



Engage • Educate • Inspire

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

*You are invited to the
74th Annual MAHPERD Conference*

November 3-5, 2019

PARTNERS IN EXCELLENCE!

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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)

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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

August 15 - October 28, 2019	\$130
October 29 - November 5, 2019	\$140

Student or MAHPERD Retiree Registration

Includes \$15 membership

August 15 - October 28, 2019	\$45
October 29 - November 5, 2019	\$55

MAHPERD 2018-19 Board Members

August 15 – October 28, 2019	\$50
October 29 - November 5, 2019	\$60

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

caesar 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

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!

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.

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.



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.

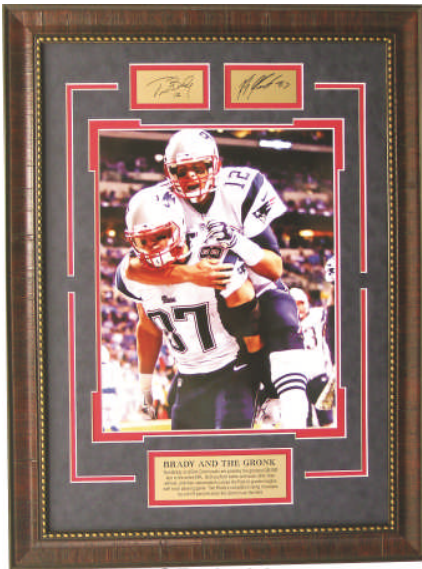
Salt Palace Convention Center
90 South West Temple
Salt Lake City, Utah 84101

NEW

All American Classics

SPORTS HISTORY'S MOST ICONIC MOMENTS

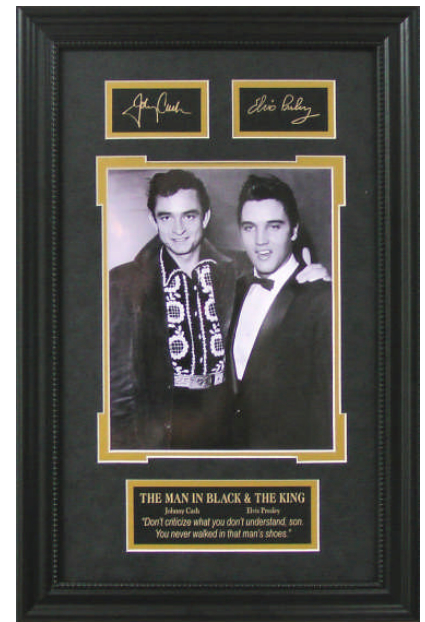
This is an established fundraising tool that has been helping organizations raise money risk free for nearly 30 years.



SP-1538
19x25.5



SP-2117
23x19



SP-959
14x21



SP-2195
19.5x26.5

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!**



SP-1920
20x23

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



SUNDAY PRE-CONFERENCE SESSIONS

NOVEMBER 3, 2019

1:00 PM - 4:00 PM at the Samoset

YOU MUST PRE-REGISTER FOR THE PRE-CONFERENCE SESSIONS!

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 (OPENphysed.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 teaches 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

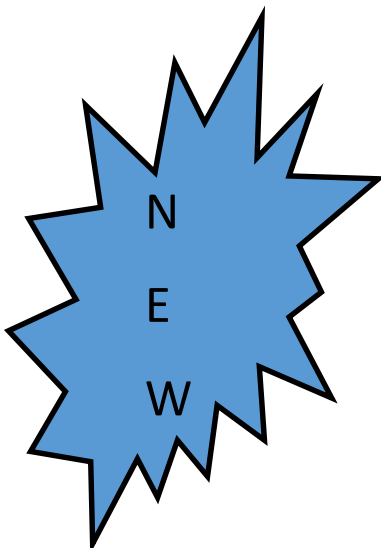
MONDAY, NOVEMBER 5, 2019...DOUBLE SESSION 2:30 - 4:30 pm

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

Bangor
Savings Bank

You matter more.

