



"Our Strength is YOU!"

The Virginia Association for Health, Physical Education,
Recreation, and Dance

2025 CONVENTION PROGRAM

NOVEMBER 7-9

The Founders Inn Virginia Beach

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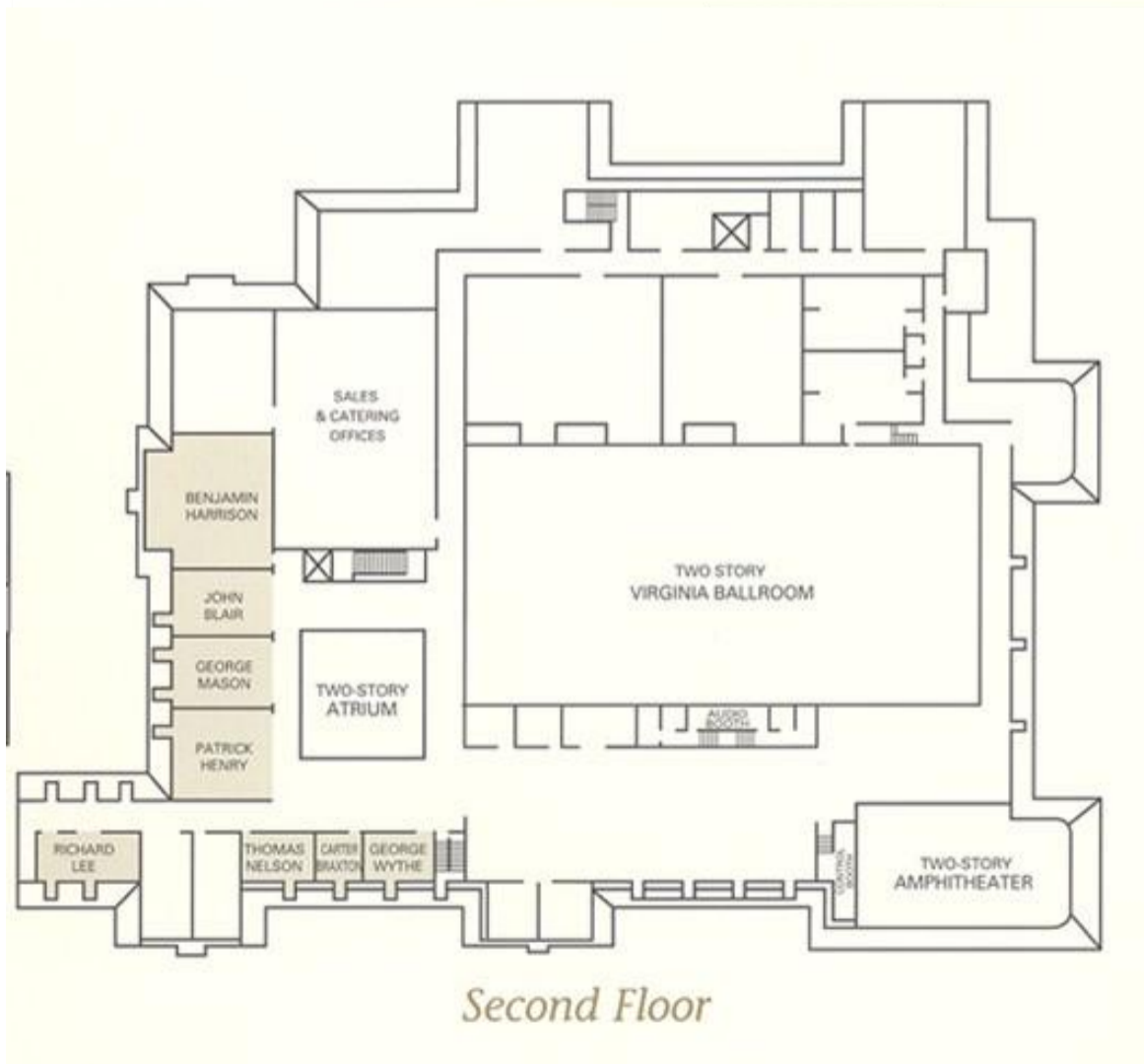
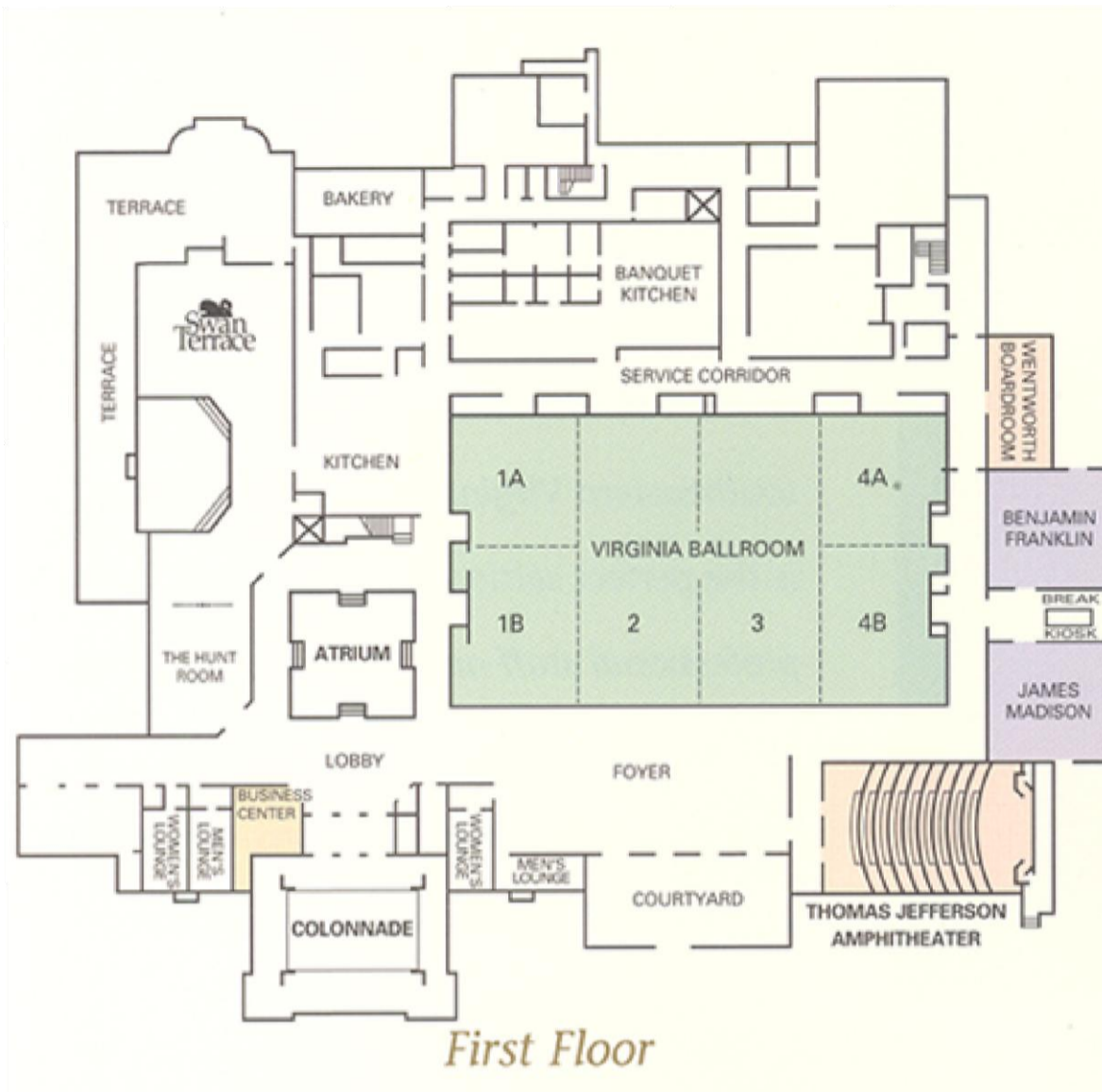
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Convention Registration Hotel Lobby

Friday 8:00 am – 4:50 pm

Saturday 8:00 am – 3:50 pm

Hotel Floor Plan



Meetings & Special Events

Friday

City/County Supervisor's Meeting	9:00 – 11:30 am	Jefferson
Exhibits Gala and Opening Social	11:00 – 11:30 am	Lobby
Opening General Session	11:30 – 12:50 pm	Ballroom 1
Student Super Stars	3:00 – 4:50 pm	Mason
Casino Night	7:00 – 10:00 pm	Ballroom 1

Saturday

Coffee, Tea & Station	7:30 – 8:00 am	Lobby
Exhibits	8:00 – 2:50 pm	Ballroom 2
General Session	8:00 – 8:50 am	Ballroom 3
Committee Meetings	10:00 – 10:50 am	Blair
Division Meetings	11:00 – 11:50 am	
Physical Education		Ballroom 1
Dance		Ballroom 4
Recreation, Sport & Fitness		Henry
General		Harrison
Health		Blair
Poster Presentations	12:00 – 1:50 pm	Lobby
Awards Ceremony	4:00 – 5:30 pm	Ballroom 2
Representative Assembly	1:00 – 2:30 pm	Jefferson
Awards Reception	5:30 – 6:15 pm	Ballroom 1
Dance Social	7:00 – 10:00 pm	Ballroom 2

Sunday

Coffee & Tea Station	7:30 – 8:50 am	Lobby
New Board Orientation	9:00 – 9:50 am	Henry
Closing General Session	11:00 – 11:50 am	Ballroom 3
Board of Directors Meeting	12:00 – 1:30 pm	Henry

2025 Keynote & Special Speakers

Dr. Daniel Fulham O’Neill



Daniel Fulham O’Neill, MD,EdD, is an Orthopaedic Surgeon, Sports Medicine Doctor, Sport Psychologist, and author. As a physician he has worked with diverse patients including the U.S. Alpine Ski and Ski Jumping Teams. After appreciating the importance of mental preparedness and rehabilitation in the world of sports medicine, Dr. O’Neill furthered his education to become a Sports Psychologist so he could better help his patients heal—both in body and mind. Dr. O’Neill is devoted to raising awareness about the link between children’s loss of what he has coined as their “physical identity” and the onset of obesity, illness, and depression. His latest book, Survival of the FIT: How Physical Education Ensures Academic Achievement and a Healthy Life from Teachers College Press empowers readers with a better understanding of the global obesity crisis and offers concrete yet simple solutions for creating healthier and happier children.

