

Fall Conference Program – as of November 10, 2014 – subject to change
Thursday 8:00 am – 9:00 am

Title: Fab 5 Dances for Elementary Physical Education

Room: Ballroom ABC

Discipline/Level: PE, Dance/Elementary

Description: Attend this active session and learn our 5 favorite dances for elementary students. Each will be unique and accompanied by great tips and tools you'll be anxious to integrate into your teaching. Rated R for Rhythmical!

Speaker: PAUL ROSENGARD (@paulrosengard: Paul is internationally known for his creative writing and innovative pedagogical methods in physical education, which have been proven effective in improving PE programs, teacher effectiveness, and student outcomes. To date, he has over 25 publications in professional journals, has authored or co-authored 16 curriculum books for teachers (including many of the popular SPARK, NikeGO and Let Me Play programs) and conducted nearly 400 professional workshops and conference presentations worldwide, many as a featured or keynote speaker.

Title: Fun-Drum...Building inclusive communities with drumming

Room: Ballroom FGH

Discipline/Level: ALL

Description: Join us for a FUN, all-inclusive, energizing and creative community building program that touches on life lessons, collaboration, anti-bullying and kindness. Everyone is empowered; everyone can use this to enhance your existing positive climate initiative. EVERYONE CAN DRUM!

Speaker: John Boiano is a dynamic motivational speaker, facilitator and community-energizer with a unique approach for working with small and large groups. He specializes in motivating people to become allies in the face of bias and judgment and building supportive peer-to-peer relationships.

Title: "Observation Worthy" Lessons for Middle School Health Education

Room: Jersey

Discipline/Level: Health/K-12

Description: This presentation will include a variety of lessons and ideas that can be utilized in a Middle School Health Education program. It will demonstrate "All Star" lessons from self-esteem, substance abuse, growth and development, nutrition and fitness units. How the Common Core State Standards are implemented and incorporated into the curriculum will also be explained.

Speaker: Karen Bosworth received a B.S. in Physical Education from Hofstra University and M.S. in Educational Leadership from Central Connecticut State University. Taught Physical Education and Health Education in the Ashland Public School system located in Massachusetts. Taught Physical Education at the St. Mary's Star of the Sea School located in Oceanside, California. Currently Karen teaches Health Education at Cromwell Middle School.

Title: Special Needs - Functional Fitness for Life

Room: Kent

Discipline/Level: Adapted PE/Adult

Description: Years of "hands on" adapted physical education experience will be shared. How to create successful adapted equipment, utilize unique low budget ideas, use activity communication facilitators, employ incidental teaching, and how to think ahead in order to shape functional fitness for life are some of the topics that will be addressed.

Speaker: Sandra Miles has been an Adapted Physical Education Teacher for over 36 years at Southbury Training School, home for people with cognitive, physical, and emotional challenges. She received a B.S. in Physical Education, M.S. in Adapted Physical Education and in Special Education from Southern Connecticut State University. She started the Sloan Fitness and Skill Center in 1995 and serves over 100 adults with multi-challenges weekly.

Title: Energize the Brain & Body with Speed Stacks: Maximize Fitness Fun for Everyone!

Room: Crowne

Discipline/Level: PE/K-12

Description: Review the basic 3-3-3 and 3-6-3 stacking skills. Experience a variety of brain energizing and body movement activities using Speed Stacks. Super-size movement fun with Jumbos and receive FREE sport stacking instructional materials.

Speaker: Glenn Costello is a teacher at St. Josephs in Baltic, CT.

8:00-10:00 - Keynote

Title: PASS: Classrooms in Action Workshop

Room: Nutmeg

Discipline/Level: Administrators/Classroom Teachers/All Levels

Description: PASS: Creating Physically Active School Systems

This session addresses the needs and benefits of utilizing movement to prepare the brain for learning. We will explore the connection between mind and body through a variety of classroom strategies and activities to stimulate the brain in preparation for learning and to get students moving throughout the day.

This activity based session will provide you with useful information, resources and hands-on physical activities to reinforce classroom concepts, Common Core and 21st century learning skills that are critical to continued student success. We must all join the PASS movement to educate ourselves and our students on the many benefits of living a physically active lifestyle. So, join us and "Let's Get Moving" together.

