Maine Association for Health, Physical Education, Recreation and Dance

73rd Annual Conference
November 4-6, 2018
Samoset Resort, Rockport

Engage • Educate • Inspire

Amy Bass
Keynote Speaker
Monday, November 5
11:10 am - 12:30 pm
Listen to Athletes for a Change
Sports, Politics, Public Health, and Community
WELCOME

Thank you for making the time to join friends, colleagues, and other professionals at our 73rd Maine AHPERD Conference in beautiful Rockport, Maine. The Maine AHPERD Executive Board, with the leadership of our new Executive Director, Deb Smith, has put forth an incredible effort this year in preparing for our annual conference. There are many high-quality sessions offered from professionals in all discipline areas and we hope you find each session you attend to be useful or meaningful in some way. The Executive Board has also been busy "behind the scenes" in updating our logo, website, and Facebook page. We hope these updates will help us share more information with members to stay connected throughout the year.

It has been a pleasure to serve as the Maine AHPERD president this past year. I hope you find this conference to be engaging, educational, and inspiring. Thank you for all you do in supporting the health of Maine's children, teens, and adults.

Maria Newcomb, Maine AHPERD President

Welcome to the 73rd MAINE AHPERD Annual Conference. First I would like to recognize the Maine AHPERD Board of Directors for the work that they have done to bring this conference to you.

If you’re a first timer at conference or a seasoned professional who has attended many conferences, I hope that you find this to be a time to renew your enthusiasm for the work that you do and to network with your peers. This conference is your opportunity to ENGAGE, EDUCATE and INSPIRE. Conferences can be like little mental vacations: a chance to go visit an interesting place for a couple of days, and come back rested and refreshed with new ideas and perspectives. I hope you enjoy your time here at the Samoset.

“To make a difference in someone’s life you do not have to be brilliant, rich, beautiful, or perfect. You just have to care”. author unknown

Deb Smith, Maine AHPERD Executive Director

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 website is easy to navigate.

It is easy to update photos and post new information that may be helpful to Maine AHPERD members.

Check it out!
Maine Association for Health, Physical Education, Recreation and Dance
73rd Annual Conference
November 4-6, 2018

Sunday, November 4th
5:30 - 6:20 pm
MAHPERD Social
Penobscot Bay Room
Meet the MAHPERD Award Winners!
Open to all MAHPERD members!

Sunday, November 4th
5:30 - 6:20 pm
UMPI Social
Schooner Room
Catch up with UMPI Alumni!

Monday, November 5th
Trivia at Trackside Station!
Time: 6:30 - 9:30 pm
- Team trivia games begin at 7:00 pm with great prizes!
- 50/50 Raffle
- Food and drinks available to purchase
This is an exclusive event for Maine AHPERD members and conference attendees. Come join the fun!
Trackside Station is located at 4 Union Street, Rockland, Maine. Carpooling is encouraged from the Samoset.

Join us on Monday morning, November 5th for a sunrise morning fun run/walk. Gather in the lobby by 6:10 am if you want to be part of the morning workout! No pre-registration, no fee. Get psyched for the day ahead of educational opportunities and networking with friends.

SUPER HERO'S WELCOME!
Maine Association for Health, Physical Education, Recreation and Dance
73rd Annual Conference
November 4-6, 2018

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 - 2:30 pm PLYOGA Teacher Training Thomas Ascough

2:00 - 3:30 pm Session 1

Foam Coated Balls are NOT for Dodgeball Randy Kempke
How to Use Your Noodle Lynn Hefele
Build Our Kids Success Heather Chase
Net Generation Schools Workshop Eric Driscoll
Human Trafficking in Maine Beth Earle
Skills-Based Health Education Planning & Development Session Sarah Benes & Holly Alperin
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
Home Tweet Home: Developing Relationships with Social Media Richard Wiles
There is an “I” in Team: The Importance of Self-Assessment in Dance Emma Campbell
Riding For Focus Lawrence Kovacs
Polar Hearts Rate Monitors (will be repeated on Tuesday) Jeff Gagstetter
Keep ‘Em Playing: Strategies for Building Positive Youth Sport Experiences Bob Barcelona & Karen Collins

5:30 - 6:20 pm SOCIALS – Join Us (MAHPERD - Penn Bay Room; UMPI - Schooner Room)

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
Maine Association for Health, Physical Education, Recreation and Dance 73rd Annual Conference November 4-6, 2018

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

Student Leadership in Elementary Schools Including Everyone - Adapting Games to Meet the Needs of the Group The Latest Buzz on Nutrition for Athletes Creating Positive Classrooms Through Social Emotional Learning 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

Dianne Kazilionis Gabriella Tetelman & Sarah Derick Ann Marie Davees Carol Ciotto & Ellen Benham Sarah Benes & Holly Alperin Christopher Nightingale Thomas Ascough Dianne Leavitt, Marie Barresi, Brian Cronin 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, ACTIVITY & KEYNOTE PRESENTATION (Knox County Ballroom)

12:30 - 1:15 pm Luncheon Buffet - sponsored by Bangor Savings Bank & MAHPERD (State of Maine Hall)

1:15 - 2:10 pm Please join us at the MAHPERD 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
Kirsten 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
Omnikin: Fitness, Fun, Team Building, Cooperative Games, Skill Development
Terry Gooding
Designing Innovative & Student Choice Projects in Health Education
Cassiopeia Turcotte
Mind Gym: Training the Mind for the Athletic Edge
Kirsten Beverley
A School Community Skin Cancer Prevention Program
Chuck Martin, & Sarah Aasheim
Teaching Sexual Health in Middle School
Vicki Preston & Emma Steinbach
Move It! MVPA at Its Best
Dana Welch
Use the First 5 Minutes to Calm, Commit, Connect
Liz Giles-Brown
H.I.I.T. It with Tabata
Rebecca Good, & Renee Savage

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

6:30 - 9:30 pm  Trivia at Trackside Station!  4 Union Street, Rockland, Maine

Until 9:00 pm  Samoset Pool & Fitness Center Open

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! CEU forms are available at the registration desk and must be turned into Deb Smith by 10:00 am Tuesday morning.
Maine Association for Health, Physical Education, Recreation and Dance  
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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  
EZ Scan: The New Lap Counting App  
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

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

Conversation & Updates from Maine DOE

Incorporating Movement & Dance into PE Classes  
and After School Programming

10:45 - 12:00 pm  Session 9

Polar Heart Rate Monitors  (CANCELED)  
Health Education Sharing Session  
High School PE Sharing  
Scarves, Balls, Sticks & Neurons

Understanding the Connections: Relationship Abuse & Teen Sexual Health

www.maineahperd.org  
Conference Newsletter 2018  
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**PLYOGA Teacher Training**
Fee: $119
(includes a PLYOGA Express USB Workout Series)

PLYOGA is a 4-part 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.

This workshop is a full day workshop that will give you a complete understanding of the PLYOGA proprietary format. You will also leave with comprehensive options for bringing PLYOGA to your physical education environment and teaching it to your students.

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).