Friday 11:30 – 12:50 pm	Opening General Session Why Have We Given Up? How PE Can Save Children's Education	Ballroom 1
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LaDonda Porter



Ms. LaDonda Porter is a physical education teacher at Beaumont Middle School in Lexington, KY where she has been teaching for over 15 years. She is a graduate of the University of Kentucky with a Bachelors in health and physical education (K-12). She holds a master’s degree from Eastern Kentucky University in Library Science. She currently serves on the Kentucky Society of Health and Physical Education board as president. In 2018, she was named KYSHAPE middle school teacher of the year and in 2020, she was named Southern District middle school teacher of the year. Southern district serves members from 13 states. In 2019, she was awarded the University of Kentucky’s College of Education Lyman T. Johnson Torch of Excellence award that recognizes African American UK alumni that have impacted the lives of people on UK’s campus. She has served as the 2023 KYSHAPE president and currently holds the board position as awards chair. Her time at Beaumont middle includes duties of serving as the student trainer for their WEB (Where Everybody Belongs) mentoring program. She has also been serving as the intramural director for over 10 years and as the athletic director for over 8 years. When she is not teaching, she is spending time with her children, 3 boys and 1 girl or helping out her husband with their family owned BBQ food truck.

Saturday 8:00 – 8:50 am	Opening General Session Around the World in 60 Minutes	Ballroom 3
Sunday 9:00 - 9:50 am	That's Freaking Genially!	Jefferson

Daniel Hill



Daniel Hill is an elementary PE teacher in Lexington, Kentucky. He is a National Board Certified Teacher, a former President of KY-SHAPE and an OPEN National Trainer. Daniel has been a PE teacher for 20 years and was named the 2014 Kentucky Elementary PE Teacher of the Year. Daniel's teaching approach focuses on the psychology of movement and a lifelong love of being active. He aims to provide students with a variety of activities they can enjoy throughout their lives. He has implemented programs like a four-week roller-skating class to teach students a new skill and provide physical fitness benefits. He also focuses on mindfulness practices and has been involved with the School Wellness Action Plan team.

Saturday 9:00 – 9:50 am	Nutritional Nuggets- Active Nutrition Education This session will be a BUFFET of ideas to actively explore nutrition education. Encourage your students to take a BITE out of eating healthy for life!	Ballroom 4
Sunday 9:00 - 9:50 am	Active Health Actively explore all eight national health education standards in a physical education setting. Leave this session with tool, tricks and tips to cover health education in an active way.	Ballroom 3

Presentations from our keynote and special speakers will be highlighted throughout the program with a gold star.



2025 Board of Directors Candidates

President Elect

Victor Spadaro



Victor Spadaro teaches elementary physical education for Arlington Public Schools in Virginia. Additionally, Victor has coached at the elementary, middle, and high school levels. Along with being an OPEN National Trainer, he worked with the Chief Movement Officers in Virginia as a mentor to provide movement opportunities and calm strategies in the classroom. Victor is well known for his knowledge of dance and the creation of instructional dance videos shared online. He is a curriculum contributor for the state of Virginia and OPEN. Victor is the 2024 Virginia AHPERD and 2025 SHAPE Southern District Elementary Physical Education Teacher of the Year!

“I want to run for President because I believe in the power of our profession to inspire lifelong health, wellness, and joy through movement. Virginia AHPERD has shaped me as an educator and leader, and now I want to give back by helping others grow, collaborate, and make a lasting impact in their schools and communities. I want to be a strong voice for our field and to ensure that every educator in Virginia feels supported, valued, and connected. I’m driven to strengthen advocacy efforts, expand professional growth opportunities, and elevate the visibility of our disciplines across the state. I believe we can continue to advance quality programs, promote innovative teaching, and empower every member to be a champion for health and physical education in Virginia.”

Lei Dunn



Lei has spent the last 13 years as a health and physical education teacher, administrator, and curriculum specialist. Though her time is marked as a member of Virginia Beach City Public Schools, her experience stretches far beyond the city and even state. Lei currently serves as a member of the Darden College of Education Faculty at Old Dominion University, past VP of the Virginia AHPERD General Division, Advocacy Committee Chair and has provided professional development across the United States. As a nationally Certified Health Education Specialist and 2025 Virginia AHPERD Supervisor of the Year, Lei is passionate about preparing educators and school systems to provide high quality health and physical education to students.

“I am honored to run for the Virginia AHPERD President position. As President, I am committed to advancing our Virginia AHPERD mission by fostering professional growth, promoting quality programs, and advocating for health, physical education, recreation, and dance across the Commonwealth. By strengthening communication, expanding professional development opportunities, and building partnerships, I will work to ensure our association remains a strong, relevant, and unified voice for our profession. With dedication to service and collaboration, I am eager to lead Virginia AHPERD toward continued growth and impact.”

Officer Candidates

Division VP Elects

Teaching & Learning Division	Katie Marshall
Health Education Division	OPEN
Physical Education Division	Caitlin White
Physical Activity Division	Denver
Advocacy Representative	Lei Dunn

Regional Representatives

Northwest	OPEN
North	OPEN
Southwest	OPEN
Central	Jason Runk
Eastern	OPEN

- Friday, November 7 – Meet the Candidates at Opening Session - President Elect Speech and Board Nominee Introductions
- Friday November 7 – Voting opens after opening session and members receive email instructions on how to cast their ballot. You will need to log in to cast your vote. If you do not know your username or password email info@virginiaahperd.org before the convention.
- Saturday November 8 – Voting ends 5:00 PM
- Sunday November 9, General Closing Session 12:00 – Newly elected Officers introduced to the membership.

Virginia AHPERD 2025 Convention Schedule

Time/Division	Presentation Title/Summary Friday November 7	Room
8:30 – 11:30 am	City County Supervisors Meeting	Jefferson
9:00 – 10:50 am 	Outdoor Adventures – Because YOU And Your STUDENTS Are Worth It! Presenter: Scott McClure Our mission is to get ALL students K – 12 outdoors and improve the health and well-being of all participants. Participating in outdoor adventures can be a life-changing experience for your students and is appropriate for any grade level. Delve into research around outdoors adventures and discover the many benefits for your students, teachers, school, and community and explore how Outdoors Tomorrow Foundation can help you start your adventure, and plan to participate in your own ADVENTURE activities during the session!	Ballroom 1
9:00 – 10:50 am 	Smash Success: Teaching Tennis and Tapping Into Free PE Resources Presenter: Jeanine Acierto Join us for a tennis workshop designed for K–12 PE teachers! You’ll learn how to confidently teach tennis to students of all ages and abilities, manage your class and equipment, and adapt activities for any space. Discover how to access free lesson plans and online resources, connect with a school partner for added support, and receive a free Net Generation tennis equipment kit. You’ll also learn how to bring Girls Rule the Court™, an empowering after-school program for girls, to your school! Bring the fun, inclusivity, and lifelong value of tennis to your PE program!	Ballroom 3
9:00 – 10:50 am 	Let’s Get Inclusive: Remixing Physical Education for All Learners Presenter: Naomi Hartl Ready to remix your approach to PE? This session brings the energy and real-world strategies to help you create inclusive PE experiences that work for all students—especially those with disabilities. You’ll learn how to recognize and respond to diverse learning needs, understand how different disabilities can impact participation, and apply practical modifications to skills, lessons, and environments. Through adaptable tools, lesson design tips, and student-centered strategies, we’ll turn common barriers into opportunities for connection, and joyful movement. Walk away with a deeper understanding of inclusive practices and the confidence to design PE programs where every student—regardless of ability, background, or identity—can engage, grow, and thrive.	Ballroom 4
9:00 – 10:50 am Health	Health + PE: Think Forward, Move Forward Presenter: Danielle Matheney Ready to fuse health and PE into one powerful experience? In this fast-paced session, experience a reimagined, movement-based approach that blends health education and physical education into a single, forward-thinking vision. Dive into community building games that get students to “buy in”, instructional strategies that keep students engaged, multimedia physical education lessons, and real-world projects that offer opportunities for community engagement. Leave with ready-to-use ideas to move your curriculum—and your students—forward!	Harrison
11:00 – 11:30 am	Exhibits Opening Gala and Social Come get the first look at this year’s exhibits and vendors!	Ballroom 2/ Lobby
11:30 – 12:50 pm 	Opening General Session Why Have We Given Up? How PE Can Save Children's Education Dr. Daniel Fulham O’Neill,	Ballroom 1
1:00 – 1:50 pm General	Level Up Your Leadership with VaAHPERD Presenters: Summer Davis, Lei Dun, Jessica Bayliss Interested in becoming more involved and serving in Virginia AHPERD but don’t know how to get started? We have you covered! Come to this panel discussion session to learn about the organization and how you can take on leadership role alongside your fellow educators.	Lee