Speakers: Carol Ciotto, CCSU and Marybeth Fede, SCSU

Title:

Room: Coach 1

Discipline/Level:

Description:

Speaker:

Title: Welcome to Your First PE Class: What they expect you to know day 1

Room: Coach 2

Discipline/Level: PE/ES, MS

Description: This Presentation will be dedicated to helping out the first year teachers with the struggles of teaching in an "all- purpose room", whether it be the auditorium, cafeteria, assembly room, and having to conduct PE perhaps in the classroom, outside with limited space. It will give user friendly common core specific lessons that will help you successfully integrate the common core in your teaching. Lastly you will get great field day ideas.

Speaker: Kristyna Bertalone-Templeton is a PE teacher and coach in Hamden , CT.

Title: CT State Dept. of Ed. Updates, Emerging PE Issues & Trends

Room: Middlesex

Discipline/Level: PE/ALL

Description: Overview of the latest information on legislation, advocacy, fitness assessment, promising practices, trends and direction affecting physical education in 2014 and beyond.

Speaker: Jean Mee, CT State Department of Education

Thursday 10:45 am – 11:45 am

Title: Let's Kick Heart Disease with Tae Bo Fitness

Room: Ballroom ABC

Discipline/Level: Health, PE/ALL

Description: Tae Bo Fitness® has touched the hearts of many fitness enthusiasts around the world, thanks to The Master Creator Billy Blanks. Tae Bo® is filled with kicks, punches and self-defense techniques used in martial arts. It's a fun full body workout that gets your body moving and heart rate up.

Come learn how to teach your students how Tae Bo can be the best cardio workout that will be a lifelong activity.

Speaker: Cori Banks Eastmond is a Certified Holistic Health Coach she began professionally coaching in 2013, where she focus on women and children's health. She's also a Certified Tae Bo® Fitness Instructor where she has trained over the past fourteen years, with the creator Billy Blanks. Health and wellness has been a strong foundation in Cori's life. She lost her mother to a massive heart attack in 1996 at the age of 53 and she has made it her mission on helping others achieve and live a healthy lifestyle.

Cori received her training from the Institute of Integrative Nutrition in New York City. She's a committed Activist for the American Heart Association and travels to multiply states promoting fitness and wellness, while leading workshops on "Sugar Blues", how to cut sugar out your diet and "Healthy Food Options". Cori also offers individual health coaching to women, group, and corporate.

Title: FIERCE FUNk

Room: Ballroom D (11:00 am – 12:00 pm)

Discipline/Level: Dance, Rec/ALL

Description: FIERCE FUNk is a live, moving energy that raises our consciousness and provides a method (system) through which WE can meet our need and desire to be physically, mentally, and emotionally healthy and happy through street style funk movement with a contemporary hip-hop feel for an inspiring, fun, and complete workout.

Speaker: April Adorno is the VP of Dance for CTAHPERD

Title: More Winning Activities- what makes them special!

Room: Ballroom E (11:00 am – 12:00 pm)

Discipline/Level: PE/Elementary

Description: Presenters will facilitate some of their favorite activities that have proven to be special for many reasons; they develop personal and social responsibility, level the playing field, promote moderate to vigorous activity, have unique variations and are developmentally appropriate. The connection between fun movement activities and national standards will be demonstrated. Participants should be prepared to move!

Speakers: Janice Skene teaches elementary Physical Education in Glastonbury and is presenting on behalf of the CT Cadre of PE Trainers along with Casey Aiezza, an elementary Physical Education Teacher in New Fairfield. This session would be a follow up to our presentation at the CTAHPERD Conference in 2012.

Title: Still More Cooperative Challenges You Have Never Seen

Room: Ballroom FGH

Discipline/Level: PE/K-12

Description: We present variation after variation of well-known cooperative challenges such as nitro carry, down the pipe and ramp relay. We present new ones you have never seen including pass it off, team balance board, puzzle cubes, tubes, group clamp, boxes, tangram, cooperative cat's cradle, survivor island, mat maze and more.

Speaker: Jim Rauschenbach, SCSU, has been designing and facilitating cooperative challenges all over the country for over 30 years.

Title: One, Two, Three...Breathe and Be Present!

