MAINE AHPERD
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V.P. Elect Dance
Nancy Curtis
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You are invited to the
74th Annual MAHPERD Conference
November 3-5, 2019

PARTNERS IN EXCELLENCE!

The Maine Association for Health, Physical Education, Recreation, and Dance invites you to attend the 74th Annual MAHPERD Conference held at the Samoset Resort on November 3rd, 4th, & 5th.

RELEVANT AND CURRENT PROFESSIONAL DEVELOPMENT
Come and enjoy the wide array of sessions and exhibits available at this conference and be inspired! Participants always leave with new ideas, tools and resources to take back to their schools and work places to share with students, colleagues, and parents/guardians. Spend time networking and sharing ideas with like-minded professionals and visit exhibitors to gather useful tools and resources. The general session keynote speaker, Pam Powers, is sure to energize and motivate all who attend her presentation and sessions!

MAINE AHPERD
Conference Registration Opens
THURSDAY, AUGUST 15, 2019

Registration is electronic and available on the MAHPERD website. Cash, checks and credit cards are accepted. Purchase orders are not accepted.

Register on or before October 28 to take advantage of the lower EARLY BIRD conference rate. Conference registration fees should be received by MAHPERD prior to the conference.

CLICK ON THIS LINK TO GET TO THE MAHPERD WEB SITE WHERE YOU CAN REGISTER FOR CONFERENCE

https://maineahperd.org/

(hold down the control key on your keyboard and click on the link)
BOOK YOUR ROOM AT THE SAMOSET

BEGINNING AUGUST 15, 2019

BOOK YOUR ROOM EARLY!
Samoset Resort Reservation Deadline is October 28, 2019
BOOK YOUR ROOM EARLY before the rooms are filled!

Reserve your hotel room by
calling the Samoset Resort directly at 800-341-1650
OR

CLICK ON THIS LINK TO GET TO THE MAHPERD WEB SITE
WHERE YOU CAN RESERVE A ROOM AT THE SAMOSET!

https://maineahperd.org/
(hold down the control key on your keyboard and click on the link)

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!

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.
MAHPERD PROFESSIONAL DEVELOPMENT GRANT PROGRAM

This grant program provides financial support of $150 for up to 8 MAHPERD members to attend the annual MAHPERD Conference. Grant applications are quick and easy and must be submitted by October 5, 2019.

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

2019
MAHPERD Conference Registration
Includes $35 professional membership

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<th>Price</th>
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<tr>
<td>August 15 - October 28, 2019</td>
<td>$130</td>
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<tr>
<td>October 29 - November 5, 2019</td>
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Student or MAHPERD Retiree Registration
Includes $15 membership

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MAHPERD 2018-19 Board Members

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2019 Conference Meals

Please indicate which meals you are purchasing when you register for conference. Indicate on your registration form if you have dietary needs.

Sunday Awards Banquet Dinner - $29/person
cesar salad, chicken marsala with rice, homestyle lasagna or veggie lasagna, seasonal vegetables, whole wheat rolls and butter, fresh coffee, herbal teas, and tiramisu for dessert

Monday Breakfast - $17/person
sliced fruit, fresh fruit juices, scrambled eggs, crispy bacon, blueberry and morning glory muffins, bagels, cream cheese, fruit preserves, butter and margarine, freshly brewed coffee, herbal tea selection, milk, and skim milk

Monday Lunch - $12/person
taco buffet station with all the fixings, chicken and beef, iced tea, lemonade, cookies and whole fruit

Monday Dinner - Buffet - $26/person
garden salad with assorted homemade dressing, whole wheat rolls and butter, sliced roast turkey and cranberry stuffing with pan gravy, seasonal vegetables, mashed potatoes, warm blueberry cobbler and vanilla ice cream, fresh coffee, herbal teas, and lemonade

Tuesday Breakfast - $17/person
sliced seasonal fruit, fresh fruit juices, french toast with real maple syrup, sausage, country potatoes, fruit breads, bagels with cream cheese, fruit preserves and butter, freshly brewed coffee, herbal tea selection, milk and, skim milk
MAINE AHPERD HAS AN ON-LINE CLOTHING STORE

From September 1-30, 2019 the 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 purchase will be shipped directly to you in October, in time for the 2019 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.