Be Sure to Check Out This Years Exhibitors



Time/Division	Presentation Title/Summary Friday November 7	Room
1:00 – 1:50 pm OMNIKIN	Get FAST and FURIOUS with Omnikin! Presenter: Scott Williams Join in this fast-paced, action-packed 60 minutes of FUN that will leave your students begging for more! With everything from intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport of Kin-Ball, this session will have it all! Omnikin’s wide range of products are crowd pleasers by themselves, but these activities will solidify that the gym is the place to be in your school. So what are you waiting for?!? Come join Team Omnikin today and blow your students away!	Ballroom 1
1:00 – 1:50 pm Physical Education	Best of Baltimore! Top Takeaways from the SHAPE National Convention Presenter: Patrick Noel This session will be a recap of some of the best tips, tricks, strategies and activities from SHAPE Baltimore. Come learn what State, District and National TOYs had to share in a jam packed session!	Ballroom 3
1:00 – 1:50 pm Physical Education	Student Created Games Presenter: Tommy Landseadel Kids are our greatest resource when it comes to designing creative and fun activities. I will share how we built our culture that promotes student creativity and empowers students to lead. I will also share many of the greatest hits from our “create a game unit”. Whether you are looking for new ways to engage students and implement a similar unit, or you just want some amazingly creative game ideas to take back to your school, there is something here for everyone.	Ballroom 4
1:00 – 1:50 pm Health	Enriching Health Education: Innovative Activities for Deeper Student Engagement and Learning Presenters: Katie Bowman, Tevin Braxton, Bryce Demory, Mackenzie Ingrassia, Tucker Motley, Maddi Olsen, Sydney Phillips and Savannah Yanz The University of Lynchburg students created TONS of activities to integrate into their health lessons. Come benefit from their hard work! All activities will be new and aligned with VA SOLs for Health Education from 4th-10th grades. All links will be shared for seamless integration into your classroom.	Jefferson
1:00 – 1:50 pm Dance	Designing a Healing, Health, and Well-being African Diaspora Dance and Drumming Experience for pre-K-12 and College Settings Presenter: Shelia Ward	Harrison
1:00 – 1:50 pm Health	Body Confident Schools Presenter: Jen Rabung Join us for an engaging presentation that tackles the growing crisis of body image distress among today’s youth. With 77% of adolescents experiencing body image distress, and 1 in 5 girls and 1 in 7 boys developing an eating disorder in their lifetime, this issue affects everyone. We’ll discuss the alarming rise in eating disorder diagnoses during the pandemic and how social media has intensified children’s mental health struggles. Learn how schools can take proactive steps by implementing a short, impactful curriculum to foster healthy conversations and reshape the dialogue around body image. Together, we can support the next generation in building a more confident, self-assured future. Don’t miss this opportunity to make a real difference!	Blair
1:00 – 1:50 pm Students	Interviewing 101: Preparing to Interview for Health & Physical Education Positions Presenter: Kristen Donley Current students will have the opportunity to learn from and connect with current health and physical education supervisors across Virginia. Supervisors will share tips to prepare to interview. Students will engage in a mock interview and receive feedback on their responses. This is a low-stress way to gain experience and prepare to interview.	Mason
1:00 – 1:50 pm Recreation, Sport & Fitness	HIIT Workout Presenter: Raymond Crowell What is HIIT? HIIT alternates between high-intensity exercise and short rest or lower-intensity recovery periods. It can be done with or without equipment. It's a time-efficient way to exercise, offering significant fitness benefits in a shorter timeframe.	Henry

Time/Division	Presentation Title/Summary Friday November 7	Room
2:00 – 2:50 pm OMNIKIN	Have a BALL with Action-Packed Fun for All! Presenter: Scott Williams Whether you are looking for a new or modified team sport, cooperative and community-building activities, or fun with fitness or skill development, Omnikin has you covered! This exhilarating and dynamic session will feature highlights of our lightweight and non-threatening dynamic 14"-48" balls that will generate excitement in your classroom like never seen before all while providing an inclusive environment! Your students will surely have a BALL!	Ballroom 1
2:00 – 2:50 pm Recreation, Sport & Fitness	You.Fo and Your Gym Presenters: Jason Runk & Mark Brandenburger Are you looking for an exhilarating and unique game to engage players of all ages and abilities? Join us for an exciting session introducing "YOU.FO" – the innovative new game that combines elements of flying discs and team sports to create an adrenaline-pumping experience like no other. This award-winning new sports and leisure game is based on throwing an aerodynamic ring with specially designed sticks. It is co-created with PE teachers, based on research and the session will blow your mind!	Ballroom 3
2:00 – 2:50 pm Dance	Applying Adapted Dance in Schools and Communities Presenter: Baillie Ollila Adapted dance is a non-traditional form of physical activity that can allow participants with disabilities to explore creative movement. Adapted dance programming and curriculum should promote creativity, confidence, and physical activity. This presentation will provide attending professionals with the information necessary to develop and implement adapted dance in their communities or schools. The audience will be provided with a curriculum that covers recruitment, training, program/class structure, choreography considerations, modifications, and more. Information will be presented as attendees are taken through a 40-minute dance session.	Ballroom 4
2:00 – 2:50 pm Physical Education	Digitizing Data Collection: Using Google Forms to Track IEP APE Goals Presenters: Adam Forbes and James Gunther Tired of carrying binders and folders filled with data collection sheets? Have too many schools and students to track goals? This session will focus on how adapted physical educators can collect and keep track of data collection for IEP APE goals using Google Forms. Participants will learn the utility of digitizing data collection, how to create goals on Google Forms, and leave with the motivation and encouragement to stay organized and on top of data collection.	Blair
2:00 – 2:50 pm Physical Education	Adapting Physical Activities for Early Childhood Classes Presenters: Caitlin Ellis & Jennifer Vedder This session explores how to adapt health and physical education activities for early childhood settings using Virginia's Early Learning and Development Standards. Participants will examine developmentally appropriate strategies, explore free resources from the UVA-developed ECE Resource Hub, and discuss how to align physical activity with learning goals. Attendees will also engage in hands-on, playful activities adapted specifically for young children.	Henry
2:00 – 2:50 pm Physical Education	Beyond the Baseline: Creating Inclusive & Accessible PE through UDL Presenter: Robert Mages Participants will actively experience and apply Universal Design for Learning (UDL) principles and inclusive best practices to "Target Games & Striking Skills," understanding their transferability to all PE units.	Harrison
3:00 – 4:50 pm Students	Student Super Stars! This event is for current students! Come play games and socialize with other future professionals.	Mason
3:00 – 3:50 pm Physical Education	PE with Purpose: Aligning High School Lessons to SOLs Presenter: Jennifer Mulrine PE is more than just sports. In NNPS, we have been rethinking the way we create lessons/units. Come see how the SOLs are guiding our instructional design.	Ballroom 1

Time/Division	Presentation Title/Summary Friday November 7	Room
3:00 – 3:50 pm Physical Education	Tableball Mania Presenters: Julie Hudnall Get ready for nonstop fun and creativity during Tableball Mania! This fast-paced session introduces an exciting, adaptable game that combines elements of table tennis, volleyball, and four square, perfect for all ages and skill levels. Participants will learn how to set up, play, and modify Tableball, making it ideal for PE, recreation programs, or rainy-day activities. Discover how Tableball builds teamwork, hand-eye coordination, and strategic thinking while keeping everyone engaged and moving. Come ready to play, laugh, and leave with a new favorite activity your students will love!	Ballroom 3
3:00 – 3:50 pm Dance	Let's Dance! Put on your Gym shoes and find your groove! Presenter: Kelly Zerby We aren't all natural dancers, and that is okay! You can teach rhythms in so many different ways. Come check out some creative and fun activities and dances to bring rhythm and music into your PE classes.	Ballroom 4
3:00 – 3:50 pm Health	School Based Health Fair: Building a culture of health awareness and learning through engaging special events Presenter: Tommy Landseadel This session is about what we do at our school with our Health Fair. We have a teacher planned, volunteer run annual event for grades 2-5 where students learn about a variety of health topics in engaging ways. We also do a capstone project with 5th graders where they plan and run the K1 Health Fair. Students research a topic of their choosing, create a lesson for a potential session, and the top few groups get to actually run the event for K and 1.	Jefferson
3:00 – 3:50 pm Physical Education	APE in Virginia: Exploring VDOE's Guidance and Resources Presenters: Adam Forbes, Seungyeon Park, and Jennifer Vedder State Departments of Education play a key role in guiding school divisions on effective, evidence-based educational practices that support student success. One important area is special education which includes adapted physical education (APE). This session will explore the VDOE's resources and guidance related to APE. Together, we will dig into the VDOE website, review what is available, and discuss how to enhance the information to support quality APE in Virginia.	Blair
3:00 – 3:50 pm Physical Education	Cardio Tennis For Everyone: Fun Dynamic Tennis for Every Presenter: Edward Watkins Cardio Tennis is a dynamic, heart-pumping fitness experience that blends tennis movement with cardiovascular training — no matter your age, skill level, or tennis experience. This session will demonstrate how to create an inclusive, fun, and fast-paced environment where beginners feel confident, and experienced players stay challenged. Participants will learn how to adapt drills for different fitness and skill levels, use music to drive energy and pacing, and keep players constantly moving through creative and engaging formats. Whether you're a PE teacher, tennis coach, or group fitness leader, you'll leave with a toolkit of scalable drills and game-based activities that make cardio tennis accessible and effective for all.	Henry
3:00 – 3:50 pm Physical Education	Parkour: Is a Place for Yes! Presenter: Andrea Williams Roots Help your students explore their environment by saying Yes to Parkour. Learn to expand your own capabilities and your students. Parkour is a safe, fun, effective way to teach children a love for movement. Learn how Parkour, in a nutshell is Sport/Fitness & Leisure. We are all capable of so much, and we just need to give ourselves the environment to figure that out. While adhering to SOLs and focus on fun, safety, progressions, age/grade level; a children can learn a set of tools, both physical, and mental, to move safely through their environment.	Harrison
4:00 – 4:50 pm Physical Education	Group Games with Little Equipment Presenter: Susan Andrews This session is perfect for the PE teacher looking for ideas for larger group games they can play with little equipment. This session will have games that are most suitable for 5th-12th grades, but all levels are welcome to attend.	Ballroom 1

