



Engage • Educate • Inspire

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

You are invited to the 73rd Annual MAHPERD Conference

November 4-6, 2018

The Maine Association for Health, Physical Education, Recreation, and Dance invites you to attend the 73rd Annual MAHPERD Conference held at the Samoset Resort on November 4, 5, and 6.

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.

MAINE AHPERD Executive Board

President

Maria Newcomb
mnewcomb@rsu1.org

President Elect

Susan Berry
susan.berry@maine.gov

Immediate Past President

Kristin Tyler
kwtyler06@gmail.com

Recording Secretary

Karyn Bussell
karyn.bussell@msad59.org

Treasurer

Kathy Sutton
khsutton@gmail.com

V.P. Health

Gary Urey
gary.urey@heart.org

V.P. Elect Health

Kayla McGee
kmcgee@lewistonpublicschools.org

V.P. Physical Education

Mike Bailey
mbailey@sanford.org

V.P. Elect Physical Education

Dana Welch
dwelch@sad15.org

V.P. Recreation

Tim Baude
tim.baude@bangormaine.gov

V.P. Elect Recreation

Kristen Espling
kespling@rsu26.org

V.P. Dance

Nancy Curtis
nancynoodle2@yahoo.com

V.P. Elect Dance

Katie Brooks
katiebrooks20@gmail.com

MAINE AHPERD HAS A NEW LOGO AND A NEW WEBSITE!

The web address remains the same:

<https://maineahperd.org/>

The new logo has been designed to boost visibility of the organization.
The conference theme can be found under the logo.

ENGAGE EDUCATE INSPIRE

The website is easy to navigate. We can easily update photos and post new information that may be helpful to you as a Maine AHPERD member.
Check it out!

**CONFERENCE REGISTRATION WILL OPEN
SEPTEMBER 1ST. THE EARLY BIRD REGISTRATION
DEADLINE IS OCTOBER 28, 2018
REGISTER EARLY & SAVE \$10**

MAINE AHPERD 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

Rep for Health
Liz Hemdal
lizhemdal@gmail.com

Reps for Physical Education
Sara Thurston
sara.thurston@msad52.org
Daniela Marino
dmarino@wiscassetschools.org
Tim Farrar
tfarrar@lewistonpublicschools.org
Daniel Gish
dgish@lewistonpublicschools.org

Rep for Recreation
Leslie Winchester
lwinchester@rsu26.org

Rep for Dance
Gina Finn
gina.m.g.finn@gmail.com

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
Deb Smith
Executivedirector.mahperd@gmail.com

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

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

Conference Planner
Joanne De Campos
mahperdconffoor@gmail.com

MAHPERD Archivist
Paula Hodgdon
phodgdon@sacoriver.net

MAINE AHPERD Conference Registration

Registration for the 2018 MAHPERD Conference opens on **September 1st**. 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

1. The registration link is on the HOME PAGE of the web site.
2. Click on the CONFERENCE tab to locate conference details.

FREE AHA Recognition Breakfast for JRFH/HFH Coordinators

2017-18 JRFH/HFH Coordinators are invited to a Recognition Breakfast on Monday, November 5. **Make sure to sign up for this breakfast when you register**. The breakfast is sponsored by the AHA and is FREE.

MAHPERD HAS GONE GREEN - PAPER CONFERENCE

PROGRAMS WILL NOT BE PROVIDED. Attendees will need to 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 your phone or other electronic device**.

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!



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 **October 6, 2018**.

To submit a grant application, go to www.maineahperd.org. Click on the **MEMBERSHIP TAB** and then on the **GRANTS tab**.

**YOU CAN BOOK YOUR ROOM AT THE SAMOSET
BEGINNING ON SEPTEMBER 1, 2018**

**BOOK YOUR ROOM EARLY!
Samoset Resort Reservation Deadline IS
October 28, 2018 or when rooms are filled!**

You can reserve your hotel room by
calling the Samoset Resort directly at 800-341-1650

OR

Reservations by web link:

The block is physically closed for reservations until September 1st.

