from September 1 to October 28, or until all rooms have been booked. \$125 single or double rooms; \$288 suites.

All room reservation will now be done over the phone. Lodging reservations can be made by calling the Samoset Resort directly at 800-341-1650.

WANT 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!



Need Financial Help to Attend the Conference?

The MAHPERD Professional Development Grant Program provides financial support of \$150 for up to 8 MAHPERD members to attend the MAHPERD Conference. Grant applications are quick and easy and must be submitted by 10/6/17.

To submit a grant application, go to www.maineahperd.org/Opportunities/Grants, click on the link to the 1-page simple application.

2 OUTSTANDING KEYNOTE SPEAKERS

Joshua Medcalf
President and Founder of Train to be CLUTCH
General Session
Monday 11:10 - 12:30 pm
Knox County Ballroom

Joshua is one of the most sought after people in the world of mental conditioning, leadership, and life skills. He created the first mental training apps in the world for basketball, soccer and golf. He has written four books. He is also one of two people ever to be invited to work with UNC Women's Soccer (22 National Championships) on mental conditioning. His keynote is sure to inspire!

*Every conference participant will receive a free copy of Joshua's newest book, **Chop Wood, Carry Water: How to Fall in Love With the Process of Becoming Great.***

Judy LoBianco
President-Elect for SHAPE America
All-Conference Session
Monday 1:15 - 2:10 pm
State of Maine Hall

Moral Courage: UnLeash Your Inner Champion!

This keynote will address the need for advocacy in our professions at the local level in order to take back our profession one gymnasium and classroom at a time.

BOOK YOUR ROOM EARLY!
Samoset Resort Reservation Deadline
October 28, 2017
or when rooms are filled!

Call the Samoset Resort directly at 800-341-1650. If you are rooming with another person(s), please give the name(s) at this time. Be sure to specify that you are with the **MAHPERD Conference** to receive the special rate.

Remember to present your school's tax-exempt form upon checking in so you will not be charged a room tax.

2017 Tentative Conference Sessions At-A-Glance

REGISTRATION

Sunday 12:45 pm - 6:00 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 5, 2017

2:00 - 5:00 pm Proficiency-Based Education Work Session for Health Education & Physical Education

Presenters: Amanda Roy, Todd Mercer, Andy Gray, Erin Borkdahl, Taryn Watts, Kathy Tuttle, Chris Knickerbocker (Members of the teacher leader group HEPEC will be facilitating).

This 3-hour working session will allow health and physical educators to work on their proficiency-based education backwards design, curriculum, instruction and assessments. Come prepared with your targets/standards, current curriculum work, and district guidelines. Beginners - Advanced HPE Welcome.

2:00 - 3:30 pm Session 1

Compassionate Listening

Net Generation - School Tennis

Walk for the Health of It

Maine Ultimate

Dance & Technology

Making Nutrition Education Tasty: School Nutrition & Health Education

Sara Rose Swan

Eric Driscoll

Diane Walker

Nicole Welch & Rich Young

Emma Campbell

Eliza Adams & Samantha

Gowens-Gasbarro

3:45 - 5:15 pm Session 2

Creating Comprehensive Sexuality Programs That Work

Creating Peace: Mindfulness for the Classroom w/Yoga & Breathing

Technology to Support PE

It's All About the Foam, the Foam, the Foam

Thinking Differently about Autism Spectrum Disorders

Roundtable Discussion on Ways Recreation and PE Work Together

Mindfulness and Movement

Lynette Johnson & Vicki Preston

Melissa Urey

Nick Kline

John Smith

Andrew Kahn

Tim Baude

Sasha Malone

6:15 - 7:15 pm AWARDS BANQUET (Knox County Ballroom)

7:15 - 8:00 pm AWARD PRESENTATIONS (Knox County Ballroom)

Monday, November 6, 2017

6:00 am Registration for the Sunrise 5K Fun Run & Walk – Meet in the Lobby

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

7:00 - 8:15 am BREAKFAST for Participants (State of Maine Hall)

7:00 - 8:15 am AHA RECOGNITION BREAKFAST (Golf Club Dining Room)

8:20 - 9:20 am Session 3

Technology Creep - Creating a Wellness Decline

Jump Rope for Heart

Promoting Social-Emotional Learning in the HE and PE Classroom

Sports Medicine Update for Coaches

Take Initiative

OPEN the Possibilities

Everything You Wanted to Know About Adapted Physical Education,
But Did Not Know Who to Ask (Part 1)

Interviewing...What Do You Need to Know

West Coast Swing Introduction

Creating an Inclusive Classroom - LGBTQ+Cultural Competency

Allan Brown

Gary Urey & Lynn D'Agaustino

Carol Ciotto

Wayne Lamarre, Kristen Bailey
& Angela Potter

Mike Bailey & Kendra Brown

Charla Parker Krahnke

Steve Butterfield

Tim Baude

Katie Tranzillo

Quinn Gormley & Ambureen Rana

9:30 - 10:30 am Session 4

What's the Buzz? Youth Substance Use in Maine

Dove Self Esteem Project

Learn Ways to Create Healthy Learning Environments

Fast, Furious, Fun Fitness

Move It! MVPA at Its Best

What is Proficiency?