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!

Pick up a CEU form at the conference registration desk!

IMAGE SPORTSWEAR IS BACK AGAIN!

WE CAN ACCEPT CREDIT CARD, CHECK OR CASH THIS YEAR. This is mostly Physical Education clothing. The company will send a limited amount of health and dance clothing.

www.maineahperd.org
TUESDAY MORNING HAS A NEW LOOK FOR 2019!

- (3) 50 minute sessions starting at 8:00 am
- 11:00 - 11:45 am - Endnote Speaker (to be announced)

11:45 - 12:30 pm - MAHPERD Business meeting - we responded to your feedback asking for another educational session on Monday after lunch instead of the MAHPERD business meeting. **Great giveaways at the end of the business meeting! Must be present to win.**

SOME OF OUR GIVEAWAYS ARE:

- 2 MAHPERD conference registrations for 2020
- Sports equipment from US Games
- Weekend getaway for two at the Samoset
- And more surprises

The SHAPE America National Convention & Expo is the only event of its kind! Choose from over 400 sessions featuring world-renowned speakers, honorees, athletes, and researchers. Visit the trade show highlighting over 200 products and service providers. Unite with friends and colleagues and forge new relationships with professionals from across the country.

Salt Palace Convention Center
90 South West Temple
Salt Lake City, Utah 84101

www.maineahperd.org
Conference Newsletter 2019 Page 5
All American Classics

SPORTS HISTORY'S MOST ICONIC MOMENTS

This is an established fundraising tool that has been helping organizations raise money risk free for nearly 30 years.

NEW for 2019. This is a silent auction and an opportunity to purchase licensed, appraised, unique and high quality sports memorabilia. The five pictures are just a sample of what might be included in our auction. We have asked for all New England sports to be included in what we receive.

WE CAN ACCEPT CREDIT CARDS, CHECK & CASH FOR THIS AUCTION!
JOIN US FOR THE 2019 KEYNOTE SPEAKER

Monday, November 4, 2019
11:30 AM - 12:30 PM in the Knox County Ballroom

PLEASE WELCOME PAM POWERS

Pam’s Keynote Address: SHOULD LIFE BE FAIR!

What may be considered fair to one individual may not seem equitable to another. As educators, we have a responsibility to promote equity, empower our students, and advocate for responsible social behaviors. Join Pam as she guides us through a journey of eye-opening realizations and empowerment to create socially responsible youth.

Pam Powers is an educational consultant, OPEN national trainer and keynote speaker, and an award-winning educator, recognized as Teacher of the Year by the National Association for Sport and Physical Education (NASPE) and the Golden Apple Teaching Foundation for Elementary Education. Pam has worked as a certified fitness and nutrition coach for the Athletics and Fitness Association of America and created a fitness program for young children; she has developed curriculum for school districts and national organizations including Active Health in Elementary School and Dance for Physical Education; and in 2013, she was selected as the National Physical Education and Physical Activity Advisor for First Lady Michelle Obama’s Let’s Move! Active Schools. In addition, Pam is a Cadre Member for the Dove Self-Esteem Project providing free health education content to school systems. Her vast experience has provided her the opportunity to keynote and present at over 400 conferences, district in-services, and locally organized events. Pam resides in Houston, Texas where she serves as a child advocate, providing a voice for children in the court system. She enjoys short walks with her large dog and finding creative ways to stay fit in a busy world.