Time/Division	Presentation Title/Summary Friday November 7	Room
4:00 – 4:50 pm Physical Education	Get in the Know of the Five for Life® Flow! Presenters: Ron Malm, Stevie Ray Gray & Kelly Zerby Energize your PE classes with the newly updated, VA SOL-aligned Five for Life® program—packed with high-energy, purposeful activities and the latest in innovative equipment to keep students moving and motivated!	Ballroom 3
4:00 – 4:50 pm Dance	Line Dancing Presenter: Bianca Ruvalcaba Come learn some different line dances that I have taught my physical education classes!	Ballroom 4
4:00 – 4:50 pm Health	Ready, Set, Go: Making Sense of Performance Psychology Presenter: Jim Davis What exactly is deliberate practice? Practical mindfulness? The ubiquitous growth mindset? How do I understand these concepts, teach them, and recognize opportunities to use them in practice? The world of psychology is vast. In the pursuit of high performance, it is increasingly recognized as a distinguishing factor. But it can be hard to sift through. Performance psychology is not a strict, linear progression. Rather, it can be understood in tiers, which have been developed to help leaders of all kinds see the landscape of psychology with greater clarity, rather than all at once. The “Ready, Set, Go” Funnel does just that. Join our session for research, insights, and practical strategies to support teachers, coaches, athletes... everyone!	Jefferson
4:00 – 4:50 pm Health	Health Rewired: Reimagining What Health Education Can Be in Virginia Presenter: Jennifer Vedder This session invites health educators to take a seat at the table and help shape the future of health instruction in our state. This interactive session will explore what’s working, what’s missing, and what’s possible as we prepare for the upcoming review of Virginia’s Health Standards of Learning. Participants will engage in guided discussions, share classroom challenges, and provide feedback on what they want and need from updated health standards. Your voice matters, come ready to reflect, collaborate, and reimagine health education for the next generation of Virginia students.	Blair
4:00 – 4:50 pm Physical Education	Cooperative Fridays Presenter: Tony Splendore Looking to foster teamwork, inclusivity, and problem-solving skills in your students? Join us for Cooperative Fridays—a weekly session designed to bring students together through engaging, collaborative games. Each Friday, students participate in activities that emphasize working toward shared goals. Some games encourage friendly competition, while others focus on team-based challenges. Regardless of the format, every activity is designed to enhance student participation, build communication skills, and boost enjoyment in physical education. Expect to see increased engagement, stronger team dynamics, and a noticeable improvement in the overall classroom experience.	Harrison/out side
4:00 – 4:50 pm 	Hockey in Schools curriculum Presenters: Andrew Nash, Youth Hockey Development, & Washington Capitals This presentation is taking place off site at Woodstock Elementary School 6016 Providence Rd., Virginia Beach. Transportation for up to 14 people will be available, all others will need to drive to the site which is only 1.2 miles from Founder's Inn.	OFF SITE
5:00 – 7:00 pm Students	Student Social Don’t stop the fun now! Hopefully the student super stars session made you work up an appetite! Now come grab some food while continuing to network and socialize with other future professionals.	Governors Suit
5:00 – 7:00 pm Go enjoy some dinner at one of the local restaurants or at the hotel and come back in time for Casino Night!		
7:00 – 10:00 pm	Casino Night Play games and win prizes! ****This event is for registered conference attendees only****	Ballroom 1

A central graphic for 'CASINO NIGHT' featuring the text in a stylized font. 'CASINO' is in yellow and 'NIGHT' is in white. The text is enclosed in a gold, rounded rectangular frame with a border of glowing orange and yellow lights. The background is dark with scattered playing cards (aces of spades, hearts, clubs, and diamonds) and red dice.

CASINO NIGHT

Let's Go All-In for a Fun-Filled
Casino Night




FRIDAY, NOVEMBER 7TH

Ballroom 1


Doors open at 7pm

Cash Bar • Blackjack • Roulette • Cornhole
Bucketball • Battle Putt • Texas Hold'em

**This event is for registered conference
attendees only.**

Time/Division	Presentation Title/Summary Saturday November 8	Room
Come enjoy some coffee, tea and breakfast bites in the lobby from 7:30 – 8:00 am!		
8:00 – 8:50 am 	<p style="text-align: center;">Opening General Session Around the World in 60 Minutes</p> <p>Presenter: LaDonda Porter Get your phys. ed. passport ready as we explore the different continents and learn and demonstrate a variety of games from around the world. This session will be jam packed with games that require little to no equipment to help deepen your understanding and appreciation of different cultures and regions of the world.</p>	Ballroom 3
8:00 – 2:50 pm	<p>Exhibits</p> <p>Be sure to stop by and visit the exhibitors today!</p>	Ballroom 2
9:00 – 9:50 am General	<p>Relationships Matter!</p> <p>Presenter: Jimmy Grassano This presentation will explore the critical role that meaningful relationships play in creating a successful and impactful physical education environment. Rooted in the belief that students thrive when they feel connected, safe, and valued, this session will focus on practical strategies for building a classroom culture that feels like family. Attendees will learn how to cultivate a space where every student feels seen, heard, and respected—regardless of skill level, background, or ability. By weaving social-emotional learning into daily movement activities, educators can promote teamwork, empathy, and trust while keeping physical education engaging and joyful. Participants will walk away with tools to create inclusive routines, encourage student voice, and establish positive relationships that support both physical and emotional growth through movement. This session will reinforce that when students feel like they belong, they move more, laugh more, and learn more.</p>	Ballroom 1
9:00 – 9:50 am 	<p>ACTION! Team Games to Boost Engagement</p> <p>Presenter: Ben Maenke An action-packed workshop featuring team games that are class-oriented, teacher-friendly, and align with national physical education standards. These high-energy games are sure to get students moving while also keeping them engaged.</p>	Ballroom 3
9:00 – 9:50 am Health 	<p>Nutritional Nuggets- Active Nutrition Education</p> <p>Presenter: Daniel Hill This session will be a BUFFET of ideas to actively explore nutrition education. Encourage your students to take a BITE out of eating healthy for life!</p>	Ballroom 4
9:00 – 9:50am Health	<p>Using AI to Enhance Your Health Classes</p> <p>Presenters: Katie Bowman, Tevin Braxton, Bryce Demory, Mackenzie Ingrassia, Tucker Motley, Maddi Olsen, Sydney Phillips and Savannah Yanz AI tools are becoming more “intelligent”. Join the HPE majors from the University of Lynchburg and explore how you can use it to create learning activities that enhance student learning using ChatGPT, Gemini, NotebookLM, and Imagen. We will share some of our favorite features, how to upload sources, and tips to prompt it to get the most out of your session. Bring your ideas and your laptops for this interactive session!</p>	Jefferson
9:00 – 9:50 am Physical Education	<p>Shadow Clone Jutsu: The Art of Using Clones in P.E.</p> <p>Presenter: Adam Forbes Have you wanted to expand your assessment toolbox to engage students and keep track of their learning? Enter Shadow Clone Jutsu! This session focuses on the art of how you can clone yourself to assess students on identifying and analyzing the critical elements of skill. Participants will learn how to use the assessment technique and create their own shadow clone.</p>	Harrison
9:00 - 9:50 am General	<p>AI in the Classroom</p> <p>Presenter: Jessica Bayliss Generative AI is rapidly reshaping how educators plan, communicate, and create, but what does that really mean for health and physical education? In this interactive session, participants will explore what Generative AI is (and isn't), learn practical prompt-writing techniques using the R-C-T-F framework, and discuss responsible, classroom-safe ways to integrate AI tools into everyday teaching. Laptops are recommended!</p>	Henry


Time/Division	Presentation Title/Summary Saturday November 8	Room
9:00 – 9:50 am General	<p>Transform Your Teaching: The Journey to National Board Certification Presenters: Patrick Noel & Laurie Brady</p> <p>Are you looking to take your teaching practice to the next level, but don't know where to start? Come learn about the National Board Certification process as 2 of VaAHPERD's newest NBCT's share their experiences and thoughts on the most transformative journey an educator can take!</p>	Blair
9:00 – 9:50 am General	<p>Private School Roundtable Presenter: Maria McKeown</p> <p>Feel like you are on an island? Need some new ideas or just validation that you are an important piece of your school community? Join us for a roundtable discussion and let's create a strong network of private school professionals!</p>	Lee
9:00 – 9:50 am Health	<p>Is Your Health Class Current? Tools and Tops for Consent Education Presenter: Kyle Suzan Mortenson</p> <p>Need fresh approaches to teaching consent and healthy relationships? Our interactive workshop equips educators with a 'Mary Poppins toolkit' of resources for navigating today's complex social landscape. Through hands-on activities and innovative games, we'll explore how to create safe spaces for these sensitive conversations while keeping students meaningfully engaged. Participants will experience activities firsthand, collaborate with peers, and leave with at least three classroom-ready resources covering everything from body autonomy to relationship boundaries. Transform your health curriculum with creative strategies that resonate with today's youth and foster authentic learning experiences.</p>	Mason
10:00 - 10:50 am General	<p>Committee Meetings If you are on any of the Virginia AHPERD's committees, or interested in getting involved, you are asked to be in attendance. Committees include: Advocacy, Awards, Diversity, Membership, Finance, Grant, and Nominating</p>	Lee
10:00 - 11:30** Physical Education	<p>PE Potpourri Presenter: Andrew Wymer</p> <p>This awesome session will include activities across a variety of categories such as instant activities, cooperation, and skill based development. This session will display some students' greatest hits over his career as an elementary, middle, and high school PE teacher. Session promises to be highly active!</p>	Ballroom 3
10:00 - 11:30**	 <p>Outdoor Adventures – Because YOU And Your STUDENTS Are Worth It! Presenter: Scott McClure</p> <p>Our mission is to get ALL students K – 12 outdoors and improve the health and well-being of all participants. Participating in outdoor adventures can be a life-changing experience for your students and is appropriate for any grade level. Delve into research around outdoors adventures and discover the many benefits for your students, teachers, school, and community and explore how Outdoors Tomorrow Foundation can help you start your adventure, and plan to participate in your own ADVENTURE activities during the session!</p>	Mason
10:00 - 10:50 am Physical Education	<p>Tableball Mania Presenters: Julie Hudnall</p> <p>Get ready for nonstop fun and creativity during Tableball Mania! This fast-paced session introduces an exciting, adaptable game that combines elements of table tennis, volleyball, and four square—perfect for all ages and skill levels. Participants will learn how to set up, play, and modify Tableball, making it ideal for physical education, recreation programs, or rainy-day activities. Discover how Tableball builds teamwork, hand-eye coordination, and strategic thinking while keeping everyone engaged and moving. Come ready to play, laugh, and leave with a new favorite activity your students will love!</p>	Ballroom 1

Time/Division	Presentation Title/Summary Saturday November 8	Room
10:00 – 10:50 am 	Smash Success: Teaching Tennis and Tapping Into Free PE Resources Presenter: Jeanine Acierto Join us for a hands-on tennis workshop designed for K–12 PE teachers! You’ll learn how to confidently teach tennis to students of all ages and abilities, manage your class and equipment, and adapt activities for any space. Discover how to access free K–12 lesson plans and online resources, connect with a school partner for added support, and receive a free Net Generation tennis equipment kit. You’ll also learn how to bring Girls Rule the Court™, an empowering after-school program for girls, to your school! Bring the fun, inclusivity, and lifelong value of tennis to your PE program!	Ballroom 4
10:00 - 10:50 am Health	Ready, Set, Go: Making Sense of Performance Psychology Presenter: Jim Davis What exactly is deliberate practice? Practical mindfulness? The ubiquitous growth mindset? How do I understand these concepts, teach them, and recognize opportunities to use them in practice? The world of psychology is vast. In the pursuit of high performance, it is increasingly recognized as a distinguishing factor. But it can be hard to sift through. Performance psychology is not a strict, linear progression. Rather, it can be understood in tiers, which have been developed to help leaders of all kinds see the landscape of psychology with greater clarity, rather than all at once. The “Ready, Set, Go” Funnel does just that. Join our session for research, insights, and practical strategies to support teachers, coaches, athletes... everyone!	Jefferson
10:00 - 10:50 am Physical Education	Using Academic Language to Enhance Rigor in your Physical Education Program Presenter: Tia Moore This session focuses on engaging students while incorporating academic rigor with the use of academic language into the physical education instructional process. Using introductory sets, gamification and formative/summative assessment techniques. Join me while I share ways to make cross-curricular connections to core content areas. Elevate your teaching practice with this impactful and high level learning process while still enjoying fun and game play of PE activities.	Harrison
10:00 - 10:50 am Physical Education	Virginia’s Adapted Physical Education Consortium Presenter: Adam Forbes Virginia’s Adapted Physical Education Consortium (VAPEC) welcomes current members and interested attendees to join our annual meeting. This meeting will provide updates about the current efforts of VAPEC and most importantly, time to (re)connect with members.	Blair
10:00 - 10:50 am Health	Ticks and Tickborne Diseases in Virginia: A Review for Educators Presenter: Julia Murphy The ticks of human health importance, common tick-borne diseases and tick-borne disease prevention measures will be reviewed.	Henry
<p>At this time during the convention, we ask that you please attend a division meeting in an area of your interest. We want to hear from you regarding matters of leadership, and the future of the organization and upcoming conventions. Lunch tickets will also be handed out at the meetings. The divisions and meeting locations are listed below.</p>		
11:00 – 11:50 am	General Division Meeting	Harrison
11:00 – 11:50 am	Health Division Meeting	Blair
11:00 – 11:50 am	Physical Education Division Meeting	Ballroom 1
11:00 – 11:50 am	Dance Division Meeting	Ballroom 4
11:00 – 11:50 am	Recreation, Sport, and Fitness Division Meeting	Henry

Time/Division	Presentation Title/Summary Saturday November 8	Room
Lunch at 12:00 pm Stay on site and grab lunch for FREE to enjoy with friends! Please attend a division meeting to get your lunch ticket for the fiesta buffet. The lunches can be found upstairs (outside Blair, Mason, and Henry) and downstairs (near registration).		
12:00 – 1:50 pm General	Poster Sessions Come explore some of the latest research in HPE presented by your colleagues from across the state.	Lobby
1:00 - 2:30 pm General	Representative Assembly If you are on the Board of Directors, or a section chair (current, elect, or past) in any of the divisions, you are required to be in attendance.	Jefferson
1:00 - 1:50 pm Physical Education	POWER of SOCCER Presenter: Debbie LoCastro Introduction, benefits, and demonstration of Power Soccer, adapted sport for Power wheelchair users.	Ballroom 1
1:00 - 1:50 pm Physical Education	Integrating the Army Fitness Test into Physical Education Presenter: Kat Foster & SFC Damian Montano Participants will learn how to collaborate with their school's military recruiters to incorporate a modified version of the Army Fitness Test into their PE curriculum. Prizes will be awarded!	Ballroom 4
1:00 - 1:50 pm Physical Education	Bring the Energy! Instant Activities your Students will Love! Presenter: Kelly Zerby Get Your Students In The Gym And Moving Right Away With Some Fun And Simple Instant Activities. We Have Many Exciting "In The Door" Activities That You Can Use Right Away.	Harrison
1:00 - 1:50 pm Health	Empowering Educators to Combat the Opioid Crisis: Implementing Botvin LifeSkills in HPE Presenter: Nenneya Shields Join us for an engaging and impactful session that dives into the Opioid Abatement Education Plan, a comprehensive initiative equipping K–12 Health and Physical Education teachers with the tools to help prevent opioid misuse before it begins. Through our statewide partnership, educators receive full support—including training, materials, and stipends—to deliver the Botvin LifeSkills Training, a nationally recognized, evidence-based substance abuse prevention program. This session will highlight how this program can be seamlessly integrated into Health and PE curricula to build resilience, decision-making, and refusal skills in students. Participants will hear success stories, explore implementation strategies, and learn how to become part of the movement to protect Virginia's youth from the growing opioid epidemic.	Blair
1:00 - 1:50 pm Health	Is Your Health Class Current? Tools and Tops for Consent Education Presenter: Kyle Suzan Mortenson Need fresh approaches to teaching consent and healthy relationships? Our interactive workshop equips educators with a 'Mary Poppins toolkit' of resources for navigating today's complex social landscape. Through hands-on activities and innovative games, we'll explore how to create safe spaces for these sensitive conversations while keeping students meaningfully engaged. Participants will experience activities firsthand, collaborate with peers, and leave with at least three classroom-ready resources covering everything from body autonomy to relationship boundaries. Transform your health curriculum with creative strategies that resonate with today's youth and foster authentic learning experiences.	Mason
1:00 - 1:50 pm Health	From Data to Action: Planning, Organizing & Implementing a Sexual Health Summit with Students Health Ambassadors on a College Campus Presenter: Cynthia Burwell This presentation will detail the lessons learned along our journey and provide a blueprint for institutions working with Student Health Ambassadors using data to broaden their scope to an all-campus approach to sexual health education.	Lee