The full day certification also comes complete with:
* 20 days of elective unit planning aligned with standards
* PLYOGA Manual
* PLYOGA Class Builders
* Ongoing & Continuing Web Support
* Student Assessment Tools
* The "Work In" School Activity
* Engaging New Tips for Schools

**Presenter:** Stephanie Lauren & Thomas Ascough-PLYOGA Fitness
**Location:** Owls Head
**Disciplines:** PE, Dance, Recreation

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**Maine Organization for Blind Athletic & Leadership Education**

MOBALE is a 501c3 organization offering sports education camps to students throughout New England who are blind or visually impaired. In this session we want to connect with PE providers to discuss ways to adapt school physical activities. Note connections related to students attending sports education camp.

**Presenter:** Aisha Hixon & Micelle Mason-Maine Organization for Blind Athletic & Leadership Ed.
**Location:** Monhegan
**Disciplines:** APE, Recreation

**Build Our Kids Success (BOKS)**

BOKS is a physical activity program that empowers school communities to improve their children physically, mentally and socially through the power of movement. Backed by science BOKS provides each school community with a robust curriculum, training and on going support to establish and maintain impactful programs serving the whole child. In an effort to close the fitness inequality gap, the BOKS program is 100% FREE to schools so that children have access to the extensive health and wellness benefits of sport and fitness no matter the income level.

**Presenter:** Heather Chase-Build Our kids Success
**Location:** Camden
**Disciplines:** All

**How to Use Your Noodle for Quality Physical Education**

In this session, teachers will learn how to use pool noodles to teach unique lessons with a focus on the SHAPE America Standards for offensive and defensive strategies across multiple sports.

**Presenter:** Lynn Hefele-Southdown Primary, NY
**Location:** Spruce Head
**Disciplines:** PE
**Sunday Session 1  2:00-3:30**

Foam Coated Balls are NOT for Dodgeball

This session will cover a variety of fitness and game activities using foam coated balls. We incorporate activities which align to SHAPE National Standards for all grade levels. We make learning fun so everyone can benefit from challenges and the values of physical activity.

**Presenter:** Randy Kempke-ADA Sports & Rackets  
**Location:** Rockport  
**Disciplines:** PE, Recreation

**Net Generation Schools Workshop**

In this hands on session learn some of the new easy-to-follow activities available through the USTA’s NEW Net Generation Schools curriculum and how you can easily incorporate the program into your physical education curriculum. No tennis courts required. We give you everything you need to get started.

- Including comprehensive, turnkey curricula created by the USTA & SHAPE America, thus every activity within every single lesson meets SHAPE standards and current grade-level outcomes.

- For schools with a community partner: an equipment starter kit including rackets, balls, rolls of tape, chalk.

**Presenter:** Eric Driscoll-USTA New England  
**Location:** Rockland  
**Disciplines:** PE, Recreation

**Skills-based Health Education Planning & Development**

Are you looking to begin to switch to a skills-based approach but aren’t sure where to start? If so, this is the session for you. We will cover the “nuts and bolts” of designing and implementing a skills-based approach to health education. You will leave with strategies and ideas that will help you to become a skills-based health educator.

**Presenter:** Sarah Benes-Merrimack College & Holly Alperin, UNH  
**Location:** Penobscot Bay  
**Disciplines:** Health

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**Sunday Session 1  2:00-3:30**

Human Trafficking in Maine: Identification & Response Training

The Maine Coalition Against Sexual Assault has developed this statewide training in collaboration with the Preble Street Anti-Trafficking Coalition and the support of the Maine STEN Provider Council. The training, which is based on nationally-recognized best practices is offered by trained service providers. With increased focus on youth and educational settings, this presentation will highlight risk factors, red flags, and next steps for school staff in supporting youth affected by sex trafficking.

**Presenter:** Beth Earle-Safe Voices  
**Location:** Schooner  
**Disciplines:** All

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**Sunday Session 2  3:45-5:15**

Catch My Breath: Youth E-Cig Prevention Program

This session includes a best-practices based curriculum for middle and high schools. Created by researchers at the University of Texas School of Public Health, CMB is based on a Social Cognitive Theory model of prevention and aligns with National Health Education Standards. The 4-lesson program uses peer facilitators to guide classroom activities that increase students’ knowledge, motivations to abstain from e-cigarettes and build skills for resisting peer and media influences. The Program is being offered for free thanks to CVS Health as part of their Be The First Campaign. Youth e-cigarette use is an emerging public health crisis. In this session, participants will learn how schools across the U.S. are using CATCH My Breath to deliver e-cigarette prevention education to their students and how to access this free program for use in their own schools.

**Presenter:** Marcella Bianco-CATCH Global Foundation, TX  
**Location:** Rockland  
**Disciplines:** PE, Health
Motivating & Educating Students Through Their Imagination

Join teacher/author Lynn Hefele in a fun-filled adventure through an imaginary world where bugs, fish, mice and aliens help your students become physically literate! In this session, physical education teachers will learn how to use Literature Enhanced Physical Education’s fictional stories, standard-based units, lessons, and resources to motivate and educate elementary students!

**Presenter:** Lynn Hefele-Southdown Primary, NY  
**Location:** Spruce Head  
**Disciplines:** PE

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Ultimate Frisbee

Ultimate Frisbee is on the rise! By combing aerial excitement with fast pace passing, your students will fall in love with this upcoming sport. In this active session you will learn how to teach Ultimate to your class, including fun skills and games, that you can easily implement into your curriculum!

**Presenter:** Nichole Welch-Maine Ultimate  
**Location:** Meet in the Lobby (Outside Session)  
**Disciplines:** PE, Health, Recreation

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Universal Design & Physical Education: Including Everyone

This session is designed to provide educators with the knowledge and skills needed to embed the principles of Universal Design for Learning (UDL) within the physical education environment. UDL provides alternative methods of instruction (in the broad sense), delivery of instruction, materials (equipment), and methods of student response (how students show what they can do)—all within the general education curriculum for every student, regardless of his or her skills.

**Presenter:** Michelle Grenier-UNH  
**Location:** Penobsct Bay  
**Disciplines:** APE, PE

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Home Tweet Home: Developing Relationships with Social Media

Join the professional learning community that meets on Twitter every Tuesday night throughout the year to discuss current topics and trends in Physical Education. You will learn about numerous professional development opportunities that support quality instruction in Physical Education and participate in movement activities that will enhance your student’s instruction.

**Presenter:** Richard Wiles-US Games  
**Location:** Schooner  
**Disciplines:** All

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Riding For Focus

The Specialized Foundation created Riding For Focus to use cycling as a tool for children to achieve academic, health, and social success. Participating schools receive a fleet of Specialized mountain bikes and helmets and training in a turnkey curriculum that teaches safe cycling practices.

**Presenter:** Lawrence Kovacs, Bath MS  
**Location:** Camden  
**Disciplines:** PE, Rec

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Keep ’Em Playing: Strategies for Building Positive Youth Sport Experiences

This interactive session is designed for youth sport leaders, coaches, administrators, teachers, and parents which provides a framework for sport engagement; a framework that is based on a youth sport philosophy focusing on athlete-centered development and positive sport experiences. Sport engagement is created by enhancing sport enjoyment, developing positive push, and cultivating relationships within the sport context. Participants will be introduced to this model, will engage in small and large group discussions of strategies for implementation, and work on a case study that will put various strategies to action. All participants will be provided a tool kit of resources that will allow them to implement the model in their own youth sport settings.