Member FDIC



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
 Elasticity: Fascial Conditioning
 Active Threat Awareness
 Archery (**this is a 2 hour session - must pre-register**)
 Games, Games, Games
 Outdoor Pursuit Ideas with Limited Equipment & Time

Jemal Murphy
 Kirsten Beverly Waters
 Sgt. Jason Stuart
 Nick Lyons
 Tim Taggart, Palos Sports
 Lauren Jacobs

2:45 - 3:45 pm Session 2

Exploring Various Forms of Assessment
 Adapted PE: A Collaborative Approach
 Mindful Tools for Stress & Anxiety
 Fitness Super Shuttle for K-12 Students
 Integrating Physical Education with Literacy
 The Workout Sandwich: The Importance of Properly Warming Up & Cooling Down

Carol Ciotto, Ellen Benham
 Becki Belmore, Betsy Cyr
 Julie Campilio
 Maria Corte
 Kasey Watson
 Lyndi Kelly

4:00 – 5:00 pm Session 3

Seeing Academic Performance Increased with BRAINball (**repeats Mon.**)
 The ABCs of Adapted Physical Education
 Considerations for Skill Development in Health Education
 Alternative to Volleyball - Nitroball/Nuke-Em
 Game Face Meditation Techniques for Athletes
 Instant Activities: Maximizing Movement & Engagement in PE

Tim Taggart, Palos Sports
 Carol Ciotto, Ellen Benham
 Sarah Benes
 Scott Pelletier
 Kirsten Beverly Waters
 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.**)
Assessment in Skills - Based Health Education
Instant Activities, Instant Enjoyment
Coaching Panel Sharing
The Power of Motivation
Harnessing Youth Behavior Data
NET Generation School Tennis
Linking Literacy & Movement

Tim Taggart
Irene Cucina
Nick Kline, US Games
Alan Gordon Facilitating
Jennifer McNulty
Jean Zimmerman
Eric Driscoll
Marilena Canuto,
Sasha Malone

9:30 - 10:30 am Session 5

The Impact of Successfully Navigating the Non-X's & O's of Coaching
Substance Use & Young People in Maine: The What, So What, Now What?
Unified Physical Education
Management on the Move for K-12 Students
What to Expect in Your First Three Years
Social Justice in Health Education

Native American Dance
The Importance of Dynamic Warm-ups & Proper Movement Patterns
Innovative Soft Tissue Techniques in Athletic Healthcare

Thomas Dahlborg
LeeAnne Dodge
Ian Frank, Charlie Bingham
Maria Corte, GOPHER
Kayla McGee, Lynn
Sarah Benes
D'Agostino
Seana Mackeldey
J.P. Stowe, Luke Bartlett
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 Buffett (**\$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
Why Young People Need Dance More than Ever
CATCH My Breath: Universal E-Cigarette/Juul Youth Prevention
Identifying & Responding to Commercial Sexual Exploitation of Youth

Nick Kline, US Games
Karen Montanaro
Lindsay Edgar
Meg Hatch



Monday, November 4, 2019 (continued)

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

Incorporating Traffic Safety Instruction into Your Classroom
Badminton Bonanza
9 Square in the Air
Student Leaders Learning How to Survive

Shannon Belt
Liz Giles Brown
Dana Welch, Scott Pelletier
Dianne Kazilionis,
Nikki Remsen

2:30 - 3:30 pm Session 7

Tools to Increase Fitness Knowledge: Skills to Improve Fitness for Life
CPR in Schools
Adverse Childhood Experiences 101: Nothing Gets Left at the Door

Think Abouts & Body Look Fors
Teaching Educational Gymnastics in Elementary Schools
Maine Family Planning Condom Education

Line Dancing 101

FLAG Football in School ([double session](#))

Pam Powers, US Games
Gary Urey
Brittany Ray, Ashley
Cirone, Laura Thomas
Liz Giles-Brown
Becki Belmore
Emma Steinbach,
Victoria Preston
Heather Clark,
Melissa Adams
Thomas Winieckii,
Katie Hoffman

3:45 - 4:45 pm Session 8

Rhythm of Life: Dance
Wait... How Does that Work? A Crash Course in Transgender Sexual Health

Cultivating Mindfulness in Your Daily Practices
Go Dough: School Wellness Funds Made Simple
Why Am I Doing This? Addressing Standards in Unit & Lesson Plans
Icebreaker & Teambuilder Activities for K-12 Students
Adaptive Physical Education Sharing
ACTION! Team Games with MVPA Assessment
FLAG Football in School ([must attend 2:30 session](#))

Pam Powers, US Games
Quinn Gormley,
Oliver Jones
Staceyannah
Lindsay Edgar
Chris Nightingale
Maria Corte, GOPHER
Andrea Lee
Scott Roy
Thomas Winieckii,
Katie Hoffman

5:15 - 6:30 pm **DINNER BUFFET (State of Maine Hall)**

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



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

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



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

11:00 – 11:45 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.