Time/Division	Presentation Title/Summary Saturday November 8	Room
1:00 - 1:50 pm Physical Education	<p>Building the Dream Team: How to develop meaningful collaboration between APE, PE, and EAC/ID teachers to better serve your students!</p> <p>Presenters: Michelle Liu, Maddie Mallon, Mike Polifiko, Ryan Barber, & Jennifer Spohn</p> <p>Do you feel like you could be making more of an impact on your students with special needs, but not sure where to start? Join a team of experienced teachers who have learned the ins and outs of how to work collaboratively to provide a meaningful and inclusive learning environment for students with disabilities in both small group and general education settings. Discussion will focus on how to structure classes, develop appropriate routines, and set realistic expectations that align with PE standards. Teachers will also shed light on the transition from a small group setting to the general education class, and how to make this a positive experience for students who are ready. Everyone is encouraged to ask questions, share challenges, and learn to lean on each other for new ideas as we dive a little deeper into what it takes to set our students up for success. Whether you're a veteran teacher or new to the game, leave with some key takeaways and strategies you can implement with your students right away!</p>	Henry
2:00 - 3:30** pm 	<p>Let's Get Inclusive: Remixing Physical Education for All Learners</p> <p>Presenter: Naomi Hartl</p> <p>Ready to remix your approach to physical education? This session brings the energy and real-world strategies to help you create inclusive PE experiences that work for all students—especially those with disabilities. You'll learn how to recognize and respond to diverse learning needs, understand how different disabilities can impact participation, and apply practical modifications to skills, lessons, and environments. Through adaptable tools, lesson design tips, and student-centered strategies, we'll turn common barriers into opportunities for connection, agency, and joyful movement. Walk away with a deeper understanding of inclusive practices and the confidence to design PE programs where every student—regardless of ability, background, or identity—can engage, grow, and thrive.</p>	Mason
2:00 - 2:50 pm 	<p>Health in Motion</p> <p>Presenter: Joanna Barney</p> <p>This interactive session explores how movement-based learning can enhance health education. Participants will discover innovative strategies to integrate physical activity into lessons on topics such as nutrition, hygiene, and wellness. Through hands-on activities, educators will learn how to engage students in kinesthetic learning experiences that improve comprehension, retention, and enthusiasm for health topics. Attendees will leave with ready-to-use strategies and a fresh perspective on active learning in health education.</p>	Ballroom 1
2:00 - 2:50 pm 	<p>Have a BALL with Action-Packed Fun for All!</p> <p>Presenter: Scott Williams</p> <p>Whether you are looking for a new or modified team sport, cooperative and community-building activities, or fun with fitness or skill development, Omnikin has you covered! This exhilarating and dynamic session will feature highlights of our lightweight and non-threatening dynamic 14"-48" balls that will generate excitement in your classroom like never seen before all while providing an inclusive environment! Your students will surely have a BALL!</p>	Ballroom 3
2:00 - 2:50 pm Physical Education	<p>Integrating the Army Fitness Test into Physical Education</p> <p>Presenter: Kat Foster & SFC Damian Montano</p> <p>Participants will learn how to collaborate with their school's military recruiters to incorporate a modified version of the Army Fitness Test into their PE curriculum. Prizes will be awarded!</p>	Ballroom 4
2:00 - 2:50 pm Physical Education	<p>Physical Education Cooperative Activities and Team Building Games</p> <p>Presenter: Seungyeon Park</p> <p>This session offers hands-on experience with cooperative activities and team-building games designed for physical education classes. These activities promote collaboration, enhance decision-making and problem-solving skills, and help students learn how to work effectively with their peers.</p>	Harrison

Time/Division	Presentation Title/Summary Saturday November 8	Room
2:00 - 2:50 pm Physical Education	Strength and Conditioning Strategies for High School Athletes Presenter: Rodney Gaines The following session will cover the steps needed to start a strength and conditioning program for high school athletes. The session will cover steps on testing, sport prescription, safety, and facility management.	Blair
2:00 - 2:50 pm Physical Education	Field Day Share Session Presenter: Julie Hudnall Be ready to listen, learn, & share about field day set up, equipment, relays, and school/community engagement.	Henry
2:00 - 2:50 pm Physical Education	Random Digressions and Modern Coaching Theories Presenter: Dr. Jim Hammond Coaching, especially in the modern age, is no longer confined to rigid playbooks or singular models. It draws from psychology, leadership, motivation, communication, and even philosophy. This presentation is a guided exploration through the many theories shaping today's coaching landscape.	Lee
3:00 – 3:50 pm General	Live From Va AHPERD Presenters: Jen Vedder, et al. Get ready for quick-hit mini-interviews with Health & PE Teachers of the Year as they share their best classroom ideas in rapid-fire rounds. You'll also hear fresh takes and fun stories from newly honored TOYs, plus behind-the-scenes insights from VaAHPERD's leaders and Executive Director.	Mason
3:00 – 3:50 pm Physical Education	PE with Purpose: Aligning Middle School Lessons to SOLs Presenter: Jennifer Mulrine PE is more than just sports. In NNPS, we have been rethinking the way we create lessons/units. Come see how the SOLs are guiding our instructional design.	Ballroom 1
3:00 – 3:50 pm Physical Education	POWER of SOCCER Presenter: Debbie LoCastro Introduction, benefits, and demonstration of Power Soccer, adapted sport for Power wheelchair users.	Ballroom 3
3:00 – 3:50 pm Physical Education	Warmups that Work! Presenter: Julie Hudnall Come check out some of my favorite warmups that work for my K-5 students!	Harrison
3:00 – 3:50 pm General	The Ultimate PE Student: Changing Culture, One Step at a Time Presenter: Tony Splendore Do your students always behave like angels—polite, encouraging, and inclusive? After 32 years of teaching, I know that's rarely the norm. But what if it could be? The Ultimate PE Student program is designed to transform the culture of your PE classroom by reshaping how students interact with one another. Say goodbye to finger-pointing, bullying, exclusion, and negativity. In this session, you'll learn how to guide your students to take ownership of their fitness journey while uplifting those around them. Through praise, grace, peer coaching, and leadership, students begin to climb their own personal mountains—together. This program empowers students to become more than just physically active—it encourages them to become leaders, supporters, and teammates. If you're ready to build a community where students encourage, include, coach, and lead each other, join us. Let's help your students reach the summit.	Henry

Time/Division	Presentation Title/Summary Saturday November 8	Room
4:00 – 5:30 pm 	Awards Ceremony Please join us as we recognize this year’s student and professional award winners.	Ballroom 2
5:30 – 6:15 pm	Awards Reception After the awards ceremony, there will be a reception with hors d’oeuvres. ****Please note that this event is for award winners, their guests, and registered conference attendees only.	Ballroom 1
7:00 – 10:00 pm	Dance Following the awards ceremony and reception, we will have our 3 rd annual dance party! Come out and enjoy a live DJ and cash bar.	Ballroom 2

Awards Ceremony

4:00 - 5:30 pm
Ballroom 2

2025 Professional Awards



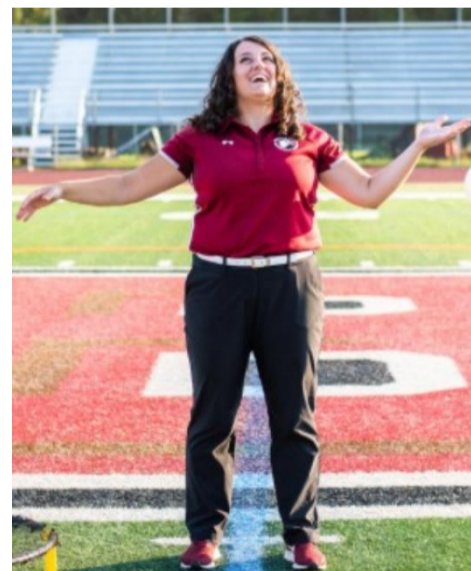
Philip Isberner
Adapted Physical
Education Teacher of
the Year



Kelley Sutphin
Elementary Teacher
of the Year



Kathleen Foster
Health Teacher of
the Year



Dani Matheney
Secondary
Teacher of the
Year

Student Award Winners

Graduate Award – **Kaye Wright**, George Mason University
Frances Mays Award – **Riley Phipps**, James Madison University
Outstanding Athlete: Team Sport – **Lizzie Gillen**, James Madison University

College/University Majors of the Year

Savannah Yanz
Health & Physical Education
University of Lynchburg

JaQuan Tucker
Recreation
Virginia State University

Jada Robinson
Physical Education
Virginia State University

Evelyn Joya-Rubio
Physical Education
George Mason University

Lucy Rigney
Physical Education
Bridgewater College

Rebekah Mercer
Health Education
Bridgewater College

Dana Phillips
Health Education
Longwood University

Allie Harrell
Physical Education
Old Dominion University

Kai Wheeler
Physical Education
Longwood University

Amanda DeJarnette
Physical Education
Virginia Tech University

Zachary Fleshman
Exercise Science
Virginia Tech University

Lauren Hargrove
Health Education
Virginia Tech University

Sarah Everidge
Health and Physical Education
James Madison University

Adulla Rhambe
Health Education
Norfolk State University

Deenaydra Hood
Exercise Science
Norfolk State University

Leilani Smith
Physical Education
Norfolk State University

Johnathan Davis
Health, Wellness & Rehabilitation
Norfolk State University

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Teachers of the Year

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 - TOY 1/4 ZIP PULLOVERS
 - \$200 GIFT CERTIFICATES
 - RECOGNITION BANNERS



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DANCE PARTY

LIVE DJ

SATURDAY, NOVEMBER 8TH
BALLROOM 2 • 7:00-10:00
FREE ADMISSION • CASH BAR

Time/Division	Presentation Title/Summary Sunday November 9	Room
8:00 – 8:50 am	Coffee and Tea Station	Lobby
9:00 - 9:50 am General	New Board Orientation Presenters: Maria McKeown This is an orientation for any newly elected committee or Board members. We will cover the basic structure of the organization, responsibilities and present next year's important dates. It's a good time to learn about Virginia AHPERD and how to stay informed and involved.	Lee
9:00 - 9:50 am Recreation, Sport & Fitness	You.Fo and Your Gym Presenters: Jason Runk & Mark Brandenburger Are you looking for an exhilarating and unique game to engage players of all ages and abilities? Join us for an exciting session introducing "YOU.FO" – the innovative new game that combines elements of flying discs and team sports to create an adrenaline-pumping experience like no other. This award-winning new sports and leisure game is based on throwing an aerodynamic ring with specially designed sticks. It is co-created with PE teachers, based on research and the session will blow your mind!	Ballroom 1
9:00 - 9:50 am Health 	Active Health Presenter: Daniel Hill Actively explore all eight national health education standards in a physical education setting. Leave this session with tool, tricks and tips to cover health education in an active way.	Ballroom 3
9:00 - 9:50 am Dance	Line Dancing Presenter: Bianca Ruvalcaba Come learn some different line dances that I have taught my physical education classes!	Ballroom 4
9:00 - 9:50 am 	That's Freaking Genially! Presenter: LaDonda Porter Looking for ways to add some technology into your phys. ed. classes? Genially is a web based FREE program that adds that WOW factor to allow more student-centered learning and engagement. A laptop or chromebook is HIGHLY encouraged for this hands one AND activity-based session!	Jefferson
9:00 - 9:50 am Recreation, Sport & Fitness	POP! Using POP Darts in PE Presenter: Russ Campbell In this session we will explore different ways to use Popdarts in PE. This is a fun and exciting recreational game that can easily be incorporated into your Health and PE curriculum and is a great activity to do in a classroom on those dreaded picture days when we are kicked out of our gym!	Harrison
10:00 - 10:50 am Physical Education OMNIKIN [®]	Get FAST and FURIOUS with Omnikin! Presenter: Scott Williams Join in this fast-paced, action-packed 60 minutes of FUN that will leave your students begging for more! With everything from intense fitness games to hilarious partner tag activities to the ultimate cooperative team sport of Kin-Ball, this session will have it all! Omnikin's wide range of products are crowd pleasers by themselves, but these activities will solidify that the gym is the place to be in your school. So what are you waiting for?!? Come join Team Omnikin today and blow your students away!	Ballroom 3

Closing General Session

Sunday

11:00 am

Ballroom 3

Meet your new officers! Celebrate a FANTASTIC convention!

Prizes, Prizes and more Prizes

(Must be present to win)

The Virginia Association for Health, Physical Education, Recreation, & Dance Past Presidents

Year	President	Affiliation
1936-39	Robert H. Hoskins	University of Virginia
1939-41	Grace E. Chevreaux	Hollins College
1941-43	Lawrence T. Ludwin	University of Virginia
1943-45	Martha Barksdale	College of William and Mary
1946-47	A. E. Doran	Alexandria City Public Schools
1947-48	Kirk Montague	Norfolk City Public Schools
1948-49	Fanny G. Crenshaw	Westhampton College
1949-50	A. D. Hurt	Jefferson High School, Roanoke
1950-50	Mildred Stewart	Mary Washington College
1951-52	Harry Martin	Charlottesville City Public Schools
1952-53	Caroline Sinclair	Madison College
1953-54	Ray Heidloff	University of Virginia
1954-55	Hariette Baker	Portsmouth City Public Schools
1955-56	Rudy Rohrdanz	Roanoke City Public Schools
1956-57	Ruth Leonard	Mary Washington College
1957-58	Harry Paxton	Norfolk City Public Schools
1958-59	Lillian Seats	Newport News High School
1959-60	John J. Miller	Arlington County Public Schools
1960-61	Ellen Philbeck	Radford College
1961-62	Grayson Daughtrey	Norfolk City Public Schools
1962-63	Jeanne Bentley	Roanoke City Public Schools
1963-64	James C. Fox	Lynchburg College
1964-65	Rachell Benton	Mary Washington College
1965-66	John Grinnell	Fairfax City Public Schools
1966-67	Rachel Peters	Annandale High School
1967-68	Stuart Brewbacker	Lexington High School
1968-69	Betsy Gravely	Martinsville High School
1969-70	J. C. Range	Newport News City Public Schools
1970-71	Pat Bruce	Madison College
1971-72	William McCubbin	Virginia Polytechnic Institute
1972-73	Deloris Webb	Langley High School
1973-74	Harold Whitehurst	Virginia Beach Recreation Department
1974-75	Eleanor Bobbitt	Longwood College
1975-76	Thomas Martin	Roanoke College
1976-77	Margaret Driscoll	Virginia Polytechnic Institute
1977-78	James Jarrett	Old Dominion University
1978-79	Ruth Spear	Portsmouth City Public Schools
1979-80	Jim Moyer	Fairfax City Public Schools
1980-81	John Rader	James Madison University

1981-82	Judy R. Johnson	Longwood College
1982-83	Robert Ascher	Newport News City Schools
1983-84	Linda Bunker	University of Virginia
1984-85	Larry Shrader	Germanna Community College
1985-86	Fran Meyer	Fredericksburg City Public Schools
1986-87	Joel Vedelli	James Madison University
1987-88	Katherine Bennett	Virginia State University
1988-89	Jack H. Schiltz	Virginia Commonwealth University
1989-91	Beverley Johnson	Old Dominion University
1991-92	Robert Turner	Averett College
1992-93	Lynn Dillon	Woodberry Hills Elementary School
1993-94	Steve Ames	Radford University
1994-95	Debra Ballinger	Virginia Commonwealth University
1995-96	Barney Groves	Virginia Commonwealth University
1996-97	Judy C. Johnson	Russell County Public Schools
1997-98	Carl A. Stockton	Radford University
1998-99	Elaine H. Budde	Roanoke College
1999-00	Donald Pate	University of Richmond
2000-01	Kathy C. Gay	Albemarle County Public Schools
2001-02	Gib Darden	Radford University
2002-03	Brenda Belote	Fairfax City Public Schools
2003-04	Robert G. Davis	Virginia Commonwealth University
2004-06	Judith M. Clark	Stafford County Public Schools
2006-07	Kerry J. Redican	Virginia Tech
2007-08	Kay Schiltz	Chesterfield County Public Schools
2008-09	David Sallee	Radford University
2009-10	Vicki Miller	Virginia Commonwealth University
2010-11	Cetan Tameris	Fairfax County Public Schools
2010-12	Charlotte Kelso	Arlington County Public Schools
2012-13	Rodney Gaines	Virginia State University
2013-14	Regina Kirk	Albemarle County Public Schools
2014-15	Fred Milbert	Prince William County Public Schools
2015-16	Chad Triolet	Chesapeake Public Schools
2016-17	Susan Nye	James Madison University
2017-18	Pat Larsen	Fairfax County Public Schools
2018-19	Kari Hampton	Longwood University
2019-20	Leslie Norris	Chesterfield County Schools
2020-21	Mark Arrington	Madison County Schools
2021-22	Megan McLaughlin	Chesterfield County Schools
2022-23	Donna Wilbur	Fairfax County Public Schools
2023-2024	Danielle Christian	York County Public Schools
2024-2025	Sean Niehoff	Fairfax County Public Schools

Virginia AHPERD Pioneer Award Recipients

The Pioneer Recognition Award was established to recognize someone who has provided outstanding service to VAHPERD for a long period of time, and who continues to serve as a role model for other professionals. Individuals who have completed their formal careers (retired) in health, physical education, recreation, or dance are eligible for this award.

The candidate must be a former professional and must have

- (i) served the Association as a leader and provided a positive role model
- (ii) supported the Association by membership for at least fifteen years,
- (iii) provided leadership in an elected office or served in an appointed capacity for at least five years
- (iv) contributed significantly to the professional development of younger or new colleagues

1984 Caroline Sinclair	1996 Chuck Hamm	2012 Robert. G. Davis & Lynn Dillon
1985 Frances Mays	1998 Beverly Johnson	2014 Susan Miller
1986 Margaret Drake	1999 Patricia Bruce & Lynn Newcomb	2018 Duke Conrad
1987 Betsy Gravely	2001 Elaine Budde & Carolyn Chittenden	2021 Chad Triolet
1988 Jimmy Fox	2002 Harold Lakey	
1989 Patricia Bruce	2003 Fran Meyer	
1991 Jeanne Bentley	2004 Barney Groves & Jim Stout	
1992 Robert Ascher	2007 Judy C. Johnson & Jack H. Schiltz	
1993 Edgar Evans	2008 Sandra Bowie & Steve Ames	
1994 Howard Smith	2009 Sharon "Shay" Bolen	
1995 Eleanor Bobbitt, Del Moser	2010 Terry Gooding & Judy Clark	

Virginia AHPERD Honor Award Recipients

Honor Award candidates must have been active members of the American Alliance and the Virginia Association for Health, Physical Education, Recreation and Dance for at least ten years and shall have rendered at least fifteen years of distinguished and meritorious service to the physical education, health, safety education, recreation or dance professions.