**Presenter:** Bob Barcelona, Karen Collins-UNH  
**Location:** Monhegan  
**Disciplines:** PE, Recreation
Polar Hearts Rate Monitors

Polar is the innovator in heart rate monitoring for education. For over 40 years, we have helped students understand, track and improve their performance. We help motivate students with Polar physical education solutions that promote safety, motivation and accountability.

Presenter: Jeff Gagstetter-Polar Electro  
Location: Ebb Tide  
Disciplines: APE, PE, Recreation

There is an “I” in Team:  
The Importance of Self-Assessment in Dance

In this workshop, educators will learn about the ways that Emma has incorporated self-assessment into her 5 curricular dance classes and explore ways in which these assessment types may work in their PE or dance classes. Attendees should bring a laptop or iPad.

Presenter: Emma Campbell-Thornton Academy  
Location: Rockport  
Disciplines: PE, Dance

The Latest Buzz on Nutrition for Athletes

Today’s typical food consumption patterns may not provide athletes with the fuel their body’s needs for peak performance. This presentation will provide the latest nutrition information on carbohydrates, included simple and complex, current myths and misconceptions as well as the latest evidence-based dietary recommendations for athletes. In addition, we will explore the impact of sugars, caffeine and protein powders on the including a sugar shocker demonstration.

Presenter: Ann Davees-UNE  
Location: Ebb Tide  
Disciplines: All

Building Your Skills-Based Health Education Toolbox

Are you looking for skills-based health lessons, activities and assessments? Do you want to take home some great ideas from health teachers across the country? In this interactive session, the co-authors of the new SHAPE America book Skills-Based Lesson Planning for Health Education will share tried-and-tested ideas from the field that you will be able to implement in middle or high school classroom and will show you how to plan your own effective skills-based lessons.

Presenter: Sarah Benes-Merrimack College & Holly Alperin-UNH  
Location: Penobscot Bay  
Disciplines: Health

FREE

AHA Recognition Breakfast for JRFH/HFH Coordinators

Monday, November 5th  
Golf Club Dinning Room  
7:00 - 8:15 am

2017-18 JRFH/HFH Coordinators are invited to a Recognition Breakfast sponsored by the American Heart Association.

The Importance of Teaching Soft Skills in the PETE Curriculum

This session will present what 'soft skills' are and why they are important in the physical education teacher education curriculum. A model curriculum will be presented and core concepts like communication, people skills, attitude, and work ethic will be given special consideration.

Presenter: Christopher Nightingale, UMO  
Location: Rockport  
Disciplines: All
Monday Session 3  8:20-9:20

Plyoga: Your Body is Power

PLYOGA is a 4-part high intensity interval system using accelerated and fundamental Yoga as a fluent and active recovery for Plyometric movements. Come enjoy a format that is sweeping the Americas & unveil your true potential with this full mind/body experience that you as a Physical Education teacher can bring to your students! *YOUR BODY IS POWER*

*No Equipment to use in this smart functional fitness format
*Terrific and modified for all ages
*Creating a movement friendly environment for all levels
*Utilizing a science based format that works evenly in all fitness planes
*ESSA (Every Student Succeeds Act) and many other PE bodies are suggesting the FUNCTIONAL FITNESS physical education class. It helps create a relationship with health for each student. Most active children do not grow old and play sports. If they understand fitness and wellness, an active child can grow older and be in touch with exercise and movement.

Presenter: Thomas Ascough-PLYOGA Fitness
Location: Owls Head
Disciplines: APE, PE, Dance, Recreation

Unpacking Your Student’s Learning Experience with Standards-based Instruction in PE

The session will focus on unpacking standards and creating a student centered learning environment in physical education. We will explore the what, why, and how of standards based instruction in Physical Education. The participants will learn how to unpack standards and grade level outcomes, using backwards mapping design with alignment of assessments to measure student growth towards mastery.

Presenter: Richard Wiles-US Games
Location: Rockland
Disciplines: PE

Creating & Implementing a Wellness Event for Your School

Would you like to get your staff and students involved in a fun and friendly and creative wellness activity? The Presque Isle Middle School has created the Minute to Win It Wildcat Relay that includes all school disciplines, all staff and all students. There are 24 minute-timed challenges that each team needs to complete. This session will share how we took an idea, modified it to fit our school and resources, and rolled it out to staff and students, and the incredible success that became part of this event. Participants will leave with a framework to help design and implement their own wellness event.

Presenter: Dianne Leavitt, Marie Barresi, Brian Cronin-MSAD#1
Location: Monhegan
Disciplines: All

Creating Positive Classrooms Through Social Emotional Learning

Do you strive to create a healthy, fun environment for your students to learn? In this session, participants will deepen their understanding of Social and Emotional Learning (SEL) and how health and physical education can embrace the integration of SEL competencies. Participants will engage in hands-on activities and collaborate in small groups to learn the foundational skills of SEL that can help guide their planning for instruction in SEL. Participants will gain skills that they can implement immediately in their programs to build connections and promote a positive sense of community that foster student growth.

Presenter: Carol Ciotto, Ellen Benham, Central CT. State and SHAPE Eastern District
Location: Schooner
Disciplines: PE, Health, Recreation
**Monday Session 3  8:20-9:20**

Student Leadership in Elementary Schools (Kids Learning from Kids)

This session will demonstrate how a school can implement a student leadership program. We believe that every school needs to teach Leadership in Elementary schools and what better way than to develop your own class with student leaders leading the way. We will provide how to start this process and what we include in our classes (student projects, group work, activities etc.) We will show ways that you can incorporate this into your schedule and tie it in with 21st century skills. In conclusion, you will see how so many other students and teacher benefit from this class.

**Presenter:** Dianne Kazilionis, Nicole Remsen, So Portland Schools  
**Location:** Camden  
**Disciplines:** PE

**Including Everyone - Adapting Games to Meet the Needs of the Group**

This session will provide tools to adapt games and initiatives to include everyone no matter their age, mental, or physical ability.

**Presenter:** Gabriella Tetelman & Sarah Derick-WingSpeed Adventures  
**Location:** Spruce Head  
**Disciplines:** All

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**Monday Session 4  9:35-10:35**

LGBTQ Inclusive Classroom-Supporting Students in the Classroom

Wondering what you can do to support the LGBTQ youth in your school and make your school more inclusive? Come to this workshop to get the critical information you need to be a good ally for these students. Topics include:

- an overview of the realities these youth are facing in their schools, communities, homes;
- the risk and protective factors for these youth;
- adverse childhood experiences (ACES) and the impact on LGBTQ youth;
- transgender 101 and some key things you need to know about the law;
- the key things you can do to be a good ally without a lot of additional work;

Most important, you will come away with concrete tools you can use to help these at-risk youth and resources available on an ongoing basis.

**Presenter:** Sue Campbell-OUT Maine  
**Location:** Ebb Tide  
**Disciplines:** All

Meaningful Instant Activities

Get your students moving and learning from the moment they walk in the door! In this session, teachers will learn how to incorporate cognitive and social learning into physical activities to address multiple SHAPE America Standards, instantly!!

**Presenter:** Lynn Hefele-Southdown Primary, NY  
**Location:** Spruce Head  
**Disciplines:** PE

Teaching Adapted PE Students Identified on the Autism Disorder Spectrum

The session begins with a review of the referral process followed by a “walk through” of three adapted physical education class scenarios (K-2, 3-5, 6-12) designed for students with developmental disabilities, including students on the autism spectrum. Don’t know what to do in APE? Come and see the possibilities!

**Presenter:** Jayne Chase-DOE & Rose Marie Angell-MSAD 75  
**Location:** Owls Head  
**Disciplines:** PE

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MAINE AHPERD HAS A NEW ON-LINE CLOTHING STORE

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. Sizes run small, so please order at least one size bigger than you normally would!

[https://mahperdasgmaine.itemorder.com/](https://mahperdasgmaine.itemorder.com/)
Monday Session 4 9:35-10:35

Teaching Cultural Games with the OPEN 8 Adventure Unit

Teaching cultural games can be fun and engaging with a focus on fitness, skill, and 21st century learning. Each activity in this session provides a global education experience while stretching students just beyond their comfortable performance zone. Begin by traversing the globe from your school to a far-off destination. Next, experience games and activities that provide a brief look into the culture of play in different parts of the world.

Presenter: Richard Wiles-US Games
Location: Rockland
Disciplines: PE

Maximum Access to the Curriculum for Students with Disabilities

Within IDEA (2004), there is an increased focus on access to the curriculum and ensuring that students make adequate yearly progress in the curriculum. This session will describe how knowledge of your student's functional skills and learning outcomes can be embedded into your physical education curriculum though collaboration and shared IEP goals.

Presenter: Michelle Grenier-UNH
Location: Monhegan
Disciplines: PE

Games People Play

This session will give you some warm up and start up activities to accompany your class, challenge course or climbing wall program. It's important to make sure everyone is ready to participate and sometimes a few quick activities are just the thing to make sure everyone is up, moving, and awake! These are low prop, quick, easy to facilitate games that can be used anywhere- anytime.

Presenter: Sarah Derick & Gabi Tetelman-WingSpeed Adventures
Location: Rockport
Disciplines: PE

STEAM Games!
Discovering Connections in Early Childhood PE

This interactive session will focus on activities built to discover connections in math and language literacy for early childhood development. Using different types of manipulatives and resources, educators will experience activities used in a pre-k-2 interdisciplinary programs.

Presenter: Marilena Canuto & Sasha Malone-Berwick Academy
Location: Camden
Disciplines: PE & Dance

Awesome Things in the Health Education Classroom

A variety of hands on activities will be discussed that are teacher AND student approved. Activities have proven to keep students engaged while having fun in classroom. Please feel free to bring your favorite activity to share as well.

Presenter: Jerri Jordan-Oxford Hills Comprehensive HS
Location: Penobscot Bay
Disciplines: Health

What’s the Buzz?
Youth Substance Use in Maine

Substance use can interfere with a young person’s development and potential. This interactive session will focus on the latest trends in substance use and the impact it has on the brain, mental health, and overall wellness. Come learn what we can all do to address the issue, ways to intervene, and gather best practice resources.

Presenter: Lee Ann Dodge-SoPo Unite
Location: Schooner
Disciplines: All
Monday Session 5  2:20-3:35

Teaching & Assessing Elementary PE in the Cognitive Domain

In this session, teachers will learn how to use technology, websites, bulletin boards, contests, initiatives and other techniques to teach and assess student learning in elementary physical education. Techniques discussed focus on promoting student learning without reducing physical activity.

Presenter: Lynn Hefele-Southdown Primary, NY  
Location: Spruce Head  
Disciplines: PE

The Skinny on Female Body Image

The Skinny on Female Body Image is a training course designed to address the pitfalls and perils of the female athlete and her relationship with food. Breaking down the barriers of this taboo but very real topic, attendees will learn how to structure programs that foster a stronger self image for female athletes and gives them the tools to empower their female athletes with the resources to thrive.

Presenter: Kirsten Beverley-THRYVE  
Location: Penobscot Bay  
Disciplines: PE, Health

Contra Dancing in Maine

After this session, you, teens, singles, and couples are encouraged to attend a public “contra dance” in Maine and be confident about dancing these dances. Contra dancing is a public social dance that one can attend without a partner. For each dance, folks partner up to form sets of couples in long lines the length of the hall. Throughout the course of a dance, couples progress up and down these lines, dancing with each next couple in their column of couples. FUN! Dancers are taught the sequence of figures in the dance before the music starts. Session 1 dances: Jefferson & Liberty, British Sorrow, Morning Star. Session 2 dances: Chorus Jig, Petronella, Money Musk.

Presenter: Jacqueline Laufman  
Location: Camden  
Disciplines: APE, PE, Dance

Monday Session 5  2:20-3:35

Let’s Dance with Jump Rope

This session will explain and demonstrate how to create jump rope choreography and perform the choreography with a music.

Presenter: UMO Assistant Professors & Students  
Location: Rockport  
Disciplines: PE

Using the 2017 Maine Integrated Youth Health Survey Data

Participants will examine different strategies to provide clear understandings of what student data is showing.

Presenter: Jean Zimmerman-DOE  
Location: Owls Head  
Disciplines: All

Task Cards, Video Apps & Analyzing Movement

Engaging the motor, social and cognitive domains through reciprocal teaching. A mix of lecture and active participation - observing motor skills (often found in the weight room) and detecting and correcting error.

Presenter: Katie Hawke-UNE, Lyndie Kelley- UNE, Dan Gish-Lewiston Public Schools  
Location: Rockland  
Disciplines: PE, Recreation, Coaches

Viral Challenges & Other Exciting Authentic Projects

Come and learn several different ways to integrate authentic learning style opportunities into your health curriculum. Increase student engagement by making them the Founder of a Health and Wellness start-up, or put them in the kitchen as chef of a new restaurant. Students learn required standards in some fun and exciting ways. We will also cover ways to promote your program in your own school and incorporate technology through google apps.

Presenter: Cheryl Lambert-Yarmouth Schools  
Location: Schooner  
Disciplines: Health
Monday Session 5  2:20-3:35

One Goal -
Follow Up From the Keynote Presentation

An informal conversation with author Amy Bass
for anyone who wants to dig deeper about her
experiences researching and writing One Goal in
Lewiston, Maine.

Presenter: Amy Bass-Author
Location: Monhegan   Disciplines: All

Collaboration Around National Girls & Women in Sports Day

This session will illustrate the role of the Maine
Sports Commission helping to elevate Maine as a
four-season sports destination resulting in positive
economic, social and community impact
throughout the state. Examples will show ways
organizational and community members and
leaders can enhance current events or begin a new
event.