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 health literate individuals
- Modeling of instruction in physical education and health education for all grades
- 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

www.maineahperd.org
HIGH ENERGY PE ACTIVITIES: BY TEACHERS, FOR TEACHERS

Nick Kline, US Games

Discover fun, easy, and engaging activities that promote best practices and high-quality physical education utilizing a free curriculum resource (OPENphsed.org). No student will be waiting on the sidelines in these outcomes-based activities designed by teachers for teachers. The goal of this session is for all participants to leave with at least one new idea to enhance MVPA (moderate to vigorous physical activity).

HEALTH EDUCATION TEACHER COLLABORATION:
WORKING ON ASSESSMENTS FOR THE HEALTH EDUCATION CLASSROOM

Erin Bjorkdahl, Bonny Eagle High School
Jeni Cash-Jordan, Oxford Hills Comprehensive High School

Do you want new ideas for formative and summative assessments that have been tested in Health Education classrooms by colleagues? Do you need help fine tuning your own assessments? Would you like help developing rubrics for assessments and assignments? If so, please join your health education colleagues from around the state for an interactive workshop, where you will work on creating authentic lessons, assignments, and assessments for your classroom.

This pre-conference workshop will guide health education teachers in strengthening their curriculum and providing an opportunity to collaborate with colleagues. Attendees need to arrive prepared for the workshop by bringing curriculum and assessment materials (digital or paper copies) to be revised or with ideas to be developed.
2 HOUR ARCHERY SESSION
SUNDAY, NOVEMBER 3….1:30 - 3:30 PM
YOU MUST PRE-REGISTER FOR THIS SESSION!

This session is for teachers who are interested in learning what archery is about in a school setting. There will be information regarding equipment, safety, protocols, shooting practice, and a bit of "how I do it". During this session all participants will be urged to get into a squad and run through the course progression that Nick teachers to his 3rd through 8th graders. The mainframe of the classes are built around the National Archery in School Program with some adaptations that he has found to work really well with his students.

Nick Lyons, Physical Education Teacher, Durham Community School

FLAG FOOTBALL IN SCHOOL
MONDAY, NOVEMBER 5, 2019...DOUBLE SESSION 2:30 - 4:30 pm
YOU MUST PRE-REGISTER FOR THIS SESSION!
SESSION IS LIMITED TO 25

Learn how the NFL FLAG football program can excite students to become more physically active! This hands-on session will get participants moving while becoming familiar with the variety of ways NFL FLAG kits can be used in your school. Each participant will receive a FREE NFL FLAG football kit for his/her school. And there will be a $100 NFL gift card give away to one lucky participant.

This session is sponsored by the Maine Dairy and Nutrition Council

MONDAY LUNCH SUPPORTED BY
MAINE AHPERD and BANGOR SAVINGS BANK
NEW TACO LUNCH FOR EVERYONE!
Be sure to check Monday lunch on the registration form!
$12/PERSON

www.maineahperd.org

Conference Newsletter 2019
2019 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 3, 2019 - PRE-CONFERENCE - MUST PRE-REGISTER

1:00 - 4:00 pm High Energy PE Activities: By Teachers, For Teachers Nick Kline
1:00 - 4:00 pm Health Education Teacher Collaboration: Working on Assessments for the Health Education Classroom Erin Bjorkdahl, Jeni Cash-Jordan

1:30 - 2:30 pm Session 1

Challenging Activities K-5 Jemal Murphy
Elasticity: Fascial Conditioning Kirsten Beverly Waters
Active Threat Awareness Sgt. Jason Stuart
Archery (this is a 2 hour session - must pre-register) Nick Lyons
Games, Games, Games Tim Taggert, Palos Sports
Outdoor Pursuit Ideas with Limited Equipment & Time Lauren Jacobs

2:45 - 3:45 pm Session 2

Exploring Various Forms of Assessment Carol Ciotto, Ellen Benham
Adapted PE: A Collaborative Approach Becki Belmore, Betsy Cyr
Mindful Tools for Stress & Anxiety Julie Campilio
Fitness Super Shuttle for K-12 Students Maria Corte
Integrating Physical Education with Literacy Kasey Watson
The Workout Sandwich: The Importance of Properly Warming Up & Cooling Down Lyndi Kelly