1963
Martha Barksdale Grace
~~Cheyreaux~~ Lawrence
Ludwig

1964
EllioN Grayes
Frances Mays
Kirk Montague
~~HarrieN~~ Rogers

1965
Fanny Crenshaw
Lester Kibler
Gerald Quirk
Caroline Sinclair

1966
Virginia Arnold
~~HarrieN~~ Baker
Jeanne Bentley
Raymond ~~Heidloff~~

1967
Mary Bell Barlow Joseph
Chandler Oliver ~~Der~~
George Ramsey

1968
Rachel Benton
Stuart Brewbaker
Mary McBride
Rudy ~~Rahrdanz~~
Edward Slaughter

1969
Lucille Frazee
Albert Loran

1970
James Fox
~~Leotus~~ Morrison

1971
J. C. Range
William Wright

1972
Mallory Zahn

1974
Patricia Bruce
William McCubbin

1975
Eleanor ~~BobbiN~~
Marilyn Crawford

1976
William Garrison
Howard Sorrell

1977
William ~~BenneN~~
Kay Duffy
Paul Gunsten
Delores Webb

1978
Robert Ascher
Gene Evans

1979
Katherine ~~BenneN~~
Harold Lakey

1980
Margaret Driscoll
Charles Hamm
Paul Heine
Ruth Spear

1982
Del Moser
Jim Moyer

1983
Steven ~~Chipok~~
Bonnie McCallum
Don Sebolt

1984
Nancy George
Ann Harmon

1986
Betsy Gravely
Peggy Johnson
John Rader
Larry Shrader

1987
Linda Bunker
Walker Clay
Barney Groves
Judy R. Johnson

1988
Robert Davis
Fran Meyer
Marie Sterne
Joel ~~Vedelli~~

1989
Jack Schiltz
Julian Stein
Robert Turner

1991
Carolyn ~~ChiNenden~~
Earlyn Miller
Vicki Swecker

1992
Gail Evans

1993
Beverly Johnson

1994
Ron Bos
Melvin Williams

1995
Lynn Dillon

1996
Judy C. Johnson
Jack Liddy

1997
Elaine Budde

1998
~~PaNy~~ Von Ohlen

1999
Nelson Neal
James H. Stout

2000
Shay Bolen
Jerry ~~Schicchitano~~

2001
Sarah Sink

2004
Vicki Miller
Kathy Gay

2006
Steve Ames
Terry Gooding

2007
Richard ~~StraNon~~

2008
Lynne ~~BenneN~~

2009
Leon Bey

2010
Kay Schiltz
Vanessa Wigand

2011
Don Pate

2012
Brenda Belote

2016
Regina Kirk

2017
Fred Milbert

2018
Dee Castelveccchi

2019
Liz Payne

2021
Henry Castelveccchi

2023
Rodney Gaines

Teacher of the Year Recipients

	Health Educator (K-12)	Health Educator (Middle School)	Health Educator (College/University)	Elementary Physical Education
1983	N Isherwood			Frances Meyer
1984	Alvera Miller			Kakki Aydlotte
1985	M Inke Shaner			Terry Gooding
1986	Carolyn Chittenden			James Kiser
1987	Laura Barrier			Jan J. Wamler
1988	Gwendolyn Holmes			John Pomeroy
1989	Anne Thomas			Patricia Cogan
1991	Laura Simon			Lynn Dillon
1992	Deborah Taylor		Chrystyna Kosarchyn	Joann Lineberg
1993	Judy C Johnson			Lula Hammond
1994	Frances Farmer			Christy Pitts
1995	Louise Early		Carl Stockton	Pam Walker
1996				Kathy Gay
1997	Lynn Dillon			Theresa Sanchez
1998	Susan Pimblett			Jeannie Trainum
1999				Vicki Miller
2000				Janeen Schutte
2001	Jamie Hubbard		Charlotte Rhodes	Nancy Markos
2002	Judy C Johnson	Jeri Lloyd		Susan Miller
2003		Warren Pruett	Charlotte Guynes	Donna Jones
2004		Kay Oldaker		Vicki Miller & Ross Ference
2005			Beverly Zeakes	Gwen Hairston
2006		Patricia Larsen	David Sallee	Sharon Welch
2007	Cathy Hawkins			Henry Castelvechi
2008	Susan Ragan Pimblett		Jeri Lloyd	Eric Turrill
2009	Patricia Larsen			Chad Triolet
2010	Misti Wajciechowski			Andrea Samsky
2011		Michelle Henry		Janet Kennedy
2012	Dee Castelvechi			Ginny Heintzelman
2013				Scott Williams
2014	Christine Walker		Beth McKinney	Tom Warren
2015				Cindy Jones
2016	Andrea Samsky			Jason Runk
2017				Jack O'Donnell
2018			Cathy McKay	Amy Riggio
2019			Cynthia Burwell	Kimberly Gentry
2020			Donna Wolf	Andrea Samsky
2021				Jimmy Grassano
2022				Julie Hundall
2024				Victor Spadaro
2025				

	Middle School Physical Education	Secondary Physical Education	Physical Education College/University	Adapted Physical Educator
1983		Lois Trent		
1984		Ardella Smith		
1985		Betty Jo Papsel		
1986		Archie Taylor		
1987		Charlotte Murphy		
1988		Barry Trent		
1989		Phillis Steele		
1991		Susan Neuhauser		
1992	Jerry Scicchitano	Linda Baumler		
1993	Shay Bolen	Frances Farmer	Debra Ballinger	
1994	Fran Zavacky	Marilyn Watkins	Paul Heine	
1995	Wendy Wadsworth	Louise Early	Barney Groves	
1996	Ronald Trainum	Barbara Clark	Donald Pate	
1997	Dorothy Cox	Terry Gooding	Kenneth Kambis	
1998	Bunny Lancaster	Stephen Geiman	Ann Boyce	
1999	Kay Oldaker	Debra Sparrow Sherrie Bollhorse	Jon Poole	
2000	Deidre Reynolds		Challice McMillan	Patty Von Ohlen
2001	Kay Oldaker		Mary Lu Royal	Brenda Belote
2002	Tammy Underwood			William P Brady, Jr.
2003	Leslie Soulierre			
2004	Misti Wajciechowski	Nancy Thomas	Robert Davis Martin Block	Kreg Abbey
2005	Kim Davis	Betty Jean (BJ) Santos	Kathryn Kisabeth	C. Blanchard- Alworth
2006	Elizabeth Wood			
2007	David Hunt			Crystal Barker
2008	Deanna Castelvechi		Sarah Bingham	
2009		Mark Brandenburger		
2010		Michael Cooke		Brenda Belote
2011	Biki Mitchell	Cindy Ferek	Susan Miller	Susan McAuliffe
2012	Michelle Semko	Joyce Phillips	Susan Nye	
2013	Bobbi Conrad	Tom Nadeau	Vonnie Colvin	Christina Luntzer
2014	Jacqueline Kendall	Sara Haney	Michael Maina	Meredith Morton
2015	Ron Trainum			Gail Fehlner
2016	Katherine Marshall		Misti Wajciechoeski	James Gunther
2017		Amy Wheeler	Donna Kanary	Cheryl Bowen
2018	Andrew Wymer	John Jones	Rodney Gaines	Robert Mages
2019	Tammy Johnson	Mark Arrington	Steve Shelton	Crystal Barker
2020	Jessica Bayliss	Tia Moore		Jenn Vedder
2022	Tony Splendore		Seungyeon Park	Cadi Doyle
2023	Raymond Crowell		Katelyn Makovec	Matthew Barker
2024	Michelle Shoffstall	Lori Morris-Platte	Amanda Campbell	Sharon Gregory
2025				

	Recreation Professional	Dance Educator	Dance Professional	Supervisor of the Year
1988	Gail Evans			
1989	Sylvia Shirley			
1991	John Gilstrap			
1992	Carolyn Calloway	V. Fauntleroy Nelson Neal		
1993	Paul Morgan	Sandy Cockrell Inez Howard		
1994		Mel Turner Billie Lepczyk		
1995		D. Hartgrove Inez howard		
1996		Judith Clark		Carolyn Chittenden
1997				James Stout
1999		Valentino Taguding		
2000				Alma Withers
2001	Jeff Armstrong			Vicki Swecker
2002				Jeannie Trainum
2003	Laura Baumer		Barb McClam	Mary Marks
2004			Rodney Williams	
2005				Regina Kirk
2006	Charlotte Kelso		Mary Ann Laverty	
2007				Bonnie Conner-Gray
2008	Glenda Taylor	Billie Lepczyk		
2009		Amanda Kinzer		
2010		Tammy Render		Liz Payne
2011				Sheila Jones
2012	Donna Wilbur			Fred Milbert
2013	Jack O'Donnell		Toni Brown	Duke Conrad
2014		Nicole Jordan		Sharon Moore
2015		Scott Williams		Patricia Thompson
2016		Betty Jean "BJ" Santos	Amanda Kinzer	Brenda Fuller
2017		Tamara Hanna		Benita Turner
2018	Michael Maina			John Trot
2019		Tarin Hampton		
2020				Sheila Jones
2021				Amy Wheeler
2024				Lei Dunn

Other Virginia AHPERD Awards

	Coach of the Year	JRFH/HFH Coordinator of the Year	Pathfinder Award	Legislator of the Year
1986				Frank D. Hargrove
1987				Bob Tata
1988				Joan Munford
1989				Yvonne Miller
1992				Hon. Wittington W. Clements
1994				R. Edward Houck
1996		Margie Botelho Bill Chambers Debra Sutor		Congressman Rick Boucher
1997		Kim Angotti Lesli Blanchard Margie Botelho Bill Chambers Debra Sutor	Regina Kirk	
1999				Hon. L. Karen Darner
2003	Patricia Benson		Betty Lou Harris	
2004	Megan Camden		Kathy Gay	
2008			Susan Miller	Del. John O'Bannon
2010		Betty Seymore		
2012	Rose Houk	Thomas Warren		
2014		Sue Morre		Sen. John Miller
2015		Tracy Olivas		
2016		Jay Levesque		
2017		Nancy Tucker		
2018		Bryn Varhol		
2020				Del. Mark Keam

Virginia AHPERD Student Awards

	Frances A Mayes Scholarship	Graduate Scholarship Award	Outstanding Athlete - Individual Sport	Outstanding Athlete – Team Sport
1987	Mary Cochran			
1988	Allen McCredie			
1989	Dana Henry			
1991	Andrea Johnson			
1992	Sherry Adams			
1993	Anne Falls			
1994	Sonia Williams			
1995	Josh Antoncie			
1996	Jeremy Ponn			
1997	Lori Dietz			
1999	Emily Hunt			
2001	Shane Guynn			
2002	Shane Guynn			
2005	Lindsey Ervin			
2012	Leslie Meadows			
2014	Jasmine Conyers	Talik Jones	Mary Kelly	Isabel Chang
2018	Jenna McMahan	Erin Woods		Tiffani Williams
2019	Wendy Mu	Katie Holland		
2021	Lanie Jo Knight	Hayden Bartley	Lanie Jo Knight	Camille Pereira
2022	Daniel Francis	Lanie Jo Knight		
2023	Jenna Ratanatava	Rachel Crowe	Rebecca Kate Mammel	Skyler Padgett
2024	Dana Phillips	Nora Murray		
2025	Riley Phipps	Kaye Wright		Lizzie Gillen