Presenter: Sheila Brennan Nee-Maine Sports Commission
Location: Ebb Tide   Disciplines: All

Monday Session 6  3:45-5:00

Teaching Sexual Health in Middle School

During the workshop, participants will learn about
up-to-date lessons, activities, and resources
appropriate for the middle school grades, with
guidelines on what to teach at what grade level, as
well as ways to adapt the scope and sequence to the
unique needs of your own middle school health
curriculum.

Presenter: Vicki Preston & Emma Steinbach-Maine Family Planning
Location: Schooner   Disciplines: Health

The Kid’s Heart Challenge

Learn about The American Heart Association’s
new Kid’s Heart Challenge! This is a fun and
exciting event where your student learns about
their heart while helping the American Heart
Association.

Presenter: Gary Urey, AHA
Location: Ebb Tide   Disciplines: All

Monday Session 6  3:45-5:00

A School Community
Skin Cancer Prevention Program

This session offers a number of activities that
involve the Melanoma Foundation of New England,
now known as Impact Melanoma. They are
interested in presenting after I present to follow up
on activities they have available to schools centered
around skin cancer prevention.

Presenter: Chuck Martin-Oxford Hills Comprehensive HS, Sarah Aasheim-Impact Melanoma
Location: Monhegan
Disciplines: PE, Health, Recreation

Move It! MVPA at Its Best

This is an activity session that provides a number of
ideas of lessons and games that really get students
moving. Come learn and participate in some of the
newest activities.

Presenter: Dana Welch-MSAD 15
Location: Spruce Head
Disciplines: PE

Use the First 5 Minutes to Calm, Commit, Connect

In this session we will explore teaching and building
routines and rituals into the first 5 minutes of
physical education class to calm, connect, commit,
get moving and set you and your students up to use
time efficiently!

Presenter: Liz Giles-Brown-Learning on the Move
Location: Rockport
Disciplines: PE, Dance

H.I.I.T. It with Tabata

This session is for those that want a new way to
warm up your students before class. It is a High
Intensity Interval Training called Tabata. You will
get to see a demo team of students run through a
workout. (I will add more to this as the conference
gets closer).

Presenter: Rebecca Good
Location: Owls Head
Disciplines: PE
**Monday Session 6  3:45-5:00**

**Designing Innovative & Student Choice Projects in Health Education**

In this session we will review strategies to create innovative, skills-based and student choice activities/projects that bring the ownership and relevance into the hands of the student. Examples of student work will be available as well as an opportunity to explore, develop and share new ideas!

**Presenter:** Cassiopeia Turcotte-Winnacunnet HS  
**Location:** Camden  
**Disciplines:** Health

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**Mind Gym:**  
**Training the Mind for the Athletic Edge**

Mind Gym is a training space for coaches and athletes alike. In this session we will address the pitfalls and perils of external noise that can block an athlete from tapping into his/her fullest potential. This session demystifies the power of breath work and its effect on movement, performance and state. We will explore how to use basic breathing protocols to get control over physiology and boost performance.

**Presenter:** Kirsten Founder-THRYVE  
**Location:** Penobscot Bay  
**Disciplines:** PE, Health, Recreation

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**Omnikin: Fitness, Fun, Team Building, Cooperative Games, Skill Development**

Experience all these components of Quality Physical Education using Omnikin’s 14” to 48” light-weight, durable balls. Omnikin products and activities support the number one instructional best practice for Physical Educators…..all students actively engaged in learning.

**Presenter:** Terry Gooding, OmniKin  
**Location:** Rockland  
**Disciplines:** PE, Recreation

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**Tuesday Session 7  8:20-9:20**

**From DC to DownEast: The Law & Adapted Physical Education**

This session explores implications of Federal and State laws with respect to APE. Special attention will be given to rights of parents and children with disabilities.

**Presenter:** Stephen Butterfield, Rebecca Belmore & Jayne Chase  
**Location:** Monhegan  
**Disciplines:** APE, PE

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**EZ Scan®! The New Lap Counting App**

Come and learn how to start a running/mile club and how easy it is to record your student's laps. It’s fast, EZ, and affordable. It’s EZ Scan®. Students scan QR codes for completed laps and the data syncs with the push of a button. EZ Scan® accommodates 1,000 students at all grade levels and works with smart phones (iOS and Android), iPads and tablets. Unlimited QR code printing and unlimited black and white certificates. EZ Scan® can verbally interact with and encourage students. A win for everyone. Developed by Fitness Finders®, the creators of Mileage Club® and the amazingly popular Toe Token®. Find out what EZ Scan® is all about. One free EZ Scan subscription awarded at end of session.

**Presenter:** Mary McCauley-RSU 1  
**Location:** Ebb Tide  
**Disciplines:** APE, PE, Recreation

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**SAVE THE DATES!**  
**74th MAHPERD Annual Conference**  
**November 3 - 5, 2019**  
**Samoset Resort, Rockport**
Tuesday Session 7  8:20-9:20

Positive Coaching Alliance

In this workshop, your coaches and their PCA Trainer will engage in interactive discussion of how Positive Coaching impacts athletes. We share research from the world’s top sport psychologists and researchers, some who serve on PCA’s National Advisory Board and have provided additional insight exclusive to PCA. Your coaches will learn exactly why positive motivation helps athletes improve their performance and process the life lessons available through sport that will impact them in athletic competition and beyond. Coaches will explore scenarios and apply this knowledge to some of the most difficult team and player motivation challenges.

**Presenter:** Chris Fay-Positive Coaching Alliance  
**Location:** Spruce Head  
**Disciplines:** PE, Recreation

Teaching Racket & Paddle Skills:  
No Nets & Courts Required

Active participation-This session is a progression of skills and activities using tennis, badminton rackets and pickleball paddles. The progression covers the SHAPE National Standards for all ages. Keeping it simple and making it fun enhances the students ability to learn and enjoy activities for a healthy lifestyle.

**Presenter:** Randy Kempke-ADA Sports & Rackets  
**Location:** Rockland  
**Disciplines:** PE, Recreation

Health RHYTHMS  
Group Empowerment Drumming

Learn how drumming can manage and even reverse burnout and mood disorders caused by stress. This is a complementary strategy that can be incorporated into an individual's whole person approach for maintaining or reestablishing the gift of a healthy life.

**Presenter:** Carol Richards-CwC Drum Circle  
**Location:** Rockport  
**Disciplines:** All

Tuesday Session 7  8:20-9:20

Elementary PE Sharing

This session provides attendees with the opportunity to share and hear ideas from other professionals in an open format as well as a small group roundtable discussion.

**Presenter:** Dana Welch-MSAD 15  
**Location:** Owls Head  
**Disciplines:** PE

Planting the Seeds for Health

Participants will learn of the many ways in which agriculture relates to health. They will receive resources, curriculum, and lots of ideas for how to incorporate agriculture into their health classes.

**Presenter:** Kelsey Fortin-Maine Agriculture in the Classroom  
**Location:** Schooner  
**Disciplines:** Health

Line Dancing 101-Fun for All Ages!

We will teach 3 to 4 easy line dances that can be brought back to the schools to be taught at any level that go to all different types of music (i.e. hip hop, country, pop).

**Presenter:** Heather Clark-Biddeford 50+, Melissa Adams-Gorham Adult Ed.  
**Location:** Camden  
**Disciplines:** PE, Dance

Current Trends in Youth Substance Use

This session will provide an overview of the current trends in youth substance use, with an extra focus on ENDS (electronic nicotine delivery systems) as well as marijuana in the age of legalization.

**Presenter:** Vicky Wiegman & Kayla McGee-Lewiston HS  
**Location:** Penobscot Bay  
**Disciplines:** All

www.maineahperd.org
**Tuesday Session 8  9:35-10:35**

**Conversation & Updates from Maine DOE**

The Health Education and Physical Education Consultants from the Maine Department of Education will share new information pertinent to health and physical education teachers regarding curriculum, instruction, policies and laws. The session will allow for engaging conversation, information sharing and Q & A.

**Presenter:** Susan Berry & Jean Zimmerman-Maine DOE  
**Location:** Monhegan  
**Disciplines:** PE, Health

**ROOKIE RUGBY for KIDS!**

Rookie Rugby is the introductory game for rugby in America. Kids, parents, teachers, fans, referees and coaches learn and compete in a simplified version of rugby played with flag belts. The rules and programs of Rookie Rugby tie together child development, healthy activity, fair play, fun and safety.

**Presenter:** Daryl Jackson & Bill Good  
**Location:** Rockport  
**Disciplines:** PE, Recreation

**Physical Education:  
No Secrets to Success - The Power of Clarity**

In this session, we will work together to plan and develop clarity around Maine’s PE. Performance Indicators with focus at the secondary level. This includes examples of lesson introductions/closings, keys to scaffolding learning, creating detailed rubrics around PI's, efficient formative and effective summative assessments. **Session ends at 11:15.**

**Presenter:** Sarah Titus-Gorham MS  
**Location:** Spruce Head  
**Disciplines:** PE

**Traditional Native American Dance**

Talking, showing about and teaching two Native American dances. One is the Mosquito Dance and the other is the Alligator Dance. Both are fun and keep you moving!

**Presenter:** Seana MacKeldey-Beatrice Rafferty School  
**Location:** Camden  
**Disciplines:** PE, Dance

**Tuesday Session 8  9:35-10:35**

**Google Classroom in Physical Education**

This session will provide an overview in how to use Google Classroom in the PE environment.

**Presenter:** Tim Farrar-Lewiston HS  
**Location:** Penobscot Bay  
**Disciplines:** PE

**Concussions: Where Are We Now?**

Overview on what a concussion is, it's signs and symptoms, state statute and what is current research telling us about the management and treatment of these types of injuries including protocols around Return to Learn and Return to Play.

**Presenter:** John Ryan-South Portland Schools  
**Location:** Ebb Tide  
**Disciplines:** All

**KIN-Ball:  
A Non-traditional Action-Packed Game**

The sport of KIN-BALL requires skills and strategies not found in any traditional athletic competition. No physical contact, no intimidated, no interference, no one left out. Every member of the team is involved in the continuous action. Promotes cooperation, speed, agility, aerobic activity, coordination, flexibility, and sportsmanship. The only equipment needed is the official 48" Kin-Ball. Play inside or out. Let's play!

**Presenter:** Terry Gooding-OmniKin  
**Location:** Rockland  
**Disciplines:** PE, Recreation

**Tips for Designing Effective Performance Scales**

In this session we will review the importance of providing students with clear criteria for assessments. Participants will work on creating effective rubrics, including how to identify ways for students to exceed the standard. Liz and Doreen will share examples of rubrics they use in their classrooms for middle and high school assessments as well as share how they assess Habits of Work.

**Presenter:** Liz Hemdal & Doreen Swanholm-Schooner  
**Location:** Schooner  
**Disciplines:** Health
Tuesday Session 8  9:35-10:35

Incorporating Movement & Dance Into PE Classes & Afterschool Programs

Dance is a great activity for any physical education class or after school program. It is all inclusive, appeals to students of all physical abilities, and uses little to no equipment. Learn to incorporate dance into your programs with concepts, ideas, and lesson plans. The session will also include topics and ideas to incorporate into classes with or for children with special needs.

Presenter: Danielle Drouin-Drouin Dance Center
Location: Owls Head
Disciplines: PE, Dance, Recreation

Tuesday Session 9  10:45-12:00

Polar Heart Rate Monitors

For over 40 years, we have helped students understand, track and improve their performance. We help motivate students with Polar physical education solutions that promote safety, motivation and accountability.

Presenter: Jeff Gagstetter
Location: Camden
Disciplines: APE, PE, Recreation

Health Education Sharing Session

This session is intended for sharing current units, lessons & activities used in Middle and High School Health Education. Presenter will share multiple things that are being done in their classroom and we hope to have participation from other attendee's on units, lessons & activities used in their classroom. *Helpful for you to bring ideas to share to the group* Come learn more, enjoy conversation with other health teachers/professionals and get energized to do new things in your classroom!

Presenter: Kayla McGee-Lewiston HS
Location: Schooner
Disciplines: Health

Understanding the Connections: Relationship Abuse & Teen Sexual Health

This workshop will explore current research about youth’s experiences of relationship abuse and sexual health. We will look at the shifting landscape of how young people; particularly middle & high school students of varying sexual orientations, gender identities and expressions and how understanding their lived experiences provides supportive adults with opportunities for prevention and intervention. We will explore what resilience looks like, and how partnerships can contribute to better outcomes for young people’s health and lives generally.

Presenter: Regina Rooney-Maine Coalition to End Domestic Violence, Abbie Strout-Mabel Wadsworth Center, Casey Faulkingham-Partners for Peach
Location: Penobscot Bay
Disciplines: Health, All

Tuesday Session 9  10:45-12:00

Scarves, Balls, Sticks & Neurons

Having a working knowledge of how the brain learns and stores information is not only powerful information for teachers but also for children that can have a positive affect on learning and motivation. Join us for an hour of learning, fun, and entertainment as we model a variety of brain compatible teaching strategies in a very unique workshop designed to teach elementary school students how their brains learn as they build physical skills while simultaneously providing them with the visual system of ongoing self assessment that transfers and connects to all learning.

Presenter: Liz Giles-Brown & Janoah Bailin-Learning on the Move
Location: Rockland
Disciplines: PE

High School PE Sharing

This session will include some Teaching Games For Understanding, how to build lessons and activities into a unit. So please bring something you are doing that has worked well and be willing to share. Look forward to an action packed 75 minutes.

Presenter: Tim Farrar-Lewiston HS
Location: Owls Head
Disciplines: PE

www.maineahperd.org
Welcome to the 2018 MAHPERD Annual Conference!
General Session - 11:10 am to 12:30 pm
Knox County Ballroom

Greetings from
Maria Newcomb, MAHPERD President
Carol Ciotto, SHAPE America Easter District Executive Director
Deb Smith, MAHPERD Executive Director

Keynote Presentation by 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.
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

FREE

AHA Recognition Breakfast for JRFH/HFH Coordinators

Monday, November 5th
Golf Club Dinning Room
7:00 - 8:15 am
2017-18 JRFH/HFH Coordinators are invited to a Recognition Breakfast
sponsored by the American Heart Association.

FREE STUDENT TACO LUNCH

Monday, November 5th
12:30 - 1:15 pm
Upper Level of La Bella Vita Restaurant

Sponsored by MAHPERD &
THE MAINE EDUCATION ASSOCIATION

Please join us at the MAHPERD Business Meeting

Monday, November 5th
1:15 – 2:10 pm
State of Maine Hall
2018 Teacher of the Year Award Winners

Anne Printup
Poland Community School
Teacher of the Year
Elementary Physical Education

Dan Gish
Lewiston High School
Teacher of the Year
Secondary Physical Education

Denise Allen
Greeley High School
Teacher of the Year
Health Education

Oscar Degnan - University of Maine, Orono
Dominic Boulrisse - Husson University

Julia Champagne - St Joseph’s College
Paul Kaplan - University of Maine, Presque Isle

Becki Belmore
Greely Middle School
Dr. Richard H. Bartlett
Adapted Physical Education
Teacher of the Year

Barbara Godfrey
Manchester/Readfield Elementary Schools
Distinguished Leadership

Kristie LeBlanc
Assistant Director/Somerset Public Health
Layperson’s Award

OUTSTANDING FUTURE PROFESSIONALS

Oscar Degnan - University of Maine, Orono
Dominic Boulrisse - Husson University
Julia Champagne - St Joseph’s College
Paul Kaplan - University of Maine, Presque Isle

Jump Rope for Heart Coordinator of the Year

Dan Cyr
Madawaska Elementary School
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<td>Emerson, Sandy</td>
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MAHPERD Past Honor Award Recipients

Layperson’s Award

1986 Edward Miller, N. Warren Bartlett, Deborah Deatrick, YMCA Sanford/Springvale
1987 Richard Bartlett, MDOE; Bill Green, WCHS; Boothbay Region YMCA
1987 Wayne Barclay, AHA
1989 Cathy Braden Knox
1990 Dr. Lani Graham, ME DHS, Paulette Leblanc, Family Planning Assn of America
1992 Dr. Zsolt Koppanvi, MCH
1993 Marge Medd
1994 Michael Fiori, Downeast Pharmacy, Inc.
1995 DeEtte Hall, ME DHS; Barbara Gordon, Mid Coast Hospital of Bath
1998 J. Duke Albanese, Commissioner of Ed.
1999 Robert Cobb, University of Maine
2000 Dora Anne Mills, ME DHS
2001 Bill Primmerman, MDOE
2003 Elanna Farnum
2004 David Stockford, MDOE
2005 Dennise Whitley, AHA; Karen O’Rourke, ME. Ctr. Public Health
2006 Karen Baldacci, Maine First Lady
2007 Becky Smith, Maine Coalition
2008 Representative Lisa Miller
2010 Heath Pierce, UNE
2012 Catherine Hoffmann, ME Dairy Council
2013 Gary Urey, AHA

Worthy of Praise

1986 Marie Borgese, Stephen Merrill, Dianne Folsom, David Littlefield
1987 Robert McCormick, David Birch, Christine Bearce, Hal Jordan, Jocelyn Dill, Kathy Wilbur
1988 Tom Coyne, Hebert Watson
1989 Charles Andreades, Shelly Drillen, Jill Jones, Harry Read, Dianne Rossi, Lucy Stroble, Laura Zittel
1990 Walter Abbott, Glenn Reif, Colleen Rioux, Mary Ellen Schaper
1992 Cindy Flye
1995 Donald Simms
1998 Tina Aldrich, Deyanne Worcester, Linda Hanson

Worthy of Praise (continued)

1999 Katharyn Zwicker, Gary Spinney, Lynne Haynes, Dodi Saucier
2000 Barbara Godfrey
2002 Christine Standefer, Bruce Jones
2003 Barbara Hanscom
2006 Michele Standefer, Stephanie Swan
2007 Sue Nile, Carolyn Gross
2008 Deb Smith
2009 Kathy Sutton
2011 Gary Spinney
2012 Jayne Chase, Susan Berry, Sue Kelly
2016 Elaine Michaud, Liz Giles-Brown

Distinguished Leadership

1980 Patricia Gallagher, Loris Booker, Mattie Gagnon
1981 Ian MacKinnon, Robert Crumier, Molly Call
1982 James Sullivan, Marilyn Layman, Wally LaFountain, Lucy Lindsey, Florren Harlow
1984 Ron Thompson, Raymond Miclon, Bill McManus, Joni Averill
1986 Margaret Wescott
1987 Peter Doran
1989 Stephen Butterfield, Peter LeVasseur
1990 Christine Bearce
1998 Katherine Wilbur, Dianne Rossi
1999 Jocelyn Dill
2000 James Rog
2004 Liz Giles-Brown
2009 Marge Queen
2011 Glenn Reif
2013 Stephanie Swan
2014 Christine Standefer
2015 Kathy Sutton

Highest Praise

1982 Diann Perkins
1988 Claire Drew, Royal Goheen
1998 Lee Gilman Scott
1999 Caroline Gentile, Walter Abbott
2000 Joseph Pechinski, Paula Hodgdon
2008 Stephen Butterfield, Katherine Wilbur
2011 Jo Dill
2012 Christine Bearce
2014 Marge Queen
2015 Paula Hodgdon
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<td>Wallace Donovan*</td>
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<td>Fred Higgins*</td>
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<td>1948-49</td>
<td>Henry LaValle*</td>
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<td>Amy Thompson*</td>
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<td>James Grooms*</td>
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<td>Doris Fritz*</td>
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<td>Frank Downey*</td>
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<td>Laura Hoyt*</td>
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<td>Donald Beals*</td>
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<td>Caroline Gentile*</td>
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<td>1957-58</td>
<td>Dana Dogherty*</td>
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<td>1958-59</td>
<td>Rose Lambertson*</td>
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<td>Richmond Roderick*</td>
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<td>M. Ellen Cassidy*</td>
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<td>Richard Costello*</td>
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<td>Harold Woodbury*</td>
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<td>Marjorie Bither*</td>
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<td>Norman Perkins*</td>
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<td>Paul Leplay</td>
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<td>Betty Solorzano*</td>
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<td>Charles Merrill*</td>
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<td>Lorraine Jordan</td>
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<td>1975-76</td>
<td>Al Card*</td>
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<td>Pat Smith</td>
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<td>Nellie Orr</td>
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<td>Kathy Sutton</td>
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<td>Elaine Michaud</td>
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<td>2014-15</td>
<td>Sara Thurston</td>
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<td>2015-16</td>
<td>Andy Gray</td>
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<td>2016-17</td>
<td>Kristen Tyler</td>
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<td>2017-18</td>
<td>Maria Newcomb</td>
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*deceased
Teacher of the Year Award Winners!

