



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

2023 Convention Program

November 3-5

Hotel Madison & Shenandoah Conference Center

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Friday 8:00 am – 4:50 pm  
 Saturday 8:00 am – 3:50 pm

## Meetings, Special Events, and Extended Sessions

### Friday

Be Ready to Teach CPR/FA	8:00 - 10:50 am	Appalachian C
National Fishing in Schools Program	8:00 – 10:50 am	Shenandoah C
Tennis	8:00 – 10:50 am	Shenandoah B
City/County Supervisor’s Meeting	8:30 – 10:50 am	Allegheny B
Committee Meetings	10:00 – 10:50 am	Allegheny C
Exhibits Gala and Opening Social	11:00 – 11:30 am	Lobby
Opening General Session	11:30 – 12:50 pm	Shenandoah C
Representative Assembly	1:00 – 1:50 pm	Shenandoah C
Student Super Stars	3:00 – 4:50 pm	Shenandoah B
Casino Night	7:00 – 10:00 pm	Shenandoah B

### Saturday

Coffee & Tea Station	7:30 am - 8:00 am	Lobby
Exhibits	8:00 am – 2:50 pm	Lobby
Division Meetings	9:00 – 9:50 am	
Physical Education		Shenandoah B
Dance		Appalachian AB
Recreation		Appalachian C
General		Allegheny A
Health		Allegheny B
General Session	10:00 – 10:50 am	Shenandoah C
Poster Presentations	11:00 am – 1:50 pm	Lobby
Awards Ceremony	4:00 – 5:30 pm	Shenandoah C
Awards Reception	5:30 – 6:15 pm	Shenandoah B
Dance Social	7:00 – 10:00 pm	Shenandoah B

### Sunday

Coffee & Tea Station	7:30 – 8:50 am	Lobby
New Board Orientation	9:00 – 9:50 am	Blue Ridge
Closing General Session	11:00 – 11:50 am	Shenandoah C
Board of Directors Meeting	12:00 – 1:30 pm	Allegheny

# 2023 Keynote & Special Speakers



## Sandra Simms

Sandra Sims is a Professor at the University of Alabama at Birmingham where she is program director for the physical education teacher certification program. Sandra teaches undergraduate and graduate courses involving methods of teaching in physical education. She co-authored a Human Kinetics book with colleague Retta Evans focusing on integrating physical education and health education into the elementary classroom which now is in the 2nd edition. Sandra has published 25 refereed national journal articles, 12 refereed state level journal articles, 5 refereed nationally published professional documents and 3 reviewed state level governmental documents. Currently, Sandra is a co-host for Scaling the Summit

Podcast which focuses on Health and Physical Literacy professionals across the nation. Sandra held various leadership positions at the national, regional and state levels. Nationally, she currently serves on the Board of Directors for the National Academy of Health and Physical Literacy (NAHPL) as the Southern Tier Region Representative. At the state level, Sandra served in numerous leadership roles since 1988 including President. Currently, she is the ASAPERD Future Professionals Council Advisor. Sandra has been awarded SDAAPERD Donna L Dunaway Award, SDAAPERD Honor Award, SDAAPERD University Physical Educator of the Year, and SDAAPERD Secondary School Physical Educator of the Year.

Saturday 10:00 – 10:50 am	<b>General Session</b> <b>“Reigniting the FIRE: A Life Changing Experience”</b>	Shenandoah C
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## Carrie Flint

Carrie Flint is an award-winning physical educator and national presenter. Carrie draws from her vast teaching experience for she has taught in numerous schools and districts; all grade levels all populations for over 25 years. She has given 100’s of trainings and presentations in local, statewide, and national settings sharing her Musical PE program and teaching expertise on class management, student engagement, and growth mindset.



Friday 11:30 – 12:50 pm	<b>Opening General Session</b> <b>“Ignite the FIRE, With Your Passion”</b>	Shenandoah C
Friday 4:00 - 4:50 pm	<b>Cross Curricular Activities: Gross Motor Skills AND...</b>	Shenandoah A
Saturday 11:00 – 11:50 pm	<b>3 Up 3 Down: Magical Lesson Plan Formula</b>	Appalachian AB
Saturday 2:00 - 2:50 pm	<b>Teach Dance Successfully: Even If You Have 2 Left Feet</b>	Appalachian AB
Saturday 3:00 - 3:50 pm	<b>How to Have a Peaceful Playground</b>	Blue Ridge
Sunday 9:00 - 9:50	<b>Mindfully Using Music</b>	Appalachian C

## Amanda Geer



Amanda Geer has been teaching health and physical education for 14 years with 13 of those years at Donald H. Eichhorn Middle School in Lewisburg, PA. At DHEMS, she is currently the PBIS coach, provides students with after school activity opportunities, and is a Wellness Committee member. Amanda has most recently assisted in developing a new girls varsity volleyball program at Lewisburg High School and has taken the role of head varsity volleyball coach. She attended Lock Haven University of Pennsylvania and earned a Bachelor's degree in Health and Physical Education K-12 and California University of Pennsylvania for a Master's degree in Exercise Science. Amanda was humbled and honored to have been awarded the 2020 SHAPE PA Middle School Physical Education Teacher of the Year and the 2022 SHAPE America Eastern District Middle School Physical Education Teacher of the Year.

Saturday 11:00 – 11:50 am	<b>Finding Controls and Connections: Orienteering in Phys. Ed</b>	Allegheny C
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## Rob Poore



Rob Poore has devoted his 17 year career to supporting high quality physical education throughout Northern Delaware and beyond. He has a passion for supporting teachers, and teacher candidates, in their journey to improve their instruction and magnify their impact on students. Rob was the SHAPE Delaware Elementary Physical Educator of the year in 2015 and in 2022 he was the Colonial School District Teacher of the Year. With a focus on teacher development, Rob has designed and delivered various professional learning sessions and seminars throughout the region and is an OPEN National Trainer.

Friday 3:00 – 3:50 pm	<b>OPEN up the Possibilities</b>	Shenandoah A
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## Chris Walker



Chris Walker has over 27 years teaching experience at the elementary level. Additionally, he has served as the lead physical education teacher for Orange County Schools and is on the local SHAC (School Health Advisory Council) as the physical education liaison. Chris is the past president of NCSHAPE and currently serves as the Convention Chair. He was named the Orange County Schools Teacher of the Year in 2017-18. Chris is also the 2022 NCSHAPE Elementary TOY. He is an OPEN National Trainer and has presented in many school districts, states and internationally on various topics. Every once in a while, you may see him dancing with the DANSirs...

Saturday 1:00 – 1:50 pm	<b>Lining up the Dances</b>	Appalachian AB
Saturday 3:00 – 3:50 pm	<b>Dance Party!</b>	Appalachian AB

## Melanie Lynch



OPEN National Trainer, Melanie Lynch, graduated from Penn State University with a Bachelor's degree in Kinesiology. She then earned her Master's degree, also at Penn State, in Counselor Education with an emphasis on eating disorders and chemical dependency. Melanie is in her 29th year as a Health and PE teacher at North Allegheny Intermediate High School. Melanie has co-authored the health textbook, Comprehensive Health, being used in her health classes. Goodheart-Willcox published the book. In 2016, Melanie Served as President to SHAPE PA. That same year, SHAPE America named her the National Health Education Teacher of the Year. Melanie travels all over the county working with thousands of teachers each year to help them gain the skills necessary to empower students to enhance their health literacy. Currently Melanie is working with Mary Connolly creating the K-12 comprehensive skills-based health curriculum for Oklahoma. That will free to anyone once it is completed.