Room: Jersey

Discipline/Level: Health, PE/MS, HS & University

Description: Students today are faced with a variety of factors that cause undue stress, such as increased academic pressure, peer pressure, and relationship issues. Participation in mindfulness practices, such as meditation, progressive relaxation and yoga, students learn to recognize their stressors and are provided with tools to cope with these stressors.

Speaker: Anne Keefe-Forbotnick has been a Physical Education and Health Education teacher for the past 15 years at Robert E. Fitch High School. She is a certified advanced yoga instructor with 12 years of experience leading yoga, meditation and mindfulness classes to elementary aged and high school aged

children. These classes were lead both as part of the PE and Health curriculum as well as an after school program.

Title: Mutually Beneficial School University PETE Partnerships

Room: Kent

Discipline/Level: Future Professionals/K-12, University

Description: Presenters will facilitate a discussion to encourage collaboration amongst those in attendance to generate strategies for forming school - university PETE partnerships that are mutually beneficial to cooperating teachers, CT's and PETE students. Current theoretical frameworks, research findings in literature, and personal experiences related to the benefits and best practices of early fieldwork experiences for PETE students and CT's will be compiled.

Speaker: Ryan Zimmerman is an Assistant Professor at CCSU.

Title: Winning Activities at the Secondary Level

Room: Crown

Discipline/Level: PE/HS

Description: This highly active session is all about what works and having fun. Come learn the favorite activities of a national high school TOY. Some involve vigorous activity, some require lots of thinking, and others are just plain fun! Be ready to participate and you will be sure to leave with some gems!

Speaker: Tony Loomis is a high school teacher at Naugatuck HS and the 2014 National HS Teacher of the Year.

10:00 am – 12:00 pm

Title: PASS: Classrooms in Action - Math & Movement: Using Movement to Enhance Math Ability, Increase Physical Fitness and Meet the CCLS

Room: Nutmeg

Discipline/Level: Administrators/Classroom Teachers/All Levels

Description: Math & Movement is a kinesthetic, multi-sensory approach to teaching math that incorporates physical exercise, stretching, cross-body movements, and yoga. This session will provide you with "math-movements" that lead students through researched-based and classroom-tested exercises that result in mathematical competency and confidence. The series of "math-movements" are uniquely designed to build number sense by including moving and counting with varied voice levels. The math-movements improve students' basic math and reading skills, critical thinking and a child's ability to focus and learn. Activities included in the workshop are aligned to specific goals in the Common Core State Standards.

Speaker: Ann Pangburn, Math and Movement

Title: Hypertrophy training sooner rather than later in adolescents

Room: Coach 1

Discipline/Level: PE/HS

Description: This lecture seeks to help professionals develop a road map for the successful integration of training programs to increase lean body mass in youth populations. We will discuss the variables that should be considered before starting such training programs.

Speaker: Thomas Newman is the CEO of Athletic Standard.

Title: Putt Putt PE

Room: Coach 2

Discipline/Level: PE/MS

Description: From "Tech Ed Tee" to "French Fairway", learn how to design and create your own miniature golf course. Participants will learn about the process of bringing basic putting skills to life and have a chance to play a round of putt-putt. This program is recognized with the "CTAHPERD Outstanding Program Award" for 2014.

Speakers: Geri-Ann Ristow and Jeff Craig are PE teachers at ROCHAMBEAU M.S. in Southbury, CT.

Title: K-12 Grab Your SQAIR and GO!

Room: Middlesex

Discipline/Level: Adapted PE, PE/K-12

Description: A SQAIR is a section of an agility ladder that grips. Its spongy platform elevates fun and function. Turned over, the SQAIRs glide effortlessly. Provide a sense of order, structure, and dependability in your classroom. K-12 students progressively explore challenging movement skills with cross curricular fun using SQAIRs.

Speaker: Jade Ng is a Certified Personal Trainer and Group Exercise Instructor, Triathlete, with a BA in Education

Thursday 12:00 – 1:00 pm

Title: Sport Education: An Engaging Curriculum

Room: Ballroom ABC

Discipline/Level: PE/MS, HS, Univ.

Description: Join us in this active session where we will demonstrate how the Sport Education Model can be used to create fun and engaging curriculum for middle and high school students.

Speaker: Matt Martin is an Associate Professor in the PE & Human Performance Dept. at CCSU.

Title: Learning on Your Feet

Room: Ballroom D

Discipline/Level: Health/Elem.