1987 Elementary Phys Ed - Gary Spinney
Secondary Phys Ed - Dianne Folsom
Health Education - Stephen Merrill
1988 Elementary Phys Ed - Nancy Kelly Cram
Health Education - Cindy Flye
1989 Elementary Phys Ed - Jocelyn Dill
1990 Elementary Phys Ed - Barbara Kelly
1991 Elementary Phys Ed - Christine Bearce
Middle School Phys Ed - Robert Dyer
Secondary Phys Ed - Robert Brainard
1992 Elementary Phys Ed - Michael Smart
Middle School Phys Ed - William Carr
Secondary Phys Ed - Donna Jordan
1993 Elementary Phys Ed - Linda Hansen
Middle School Phys Ed - Susan Lougee
Health Education - Kathleen Sutton
Dr. Richard Bartlett APE Award - Bob Dyer
1994 Elementary Phys Ed - Becky Varnum
Middle School Phys Ed - Jana Raspante
Secondary Phys Ed - Lynne Haynes
Dr. Richard Bartlett APE Award - Anine Stanford
Middle School Phys Ed - Mary Ellen Schaper
Secondary Phys Ed - Darla Castelli
Health Education - Polly Ireland
Dr. Richard Bartlett APE Award - Dave Eldridge
1996 Elementary Phys Ed - Jon Cahill
Elementary Phys Ed - Rose Angell Secondary Phys Ed - Mark Savage
Health Education - Jeanne Billings
Dr. Richard Bartlett APE Award - Dodi Saucier
1997 Elementary Phys Ed - Karen Hunt
Middle School Phys Ed - Phil Conley
Secondary Phys Ed - Carolyn Neighof
Dr. Richard Bartlett APE Award - Jayne Chase
1998 Elementary Phys Ed - Dawn Russell
Middle School Phys Ed - Ivan Braun
Jr. High School Phys Ed - Laurie Leavitt
Dance Instructor - Margaret G. Wescott
1999 Elementary/Middle Phys Ed - Connie Wood Elementary Phys Ed - Kathy Earle
Dr. Richard Bartlett APE Award - Joan Sawyer
2000 Elementary Phys Ed - Kristin Grant Elementary/Middle Phys Ed - Tim Pearson Health Education - Stacy Caruso, Dr. Richard Bartlett APE Award - Kristen Grant
2001 Elementary Phys Ed - Susan Nile
Middle School Phys Ed - Lisa M. Ronco
Secondary Phys Ed - Jim DiFrederico
Health Education - Kim Bartholomew
2002 Elementary Phys Ed - Sharon Beaudoin
Middle School Phys Ed - Barb Hamlin
Secondary Phys Ed - Jason Pangburn
Health Education - Marie Potvin
2003 Elementary Phys Ed - David Norwood
Middle School Phys Ed - Laura Gardiner
Secondary Phys Ed - Jeannette Peters
Dr. Richard Bartlett APE Award - Marcia Grant
2004 Elementary Phys Ed - Marge Queen
Middle School Phys Ed - David Wilbur
HS Phys Ed - Jamie Russell
Health Education - Susan Lewis
2005 Elementary Phys Ed - Lori Frost
Middle School Phys Ed - Brian Cronin
HS Phys Ed - Shelley Drilen
Health Education - Cindy Porter-McLaughlin
Dr. Richard Bartlett APE Award - Merita McKenzie
2006 Elementary Phys Ed - Rose Prest-Morrison
Middle School Phys Ed - Barbara Redding
HS Phys Ed - Karen Reardon
Health Education - Janet Proulx
Dr. Richard Bartlett APE Award - Sue Sorg
2007 Elementary Phys Ed - Kathy Calo
Health Education - Brenda Weis
Dr. Richard Bartlett APE Award - Laurie Poi
2008 Elementary Phys Ed - Jon Woodcock
HS Phys Ed - Wayne Martin
Health Education - Sara Doucette
Dr. Richard Bartlett APE Award - Tim Pearson
2009 Elementary Phys Ed - Darcy Gulvin
Health Education - Linda Cote
Dr. Richard Bartlett APE Award - Mary Ellen Schaper
2010 Elementary Phys Ed - Jason Pangburn
Middle School Phys Ed - Elaine Michaud
Health Education - Stephanie Carter
2011 Elementary Phys Ed - Eric Pulsifer
Middle School Phys Ed - Joe Cormier
2012 Secondary Physical Ed - Tom Pulsifer
Elementary Physical Ed - Marcia Grant
2013 Elementary Phys Ed - Elizabeth Harrington
Secondary Phys Ed - Tracie Martin
Middle School Phys Ed - Nancy Curtis
2014 Health - Bryan Dionne
Dr. Richard Bartlett APE Award - Andrea Lee
Middle School PE - Becky Wetherbee
2015 Elementary Phys Ed - Nick Lyons
Middle School Phys Ed - Michele Higgins
2016 Middle School Health - Amanda Roy
Elementary PE - Lynn D’Agostino
Middle School PE - Gregory Rose
2017 Middle School PE - Barbara Russell
Elementary School PE - Rebbecca Belmore
High School PE - Jack Kaplan
Health Education - Jeni-Lee Cash Jordan
Dr. Richard Bartlett APE - Clairlynn Roundtree
Visit the Exhibit Hall

Sunday
2:00 - 6:00 pm
Monday
8:00 am - 3:00 pm

The exhibit hall is located on the bottom floor of the Samoset in the State of Maine Room.

- ADA Sports and Rackets
- BOKS
- CATCH Global Foundation
- CwC Drum Circles
- Fuel Up To Play 60/Maine Dairy and Nutrition Council
- Girls On The Run
- IMPACT Melanoma
- Learning On The Move
- Let’s Go!
- Maine Agriculture In The Classroom
- Maine CDC, Tobacco and Substance Use Prevention
- Maine Department of Education
- Maine Family Planning
- Omnikin, Inc.
- PLYOGA Fitness
- Polar Electro Inc.
- Sexual Assault Support Services of Midcoast Maine
- Sherman’s Books
- Spinnerball Game, LLC
- The Bicycle Coalition of Maine
- The Children’s Health Market
- US Games/OPEN
- USA Rugby/Rookie Rugby
- USA Ultimate
- WingSpeed Adventures
PAYING TRIBUTE

Al Card was President of MAHPERD in 1975-76. Al will be remembered as a dedicated teacher and leader of MAHPERD.

Dr. Richard H. Bartlett served for many years as a special education consultant in the Maine Department of Education (DOE). In this capacity, he never missed an opportunity to advocate for adapted physical education (APE). Most notably, he secured funds to re-tool Maine physical educators in the fundamentals of APE. Over 12 years, this program - run at the University of Maine - served over 250 Maine PE teachers. Moreover, Dr. Bartlett worked especially hard to see the Maine DOE provide a teaching endorsement in APE. Maine is one of only 17 states to offer an APE endorsement. Dr. Bartlett also represented the Maine DOE on the Maine Adapted Physical Education Task Force. In this role, he was instrumental in convincing Maine DOE to support numerous causes related to APE. In short, Dr. Bartlett was a passionate and dedicated advocate on behalf of children with disabilities in sport and physical education. He was one of a kind...a pioneer. He will be sorely missed.

ROOM LISTING

Rockport - Lower Level - West Wing
Rockland - Lower Level - West Wing
Camden - Lower Level - West Wing
Spruce Head - Upper Level
Owls Head - Upper Level

Ebb Tide - Lobby Level
Monhegan - Lobby Level
Schooner - Lobby Level