Saturday 11:00 – 11:50 am	<b>Let's Have Fun in Health Class Today</b>	Allegheny B
Saturday 1:00 – 1:50 pm	<b>Teaching the 21st Century Stressed Learner with Skills-Based Lessons</b>	Allegheny B
Saturday 4:00 – 5:30	<b>Awards Ceremony Keynote</b>	Shenandoah C

## 2023 Board of Directors Candidates



**President Elect:** Sean Nieoff

I am an elementary physical educator in Fairfax County, Virginia; a husband; a father of twins; a wheelchair athlete; and a fanatic of my alma maters JMU and GMU. Having started my career back in 2001, I have seen a lot of change occur in our profession. I feel it is important to be a part of that change and to give back to a profession that has given so much to us. I have served Virginia AHPERD in various chair positions (Recreation, Elementary Physical Education & Structure and Function) as well as Vice President of the Recreation division. And now I seek to become your President-elect. If elected, I am determined to work for you. What do you want to see from Virginia AHPERD? How can the Association help you to become the most effective teacher to your students that you can be? How can the Association help you to remain energized, engaged and excited as we advance our profession during a time of high burnout rates in education? All these topics and more are what I'd like to tackle together to help make Virginia the ultimate model of quality physical education in our country.

### Division Vice President Candidates

Recreation: Jason Runk

Physical Education: Matthew Barker

Health: Erin Heydu

Dance – Terese Cardamon

General: Summer Davis

- Friday, November 3 – Meet the Candidates VAHPERD Opening Session - President Elect Speech and Division Vice President Nominee Introductions
- Friday November 3 – 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](mailto:info@virginiaahperd.org) before the convention.
- Saturday November 4 – Voting ends 5:00 PM
- Sunday November 5, General Closing Session 12:00 – Newly elected Officers introduced to the membership.

# Virginia Association for Health, Physical Education, Recreation and Dance 2023 Convention Schedule

Time/Division	Presentation Title/Summary Friday November 3	Room
8:00 - 10:50 General/Health	<p><b>Be Ready to Teach CPR/FA in your HS/Middle School Classrooms</b></p> <p>This course will provide attendees with skills, knowledge, and background to successfully teach CPR/FA to middle and high school students. This will include CPR/First Aid Skills, skill cues to look for as an instructor, becoming an instructor with ECSI, and getting an education center for your school. Successful completion will lead to ECSI CPR/First Aid Certification. Dress comfortable to perform CPR skills. If you need CPR/First Aid Certification only, you may attend the first part of the class.</p>	Appalachian C
8:00 - 10:50 am Recreation, Sport, & Fitness	<p><b>National Fishing In Schools Program</b></p> <p>Presenters: Mark Brandenburger, AJ Kulp Ryan Bielair, Melissa Elkins</p> <p>The National Fishing in Schools Program is the trade name of the Fishing Education Foundation. NFSP is a nationwide program that introduces the positive lifetime activity of fishing to students in grades K- 12. "Fishing in Schools" fosters awareness about the out-of-doors, conservation and resource stewardship. NFSP works in partnership with state fish and wildlife agencies, industry, clubs and associations and individuals interested in teaching our youth how to fish. This is a preconference session featuring hands-on skills to become certified to offer a unique fishing program at your school. <b><i>Note: Must complete online training prior to 11/3/23.</i></b></p>	Shenandoah A
8:00 - 10:50 am Physical Education	<p><b>Let's Play Tennis with USTA!</b></p> <p>Presenter: Jeanine Acierto</p> <p>PE classes offer the perfect setup for introducing tennis in schools - through supported curriculum, ability appropriate equipment, and enthusiastic teachers, tennis is introduced in a familiar setting where children are surrounded by friends and peers of a similar age. Our School Tennis Workshops are designed to be a hands-on learning opportunity for teachers to gain confidence in their abilities to introduce basic tennis skills at the K-12 grade levels</p>	Shenandoah B
8:00 - 10:50 am General	<p><b>Real Life Lessons at HCPS Elementary Schools</b></p> <p>Presenters: Virginia Prickett, Michael King, Oneida Williams</p> <p>Come and observe Harrisonburg City School Elementary Health and PE teachers as we instruct our students in real time. Have you ever wondered how students react to lessons and activities that are presented at the conference? Or how other teachers demonstrate classroom expectations and procedures, or team teach? Join us in our home gyms with our actual students and observe how we teach our students in HCPS. Demonstrate team teaching, classroom expectations, and activities with real time student involvement.</p>	Lobby
8:30 - 10:50 am	<p><b>City/County Supervisors Meeting</b></p> <p>Presenter: Kevin Burcham and Emily Utter</p>	Allegheny B
10:00 - 10:50 am	<p><b>Committee Meetings</b></p> <p>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>	Allegheny C
11:00 - 11:30 pm	<p><b>Exhibits Opening Gala and Social</b></p> <p>Come get the first look at this year's exhibits and vendors!</p>	Lobby
11:30 – 12:50 pm	<p><b>Opening General Session</b> Carrie Flint "Ignite the FIRE, With Your Passion"</p>	Shenandoah C



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Time/Division	Presentation Title/Summary Friday November 3	Room
1:00 – 1:50 pm Dance	<b>African Diaspora Dance to the Rescue: A Transition Strategy for Military Personnel at Work and into Family and Community Life</b> Presenter: Shelia Ward The United States Military recognizes the important role of the arts in health and well-being for service members, veterans, their families, and caregivers. This session will discuss the role dance, with an emphasis on African Diaspora Dance, can play in the lives of service members navigating a variety of work-related transitions, such as training and deployment, as well as reintegration, transitioning from military to civilian life. In addition to presenting research underscoring the benefits of dance in a "variety of healthcare and community settings for therapeutic, educational, and expressive purposes," participants will engage in a movement experience utilizing fundamental movement patterns and philosophies from the Umfundalai African Dance Technique. No dance experience required for participation.	Allegheny A
1:00 – 1:50 pm Physical Education	<b>Creating GIF-tastic Classrooms to enhance learning!</b> Presenter: Julie Hundall This session will go over how to incorporate GIFs into your classroom to enhance students learning and understanding. This session will also touch base on other ways to integrate technology into your gymnasium or classroom setting to let students interact in meaningful ways. Come join us to have a GIF-tastic time!!	Allegheny B
1:00 – 2:50 pm General	<b>Interview Tips to Land that Job!</b> Presenters: City County Supervisors Come learn the top 10 tips of how to interview and put those skills to test during mock interviews	Allegheny C
1:00 – 1:50 pm Physical Education	<b>Hiding Cross-Curricular Objectives into FUN</b> Presenters: Jimmy Grassano & Tom Warren Come read for a jam-packed session with HPE activities that integrates language arts, science, and math! Learn how to get all students moving, small or large group, while using creative ways to build in cross- curricular objectives with HPE objectives.	Shenandoah A
1:00 – 1:50 pm Physical Education	<b>Lacrosse for Beginners</b> Presenter: Susan Nye Have you ever wanted to try lacrosse with your class? Then this is the session for you. Participants will learn how to play the game of speed lax and the skills of throwing, catching, groundballs, cradling, and stick tricks. Come and learn about the fastest game on two feet.	Shenandoah B
1:00 – 1:50 pm	<b>Representative Assembly</b> 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.	Shenandoah C
1:00 – 1:50 pm Health	<b>Health Games Galore!</b> Presenter: Tommy Landseadel Teaching health and nutrition content is among our most important responsibilities as physical educators. In this session, you will leave with ideas to teach this content in fun and engaging ways that your students will enjoy. Activities are geared toward grades 3-6, but can easily be adapted to fit older and younger students. Learn high energy games using health content that students will enjoy and activities that will help students learn challenging content	Appalachian C
1:00 - 1:50 pm Recreation, Sport & Fitness	<b>National Fishing In Schools Program-- Cast a Fly, Catch A Student</b> Presenters: Mark Brandenburger, AJ Kulp, Ryan Bielair, Melissa Elkins & Jenna McMahon Come catch the big one! NFSP provides comprehensive all-inclusive standards-compliant outdoor education curricula for schools and institutions, to provide the knowledge and skills in how to fish indoors so that youth may get outside and catch fish. Enter to win an equipment kit and find out about grant funded opportunities! You will meet in the Blue Ridge room and go off site onto JMU's campus for this session!	Blue Ridge

Time/Division	Presentation Title/Summary Friday November 3	Room
2:00 - 2:50 pm Physical Education	<b>30 for 30</b> Presenter: Steve Shelton A final presentation to share 30 tips and lessons learned after 30 years as a physical educator. Topics include navigating the complexity of teaching, curriculum ideas, behavior management, what effective teaching involves, and how to advocate for a brighter future in HPE. Something for everyone (novice to veteran) in this wide-ranging lecture session	Allegheny B
2:00 - 2:50 pm Physical Education	<b>Five for Life: Movement for the Body and Brain</b> Presenter: Ron Malm Through a variety of inclusive, developmentally appropriate, fun games you can meet the physical, social, and emotional needs of children. Keep small or large classes moving by instructing fun, innovative. Learn strategies to encourage your students to maintain or improve their fitness levels in each of the five components of fitness through fun physical activities.	Shenandoah A
2:00 - 2:50 pm Health	<b>Who Ya Gonna Call? Drunk Busters! Utilizing Drunk Busters Impairment Goggles to Teach Substance Use</b> Presenters: Cathy McKay & Jeremy Akers During the session, we will explore the profound impact of alcohol, with a particular focus on its cognitive effects. Engaging in a series of activity stations, participants will gain hands-on experience to comprehend the various levels of impairment and how to align with SOLS. Topics to be addressed include the short-term effects, risk of injuries, and physiological impact on the human body	Shenandoah B
2:00 - 2:50 pm Dance	<b>A Pocketful of Dances</b> Presenters: BJ Santos, Kim Gentry, Stevie Gray, Toni Brown-Berry, Tarin Hampton, Mary Ann Lavery, Jason Runk, Jamie Wright Need a dance now? Or save it in your pocket for later. Come and join some of the best dance educators in Virginia, presenting a variety of easy to learn dances to help get your students up and moving!	Appalachian AB
2:00 - 2:50 pm Physical Education	<b>Juggling - "I Can Do This!"</b> Presenter: Amy Barmoy Teaching juggling is a different activity for Physical Education. Students can have fun and be successful from the very beginning. Equipment used is free and available in most homes. This activity can be used in a "virtual classroom," in a regular classroom setting, or Physical Education classes. Juggling can be taught at any grade level. It promotes hand eye coordination, rhythm, and right/left brain sensory. Best of all, its fun and you will enjoy teaching this!	Appalachian C
2:00 - 2:50 pm Dance	<b>Think Twice before You Write or Speak</b> Presenters: Fran Meyer, Judy Clark, Barb Maclam Individuals in education are in leadership positions in the classroom, administrative office, and/or board room. Each individual has the power to influence. Therefore, all need to "think twice before speaking (or writing)" to set the tone of positive or negative leadership. Come learn how each is defined and applied. By the end of the session, participants will demonstrate how voice inflection influences the meaning of word. By the end of the session, participants will describe the characteristics of positive and negative leadership. By the end of the session, participants will identify personal leadership qualities as positive or negative	Blue Ridge
3:00 - 3:50 pm Physical Education	<b>"Fight the Bite, Virginia!": Tick Prevention Curriculum for Physical Education</b> Presenters: Katie Bowman & Jennifer Hall Ticks are increasingly in Virginia and children are among the highest risk populations for contracting a tick- borne disease. It is important that children are taught early how to identify a tick, proper prevention techniques, and safe tick removal. Health and Physical Education Teachers are uniquely positioned to educate their students and raise awareness. In January 2022, the Virginia legislature passed Bill HB 850 that will require school boards and local and regional public libraries establish an education and awareness program to protect children from Lyme disease and other tick-borne diseases by 2028. Ticks in Virginia wants to help teachers and schools with free, evidence-based instructional materials that can be implemented. "Fight the Bite: Virginia" curriculum, aligned with 3-5 Health and PE SOLS, will be piloted during this presentation.	Appalachian C

Time/Division	Presentation Title/Summary Friday November 3	Room
3:00 - 3:50 pm Physical Education	<b>4 tips for being the G.O.A.T.</b> Presenter: Tony Splendore How do you become the G.O.A.T.? By following the 2022 Va. A.H.P.E.R.D. MS Teacher of the Year's four simple tips that will elevate your teaching. Tips will include how to incorporate differentiation, how to develop leadership skills in your students, and how to use your creativity and imagination. Not only will you excel, but so will your students. Learn how to develop a program others will be jealous of, and in time you will be the G.O.A.T.	Allegheny B
3:00 - 3:50 pm Physical Education	<b>Secondary Transition Programming</b> Presenters: Cadi Boyle At the age of 16 (some States 14), IEP teams must discuss the necessary skills needed for students to be successful beyond their school-age years. Wellness and community engagement are included in these discussions making physical education (adapted physical education) an essential component in developing a person-centered approach to the secondary transition programming. This session will discuss the process and share a resource.	Allegheny C
3:00 - 3:50 pm 	<b>OPEN Up the Possibilities</b> Presenters: Rob Poore Learn about some of OPEN's new modules with OPEN National Trainer Rob Poore. We have the free curriculum resources to help take your program to the next level.	Shenandoah C
3:00 – 4:50 pm	<b>Student Super Stars!</b> This event is for current students majoring in health and physical education. Come play games and socialize with other future professionals.	Shenandoah B
3:00 - 3:50 pm Recreation, Sport Fitness	<b>National Fishing In Schools Program-- Cast a LURE, Catch A Student</b> Presenters: Mark Brandenburger, AJ Kulp, Ryan Bielair, Melissa Elkins, Jenna McMahon Come catch the big one! NFSP provides comprehensive all-inclusive standards- compliant outdoor education curricula for schools and institutions, to provide the knowledge and skills in how to fish indoors so that youth may get outside and catch fish. Enter to win an equipment kit and find out about grant funded opportunities!	Shenandoah A
3:00 - 3:50 pm Dance	<b>Making Dance Whatever You Want It To Be!</b> Presenter: Patrick Noel Secret time....there's NO WRONG WAY to dance!!! This session will provide ways for teachers to share the most important part about dancing: Dance is whatever they want it to be! Come learn how to help your students feel more comfortable with the idea of dancing and moving while having fun at the same time! Need a new large group folk dance? Another idea for Virginia history dance? A new twist on an old classic? Join the fun and get ready to move!	Appalachian AB
3:00 - 3:50 pm Health	<b>Cardiovascular Google Escape</b> Presenter: Joel Higham The purpose of this activity is to have small groups of students working together to solve an escape room scenario using Google Forms, Edpuzzle, and other video uploads to reach the goal. The information presented reviews cardiovascular health as well as the pattern of blood flow through the heart.	Blue Ridge
4:00 – 4:50 pm Physical Education	<b>Integrating SEL to Motivate and Empower Middle School Students</b> Presenter: Amanda Campbell Strategies for reinforcing social and emotional learning don't have to be complicated. This session will focus on building relationships with and among your middle school students to foster personal and social development through instant activities, lead-up games, and reflection.	Allegheny A

Time/Division	Presentation Title/Summary Friday November 3	Room
4:00 – 4:50 pm Dance	<b>The National Water Dance Project - An Earth Day Activity</b> Presenter: BJ Santos Learn how to participate in the National Water Dance Project. This activity could be a simple Earth Day Activity or a dance performance based on an investigation into the social justice issues of climate gentrification, and anything in between. Join the National Water Dance Project, the National Dance Society and the National Academy of Health and Physical Literacy to have a voice, or movement in unison with others.	Allegheny B
4:00 – 4:50 pm Physical Education	<b>Cross Curricular Activities: Gross Motor Skills AND...</b> Presenter: Carrie Flint Research has shown that students learn best when they are fully engaged. This presentation is all about ACTIVE LEARNING and how you, the physical educator, can collaborate with classroom teachers and demonstrate that movement and academics can go hand in hand. A variety of cross curricular ideas and activities will be presented. This session is packed with multi-sensory lessons that promote ACTIVE LEARNING opportunities.	Shenandoah A
4:00 – 4:50 pm Physical Education	<b>Games that Win</b> Presenter: Ron Malm Standards, objectives and learning targets-Oh my! Through a variety of inclusive games you can meet several grade level objectives at one time. Keep small or large classes moving by instructing fun, innovative activities. Be prepared to move and learn some of the best student-approved PE games of 2023.	Shenandoah C
4:00 – 4:50 pm Health	<b>The Power of GooseChase in Health Education</b> Presenter: Jessica Bayliss Digital scavenger hunts have been a popular tool in PE settings, but what about your health room? This session will go over tips and tricks for utilizing GooseChase to create engaging and fun health lessons that will get students moving and engaged! You'll leave this session with a pre-made chase on health-related fitness components.	Appalachian AB
4:00 – 4:50 pm Recreation, Sport & Fitness	<b>Kingdoms Lawn Game</b> Presenter: Jason Runk Kingdoms Lawn Game is a competitive game that combines elements of fantasy with a new variant of bowling. Players will attempt to conquer the realm by using armies to knock down other teams' castles and eliminate kingdoms. Each kingdom has its own unique special ability. Come and see if you can be the last kingdom standing.	Appalachian C
4:00 – 4:50 pm Physical Education	<b>Virginia Adapted Physical Education Consortium Round Table</b> Presenters: Rob Mages The Virginia Adapted Physical Education Consortium (VAPEC) has been developed to bridge the communication gap with the goals to advance in advocacy, research, professional development and collaboration. We invite all physical educators (current, retired, future professionals), higher education professionals in the area of adapted physical education/activity or related, and other stakeholders with direct connections to serving individuals with disabilities in physical education/activity to join the organization. Join our round table discussion as we introduce the Consortium and network with adapted physical education professionals from across the state as we discuss this new organization and discuss current trends, best practices, and advocacy for adapted physical education in Virginia	Blue Ridge
5:00 – 7:00 pm	<b>Dinner</b>	

# CASINO



# NIGHT

BLACKJACK – ROULETTE – TEXAS HOLD'EM – CORNHOLE – BUCKETBALL – BATTLE PUTT

**3<sup>RD</sup>**

FRIDAY




**7PM**

UNTIL 10 PM






**B**

SHENANDOAH


Time/Division	Presentation Title/Summary Saturday November 4	Room
7:30 -8:00 am	Coffee & Tea Station	Lobby
8:00 – 2:50 pm	Exhibits	Lobby
8:00 – 8:50 am General	<b>To "GIF" or not to "GIF" is never a question!</b> Presenters: Donna Canary, Leslie Crocker, LaWanda Raines, Brandon Kimble Did you enjoy last year's workshop? Do you need a fitness break? A bit of interactive fun with a technology twist? This year's "GIF" competition will be twice the fun-more interaction and more "GIF" QR codes to find! In fact, 3 "GIF" options will be hidden in the conference center for you to find in preparation for the competition! Make sure you remember where they are! Here's how you play: Report to our session and grab your "GIF" scavenger hunt card. Search the various QR codes throughout the main floor of the conference center match QR codes with your scorecard (take a picture of your group completing the "GIF" activity) and get back to the workshop as quick as you can!	Allegheny A
8:00 – 8:50 am Health	<b>What's up with vaping behavior among Virginia youth?</b> Presenter: Debra Sutton In February 2023, the Centers for Disease Control (CDC) released results of the 2021 Youth Risk Behaviors Survey (YRBS), providing a view into the health behavior and experiences middle and high school students in the United States. A review of high school results for tobacco use showed that although cigarette use has declined, the use of electronic vapor products (EVPs) has increased. There were positive results in the Virginia data as use rates either decreased or did not change from the 2019 YRBS. However, the prevalence of ever use and current use of EVPs was significantly higher among female students than male students in both the national and Virginia data. This presentation will discuss evolving vaping behaviors that continue to pose threats to the physical and mental health of youth.	Allegheny B
8:00 – 8:50 am Physical Education	<b>Inclusive PE Strategies</b> Presenter: Ron Malm Learn how to modify PE instruction and equipment for all students to play. Try out adaptive sports and fitness techniques to create an inclusive environment. Better serve your students by learning how to engage and facilitate 100% participation.	Allegheny C
8:00 – 8:50 am Dance	<b>Let's Dance!</b> Presenter: Becky Sorto Learn fun dances and activities to get your students up and moving in P.E.! Participants will learn dance warm-ups, dance stretches, and various dance activities. Participants will leave with strategies that can be readily implemented into their classrooms.	Shenandoah A
8:00 – 8:50 am Physical Education 	<b>Team Building through Activity</b> Presenter: Owen DeWindt Team building is a fun, challenging, and engaging way to strengthen team chemistry and build social emotional skills. Join this session to learn team building activities, as well as classroom management strategies that you can take home and implement into your program!	Shenandoah B
8:00 – 8:50 am Dance	<b>Pocketful of Dances 2</b> Presenters: BJ Santos, Kim Gentry, Stevie Gray, Toni Brown-Berry, Tarin Hampton, Mary Ann Laverty, Jason Runk, Jamie Wright Need a dance now? Or save it in your pocket for later. Come and join some of the best dance educators in Virginia, presenting easy to learn dances to help get your students up and moving!	Appalachian AB
8:00 – 8:50 am Physical Education	<b>Tai Chi, First Ground Yourself, and then the Lives of Your Students</b> Presenter: Bobby Lifka You can not ignore, or run and hide from the twists and turns of daily life. Everyone is on a path to somewhere. These pathways, are full of emotions, expectations, goals, and desires. Navigating these twists and turns with competency, optimism, and a willingness to persist is becoming more difficult to sustain for many people. Mental health has become one of the premier hot topics in the US. You may find that this form of movement meditation and mindfulness has a place in helping to create positive mental health in your personal life and the lives of your students. Please join us in an opportunity to learn about and practice Tai Chi in an all inclusive environment. We will have some fun with it.	Appalachian C




Time/Division	Presentation Title/Summary Saturday November 4	Room
8:00 – 8:50 am Physical Education 	In Cahoots with Parachutes Presenter: Ashley Cates Exercise, teamwork, games, and rhythms – parachutes cover it all. Join us for a fun, movement-based session where you’ll leave with new activities and games that can be used with a multitude of learners.	Shenandoah C
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. The division meeting locations are listed below.		
9:00 - 9:50 am Dance	<b>General Division Meeting</b>	Allegheny A
9:00 - 9:50 am General	<b>Health Division Meeting</b>	Allegheny B
9:00 - 9:50 am Health	<b>Physical Education Division Meeting</b>	Shenandoah B
9:00 - 9:50 am Physical Education	<b>Dance Division Meeting</b>	Appalachian AB
9:00 - 9:50 am Recreation, Sport & Fitness	<b>Recreation, Sport, and Fitness Division Meeting</b>	Appalachian C
10:00 –10:50 am	General Session Presenter: Sandra Sims “Reigniting the FIRE: A Life Changing Experience.”	Shenandoah C
11:00 – 1:50 pm	Poster presentations.	Lobby
11:00 - 11:50 am General	<b>Student Quiz Bowl</b> Presenter: Misti Mueller The VAHPERD College Student Quiz Bowl is back for its seventh year. Using a KAHOOT format, college teams compete for the trophy by answering 50 questions (25 health, 25 physical education.) A team consists of two members and each college may have no more than two teams. Participants should be full time students majoring in health and physical education, teacher preparation. This is a great review for PRAXIS II and allows college students to collaborate.	Allegheny A
11:00 - 11:50 am Health 	<b>Let's Have Fun in Health Class Today</b> Presenter: Melanie Lynch Interactive skills-based health education is a crucial part of any fun and effective health class. This session will provide participants with lessons and activities that will facilitate them to effectively create an energized health class appropriate for all students. Special attention will be paid to assessments, differentiated lessons and SEL. These student-approved lessons and activities will breathe new life into any health class.	Allegheny B
11:00 - 11:50 am Physical Education	<b>Using Health Moves Minds to Develop Conflict Resolution Skills</b> Presenter: Amanda Amtmanis The Health Moves Minds program, accessible at no cost on the SHAPE America website offers full lessons, mini lessons and other resources that help students develop the skills needed to resolve conflicts independently. This session will identify the steps to resolving conflicts and highlight activities from health moves minds that help students develop these skills.	Allegheny C
11:00 - 11:50 am Physical Education	<b>Finding Controls and Connections: Orienteering in Phys. Ed.</b> Presenters: Amanda Geer Getting students outside and active in a non-traditional activity can benefit our students physically and social emotionally. Don't know much about orienteering? Don't let that scare you away from implementing this activity in your class. Join in on the fun as we explore activities that can be used in a basic orienteering unit. See how students can work together to build relationships as they learn basic navigation skills. Discover how to integrate other outdoor education topics such as prevention of diseases from insects within the unit. Though orienteering is primarily an outdoor unit and works great in large spaces, the activities can be modified for rainy days inside and adapted for younger learners. Resources and activities will be shared that are currently being used in a middle school, though they can be used by all levels.	Shenandoah A

Time/Division	Presentation Title/Summary Saturday November 4	Room
11:00 - 11:50 am Physical Education 	<b>Get FAST and FURIOUS with Omnikin!</b> Presenter: Ryan Armstrong 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!	Shenandoah B
11:00 - 11:50 am Physical Education	<b>3 Up 3 Down: Magical Lesson Plan Formula</b> Presenter: Carrie Flint Research indicates that students learn best when activity is incorporated and when content is broken down into "chunks" of information. In this presentation, I will share my successful lesson plan formula (3 Up 3 Down) that I created given the challenge to teach an entire grade level 100+ students (TK-5th) for 60-minute lessons. I will explain how I crafted these lessons addressing standards and incorporated activity throughout.	Appalachian AB
11:00 - 11:50 am Physical Education	<b>Easy Adaptations</b> Presenter: Rob Mages Using Common PE Equipment to Include Students with Disabilities Students with disabilities sometimes have difficulty participating in or finding success in their PE classes. Some of these challenges can be overcome with some simple adaptations using common PE equipment or modifications to rules and boundaries. In this session, attendees will learn how to utilize modified equipment, rules, and boundaries to assist students with disabilities access and succeed in their physical education class.	Appalachian C
11:00 - 11:50 am Dance	<b>Working Together for Greater Learning</b> Presenters: Fran Meyer, Judy Clark, Barb Maclam, & BJ Santos Many physical education and dance education teacher-preparation programs do not provide adequate instruction or strategies for student learning about rhythmic movement and dance in the pre-k to grade 12 curricula. It is important for individuals to connect with national partner organizations to enhance personal and professional development. This session will be an interactive discussion about personal instructional needs and strategies to improve rhythmic/movement classroom learning. There are quality resources to help VA AHPERD members connect with and learn from professionals across the country at no or low-cost. VA AHPERD is a partner organization with the National Dance Society. This alliance offers many perks and benefits. Participants will learn what it means to be a member in an organization that has a collaborative relationship with a prestigious organization that is respected by other national and international groups. Come also to share information that can be helpful to professionals in other states.	Blue Ridge
<b>Lunch</b> 12:00 - 12:50 pm There will lunch available on site for \$15. If you are able, please stay and enjoy lunch so you do not miss any of the fantastic 1:00 sessions!		
1:00 - 1:50 pm Physical Education	<b>Connecting with Parents of Children with Disabilities</b> Presenter: Adam Forbes Parents are an important part of the educational success of children wherein they can provide opportunities for participation in physical activities. When parents feel valued and welcomed, their engagement and satisfaction within physical education can become enhanced thereby developing positive outcomes for children. However, not all parents perceive positive experiences with their involvement or interacting with general or adapted physical education (GPE/APE) teachers. It is important for GPE/APE teachers to communicate with parents of children whom they support in order to establish the benefits of physical education as well as supporting parents' efforts in physical activity opportunities for their children outside of school. This session will present the perspectives of parents towards providing physical activity for their children with disabilities as well as the perceptions towards GPE and APE. A model of parent involvement to guide teachers (BRIDGES) will be presented with small group discussions on this topic.	Allegheny A

Time/Division	Presentation Title/Summary Saturday November 4	Room
1:00 - 1:50 pm Health 	<b>Teaching the 21st Century Stressed Learner with Skills-Based Lessons</b> Presenter: Melanie Lynch Learners are more stressed and suffering from mental health issues at greater rates than ever before. The sad truth is, so are the educators who teach them. Using her teaching and counseling degrees and her nearly 30 years of classroom experience, Melanie has created effective skills-based lessons that will help engage students and provide the skills that they need to remove these barriers to their learning and help improve overall wellness. Lesson plans will be shared with participants.	Allegheny B
1:00 - 1:50 pm Physical Education	<b>Dude Imperfect: How to Use the Art of the Trick Shot to Build Creativity &amp; Resilience in Your Lessons</b> Presenter: Patrick Noel This session provides ways of thinking outside the box to increase excitement, promote creativity, foster resilience and develop a growth mindset for your students by incorporating Trick Shots into skill-themed units. By increasing the challenge for students to be successful, they are able to use the failed attempts to problem solve and learn from their mistakes, making the joy of success that much greater. Come learn how to turn your students into Trick Shot Masters and see if you can join the Perfect Shot Hall of Fame!	Allegheny C
1:00 - 1:50 pm Physical Education	<b>Using Differentiation and Student Leadership to Enhance Team Games</b> Presenter: Tony Splendore Learn how to incorporate team leaders into your program to create differentiated, student-led games. Transition from being the sage on the stage to the guide on the side. Students self-assess their ability level and choose to play against others at the same level to experience more success and less conflict. Games will run smoother, and most importantly be more fun.	Shenandoah A
1:00 - 1:50 pm Physical Education 	<b>Omnikin: Have a BALL with Action-Packed Fun for All!</b> Presenter: Ryan Armstrong Whether you are looking for a new or modified team sport, cooperative and community-building activities, fun with fitness or skill development, Omnikin has you covered! This exhilarating and dynamic session will feature highlights of our famous lightweight, non-threatening, and dynamic 14"-48" balls that will generate excitement in your classroom like never seen before! Both your students and you will surely have a BALL!	Shenandoah B
1:00 - 1:50 pm Recreation, Sport & Fitness	<b>9 Holes of Fishing!</b> Presenters: Mark Brandenburger, AJ Kulp Ryan Bielair, Melissa Elkins Come show off your casting by attempting the key concepts and skills that students will learn during the NFSP lessons. Enter to win an equipment kit and find out about grant funded opportunities!	Shenandoah C
1:00 - 1:50 pm Dance 	<b>Lining up the Dances!</b> Presenter: Chris Walker Some classics and oldies that haven't been done in a minute. Be ready to be up and moving and maybe even with a partner line dance or two!	Appalachian AB
1:00 - 1:50 pm General	<b>Using Cooperative Learning to teach dance in Physical Education</b> Presenters: Dominique Banville Cooperative Learning is a strategy that has students work together to maximize their own and each other's learning. In this session, we will use the Jigsaw strategy to have participants create a line dance and teach each other different sections of the dance. If you are not comfortable teaching dance, this session is for you!!!	Appalachian C
2:00 - 2:50 pm General	<b>Where did all the Physical Educators Majors Go?</b> Presenter: Rodney Gaines The following presentation will present assessment data on 150 students who were assessed on career choices in the Health, Physical Education, and Exercise Science Majors. The results will show what are the main career interests of students today, and strategies will be given to attract students back to HPE k12 career choices.	Allegheny A

Time/Division	Presentation Title/Summary Saturday November 4	Room
2:00 - 2:50 pm Health	<b>Reignite your Health Curriculum with Movement-Based Activities!</b> Presenter: Danielle Werner Used to getting out textbooks to teach health concepts? Come to this session to learn how you can teach health concepts through movement! The session will incorporate several engaging movement-based health activities including: emotional health tag, positive influence simulations, disease ball, and many others! Participants will leave with an entire folder of ideas that can be used immediately with students!	Allegheny B
2:00 - 2:50 pm Physical Education	<b>HELP! I have to teach preschool PE!</b> Presenters: Amanda Campbell & Shay Yoder Teaching preschool PE can be daunting. This session will focus on simple strategies for engaging preschool students through guided discovery and developmentally appropriate tasks. Simple games and activities demonstrating appropriate progressions will be shared.	Allegheny C
2:00 - 2:50 pm Recreation, Sport & Fitness	<b>Secondary Minute to Win It</b> Presenters: Austin Kulp Are you looking for a secondary minute-to-win-it style event for your students? Swing by this session to learn, play, and receive everything you need to run an event at your school. The activities are a mixture of challenges: backyard games, leisure activities, sports, and activities requiring teamwork. Provide resources to secondary HPE teachers so they can run a similar event at their school.	Shenandoah A
2:00 - 2:50 pm Physical Education 	<b>Team Building through Activity</b> Presenter: Owen DeWindt Team building is a fun, challenging, and engaging way to strengthen team chemistry and build social emotional skills. Join this session to learn team building activities, as well as classroom management strategies that you can take home and implement into your program!	Shenandoah B
2:00 - 2:50 pm Recreation, Sport & Fitness	<b>9 Holes of Fishing!</b> Presenters: Mark Brandenburger, AJ Kulp Ryan Bielair, Melissa Elkins Come show off your casting by attempting the key concepts and skills that students will learn during the NFSP lessons. Enter to win an equipment kit and find out about grant funded opportunities!	Shenandoah C
2:00 - 2:50 pm Dance	<b>Teach Dance Successfully: Even If You Have 2 Left Feet</b> Presenters: Carrie Flint There are rhythmic and dance standards at every grade level starting at kindergarten. With each grade level, dances become more complex as they require combining movements. However, many physical educators shy away from these standards or may teach that one dance a year because of their own lack of experience, confidence or simply have "Two Left Feet". This presentation is created for the teacher that is uncomfortable to teach dance and presented by a PE Teacher with two left feet...not a dance teacher. I am sharing my tips and recommendations that have helped me teach dance successfully and now enjoy teaching dance rather than dreading or avoiding dance and rhythmic standards.	Appalachian AB
2:00 - 2:50 pm Physical Education	<b>Double Dipping - games and activities that address both PE and Health Objectives</b> Presenters: Amanda Amtmanis This session included games and activities that will get students moving and developing motor skills while simultaneously addressing health education concepts and skills	Appalachian C
2:00 - 2:50 pm Health	<b>"Fight the Bite, Virginia!": Tick Prevention Curriculum for Health Education</b> Presenters: Jennifer Hall & Katie Bowman Ticks are increasingly in Virginia and children are among the highest risk populations for contracting a tick-borne disease. It is important that children are taught early how to identify a tick, proper prevention techniques, and safe tick removal. Health and Physical Education Teachers are uniquely positioned to educate their students and raise awareness. Ticks in Virginia wants to help teachers and schools with free, evidence-based instructional materials that can be implemented. "Fight the Bite: Virginia" curriculum, aligned with 3-5 Health and PE SOLS, will be piloted during this presentation. Come join us to try out activities, in a round table setting, and leave with lesson plans and ideas for implementation.	Blue Ridge

Time/Division	Presentation Title/Summary Saturday November 4	Room
3:00 - 3:50 pm Physical Education	<b>Peer Partners - Developing Peer Relationships to Enhance Inclusion and Success in Physical Education</b> Presenter: Rob Mages This presentation will help PE teachers develop peer mentorship programs within the General Physical Education environment. This program will partner skilled peers with students with disabilities and/or less skilled students to enhance skill development for all students. This presentation will provide strategies for identifying peer mentors, preparing peer partners to assist in the skill development of students with disabilities, and ways to implement peer partnerships into individual, small group, large group, and team-based activities	Allegheny A
3:00 - 3:50 pm Health	<b>Secondary Health Activities</b> Presenter: Summer Davis Looking for engaging health activities that also align with the standards? You will leave this session with many different lessons, resources and activities that you can incorporate into your health classrooms that will engage students and reinforce the standards.	Allegheny B
3:00 - 3:50 pm Physical Education	<b>Skill progressions for SEL in Elementary PE</b> Presenter: Amanda Amtmanis We utilize skill progressions to help students develop competence with psychomotor skills but when students struggle socially and emotionally, we are sometimes at a loss as to how to help them. This session examines skill progressions for SEL through a variety of games and activities for elementary PE.	Allegheny C
3:00 - 3:50 pm Physical Education	<b>Large Group Games 101</b> Presenter: Tia Moore Do you have a lot of students in your class? Not much space or equipment. In this presentation the presenter will demonstrate how to conduct large group games while still incorporating SOL's. Come ready to move and get your heart rate up. This will be a non-stop activity session.	Shenandoah A
3:00 - 3:50 pm Dance 	<b>Dance Party!</b> Presenter: Chris Walker This session will keep you moving and it will be hard to get the songs out of your head. Come hydrated!	Appalachian AB
3:00 - 3:50 pm Recreation, Sport & Fitness	<b>No Equipment, No Problem</b> Presenters: Brandon Kimble, Donna Canary, Raymond Crowell Now imagine that you want to play a sport, game, do a physical activity, or have a recreational activity with your class, but you do not have any equipment. So, the question is, what will you do with limited resources? This session will provide tips and strategies to secure or create the sport, recreation, or fitness equipment needed for your Health and Physical Education class. If you want to learn to build equipment or relationships, your class needs to join our session. We will use creativity, marketing, and engineering to get or make recreation, sports, and fitness equipment. We will conclude with no equipment and a modified equipment workout.	Appalachian C
3:00 - 3:50 pm Physical Education	<b>How to Have a Peaceful Playground</b> Presenter: Carrie Flint Peaceful Playgrounds is a nationally award winning program in over 9000 schools across the country. It is the only program that identifies the 5 most common problems that occur on the playground. By implementing Peaceful Playgrounds, schools have identified a decrease in playground injuries and visits to the doctors, a significant reduction in bullying and playground confrontations, as well as a considerable increase in physical activity. This presentation is fast paced and humorous and participants will walk away with 5 solutions to help create a peaceful playground.	Blue Ridge



YOU ARE INVITED TO THE

2023

*Virginia AFPERD  
Awards Ceremony*



Join us in Shenandoah C  
on November 4, 2023, 4:00- 5:30 pm

RECEPTION TO FOLLOW IN SHENANDOAH B

# *Awards Ceremony*

*4:00 - 5:30 pm*  
*Shenandoah C*

## **Professional Awards**



**Rodney Gaines**

Honor Award



**Raymond Crowell**

Middle School Physical  
Educator of the Year



**Matthew Barker**

Adapted Physical  
Educator of the Year



**Katelyn Makovec**

College/University  
Physical Education  
Teacher of the  
Year

## Student Award Winners

Graduate Award – **Rachel Crowe**, James Madison University

Frances Mays Award – **Jenna Ratanatava**, James Madison University

Outstanding Student Athlete (Individual) – **Rebecca Kate Mammel**, Virginia Tech University

Outstanding Student Athlete (Team) – **Skyler Padgett**, Virginia Commonwealth University

## College/University Majors of the Year

### **Syria Jones**

Dance

Virginia State University

### **Rebecca Kate Mammel**

Recreation, Sport and Fitness

Virginia Tech University

### **Antonio Davis**

Recreation

Virginia State University

### **Lillian Snyder**

Exercise Science

Virginia Tech University

### **Allison Feldhausen**

Physical Education

George Mason University

### **Lana Watts**

Health Education

Virginia Tech University

### **Madi Serttas**

Physical Education

Bridgewater College

### **Kendall Gibson Williams**

Health and Physical Education

James Madison University

### **Ashley Wahlstrom**

Health Education

Virginia Commonwealth  
University

Please join us for the Awards Reception

5:30 – 6:15 pm

Shenandoah B



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## Teachers of the Year

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[ DANCE DIVISION: FIRST ANNUAL SOCIAL ]

# DANCE

– LIVE DJ – CASH BAR – FREE ADMISION –

DAY:

**4<sup>TH</sup>**

SATURDAY

TIME:

**7PM**

UNTIL 10 PM

PLACE:

**B**

SHENANDOAH



Time/Division	Presentation Title/Summary Sunday November 5	Room
7:30 – 8:50 am	<b>Coffee and Tea Station</b>	Lobby
9:00 - 9:50 am	<b>Morning Wake Up!</b> Presenter: Bobby Lifka Join us for some additional Tai Chi practice after Saturday's intro session. If you were unable to join us on Saturday you are also very welcome. We will continue with forms practice, after some dynamic stretch and breathing center practice. We will intermix a little functional strength with our forms and end with a brief progressive relaxation.	Appalachian C
9:00 - 9:50 am	<b>New Board Orientation</b> Presenters: Maria McKeown If you are a newly elected official, you are asked to be in attendance. There is also a board meeting immediately following the closing session this afternoon.	Blue Ridge
9:00 - 9:50 Recreation, Sport & Fitness	<b>Leisure in 2023 and Beyond!</b> Presenter: Andrea Michelle Williams Roots During this presentation participants will have an opportunity to review ppt notes and get up and move with the presenter then engage in 5-7 minutes of collaboration with peers, then share out. The presentation will cover, Defining what leisure at different levels and spaces, How is it communicated in the classroom and in the community, and What is the best way to acknowledge how leisure can bring awareness to personal health.	Allegheny A
9:00 - 9:50 am Physical Education	<b>Physical Activity as Punishment/Behavior Management: Advocacy and Tools Summary</b> Presenter: David Keiling SHAPE America contends the administration of and/or withdrawal of physical activity as punishment and/or behavior management as an inappropriate practice. The most recent position statement provides a table of common scenarios with associated appropriate practices to educate and offer suggestions related to best practices in physical education and physical activity settings. Come learn how others have been successful in getting this statement in the hands of stakeholders to advocate for appropriate practices in our profession!	Allegheny B
9:00 - 9:50 am Health	<b>Is Consent a Game?</b> Presenter: Kyle Mortenson "Is Consent a Game?" is an engaging and interactive session designed specifically for teachers, aiming to equip them with innovative techniques to effectively teach the concepts of consent and boundaries to students. Through this program, teachers will learn new approaches to incorporate unique lessons that promote a deep understanding of consent in their classrooms. The session begins with an exploration of the fundamental principles of consent, highlighting its importance in establishing healthy relationships and fostering respect through social-emotional learning techniques. Teachers will then delve into a variety of interactive activities and thought-provoking discussions that enable students to comprehend the complexities of consent and personal boundaries.	Shenandoah A
9:00 - 9:50 am General 	<b>Tips, Tricks and Activities to Maximize your Space</b> Presenter: Rob Poore Learn various strategies and activities to make the most of any Physical Education space you may have. Come ready to move and engage as we progress through multiple activities you can use in your classes Monday.	Shenandoah B
9:00 - 9:50 am Physical Education	<b>Team Building Activities to Build a Positive Community in your PE Class</b> Presenter: Amanda Geer Teachers work hard on building a classroom culture where students can have a positive experience with their classmates while being physically active. Cooperative learning and team building activities allow students to work together to learn about themselves and each other as they work towards a common goal. Integrating them into your curriculum whether at the beginning of class, a unit, or the year can help students relate better with their classmates allowing them to feel more comfortable participating in class. In this session I will share some of my favorite partner, small group, and large group team building activities. Discover strategies you can use to help guide students in building relationships, effective communication, decision making, and problem solving together to help build a positive classroom experience for all. Examples of how to group students and how to help students reflect on their experience in the activities will be given.	Allegheny C

Time/Division	Presentation Title/Summary Sunday November 5	Room
9:00 - 9:50 am Dance	<b>A Pocketful of Dances 3</b> Presenters: Presenters: BJ Santos, Kim Gentry, Stevie Gray, Toni Brown-Berry, Tarin Hampton, Mary Ann Laverty, Jason Runk, Jamie Wright Need a dance now? Or save it in your pocket for later. Come and join some of the best dance educators in Virginia, presenting a variety of easy to learn dances to help get your students up and moving!	Appalachian AB
9:00 - 9:50 am Physical Education	<b>Mindfully Using Music</b> Presenter: Carrie Flint Hear the Beat and Move Your Feet. The concept of using music in PE is not a new one; YES! it is motivating! However, mindfully selecting your music can greatly enhance student outcomes for fitness, movement, gross and fine motor skills as well as emotional/social experiences. Participants will be given strategies to deliver content utilizing multiple modes of learning and intelligences of learning, that incorporates music throughout.	Appalachian C
10:00 - 10:50 am Physical Education	<b>Understanding the "why" before we act</b> Presenters: Caitlin White & Rob Mages When students present difficult behaviors, we can handle the situation in many different ways. Sometimes we end up adding to that behavior, based on how we react. Just like adults, our students have bad days, rough homes, and problems we could never imagine. Instead of jumping on them, let's work to find the why behind the behavior.	Allegheny B
10:00 - 10:50 am Recreation, Sport & Fitness	<b>FORE! Striking a ball with long-handled implements while stationary with the proper force, direction, and accuracy.</b> Presenters: Mark Brandenberger, Meghan Gouldin, Melissa Elkins, Jenna McMahon Beginning a safe golf skills program can be easy, and challenge students! Participate in various activities including SnagGolf (R) and Birdieball (R) using rubrics to demonstrate motor skill development. Discuss collaborations with local youth golf agencies and clubs (ie. First Tee). Manipulative and movement skills can be broken down into smaller elements to improve proficiency. Developmentally appropriate movement includes performance of all critical elements. Manipulative skills are performed in isolation, and then in more complex and dynamic environments within modified sports activities, small-sided games, and lifetime activities.	Shenandoah C
10:00 - 10:50 Physical Education	<b>Next Level Physical Fitness</b> Presenter: Roberta Guimond The objective of this presentation is to open students' minds about exercising and how it can be fun, exciting, and challenging no matter what your fitness level is. In this session, I will show you how to get students to take ownership of their workout with partner formulas and journaling. I will demonstrate how using simple equipment like hula hoops, bean bags, and scarfs can elevate your students' muscle endurance and strength. This session will direct you away from traditional thinking about exercise and open your mind to new ways to make working out enjoyable.	Appalachian AB
10:00 - 10:50 Dance	<b>Creative Rhythmic Movement for All Ages</b> Presenters: Fran Meyer & Judy Clark Creative rhythmic movement is one of the oldest traditions around the globe. It is an exciting way for children, adolescents, and adults, through senior ages, to explore movement, develop physical skills (e.g., strength, flexibility, balance, coordination), control energy in healthy ways, inspire creativity, and promote problem solving. Every person is different. It is a process where the individual (young and older) is in control of the learning. Individuals discover ways to use the body to describe a situation or image, an idea or story, a feeling or an emotion, as well as group (social) interaction within the learning processes. This process may or may not use music and can be used to integrating curriculum such as the other arts, history, language and reading, mathematics, personal health and physical activity, science, technology, and writing.	Appalachian C
10:00 - 10:50 Health	<b>Roundtable Discussion on Elements of Virtual Health and P.E.</b> Presenter: Joel Highman This presentation is a round table discussion of the elements everyone is using to run and administer their Virtual Health and PE curriculum. As a teacher in my county, I have been piecing together a program for students to participate and receive credit for our 8th grade class (only grade level that can complete Virtual PE in our middle school). All ideas and formats will be discussed along with the pros and cons.	Blue Ridge

## **Closing General Session**

Sunday 11:00 am

Shenandoah C

Meet your new officers & celebrate a FANTASTIC convention!

Prizes, prizes, and MORE PRIZES.

(Must be present to win)

We hope to see you next year!

November 2024 Virginia AHPERD Annual Convention

Founders Inn, Virginia Beach

"The Power of You: Embracing Your Abilities"

# The Virginia Association for Health, Physical Education, Recreation and 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
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# VAHPERD 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	

# VAHPERD

## 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  
Chevreaux 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 Rahrdez  
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 Castelvechi

### 2019

Liz Payne

### 2021

Henry Castelvechi

### 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

	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 Canary	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

	Recreation Professional	Dance Educator	Dance Professional	Supervisor
1983				
1984				
1985				
1986				
1987				
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
1998				
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

## Other VAHPERD 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
1991				
1992				Hon. Wittington W. Clements
1993				
1994				R. Edward Houck
1995				
1996		Margie Botelho Bill Chambers Debra Sutor		Congressman Rick Boucher
1997		Kim Angotti Lesli Blanchard Margie Botelho Bill Chambers Debra Sutor	Regina Kirk	
1998				
1999				Hon. L. Karen Darner
2000				
2001				
2002				
2003	Patricia Benson		Betty Lou Harris	
2004	Megan Camden		Kathy Gay	
2005				
2006				
2007				
2008			Susan Miller	Del. John O'Bannon
2009				
2010		Betty Seymore		
2011				
2012	Rose Houk	Thomas Warren		
2013				
2014		Sue Morre		Sen. John Miller
2015		Tracy Olivas		
2016		Jay Levesque		
2017		Nancy Tucker		
2018		Bryn Varhol		
2019				
2020				Del. Mark Keam

## VAHPERD Student Awards

	Frances A Mayes Scholarship	Graduate Scholarship Award	Outstanding Athlete - Individual Sport	Outstanding Athlete – Team Sport
1983				
1984				
1985				
1986				
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			
1998				
1999	Emily Hunt			
2000				
2001	Shane Guynn			
2002	Shane Guynn			
2003				
2004				
2005	Lindsey Ervin			
2006				
2007				
2008				
2009				
2010				
2011				
2012	Leslie Meadows			
2013				
2014	Jasmine Conyers	Talik Jones	Mary Kelly	Isabel Chang
2015				
2016				
2017				
2018	Jenna McMahan	Erin Woods		Tiffani Williams
2019	Wendy Mu	Katie Holland		
2020				
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