<https://reservations.samosetresort.com/samoset/?startDate=mm/dd/yyyy&endDate=mm/dd/yyyy&requesttype=invBlockCode&code=MAHPERD2018>

If you are rooming with another person(s), please give the name(s) when you register. Be sure to specify that you are with the **MAHPERD Conference** to receive the special rate.

\$127 single or double rooms

\$298 suites

To avoid being charged tax on your room you must pay with a school credit card or school check and you must present your school's tax-exempt form when you check in!

MAINE AHPERD HAS A NEW ON-LINE CLOTHING STORE

From September 1-30, 2018 the new MAHPERD on-line clothing store will be OPEN. Check it out and place an order. This is an opportunity for MAHPERD members to purchase clothing that has the new MAHPERD logo on it! You will have to pay with a credit card. Your purchases will be shipped directly to you in October, in time for the 2018 conference. **WE HAVE FOUND THAT SIZES RUN SMALL SO PLEASE ORDER AT LEAST ONE SIZE BIGGER THAN YOU WOULD USUALLY ORDER!**

<https://mahperdasgmaine.itemorder.com/>

The on-line store will re-open during conference.

PLEASE JOIN US FOR THE 2018 KEYNOTE SPEAKER

Monday, November 4, 2018

11:10 AM - 12:30 PM in the Knox County Ballroom

PLEASE WELCOME AUTHOR AMY BASS

Listen to Athletes for A Change

Sports, Politics, Public Health, and Community



Amy's new book, **ONE GOAL: A COACH, A TEAM, and the GAME THAT BROUGHT A DIVIDED TOWN TOGETHER**. Bob Costas has said: "Amy Bass tells a story that encompasses many of the things people love about sports, but also epitomizes many of the reasons sports matter." Her talk, entitled "Listen to Athletes for a Change," will focus on the importance of sports in political conversation, with a focus on community, public health, and education. Drawing from her work on the world stage of sports, the

Olympic Games, as well as her more recent exploration of high school soccer in Lewiston, Maine, Bass will detail why sports should matter, both on and off the playing field.

OVER 70 STATE AND NATIONAL SPEAKERS AT CONFERENCE!

- ◆ Valuable new programs, products and services for health education, physical education, recreation, and dance
- ◆ Instructional and assessment tools for developing physically and healthy 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

Coming soon!

 **SHAPE Tampa
America® 2019**

National Convention & Expo | April 9-13

#SHAPETampa

PLYOGA TEACHER TRAINING AND CERTIFICATION

PRE-CONFERENCE WORKSHOP SUNDAY, NOVEMBER 4, 2018

8:30 AM - 2:30 PM at the Samoset

PLYOGA® is a high intensity interval training system using accelerated and fundamental Yoga as a fluent and active recovery for Plyometric movements. PLYOGA® uniquely focuses on utilizing all exercise planes evenly. PLYOGA® is an equipment free format that caters to every participant through balance, agility, power, and endurance work. It allows each person to shine in their comfort zone while pushing them to excel where challenges present themselves.

The PLYOGA® class format caters perfectly to physical education, lining up with key standards and trends in functional fitness (with options for both 45-minute periods and 90-minute blocks).

PARTICIPANTS need to bring a yoga mat, LUNCH, and dress to be active! Here's what you will receive:

Instructor Certification -20 days of elective unit planning - PLYOGA Manual -PLYOGA Class Builders
Ongoing Web Support -Student Assessment Tools -The "Work-In" School Activity-Engaging New Tips for Schools

\$119 FOR MAINE AHPERD MEMBERS

\$199 for NON-MAINE AHPERD MEMBERS

MUST REGISTER AND PAY BY OCTOBER 1, 2018

<https://www.plyogafitness.com/events/plyoga-certification-rockport-maine>



Engage • Educate • Inspire

**MONDAY LUNCH SUPPORTED BY
MAINE AHPERD and BANGOR SAVINGS BANK**

For the 2nd year MAHPERD is offering a Monday lunch for just \$10.

Lunch includes salad, pizza, dessert, beverage, tax, and gratuity.

Be sure to check Monday lunch on the registration form!

Bangor
Savings Bank

You matter more.

Member FDIC

2018 Tentative Conference Sessions At-A-Glance

REGISTRATION

Sunday 12:00 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 4, 2018

8:30 am - 2:30 pm PLYOGA Teacher Training (see page 4)

Stephanie Lauren &
Thomas Ascough

2:00 - 3:30 pm Session 1

Master Mind Counseling
Foam Coated Balls are NOT for Dodgeball
How to Use Your Noodle
Net Generation Schools Workshop
Human Trafficking in Maine
Skills-Based Health Education Planning & Development Session

Melanie Mauro
Randy Kempke
Lynn Hefele
Eric Driscoll
Beth Earle
Sarah Benes &
Holly Alperin
Brighde Dougherty
Aisha Hixon &
Michelle Mason

Building Confidence & Self -Leadership for Enhanced Team Performance
Maine Organization for Blind Athletic & Leadership Education

3:45 - 5:15 pm Session 2

Motivating & Educating Students Through Their Imagination
Ultimate Frisbee
Universal Design & Physical Education: Including Everyone
Catch My Breath—Youth E-Cig Prevention Program
Creating Positive Classrooms Through Social Emotional Learning

Lynn Hefele
Nicole Welch
Michelle Grenier
Marcello Bianco
Carol Ciotto &
Ellen Benham
Richard Wiles
Rhonda Davis-Cook
Jeff Gagstetter
Melissa Urey
Bob Barcelona &
Karen Collins

Home Tweet Home: Developing Relationships with Social Media
Creative Dance & Movement Themes
Polar Hearts Rate Monitors (will be repeated on Tuesday)
Creating Peace in the Classroom with Yoga & Breathing
Keep 'Em Playing: Strategies for Building Positive Youth Sport Experiences

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

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

Until 9:00 pm Samoset Pool & Fitness Center Open



Monday, November 5, 2018

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

6:00 am Sunrise 5K Fun Run & Walk – meet in the Lobby

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

7:00 - 8:15 am AMERICAN HEART ASSOCIATION RECOGNITION BREAKFAST
(Golf Club Dining Room) By Invitation

8:20 - 9:20 am Session 3

Mind Gym: Training the Mind for the Athletic Edge
Student Leadership in Elementary Schools
Including Everyone - Adapting Games to Meet the Needs of the Group

The Latest Buzz on Nutrition for Athletes
Building Your Skills-Based Health Education Toolbox
The Importance of Teaching Soft Skills in the PETE Curriculum
Plyoga: Your Body is Power

Creating & Implementing a Wellness Event for Your School

Unpacking Your Student's Learning Experience with Standards - Based
Instruction in Physical Education

Kristen Beverley
Dianne Kazilionis
Gabriella Tetelman &
Sarah Derick
Ann Marie Davees
Sarah Benes & Holly Alperin
Christopher Nightingale
Stephanie Lauren &
Thomas Ascough
Dianne Leavitt, Marie Barresi,
Brian Cronin, & Peter Coffin

Richard Wiles

9:35 - 10:35 am Session 4

Teaching Cultural Games with the OPEN 8 Adventure Unit
Maximum Access to the Curriculum for Students with Disabilities
LGBTQ Inclusive Classroom-Supporting Students in the Classroom
Meaningful Instant Activities
Games People Play
STEAM Games! Discovering Connections in Early Childhood PE
Teaching Adapted PE Students Identified on the Autism Spectrum
Awesome Things in the Health Education Classroom
What's the Buzz? Youth Substance Use in Maine

Richard Wiles
Michelle Grenier
Sue Campbell
Lynn Hefele
Sarah Derick & Bagi Tetelman
Marilena Canuto & Sasha Malone
Rose Marie Angell
Jeni Jordan
Lee Ann Dodge

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 Buffett - **sponsored by Bangor Savings Bank & MAHPERD**
(State of Maine Hall)

12:30 - 1:15 pm FREE STUDENT TACO LUNCH **sponsored by MAHPERD & THE MAINE**
EDUCATION ASSOCIATION (La Bella Vita Restaurant)

1:15 - 2:10 pm BUSINESS MEETING (State of Maine Hall)

Monday, November 5, 2018 (continued)

2:20 - 3:35 pm Session 5

One Goal - Follow Up From the Keynote Presentation
Collaboration Around National Girls & Women in Sports Day
Teaching & Assessing Elementary PE in the Cognitive Domain
The Skinny on Female Body Image
Let's Dance with Jump Rope
Contra Dancing in Maine
Viral Challenges & Other Exciting Authentic Projects
Using the 2017 Maine Integrated Youth Health Survey Data
Task Cards, Video Apps & Analyzing Movement

Amy Bass
Sheila Brennan Nee
Lynn Hefele
Kristen Beverley
Christopher Nightingale
Jacqueline Laufman
Cheryl Lambert
Jean Zimmerman
Katie Hawke,
Lyndie Kelley, &
Dan Gish

3:45 - 5:00 pm Session 6

Update on AHA New Programming
Universal Design & Physical Education: Including Everyone
Designing Innovative & Student Choice Projects in Health Education
A School Community Skin Cancer Prevention Program

Move It! MVPA at Its Best
Spikeball
Use the First 5 Minutes to Calm, Commit, Connect
There is an "I" in Team: The Importance of Self-Assessment in Dance
H.I.I.T. It with Tabata

Gary Urey
Michelle Grenier
Cassiopeia Turcotte
Chuck Martin, &
Amy Mason
Dana Welch
Justin Norwood
Liz Giles-Brown
Emma Campbell
Rebecca Good, &
Renee Savage

**5:30 - 6:20 pm SOCIALS – Join Us (MAHPERD - Penn Bay Room; UMPI - Vinalhaven Room)
others to be announced as scheduled**

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

7:30 - 11:00 pm Social event to be announced prior to conference

**DOWNLOAD THE EDUPLUS CONFERENCE APP
ON YOUR PHONE OR OTHER DEVICE**

Get information on conference sessions, presenters, exhibitors, and special events





Tuesday, November 6, 2018

8:20 - 9:20 am Session 7

Positive Coaching Alliance
Teaching Racket Paddle Skills: No Nets & Courts Required
Health RHYTHMS Group Empowerment Drumming
Elementary PE Sharing Session
Planting the Seeds for Health
Fitness Finder's EZ Scan & EZ Tally
Line Dancing 101 - Fun for All Ages!

Current Trends in Youth Substance Use

From DC to DownEast: The Law & Adapted Physical Education

Chris Fay
Randy Kempke
Carol Richards
Dana Welch
Kelsey Fortin
Mary McCauley
Heather Clark &
Melissa Adams
Vicky Wiegman &
Kayla McGee
Stephen Butterfield,
Rebecca Belmore &
Jayne Chase

9:35 - 10:35 am Session 8

Health Education Rubrics

Google Classroom in Physical Education
PE: No Secrets to Success: The Power of Clarity
Traditional Dance
Concussions: Where Are We Now?
KIN-Ball: A Non-Traditional Action-Packed Game
ROOKIE RUGBY for KIDS!

Conversation & Updates from Maine DOE

Liz Hemdal &
Doreen Swanholm
Tim Farrar
Sarah Titus
Sean MacKeldey
John Ryan
Omnikin Rep
Daryl Jackson &
Bill Good
Susan Berry &
Jean Zimmerman

10:45 - 12:00 pm Session 9

Polar Heart Rate Monitors (repeat session)
Health Education Sharing Session
Understanding the Connections: Relationship Abuse & Teen Sexual Health

Jeff Gagstetter
Kayla McGee
Regina Rooney,
Abbie Strout, &
Casey Faulkingham

Outstanding Professional Development

Check out the sessions and share with your administrator. This is your opportunity to learn effective and up-to-date practices in health education and physical education related to curriculum, instruction and assessment. The conference includes sessions for delivering and effectively assessing health education and physical education including helpful and practical uses of technology; interactive, skill-based teaching strategies; and standards-based rubrics and assessments. Conference is a prime opportunity to network with colleagues from around the State, sharing ideas and strategies to improve your classroom.