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 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 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 America® 2019
National Convention & Expo | April 9–13
#SHAPEtampa

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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

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!

www.maineahperd.org

Conference Newsletter 2018
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  Melanie Mauro
Foam Coated Balls are NOT for Dodgeball  Randy Kempke
How to Use Your Noodle  Lynn Hefele
Net Generation Schools Workshop  Eric Driscoll
Human Trafficking in Maine  Beth Earle
Skills-Based Health Education Planning & Development Session  Sarah Benes & Holly Alperin
Building Confidence & Self-Leadership for Enhanced Team Performance  Brighde Dougherty
Maine Organization for Blind Athletic & Leadership Education  Aisha Hixon & Michelle Mason

3:45 - 5:15 pm  Session 2

Motivating & Educating Students Through Their Imagination  Lynn Hefele
Ultimate Frisbee  Nicole Welch
Universal Design & Physical Education: Including Everyone  Michelle Grenier
Catch My Breath—Youth E-Cig Prevention Program  Marcello Bianco
Creating Positive Classrooms Through Social Emotional Learning  Carol Ciotto & Ellen Benham
Home Tweet Home: Developing Relationships with Social Media  Richard Wiles
Creative Dance & Movement Themes  Rhonda Davis-Cook
Polar Hearts Rate Monitors (will be repeated on Tuesday)  Jeff Gagstetter
Creating Peace in the Classroom with Yoga & Breathing  Melissa Urey
Keep ‘Em Playing: Strategies for Building Positive Youth Sport Experiences  Bob Barcelona & Karen Collins

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

www.maineahperd.org

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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  Kristen Beverley
Student Leadership in Elementary Schools  Dianne Kazilionis
Including Everyone - Adapting Games to Meet the Needs of the Group  Gabriella Tetelman & Sarah Derick
The Latest Buzz on Nutrition for Athletes  Ann Marie Davees
Building Your Skills-Based Health Education Toolbox  Sarah Benes & Holly Alperin
The Importance of Teaching Soft Skills in the PETE Curriculum  Christopher Nightingale
Plyoga: Your Body is Power  Stephanie Lauren & Thomas Ascough
Creating & Implementing a Wellness Event for Your School  Dianne Leavitt, Marie Barresi, Brian Cronin, & Peter Coffin
Unpacking Your Student’s Learning Experience with Standards - Based Instruction in Physical Education  Richard Wiles

9:35 - 10:35 am  Session 4

Teaching Cultural Games with the OPEN 8 Adventure Unit  Richard Wiles
Maximum Access to the Curriculum for Students with Disabilities  Michelle Grenier
LGBTQ Inclusive Classroom-Supporting Students in the Classroom  Sue Campbell
Meaningful Instant Activities  Lynn Hefele
Games People Play  Sarah Derick & Bagi Tetelman
STEAM Games! Discovering Connections in Early Childhood PE  Marilena Canuto & Sasha Malone
Teaching Adapted PE Students Identified on the Autism Spectrum  Rose Marie Angell
Awesome Things in the Health Education Classroom  Jeni Jordan
What’s the Buzz? Youth Substance Use in Maine  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 Buffet - 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  Amy Bass
Collaboration Around National Girls & Women in Sports Day  Sheila Brennan Nee
Teaching & Assessing Elementary PE in the Cognitive Domain  Lynn Hefele
The Skinny on Female Body Image  Kristen Beverley
Let’s Dance with Jump Rope  Christopher Nightingale
Contra Dancing in Maine  Jacqueline Laufman
Viral Challenges & Other Exciting Authentic Projects  Cheryl Lambert
Using the 2017 Maine Integrated Youth Health Survey Data  Jean Zimmerman
Task Cards, Video Apps & Analyzing Movement  Katie Hawke, Lyndie Kelley, & Dan Gish

3:45 - 5:00 pm  Session 6

Update on AHA New Programming  Gary Urey
Universal Design & Physical Education: Including Everyone  Michelle Grenier
Designing Innovative & Student Choice Projects in Health Education  Cassiopeia Turcotte
A School Community Skin Cancer Prevention Program  Chuck Martin, & Amy Mason
Move It! MVPA at Its Best  Dana Welch
Spikeball  Justin Norwood
Use the First 5 Minutes to Calm, Commit, Connect  Liz Giles-Brown
There is an “I” in Team: The Importance of Self-Assessment in Dance  Emma Campbell
H.I.I.T. It with Tabata  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

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

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

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.