Hip Hop Movement for Teaching in PE Classes

Everything You Wanted to Know About Adapted Physical Education,
But Did Not Know Who to Ask (Part 2)

Your Voice in the Maine Basketball Community

Lee Ann Dodge

Jessica Lawrence

Diane Boas

John Smith

Dana Welch

Lauri-Beth Rankin

Katie Brooks

Steve Butterfield

Peter Murray, George Conant,
Rick Clark & Jody Grant

10:35 - 11:05 am VISIT WITH THE EXHIBITORS AND REFRESHMENTS (State of Maine Hall)

11:10 - 12:30 pm GENERAL SESSION & KEYNOTE PRESENTATION (Knox County Ballroom)

12:30 - 1:15 pm LUNCHEON BUFFET (\$10 with support from MAHPERD) (State of Maine Hall)

12:30 - 1:15 pm FREE STUDENT TACO LUNCH (sponsored by CAIRN GUIDANCE/DOVE SELF-ESTEEM PROJECT) (La Bella Vita Restaurant)

1:15 - 2:10 pm ALL-CONFERENCE SESSION - BUSINESS MEETING & KEYNOTE SPEAKER (State of Maine Hall)

2:20 - 3:35 pm Session 5

Components of Comprehensive School Suicide Prevention Program
ACTION! Team Activities & MVPA Assessment
Developing Triple Impact Competitors
Advocacy 101
Unified Sports: PE & Unified School Sanctioned Sports
Cross Curriculum Drumming
Choose Your Challenge
Frisbee Games: Fun & Skills
Disc Golf Tournament
Organizing Formative Assessments to Align w/Content in Health & PE

Greg Marley & Karyn Bussell
Jesse Stapp
Eric Eisendrath
Judy LoBianco
Ian Frank
Carol Richards
Jess Anderson
Charla Krahnke
Adam Boyington
Evan Graves, Rose Angell, Jen
Pinette & Liz Hemdal

3:45 - 5:00 pm Session 6

Nutrition: Focus on Real Food & Resources
Building Resiliency & Mental Wellness
Active Kids=Active Minds
Elementary Outdoor Education
Introduction to Spike Ball
Disability & Adapted Sports & Activities in the Gymnasium
Corn Hole & More!
Cardiovascular Health Intervention Program

Learn How to Evaluate, Design & Implement Rubrics for PE & Health

Karen Reardon
Jenna Mehnert
Heather Chase
Nicholas Lyons
Justin Norwood
Rachele Burns & Mike Dehetre
Nick Butler & Kristen Espling
Paul Visich, Rebecca Place &
UNE Students
Doreen Swanholm, Connie
Hallett, Noah Morang, Daniel
Lawrence & Leigh Croteau

5:30 - 6:15 pm SOCIALS – Join Us (MAHPERD - Penn Bay Room; UMPI - Vinalhaven Room)

6:20 - 7:20 pm DINNER BUFFET (State of Maine Hall)

7:20 - 7:30 pm TICKET AUCTION DRAWING (State of Maine Hall)

**7:30 - 11:00 pm NIGHT ON THE TOWN (Oakland Park Bowling Center – Rockport or Fun in
Downtown Rockland)**

Until 9:00 pm Samoset Pool & Fitness Center Open

Information will be coming regarding the EduPlus conference app.

***Get information on sessions, presenters, exhibitors and special
events all on your personal device!***

Tuesday, November 7, 2016

8:20 - 9:20 pm Session 7

Designing Innovative & Student Choice Projects in Health Education
Join the Movement & Become a Let's Go School
Going Pro with Teacher Analysis
South Bristol School MVPA Challenge & Barrel Ball
Middle School PE Sharing
Implementing CPR in Schools
Cardio Drumming & Adaptive PE

Cassiopeia Turcotte
Ashley Edmondson
Kristen Espling
Liz Giles-Brown
Shaun Robson
Becky Smith & Gary Urey
Carol Richards

9:35 - 10:35 am Session 8

Health Education Sharing
Sexual Violence Prevention & Building Healthy Relationships in Schools
Group Fitness Warm-Ups
Elementary PE Sharing Session
Wheelchair Activities
Zumba Fitness
Golf Safely in Middle & High School

Maria Newcomb & Gabby Adams
Ryan Tardiff
Michelle Higgins
Dana Welch
Andrea Lee
Nancy Curtis
Chad Kirkpatrick

10:45 - 12:00 pm Session 9

Health, Nutrition & the School Garden
Guiding Principles & Proficiency-Based Learning
High School PE Collaborative
Updates from Maine DOE: Laws, Policies & Programs
HIIT It with Tabata
MRPA Track & Field (No Track, No Problem)

Jared Grenier & Kelsey Fortin
Diana Doiron
Mike Bailey
Susan Berry & Jean Zimmerman
Rebecca Good & Renee Savage
Tim Baude & Matt Bouchard

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 rubrics and assessments.

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