Description: Through movement, theatre, non-verbal communication, sign language, and teamwork techniques, Linda Peck integrates curriculum of Literacy and Science. Students will experiment with homonyms (words that sound like their meaning for example pop), and velocity and momentum and use body techniques to illustrate. They will work together collaboratively and learn how to share ideas and balance perspectives of each participant. This is a hands-on engaging program.

Speaker: She has been a teaching artist /performer for 36 years and has worked in over 500 CT Schools. She has presented for the CT Commission on the Arts, Greater Hartford Arts Council, CT Gifted and Talented Programs, CREC MAGNET SCHOOLS and many more. Presently Linda is a student at Lesley University in the Masters in ARTS INTEGRATION program within the SCHOOL OF EDUCATION.

Title: PASS Through the Common Core

Room: Ballroom E

Discipline/Level: PE/ALL

Description: This active session will help educators navigate the common core in the gymnasium and the classroom. Participants will be given a brief overview of PASS (Physically Active School Systems) and activities that bring the classroom into the gym and the gym into the classroom.

Speakers: Marybeth Fede is an Associate Professor of Exercise Science at SCSU, and co-founder of PASS. Ellen Benham is an adjunct professor & Director of field placements at CCSU and a PASS trainer. Amy Gagnon is an Assistant Professor at CCSU, former Elementary TOY, and PASS trainer.

Title: Deliberate Practice Across Sport Variables

Room: Ballroom FGH

Discipline/Level:

Description: : “Deliberate practice” is an important tenant of SHAPE National Standards (2014). We present mutual variables that orchestrate task sequences across sports. “Just add a ball”. Skill related fitness components form these across sport connections. Small learning steps, easy to learn, easy set-up, quick transitions, integrated differentiation, and fun/exciting challenges characterize progressions. Manipulate skill drill variables to create upward/downward progressions and endless variation. Teach students to manipulate these variables. Enable them to create/modify their own drills.

Speakers: Jim Rauschenbach has developed curriculum for over 30 years and has prepared physical educators for the past 18. Mercy Baldino is a youth soccer coach with national playing experience. Nora Crann is a youth softball coach with NCAA playing experience. Ben Tremblay is a youth sport coach.

Title: Motivating Students Towards Wellness

Room: Jersey

Discipline/Level: Health/MS

Description: Students can be powerful forces for change. Working with your students to improve the wellness culture of your school will help them develop healthy lifestyles that stick. Learn the in's and out's of Fuel Up to Play 60 and how to use this free program to inspire your students to wards wellness.

Speaker: Amanda Aldred is a Registered Dietitian and School Nutrition Specialist for New England Dairy & Food Council; she is based in Connecticut. Amanda provides technical assistance to schools implementing Fuel Up to Play 60 and works on Dairy Optimization project groups for NEDFC. She was a School Nutrition Director in Naugatuck, Connecticut, for seven-and-a-half years prior to coming to work for NEDFC in November of 2006.

Title:

Room: Kent

Discipline/Level:

Description:

Speaker:

cancelled

Title: Hartford Gaelic Athletic Association Promoting Gaelic Football

Room: Crown

Discipline/Level: REC/ALL

Description: Gaelic Football and Hurling, are two of the most dynamic sports you will ever see. They reinforce the four major sports skills of running, passing, striking, and catching. We would like to put these skills together and teach you some new and exciting sports

Speaker: Mary DaMotta is a member of the Hartford Gaelic Athletic Association, which promotes Gaelic Football and Hurling in CT. We teach all that Irish sports have to offer- teamwork, sporting skill, patience, respect and sportsmanship in a safe and supportive learning environment. The goal is for everyone to enjoy themselves while promoting Gaelic sports to the greater community.

12:00 – 12:15 pm

Title: PASS: Classrooms in Action - Let's Move! Active Schools

Room: Nutmeg

Discipline/Level: Administrators/Classroom Teachers/All Levels

Description: Let's Move! Active Schools is a physical activity and physical education solution to ensure 60 minutes of physical activity is the new norm for schools. Powered by a national collaboration of leading health and education organizations, Let's Move! Active Schools streamlines the selection of programs, resources, professional development and funding opportunities, and delivers a customized action plan – making it simple for teachers and strategic for administrators. Ultimately, Let's Move! Active Schools, part of the First Lady's Let's Move! Initiative helps schools develop a culture in which physical activity and physical education are foundational to academic success.