4:00 – 5:00 pm Session 3

Seeing Academic Performance Increased with BRAINball (repeats Mon.) Tim Taggart, Palos Sports
The ABCs of Adapted Physical Education Carol Ciotto, Ellen Benham
Considerations for Skill Development in Health Education Sarah Benes
Alternative to Volleyball - Nitroball/Nuke-Em Scott Pelletier
Game Face Meditation Techniques for Athletes Kirsten Beverly Waters
Instant Activities: Maximizing Movement & Engagement in PE Timothy Losee

5:30 – 6:20 pm SOCIALS – Join Us - MAHPERD, UMPI, St. Joe’s, UMaine

6:30 - 7:15 pm AWARDS BANQUET (Knox County Ballroom)

7:15 - 8:30 pm AWARD PRESENTATIONS (Knox County Ballroom)
2019 Conference Sessions At-A-Glance

Monday, November 4, 2019

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)

8:15 - 9:15 am  Session 4

Seeing Academic Performance Increased with BRAINball (repeat from Sun.)  Tim Taggart
Assessment in Skills - Based Health Education  Irene Cucina
Instant Activities, Instant Enjoyment  Nick Kline, US Games
Coaching Panel Sharing  Alan Gordon Facilitating
The Power of Motivation  Jennifer McNulty
Harnessing Youth Behavior Data  Jean Zimmerman
NET Generation School Tennis  Eric Driscoll
Linking Literacy & Movement  Marilena Canuto, Sasha Malone

9:30 - 10:30 am  Session 5

The Impact of Successfully Navigating the Non-X’s & O’s of Coaching  Thomas Dahlborg
Substance Use & Young People in Maine: The What, So What, Now What?  LeeAnne Dodge
Unified Physical Education  Ian Frank, Charlie Bingham
Management on the Move for K-12 Students  Maria Corte, GOPHER
What to Expect in Your First Three Years  Kayla McGee, Lynn
Social Justice in Health Education  Sarah Benes
Native American Dance  D’Agostino
The Importance of Dynamic Warm-ups & Proper Movement Patterns  J.P. Stowe, Luke Bartlett
Innovative Soft Tissue Techniques in Athletic Healthcare  Kristen Bailey, Wayne Lamarre, Angela Potter

10:30 - 11:05 am  VISIT WITH THE EXHIBITORS (State of Maine Hall)

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

12:30 - 1:10 pm  Luncheon Buffet ($12 with support from MAHPERD and Bangor Savings Bank)

12:30 - 1:10 pm  FREE STUDENT TACO LUNCH sponsored by MAHPERD & MEA
(La Bella Vita Restaurant)

1:15 - 2:15 pm  Session 6

Plug & Play Fitness  Nick Kline, US Games
Why Young People Need Dance More than Ever  Karen Montanaro
CATCH My Breath: Universal E-Cigarette/Juul Youth Prevention  Lindsay Edgar
Identifying & Responding to Commercial Sexual Exploitation of Youth  Meg Hatch

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**Monday, November 4, 2019 (continued)**

### 1:15 - 2:15 pm    Session 6 (cont.)

<table>
<thead>
<tr>
<th>Topic</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>Incorporating Traffic Safety Instruction into Your Classroom</td>
<td>Shannon Belt</td>
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<tr>
<td>Badminton Bonanza</td>
<td>Liz Giles Brown</td>
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<tr>
<td>9 Square in the Air</td>
<td>Dana Welch, Scott Pelletier</td>
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<td>Student Leaders Learning How to Survive</td>
<td>Dianne Kazilionis, Nikki Remsen</td>
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### 2:30 - 3:30 pm    Session 7

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<tr>
<th>Topic</th>
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<tbody>
<tr>
<td>Tools to Increase Fitness Knowledge: Skills to Improve Fitness for Life</td>
<td>Pam Powers, US Games</td>
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<tr>
<td>CPR in Schools</td>
<td>Gary Urey</td>
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<td>Adverse Childhood Experiences 101: Nothing Gets Left at the Door</td>
<td>Brittany Ray, Ashley</td>
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<td>Cirone, Laura Thomas</td>
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<td>Liz Giles-Brown</td>
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<td>Becki Belmore</td>
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<td>Emma Steinbach, Victoria Preston</td>
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<td>Heather Clark, Melissa Adams, Thomas Winieckii</td>
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<td>Katie Hoffman</td>
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### 3:45 - 4:45 pm    Session 8

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<tr>
<td>Rhythm of Life: Dance</td>
<td>Pam Powers, US Games</td>
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<tr>
<td>Wait… How Does that Work? A Crash Course in Transgender Sexual Health</td>
<td>Quinn Gormley, Oliver Jones</td>
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<tr>
<td>Cultivating Mindfulness in Your Daily Practices</td>
<td>Stacey Vannah</td>
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<tr>
<td>Go Dough: School Wellness Funds Made Simple</td>
<td>Lindsay Edgar</td>
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<td>Why Am I Doing This? Addressing Standards in Unit &amp; Lesson Plans</td>
<td>Chris Nightingale</td>
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<td>Icebreaker &amp; Teambuilder Activities for K-12 Students</td>
<td>Maria Corte, GOPHER</td>
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<tr>
<td>Adaptive Physical Education Sharing</td>
<td>Andrea Lee</td>
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<td>ACTION! Team Games with MVPA Assessment</td>
<td>Scott Roy</td>
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<tr>
<td>FLAG Football in School (double session)</td>
<td>Thomas Winieckii, Katie Hoffman</td>
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### 5:15 - 6:30 pm    DINNER BUFFET (State of Maine Hall)

### 7:00 - 10:00 pm    Corn Hole Tournament (off site)

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

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

[www.maineahperd.org](http://www.maineahperd.org)
Tuesday, November 5, 2019

8:00 - 8:50 pm Session 9

Games, Games, Games
Mind Blowing Low Budget Activities for PE & After School
Health Education Sharing
RAD for Teens: Self Defense & Personal Empowerment
Mindfulness in Education: Calm, Cool Kids in School
Speed & Agility Fundamentals & Training

Tim Taggert, Palos Sport
Dana Welch
Karyn Bussell
Karen Grotton
Kellie Bailey
Heath Pierce
Kawika Thompson,
Dan Gish

9:00 - 9:50 am Session 10

Social Emotional Learning Through Cooperative Play
Incorporating Dance & Movement into PE Programs
Elementary PE Sharing K-5
Apps/Sites/Tweets
Animal Assisted Education
Nutri-tips for Teens: Rethink Your Drink & Re-Assess Your Snacks!
RAD Kids Personal Empowerment Safety Education

Pam Powers, US Games
Danielle Drouin
Lynn D’Agostino
Tim Farrar
Denise Allen
Anne-Marie Dave
Karen Grotton

10:00 - 10:50 pm Session 11

Feedback & Student Success
ACES 101: Nothing Gets Left at the Door
Benefits of Well-being
Fitness Activities to Help Your Students Meet Their Goals
Fitness Super Shuttle for K-12 Students
Physical Literacy Screening
Middle School & High School PE Sharing

Nick Lyons
Brittany Ray
Michael Booth
Irene Cucina, Ryan Croatti
Maria Corte, GOPHER
Michele LaBotz, Chris Pribish
MAHPERD Board Members

Endnote (to be announced in September)

11:50 – 12:30 MAHPERD Business Meeting

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 offers 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. This conference is a prime opportunity to network with colleagues from around the State, sharing ideas and strategies to improve your classroom.