Speaker: Ellen Benham (CT Coordinator for LMAS), CCSU

Title: Technology Tips from the Trenches

Room: Coach 1

Discipline/Level: PE/ALL

Description: Being proficient at utilizing technology is a 21st century skill. Whether you are being pressured to use more technology, or you are a technology junkie, you will enjoy this ACTIVE workshop. You will leave this session ready to use technology tomorrow, and excited about exploring new technological horizons!

Speaker: Tony Loomis is a high school teacher at Naugatuck HS and the 2014 National HS Teacher of the Year.

Title: Epigenetic Role in Nutrition/Exercise and Sport Choices

Room: Coach 2

Discipline/Level: Health, Coaching/MS, HS, Univ.

Description: This presentation will explain how each individual's genetic make-up dictates optimal sport/nutrition/exercise choice. This is a new concept that is science based and is just now starting to become mainstreamed. Generative medicine is realizing prevention with foods (lectins on proteins) are inflammatory and culprits for performance and disease. Therefore different genetic makeups perform better at certain exercises and with certain foods.

Speaker: Sharon Smith has her MS degree from the Institute of Human Individuality, and training for over 10 years with personalized Nutrition and Exercise based on genetic composers.

Title: Team Building and Cooperative Games You Can Use Immediately

Room: Middlesex

Discipline/Level: PE/ES, MS, HS

Description: Team building and cooperative games for all ages. Activities for small to large groups will be shared.

Speaker: Bryan Plona, CTAHPERD Past President, and a teacher for 22 years at McGee Middle School in Berlin, CT.

Thursday, 1:15 – 2:15 pm

Title: No Latex! No Balloons?? No Problem!

Room: Ballroom ABC

Discipline/Level: PE/K-12

Description: Latex balloons will not be a health concern in this workshop. You will make your own non-latex balloons which are called "Glovalloons" and then learn, share or co-create your own activities with the goal of keeping various fun fitness and movement balloon activities alive and well in K-12 PE classes.

Speaker: Rich Keegan is a PE teacher in Simsbury Public schools.

Title: Wellness Breathing Principles for Mental Clarity and Focus

Room: Ballroom D

Discipline/Level: PE/All Levels

Description: This presentation will focus on how well you retain knowledge when the mind is calm and clear. We will be demonstrating deep breathing and relaxation techniques to rejuvenate teachers and students.

Speaker: Morris Burch is Head Instructor of Health Healing Martial Arts with a Master degree in Chi Gung and Internal Martial arts, Energy Specialist, Energy Therapy and a Health and Wellness instructor.

Title: Common Core and YOU: Making Connections

Room: Ballroom E

Discipline/Level: PE/ES

Description: This session will examine the Common Core State Standards Initiative and S.T.E.M. through the eyes of a physical educator. You'll experience, fun activities that optimize learning and make administrators smile; then leave with free lesson plans and authentic assessment tools you'll want to use with your students tomorrow!

Speaker: PAUL ROSENGARD (@paulrosengard: Paul is internationally known for his creative writing and innovative pedagogical methods in physical education, which have been proven effective in improving PE programs, teacher effectiveness, and student outcomes. To date, he has over 25 publications in professional journals, has authored or co-authored 16 curriculum books for teachers (including many of the popular SPARK, NikeGO and Let Me Play programs) and conducted nearly 400 professional workshops and conference presentations worldwide, many as a featured or keynote speaker.

Title: Large Group Fitness Games

Room: Ballroom FGH

Discipline/Level: PE/ALL

Description: This session will present ideas for large groups of students to remain physically active using Skillastics. Fitness, character education, and Let's Move! activities will be the highlight of this session. Classroom management techniques, quick fitness warmups, and Common Core implementation will be embedded throughout this session presented by CCSU students. Come and enjoy fitness fun and learn how to keep your students physically active before, during, and after school!

Speaker: Amy Gagnon has taught physical education for the last 23 years and presently is working at CCSU as an assistant professor in the Physical Education Teacher Preparation field. Some of CCSU's teacher candidates will be presenting fitness warm up activities as Amy introduces and demonstrates how to use some of the Skillastics products.

Title: The Commercial Sexual Exploitation of Teens in the U.S.

Room: Jersey

Discipline/Level: Health/MS, HS

Description: This informational workshop will provide teachers and administrators with an opportunity to learn what Human Trafficking/Commercial Sexual Exploitation of Children (CSEC) is, the scope and nature of the problem, who the victims are; understand risks and vulnerabilities, recognize signs and red flags, address what they can do and what their responsibility is.

Speaker: Nicole von Oy, MSW, is the Love146 Connecticut Training & Outreach Coordinator. She is responsible for training adult professionals on issues of Commercial Sexual Exploitation of Children as well as mentoring and implementing prevention education with adolescents. She currently facilitates the My Life, My Choice and Tell Your Friends curricula in schools and residential/congregate care settings across Connecticut.

Title: Learn How to Publish in Strategies

Room: Kent

Discipline/Level: PE/ALL

Description: Learn how to publish in Strategies: A Journal for Physical and Sport Educators. Join Matt Martin, member of the Editorial Board, for this interactive discussion of the steps involved to publish health, physical and sport education articles.

Speaker: Matt Martin is an Associate Professor in the PE & Human Performance Department at CCSU.

Title: Motivate + Participate =Elevate

Room: Crown

Discipline/Level: PE/ALL

Description: Participants will use select small equipment provided by Flaghouse, including: Spaldeens, foam reaction balls, noodle bits, water noodles, timer tops, tosser scarves and more as motivational tools to encourage movement/fitness and help students perform motor and manipulative skills.

Speaker: Gregg Montgomery is a representative for Flaghouse.

1:00 – 2:30 pm

Title: PASS: Classrooms in Action - Let's make a PACT: Physical Activity Can Transform!

Room: Nutmeg

Discipline/Level: Administrators/Classroom Teachers/All Levels

Description: There is a growing body of research that secures the fact that physically active children will learn better, be less absent and have better behavior outcomes during the school day. Are we doing all we can to help classroom teachers use this information to their advantage? This session will discuss the effect of physical activity on the brain and provide resources for teachers to use in their classroom to institute "brain interventions".

Speaker: Judy LoBianco, Supervisor of Health, Physical Education and Nursing, School District of South Orange and Maplewood, NJ

Title:

Room: Coach 1

Discipline/Level:

Description:

Speaker:

Title: Ways to Make Physical Education More Affordable

Room: Coach 2

Discipline/Level: PE, Recreation/ES, MS.

Description: This presentation will introduce beginning teachers to the various ways of funding a PE program. The presenter will provide information about acceptable and useful homemade equipment, as well as successful fundraisers, money saving tips for equipment, and the process of grant writing related to PE and Recreation.

Speaker: Hannah Malcolm did this research while student teaching, and is a graduate of ECSU.

Title: Playout Fitness Program and Exercise Card Games

Room: Middlesex

Discipline/Level: PE, REC/ ALL

Description: The Playout Fitness Program gives your PE class a fun and engaging fitness curriculum, complete with fitness tests, games, and activities using our Exercise Card Game. No equipment needed!

Speaker: Eddie Kovel is part of PLAYOUT Fitness. In this session, we give you a glimpse into the endless possibilities available to you with Playout: The Exercise Card Game and show you how you can unlock your students' love for fitness using our games and activities. Let us show you how fun exercise can be! We offer an Assembly and Fitness Games program, in addition to selling our cards.

Thursday, 2:30 – 3:30 pm

Title: School Tennis Program

Room: Ballroom ABC

Discipline/Level: PE/ALL

Description: The USTA is the ideal partner to help bring tennis to your students. We offer training on how to teach tennis with no experience required, lesson plans and activities for teaching tennis without courts, and modified equipment (and grants!) to make tennis possible in any school or after-school environment- no courts required!

Speakers: Jennifer Myatt and Jon Kostek are part of the USTA, New England. The USTA gives children an opportunity to experience healthy and safe activities such as tennis. We offer training, curriculum, kid-friendly equipment, and staff support. The purpose of our School Tennis Program is to enable teachers to feel comfortable introducing tennis in non-traditional spaces.

Title: Awakening the Body through the Energetic Breath, Healing Breath

Room: Ballroom D

Discipline/Level: HS, University, Adult

Description: The healing, regulating, mind calming, blood circulating comes through the energetic breath. This builds immunity. The ability to focus will be enhanced as stress elimination through deep relaxation will revitalize the mind and refresh the body. You will sleep better, work better, feel better and gain so much insight into the world of body and mind energetics.

Speaker: Roosevelt Gainey started health and wellness and martial arts as a teenager in 1990. In 1997 he was inducted into the “circle of masters” Hall of Fame and honored as alternative health specialist of the year. Grandmaster Roosevelt also certifies and works with police, teachers, doctors etc.

Title: DEE PERELLI COLLEGE BOWL

Room: Ballroom E

Discipline/Level: University

Description: We are pleased to announce that our fifth annual “Dee Perrelli College Bowl to win the CTAHPERD Cup will be held during this session. This event is designed to be a fun, non-pressurized, collegial event where audience, students, and faculty alike gather to test their knowledge in areas important to CTAHPERD in a fun and interactive manner. Which campus will the “cup” end up at this year? Please join us to support the students participating in this year’s event!

Coordinator: Jan Bishop, Central CT State University

Title: Double Dipping: Wellness Games & Activities that Address PE & Health Standards

Room: Ballroom FGH

Discipline/Level: PE/ES

Description: Get more out of your contact minutes with students. Participants will be introduced to several active games that will address both PE and Health standards from the CT Healthy & Balanced Living Framework.

Speaker: Amanda Amtmanis is a PE teacher in Middletown at Spencer School.

Title: Whatever Happened to Comprehensive Health?

Room: Jersey

Discipline/Level: Health/ES, MS

Description: Too often educators consider health as solely nutrition and physical education. Students need comprehensive health! What's the difference? Why does it matter? This session will explore the need for and scope of comprehensive health education and highlight The Great Body Shop, a researched-based comprehensive curriculum that works for grades, PREK-9th

Speaker: Shannon Hannan has a Bachelor's degree in elementary education, a Master's in Health Education and is a current health education consultant for The Children's Health Market, Inc.

Title: **OPEN**

Room: Kent

Discipline/Level:

Description:

Speaker:

Title: "Breaking a Sweat without Breaking the Bank"

Room: Crown

Discipline/Level:

Description: Several of the best "bang for your buck" activities will be shared. Lesson planning around a small budget and limited resources is doable! Students will love these interesting, exciting, and highly active games. You will love the easy set up and versatility. It's amazing the fun you can have with homemade P.E. equipment.

Speaker: Matthew Johnson, Academy School, Brattleboro, VT is a high energy person with a great passion for physical activity and wellness.

Title: PASS: Classrooms in Action - The Rhythmical Brain – "Teaching Classroom Content using Dance and Rhythmic Activities"

Room: Nutmeg

Discipline/Level: Administrators/Classroom Teachers/All Levels

Description: This activity based session will introduce beat and rhythmical activities that can increase learning, reduce stress and enhance creativity. Presenters will show how beat and movement, combined with content based activities can create a brain based movement experience that is fun and engaging. This session will show participants how linking classroom content and movement can have a powerful effect on student learning by providing them with new ideas and strategies for motivating and engaging students, decreasing behavioral issues and improving cognition and overall fitness.

Speakers: Ellen Benham and Carol Ciotto, CCSU

Title: Tchoukball- Group Game- Secondary Level

Room: Coach 1

Discipline/Level: PE, REC/MS, HS

Description: The team game of Tchoukball was piloted last year at Glastonbury High School. Tchoukball quickly became a class favorite and a quality unit to include in our Group Games class.

Speakers: Chris Vozzolo and Marissa Wengell Health & Physical Education teachers at Glastonbury High School

Title: Achieving & Maintaining Spinal Health

Room: Coach 2

Discipline/Level: Health/ALL

Description: The speaker will break down which positions to avoid, what exercises affect the spine negatively, and proper exercise prescription for the lower back patient. A large amount of the work will be based off of Dr. Stuart McGill's research at the University of Waterloo in Ontario.

Speaker: Sam Reffsin is currently a graduate assistant strength & conditioning coach at Sacred Heart University, enrolling in a M.S. program in Exercise Science & Nutrition.

Title: **OPEN**

Room: Middlesex

Discipline/Level:

Description:

Speaker: