

2012 CDA Convention



Central District Convention Programming

*~Colorado, Iowa, Kansas, Minnesota, Missouri,
Nebraska, North Dakota, South Dakota,
Wyoming~*

*Co-Hosted by Colorado & CDA AAHPERD
Crowne Plaza Hotel*

Welcome to Central District AAHPERD 2012



I would like to welcome each of you to the 2012 Central District Convention “Moving Mountains One Step At A Time”! Your convention manager Cori Kassib and the Colorado convention planning team have put together an excellent program of professional sessions and fun filled events to make your convention experience both educational as well as enjoyable. I want to thank each of them for the many hours of work they have put into this event.

We are honored to have AAHPERD Chief Executive Officer, Dr. Paul Roetert joining us to share his wisdom and humor during the General Session on Friday. Over 75 individual sessions have been scheduled to provide professional development opportunities in all areas. A number of our Central District professionals will be honored at the Awards Banquet Friday evening. We have many exhibitors here to share their products and services with you. Special outdoor exercise opportunities are offered with the American Heart Association Morning Heart Walk and the Garden of the Gods Hike. You won’t want to miss the opportunity to enjoy the beauty of Colorado Springs!

We all face “mountains” in both our personal and professional lives. Although those “mountains” may seem insurmountable, the journey to the top must be taken “one step at a time”. It is my hope that through these convention experiences each of you will take the steps necessary to move the mountains in your personal and professional lives! Enjoy the convention and begin your climb!

Sincerely,

Dr. Joyce Ellis
Central District President

2012 Central District AAHPERD VIP’s

General Session Keynote Speaker: *Dr. Paul Roetert "Future Ready"*

E. Paul Roetert, Ph.D., is the Chief Executive Officer of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). With 18,000 members, AAHPERD is the largest organization supporting and assisting professionals involved in physical education, recreation, fitness, sport and coaching, dance, and health education. He oversees an alliance of five national associations, six district associations and a research consortium. Prior to this position, he was the Managing Director of the United States Tennis Association’s (USTA’s) Player Development Program and Tournament Director of the US Open Junior Tennis Championships. He was also the Executive Director for the American Sport Education Program at Human Kinetics, in Champaign, Illinois.

Roetert has published extensively in the field of sports medicine and science, including four books, more than 25 book chapters, and well over 100 articles. He is a Fellow in the American College of Sports Medicine and among many other awards, he received the Editorial Excellence Award in 1999 from the National Strength and Conditioning Association for his work on the Journal of Strength and Conditioning and Research, and in 2000 the Outstanding Alumni



award from the University of Connecticut. He is also the 2002 Educational Merit Award recipient from the International Tennis Hall of Fame for outstanding service to the game of tennis. Roetert holds a Ph.D. in biomechanics from the University of Connecticut.

Dr. Paul Roetert is the featured speaker for the general session on Friday. Paul has a great sense of humor and will certainly entertain you as well as share information related to the reorganization of AAHPERD. We are honored to have Dr. Roetert join us and share his knowledge with our organization!

Award Banquet Guest Speaker: Tucker Dupree, U.S. Paralympic Athlete
“Chasing The Dream, Not The Competition”

In October 2006, Dupree woke up one morning and could not see clearly out of his left eye. He was sent to the hospital to have some tests done, where he was diagnosed with Lebers Hereditary Optic Neuropathy. Dupree was told he would be completely blind within six months. Despite his condition, Dupree continued swimming and by his senior year he was captain of his high school’s swim team and was named team MVP.

In 2008, Dupree participated in his first Paralympic Games. Competing in multiple events Dupree has medaled and grown as an athletic and person. We are honored to have Tucker join us at our 2012 Central District AAHPERD Convention!



Special Speakers

Dr. Dennis Docheff, President of NASPE

Dr. Dennis Docheff, professor in the Department of Kinesiology at the University of Central Missouri in Warrensburg, MO, began his National Association for Sport and Physical Education (NASPE) presidency April 25, 2011 at the national convention in San Diego, California. As a national spokesperson for NASPE, Dr. Docheff addresses the organization's role in advancing the professions NASPE serves and is an advocate for quality sport, physical activity and physical education programs. Dr. Docheff was an intricate part of a team that created a new initiative called Let's Move in School, which focuses on ensuring every school across the country incorporates a comprehensive physical activity program before, during, and after school with the help of school, parents, and community involvement.



Dr. Sue Barnd, District Scholar

Dr. Barnd is an associate professor at Metropolitan State College of Denver. She works with the K-12 physical education majors and specializes in elementary physical education pedagogy. She also supervises student teachers and is the co advisor for the Physical Education Teaching Majors Club. Dr. Barnd is starting her 26th year in education as she has taught elementary, middle school and college physical education and has coached numerous athletic teams. Dr. Barnd has published over 30 articles and has served on numerous local, state and national physical education committees. She recently served as the Colorado Association of Health, Physical Education, Recreation and Dance President.



GENERAL INFORMATION

Badges

Upon registration or check-in for the Convention, you will be issued an official convention name badge. Your badge identifies you as an official registrant and makes you easily recognizable by colleagues. All CDA AAHPERD attendees must wear their name badges to the sessions and the Exhibit Hall or you will not be admitted. Your badge represents an admission contract between you and AAHPERD and is for your own personal use. Violation or misuse of this contract (such as badge sharing) may be the cause for AAHPERD to relieve you of your badge, or expulsion from the convention. Your registration fee includes the cost of one badge. DO NOT wear your badge outside the convention venues. There will be a \$5 charge for replacement badges.

Electronic Devices

Please turn off all cell phones before entering sessions. Speakers and other program attendees will appreciate this courtesy. Recording and photography is allowed with agreement of the session presider and speakers and to the extent that it is not disruptive to presenters or audiences. Personal recordings may not be used for commercial purposes.

Thursday Night Minute to Win It

Join Patty Jordan and Central District AAHPERD and compete in 60 second challenges for a shot at the champion title!

Exhibitors Gala

NOT TO BE MISSED!

Thursday night from 7-9pm is your chance to check out all of our exciting exhibitors and all of the cool tool's they have to offer!

Awards Banquet

Please join us to honor amazing professionals in the field of Health, Physical Education, Recreation and Dance. Banquet tickets are enclosed in your registration packet. Tickets

must be presented at the door for the banquet. Please return any extra tickets to the registration desk.

Club Harvey's Boom Boom Shakedown "Dance of the Decades"

What era are you coming as???? Who cares, as long as you have your dancing shoes and party pants on! Let loose and have fun celebrating Mark Harvey and party with all of the Central District attendees!

Saturday's Deal or No Deal!

Join us on Saturday afternoon for your chance to win fabulous prizes!

Lost & Found

Items can be turned in or retrieved at the Registration Desk.

Continuing Education Credit's

Colorado is happy to announce the availability of earning College credit or obtaining a professional development certificate while attending the Central District Association convention.

The cost for Adams State College credit is \$70 per credit and you have the option to sign up for 1 or 2 credits. You must complete/document either 15 hours (1 credit) or 30 hours (2 credits) and complete 2 questions. Sign up will be available in the registration area.

Thursday– 11 hours = 9 hours of Pre-convention and 2 hours at the Exhibits.

Friday– 16 hours = starting your day with the 6:00am Heart Walk, ending with the dance.

Saturday– 9.5 hours = starting with the Garden of the God's walk, ending with Deal or No Deal.

You may turn in evidence of attending any configuration of sessions/activities to obtain a certificate of Professional Development for the hours you attended.

Student Raffle & Silent Auction

Increase your chances to win prizes and donate a trip to the National Convention for our future professionals. The money that the Retiree Network raises through the raffle is given back to students through a drawing. The raffle will kick off at Friday's Luncheon and close at the Awards Banquet on Friday evening. The Silent Auction will open at 7:30 am on Friday and will close at 3:30 pm on Friday afternoon. Don't miss out on these exciting and beneficial opportunities! You must be present to claim your item and pay by CASH.

Session Handouts

Handouts can be found electronically on <http://www.aahperd.org/about/districts/central/> or by going to www.aahperd.org and clicking on the Central District link.

A Word of Caution

Unfortunately, losses and thefts occur whenever large numbers of people meet. Please carry your valuables and cash with you when you leave your hotel room, and exercise adequate precautionary measures. The Crowne Plaza is not responsible for losses of any item other than those placed in hotel safety boxes.

Dear Central District AAHPERD Attendees,

It has been my pleasure serving you as convention manager. I hope you had an enjoyable and educational experience. This conference would not have been a success without the help of the Central District AAHPERD board and the Colorado Convention Committee. Thank you all for your time, dedication, and expertise!

Please consider joining us in beautiful Colorado this fall for our COAHPERD 2012 conference October 18-20 at the Embassy Suites in Loveland, Colorado.

Be well,

Cori Kassib, The Colorado AAHPERD Board, and Convention Committee

Donna Carey, Aaron Ford, Sue Barnd, Patricia Morrison-Hughes, Leann Hepburn, Sherry Sims, Cindy Austin, Pam Miller, Terry Jones, Nhu Nguyen, Clayton Ellis, Rick Metz, Jenny Rice, Patrick McHenry, Bryan Wickoren, Elizabeth Sharp, Barb Kissick, Taylor Pruewitt, Elaine Rosquist, Matt Monfre, Jessica Stelzer, C.J. Cain, Christopher Watts, Natasha Jones, Nick Walker, Jenn Harroff, Aprille Vasu, Kenny Webb, Justin Hudson, Andrea McCarthy, and Lora Parker



Wednesday, February 1, 2012

6:00 p.m.-7:00 p.m. Executive Committee & Local Committee Social
6:15 p.m.-7:30 p.m. Registration Open
7:00 p.m.-9:00 p.m. Executive Committee Meeting

Presidential Suite
Registration Desk
Rampart

Colorado Springs Trivia

1. Where in Colorado Springs can you learn the "wrist dexterity" needed to pan for gold?

Thursday, February 2, 2012

7:00 a.m.-5:00 p.m. Registration Open
8:00 a.m.-5:00 p.m. District Grant Coordinators of The CO Health Foundation Meeting
9:00 a.m.-5:00 p.m. Exhibit Set-Up
9:00 a.m.-11:00 a.m. Executive Committee Meeting
1:00 p.m. -5:00 p.m. Executive Board Meeting

Registration Desk
Freemont
Foothills Hall
Rampart
Rampart

PRE-CONVENTION WORKSHOPS (Pre-Registration Required To Attend)

Half Day Morning Workshop

8:00 a.m.-12:00 p.m. "Get On The Bus With Tennis In School": *Jason Jamison* (USTA National Manager In Schools), *Vicky Matarazzo* (Volunteer Director of Tennis for Special Olympics Colorado)

Salon A,B,C

Participants will experience how to introduce tennis to large numbers of children in limited spaces without the need for traditional tennis courts. By utilizing kid-friendly tennis equipment and simplified scoring and rules, tennis has never been easier to learn. Designed to be effective for all grade levels, the USTA's School Tennis curriculum provides easy-to-follow lesson plans that incorporate tennis and fitness in a fun and dynamic manner. Attendees of the workshop will have an opportunity to participate in a variety of games and activities designed to create a positive first experience for students of all abilities. Specific methods for introducing tennis to students with special needs will also be demonstrated.

Half Day Afternoon Workshop's

1:00 p.m.-5:00 p.m. "Adapted P.E. Treasure Chest & Toys": *Cindy Combs* (2006 National APE Teacher of the Year) Newton Public Schools, Newton, KS

Salon D,E,F

Come enjoy playing games and activities from the Adapted PE treasure chest. Play games to reinforce the Activity Pyramid and NASPE Standards. See and feel creative ways to teach muscles and bones. Play homemade card and newspaper games. Celebrate the 2012 Olympic and Paralympic Games in London. Engage in Adventure Course games and elements.

1:00 p.m.-4:15 p.m. "Olympic Training Center Behind The Scenes Tour"

Olympic Training Center (1750 E. Boulder St.)

Movie, Private Tour of Campus 1: 20 - 3:30 All areas including Judo, Wrestling, Shooting, Gyms, Gymnastic Area, Swimming pool and facilities, weight room. Wrap Up / Questions 3:30. Shopping in Visitors Center Gift Shop 3:45 - 4:15 if you wish.

Full Day Workshops

8:00 a.m.-5:00 p.m. “Fishing In School” NFSP Level 1 Teacher Training: *Katie Cole*

CLASS BEGINS IN GOLDCAMP & Relocates To The Southeast Family Center Armed Services YMCA
(2190 Jet Wing Dr.)

The NFSP Teacher Training certifies educators to teach the program’s curriculum. The training will provide the proper knowledge and skills so the educator can confidently and effectively share a breadth of outdoor-related learning to their students: fishing, wildlife habitat, aquatic insects, freshwater ecology, fishery resources, conservation and stewardship will be covered. NFSP provides: curriculum, training, equipment and support. The Fishing Education Foundation, the parent organization, provides grants to schools wishing to participate to the extent funds are available. The “Fishing in Schools” NFSP Level 1 Teacher Training will focus on the process by which schools may participate in the National Fishing in Schools Program. Curricular elements that employ 4 academic standards will be detailed: i.e., how “Fishing in Schools” addresses science, language arts, technology and physical education.

8:00 a.m.-5:00 p.m. “Archery Instruction Certification” : *Steve Lucero*

Colorado Division of Wildlife (4255 Sinton Rd.)

Colorado-certified secondary teachers become qualified to teach archery through taking an eight-hour, National Archery in the Schools Program (NASP) archery-training program from instructors certified by the NASP and the Colorado Division of Wildlife. Core content covers archery history, safety, technique, equipment, mental concentration, and self-improvement.

Colorado Springs Trivia

2. What is the name of the world's highest suspension bridge?

5:30 p.m. -7:30 p.m. Colorado Award’s Celebration (Colorado Celebration Only) Summit
MC’d by Dr. Paul Roetert, AAHPERD CEO & Sponsored by the Colorado
Health Foundation

2011 Awards Winners

Joy of Effort-Terry Todd

Pathfinder Award-Karen Marley

Honor Award-Rick Metz

Young Professional Award-Brett Miramon

Adapted PE Teacher of the Year-Theresa Breazeale

Elementary PE Teacher of the Year-Leann Hepburn

Middle School PE Teacher of the Year-Matt Monfre

High School PE Teacher of the Year-Lori Pace

Administrator/Principal-Di Worner

Sportsmanship-Ken Reed

Distinguished Service-Amber Schweitzer



The Colorado Health Foundation™

6:30 p.m.-8:00 p.m. Minute To Win It Games

Breckenridge

Join Patty Jordan and Central District AAHPERD attendees in a friendly competition of 60-second challenges with household objects for a shot at taking the Minute To Win It Title.

7:00 p.m.-9:00 p.m. Exhibits Gala

Foothills Hall

~You Are Cordially Invited To Attend the 2012 Central District Exhibitors Gala!~
Meet & Greet The Exhibitors and Enter To Win Fabulous Prizes.

Colorado Springs Trivia

3. What place was once called "City of Millionaires"?

Friday, February 3, 2012

6:30 a.m.

American Heart Association Morning Heart Walk/Run
(Meeting in Lobby at 6:15am)

El Pomar Park

Come join Joint Projects leader Amy Kaiser, AHA rep's and State Jump/Hoops coordinators for a heart healthy walk to start your morning. 2 mile walk/run outside, so dress for the weather.

7:00 a.m.-1:00 p.m.

Registration

Registration Desk

7:00 a.m.-8:00 a.m.

CDA Past President's Breakfast

Aspen

7:00 a.m.-8:00 a.m.

Collaboration Committee Breakfast (Invite Only)

Rampart

7:00 a.m.-8:00 a.m.

New Standing Committee Chairs Meeting

Cripple Creek

8:00 a.m.-5:00 p.m.

Exhibits Open

Foothills Hall

8:00 a.m.-9:00 a.m.

Retiree Coffee (All Retiree's Welcome)

Cascade



www.LetsMoveInSchool.org

National Association for Sport and Physical Education of the
American Alliance for Health, Physical Education, Recreation and Dance

BREAKOUT SESSION I

8:00 a.m.-9:20 a.m.

“The British Invasion: Incorporating Rugby, Cricket, and Netball in Physical Education”

Jeremy Yeats, Cathy Berei, Mark Smith

Salon A&B

To maximize student physical activity levels, participation rates, and success physical education teachers must maximize opportunities for students to explore and discover culturally responsive sports, games and activities. This presentation will focus on small-sided modified games and activities with a British origin. A culturally responsive approach to teaching will be used to introduce modified versions of rugby, cricket and netball and is designed to demonstrate how teachers can utilize non-traditional/culturally-responsive teaching within their curriculum.

“American Heart Association Coffee & Conversation”

Amy Kaiser

Salon C

Jump/Hoops for Heart Session includes a light breakfast and prizes following the walk/run. As teachers we need to be role models for our students and participate in physical activity. AHA rep will give a brief update about the program and where funds raised are distributed. This session will include a detailed example of a Jump for Heart Event that Amy does in Minnesota and will finish with a discussion about best practice ideas from everyone in the audience.



Colorado Springs Trivia

4. What inspired Katharine Lee Bates to write "America the Beautiful"?

“Join the ULC (Ultimate Learners Club) Teach Martial Arts in Physical Education”

Clayton Ellis (National AAHPERD High School Teacher of the Year), Dr. Nhu Nguyen

Salon D&E

Energize your teaching by incorporating martial arts into your general physical education class. Use martial arts in a variety of ways to warm-up a class or use as a standalone unit. Learn why martial arts are good for the brain and how to incorporate martial arts techniques and drills into your class warm-ups, circuit training stations, and fitness/skill development relays.

“Athleticism: The Building Blocks To Success For All Students”

Steve Brittenham, Sue Brittenham

Salon F&G

Many students are not proficient when performing a sport-related skill such as kicking a soccer ball, shooting a basketball, striking a tennis ball, etc. because they lack athleticism. This session will focus on activities and drills you can use to increase student athleticism which in turn will provide them more success when performing sport-related skills. We will discuss how to build new pathways from the brain to the muscles which will improve one's agility, reaction, coordination, balance, ambidexterity, power and a host of other movements.

“Finding Your Way To Fitness With Geo-Caching”

Mike Bradley (Physical Activity & Recreation Division Vice President), *Lois Mauch*

PP I&II

Geo-caching continues to grow as a lifetime activity. Learn how to set a course of caches for your students using Geomate Jr. GPS's and the website that compliments them. Race with teammates to find caches that incorporate class content at each site. Non-traditional geo-caches will demonstrate how to introduce, reinforce and review material presented in your class. MVPA pedometers and activity watches will be used to keep activity levels up while geo-caching.

“Who’s Doing The Talking and Who’s Doing the Learning?”

Chris Strater

PP III&IV

This presentation will be an interactive session that exposes participants to backward planning which allows their students to take an active voice in understanding standards and how to achieve them. Through a brain compatible approach the participants will work towards how to put the learning into the students hands and guide them to new discoveries of fitness, sport skills, health and all around wellness.

“Using the Power of Sport To Influence Character”

Betsy Douglass, Peggy Vigil USADA

Avondale

Equip and empower your students. In a world full of steroids, supplements and stimulants, the struggle for ethics is evident. Join us for a dynamic and interactive discussion on what society stands to lose in our obsession to win. Through the discussion, you will be introduced to USADA's FREE resources and curricula programs, how they meet state/national standards and engage the 21st century learner.

“National Board Certification: Introduction to the new Physical Education Standards!”

Taralyn Garner, Lana Peterson, Helen Pino, Brenda Matae

Divide

If you are interested in being National Board Certified you will want to attend this session. Learn about the just completed National Board Standards for Physical Education. I am a member of the team of 13 physical educators chosen to complete the writing of the new standards in September 2011. National Board certification is an amazing experience that will challenge you to grow professionally!

“Title IX Update-The 21st Century”

Karen Marley (COAHPERD Past President)

El Paso

This session will cover Title IX information needed for the 21st Century. We will cover new court cases, the law now and then; and where and what do we do now. The attendees will receive a power point presentation and updated court cases. We will discuss options available to attendeesif Title IX is not being followed. Discussion/Questions and Answers will be part of this session.

Colorado Springs Trivia

5. Which Pikes Peak region tourist attraction calls itself the "Grandest Mile of Scenery in Colorado"?

BREAKOUT SESSION II

9:30-10:20 a.m.

“Step Up To Urban Hip Hop”

Nick Walker (Metro State PETE Club President)

Salon A&B

Get ready to learn moves from hip hop choreographers Jamie Miller and Nick Walker. We will be teaching you a segment from the LMFAO music video Party Rock Anthem! Our hip hop choreography caters to all individuals within the Health, Physical Education, Recreation, and Dance professions. Be prepared to sweat, groove, and have a blast!

“Dance Units Made Happy”

Deb Stephenson

Salon C

Negative feelings breed a negative atmosphere. This session will provide teachers with tricks and dances that help alleviate the negativity while creating smiles on the faces of the physical educators and students involved. The presenter brings tried and true tricks, techniques and dance favorites that create and facilitate a comfortable atmosphere in which to learn dance. This session focuses on middle and high school classes but many techniques may be used at any level.

“Fantastic and Fun Activities!”

Elaine Rosquist (Colorado 2010 Elementary Teacher of The Year)

Salon D&E

Participants will move through many activities. It will be a fast paced session that will give you new ideas to help keep physical education fun and help your students to move! Session presented by “Teacher of the Year”, Elaine Rosquist. You won’t want to miss this session!

Colorado Springs Trivia

6. Who staged the world’s highest art exhibit on top of Pikes Peak in 1984?

“Achieving Fitness: An Adventure Approach to Teaching Fitness”

Angel Krimm

Salon F&G

Participants will discover how Adventure theory blends with the components of Health Related Fitness to create a powerful program that will engage any population in learning about fitness while having fun! Participants will walk away with a fresh perspective on how to present fitness, and learn a variety of new activities.

“Soar Into Fitness: Sport Stacking With Speed Stacks”

Roger Washburn

PP I&II

Take your students to new levels of fitness with Speed Stacks! This session combines basic Sport Stacking patterns with fitness activities. All first time participants will receive a FREE set of Speed Stacks, Instructor Training DVD and Information.

“Trends in Physical Education Activities in Today’s K-12 Schools”

Margie Miller, Ross Friesen, Park Lockwood

PP III&IV

Physical Education teachers were surveyed to identify those activities currently being taught in K-12 schools in Kansas. Results of this survey will be presented, along with a discussion of the implications for K-12 practitioners and higher education physical education teacher education (PETE) programs. In addition, comparisons will be made to the 2009 national survey, Physical Education Trends in our Nation’s Schools: A Survey of Practicing K-12 Physical Education Teachers.

“The Leader In All of Us”

Dr. Paul Roetert (AAHPERD’s Chief Executive Officer)

Gold Camp

Two very different “athletes” will be compared and contrasted. The specific focus will be on leadership skills as they faced adversity in their lives. Commonalities and differences will be highlighted and discussed in relation to our own lives. Strategies to help all of us become better leaders will be identified.

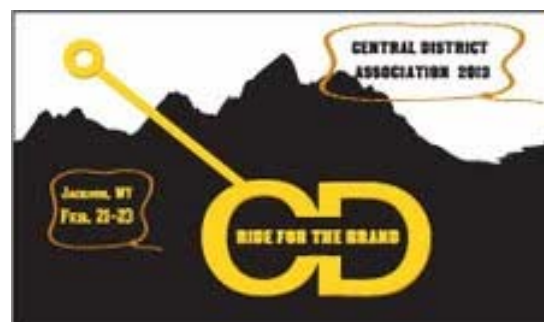
“Multi-Sport Participation In High School Athletics: Benefits and Challenges”

Jeff Bakke

Avondale

This educational session will include information useful to coaches and physical education teachers at all levels. The topic of high school multi-sport participation will be discussed, with an emphasis on the benefits of playing multiple sports, the challenges these athletes face, strategies for coaches and teachers to support multi-sport athletes, and a review of the current literature.

Speaking of the future....
Did you hear that Central District 2013 is going to be in beautiful Jackson, Wyoming February 21-23!?
Don't miss out, be sure to make a note in your calendar!



FUTURE DIRECTIONS MEETINGS

10:30 a.m.-11:20 a.m.

ATTENTION~ Convention Attendees! You are encouraged to attend a Future Directions Meeting! The session of your choice allows you to meet with like minded professionals in which you will focus on a discussion of topics and issues critical to the future of our profession. Leaders at the state, district and national levels will provide an overview of trends in health, physical education, recreation and dance and will facilitate a discussion of ways in which each individual can address these issues at the local level.

Future Directions: “SPORT/PE” **Salon A&B**
Dennis Docheff

Future Directions: “Physical Activity/Recreation (Adapted PE)” **Salon C**
Michael Bradley

Future Directions: “HEALTH” **Salon D&E**
Nikki Lindgreen

Future Directions:” DANCE” **Salon F&G**
Amy Heuer

Future Directions: “FUTURE PROFESSIONALS” **PP I&II**
Missy Parker, Scott Gorman

Future Directions: “Let’s Move In Schools Committee Meeting” **PP III&IV**
Nancy Raso Eklund

Colorado Springs Trivia

7. What six Presidents have been speakers at the Air Force Academy graduation?

11:30 a.m.-1:15 p.m. Presidential Luncheon

General Session by Keynote Speaker Dr. Paul Roetert “Future Ready” Summit Ballroom

The title of Paul’s keynote will be “Future Ready,” which is the subject of Dr. Roetert’s column in *UpdatePlus*. He will share the most up-to-date news in the unification process as well as speak on the emerging technologies that are currently developing. Initiating apps, new partnerships, and alternative options in membership are additional topics that will be discussed.

Followed by the Recognition of Past CDA Presidents, Lunch, Division Merit Awards & Student Raffle!

*~This year we are recognizing Lois A. Boeyink, Deb Loper
&
Kathleen Kinderfather~*

Special Thanks to those who donated their time, expertise and talents
with us during the Presidential Luncheon!

~Centerpiece photo’s and designs by Stacey Zaiger Photography~

spzaiger@yahoo.com

(719) 201-3316

~Presentation of Colors by High Frontier Color Guard~

1:15 p.m.-1:30 p.m.

Representative Assembly Check-In

Salon A&B-Outside of Room

1:15 p.m.-1:45 p.m.

Exhibits

Foothills Hall

1:45 p.m.-4:30 p.m.

Representative Assembly

Salon A&B

BREAKOUT SESSION III

1:30 p.m.-2:20 p.m.

“Knock It Outta Da Park”

Joan Gillem (SPARK)

Salon C

Batter up! Well, not exactly. Leave traditional methods in the dugout and step onto the field with a new, NASPE standards-based approach to instruction. First base: Lead with the Standard. Second base: Create your assessment. Third base: Select your activities. 4. Home Run! You AND your students score! Learn via active examples and leave with access to the lessons and assessments used. Be here when the first “pitch” is thrown out!

“Badminton-The Next Generation”

US Badminton Education Foundation

Salon D&E

Is teaching the sport of badminton a part of your Physical Education curriculum? Do you currently have a badminton team in your school? Are you a teacher or coach that is ready to take your students/players to the next level? If the answer is yes to any of these questions, this is the place for you! This session is for the teacher/coach with badminton knowledge and skill who is interested in expanding their program and training techniques.

“GeoJammin’ Fitness and Dance: Get The World Moving!”

Paola Fontana, Dr. JoAnne Owens-Nauslar (GeoFit)

Salon F&G

Come join the experience and excitement of fitness and dance like never before! Groovin' on the GeoMat® is as easy as "1-2-3"! This session is a non-stop energizer as you "move by the numbers"! Innovative new methods create a simple and effective methodic system for learning fitness and dance movements. Increase your coordination, agility, rhythm...and command the dance floor!

"STAT! Using Technology in the Classroom to Meet Health Standards"

Anna Hennes

PP I & II

The STAT! program is a new and exciting way to meet your objectives in the classroom, it is a high school health curriculum that meets the national health standards. Taught by the teacher, the program focuses on collaborative learning as students work as a team of health care providers to assess their patient’s lifestyle choices as they lead to a preventable condition. The team works through their patient scenario to explore how health care is delivered and how medical information is captured and used. The team then prepares their patient for their future – how their life will change as a result of their lifestyle choices – they share their findings with their peers in a comprehensive presentation. The program concludes with the students exploring their own lifestyle habits and the current status of their health as well as learning practical ways to implement healthy changes.

Colorado Springs Trivia

8. What popular breakfast food was originated in the 1890s by a Colorado Springs cereal food company?

“Teaching Cross County Skiing: Getting Started”

Bridget A. Duoos

PP III&IV

This session will focus on helping you make all of the decisions needed to successfully add a cross-country ski unit to your curriculum. How to choose and size appropriate skis, boots and poles for your students will be covered and suggestions for organizing equipment fitting day will be made. Dressing for cross-country skiing and indoor lessons and activities that will get your unit off to a great start will be part of this session.

“What Autonomy-Supportive Versus Controlling Teachers Do In Secondary Physical Education”

Cheon Sung Hyeon, Reeve Johnmarshall

Avondale

The aim of this study was to examine on how autonomy-supportive vs. controlling teachers influence students’ psychological needs for autonomy, competence, and relatedness which in turn predict students’ autonomous motivation and controlled motivation toward future physical activity. The results showed that teachers’ autonomy support positively predict students’ psychological need satisfaction all associated with students’ positive outcomes (e.g., self-determined motivation), whereas teachers’ controlling style negatively predict students’ psychological needs which are negatively related with students’ outcomes.

“Interviewing To Get The Job”

Melissa Parker (COAHPERD Past President), Christina Sinclair, Scott Gorman

Divide

A common concern of all future professionals is the job interview. While most university programs talk about the interview process and some conduct mock interviews, it is never enough. The purpose of this session is orient future professionals to the interview process including professional behavior, potential questions, application and follow-up letters, and general do's and don'ts. The majority of the session will be spent in mock interviews conducted by in-the-field professionals. Students will rotate in small groups between professionals who will ask them “real” interview questions. Each professional will have a focused set of questions, e.g., assessment, standards, etc. After the brief interview, feedback will be provided at each interview station.

“Teaching & Understanding PE for the Net Generation”

Dr. Megan Adkins, Cari Franzen

El Paso

Have you ever felt in the dark ages when it comes to technology as you teach the net generation? Within this session we will provide instruction on how to create a technology rich classroom that enhances your curriculum already in place. We will discuss ways technology can improve classroom size and management issues, teach motor concepts, principles, and skills, as well as how technology can be utilized to assess, and provide an enjoyable experience for all children within your school.

Colorado Springs Trivia

9. Who first discovered gold in Cripple Creek in 1878, sold his claim for \$500 and died broke?

BREAKOUT SESSION IV

2:30 p.m.-3:20 p.m.

Aristotle said, “Philosophize AND Exercise”

Joan Gillem (SPARK)

Salon C

OK, Aristotle probably never said that, but we do know the ancient Greeks were big supporters of the mind/body connection and whole child advocates. What about your school/district? Even if this topic is Greek to you, join us for a pita full of tasty information and FREE resources you'll want to share with your staff on Monday.

“Be Dynamite”

Jo Dixon

Salon D&E

Come away with new activities that will make your classes DYNAMITE! From starters and energizers to dance and games, get your students all thinking and acting like champions and make them “DYNAMITE”. These are easy to implement and promotes maximum participation to maximize learning.

“Ballroom Dance Lessons from Dancing Like A Star”

Johann Murray

Salon F&G

This session will make use of dance lesson plans from the book, Dancing Like a Star. The attendees will learn, or refresh their knowledge, on several dance patterns, both leader and follower, in a variety of smooth and rhythm dances from the American Style of Ballroom Dance.

"THE GREAT BODY SHOP"

Annette Hall

PP I & II

Using THE GREAT BODY SHOP, participants will have fun with a comprehensive health education program that uses physical activity as an instructional strategy. PE teachers across the country are using the program to meet both PE and Health Education Standards. The session will focus on strategies for using physical activity to reinforce and teach critical health concepts that meet both state and national Health and Physical Education Standards.

Colorado Springs TriVista

10. At sunrise, the shadow of Pikes Peak can extend as far as how many miles to the west?

"Antecedents of High School Students' Multidimensional Amotivation to Future Physical Inactivity"

Cheon Sung Hyeon

Avondale

When students are amotivated in their physical education class, they are more likely to be physically inactive over lifetime span. Recently, researchers have been interested in students' lack of motivation because of its association with students' physical inactivity that leads to serious health problems (e.g., heart-related diseases). Where do their amotivation come from? The findings of this study showed that autonomy, competence, and relatedness predict students' multi-dimensional factors of amotivation as mediators that are negatively related to students' physical activity.

"Teaming Up To Bring Stress Management Into Content Classroom Settings"

Whitney G. Moore, Carol L. Flinchbaugh

Divide

Stress management is an increasingly important skill-set to develop in adolescence/young adulthood; while health education time is increasingly short. We will use one teaching pair's experience of bringing stress management training into Business classes as an example of how teachers can work together to increase our students' stress management skills. We will explain our approach, including concept introduction, techniques taught, and why. More importantly, we will share: a) the instructors' view, b) eye-opening student feedback, and c) lessons learned.

"Providing Insights on Effects of Early Specialization in Young Athletes"

Joe Deutsch, Paul Christianson

El Paso

With the money and power that is associated with becoming an elite athlete at the collegiate and professional level, youth athletes (fueled by their parents/guardians) are participating in a modern day gold-rush to the top. As many youth athletes now begin to pan for gold at younger ages through early sport specialization, some are finding pay dirt while other are only left with fool's gold. This presentation will cover a thorough review of literature of effects of early specialization with the youth athlete.



BREAKOUT SESSION V

3:30 p.m.-4:20 p.m.

“I Want A Turn: Students With Disabilities and Field Day”

Brenda Bowman, Darryl Wall

Salon C

It's time for field day and you have a student with a physical or mental disability. No worry, we have plenty of ideas to help. We'll share from our vast toolbox and also answer questions specific to your situation.

“Simple Self Defense For Women”

Kris Ayers

Salon D&E

This “hands on” session is designed for all women who wish to feel safe. Awareness strategies, simple grab/release techniques and elbow/knee strikes will be taught. Empower yourself and your students! You are worth it!

“Ultimate - The sport played with a flying disc!”

Mike Lovinguth & Baker Pratt, USA Ultimate

PP I & II

We will be presenting why Ultimate is a GREAT sport for physical educators and how to implement an ultimate unit in the classroom.

“Become The Active Education Specialist In Your School/Community”

Martha Lester Harris, MPA

PP III & IV

Students are programmed to move. Movement creates healthy students who are ready to learn. Schools face increasing the demands on academic performance resulting in a reduction of activity for the students. Your role as a physical educator is changing from the traditional gymnasium environment to working with classroom teachers and administrations to infuse quality PE throughout the school day. Join us to learn how you can become the Active Education Specialist in your school/community.

“Make AAHPERD Work For You”

Danielle Schlecht

Gold Camp

Danielle will be graduating from the University of South Dakota in the spring with a bachelor's in Therapeutic Recreation. She was the inaugural recipient of the Mark Harvey Scholarship Award and thus received assistance to attend the national conference in San Diego. This session will cover her experience at the national conference as well as explore the value of student membership in AAHPERD. Danielle will share what she has learned and make application to your personal and professional success.

“Spread the Good News! Organize State Wide Professional Development Opportunities”

Sue Brittenham, Terry Jones

Avondale

Terry Jones, Senior Consultant for Health and Physical Education for The Colorado Department of Education has developed and implemented a state-wide Professional Development Program for K-12 physical educators. Learn the steps in organizing a cadre of physical education trainers to provide workshops across the state. Over 1420 Colorado physical educators attended workshops in one year focusing on topics such as the new Colorado Physical Education Standards, Brain-based Learning, Assessments, Instructional Strategies and support classes for National Board Candidates.

“Standard 6: Teaching Future Teachers About Meaning and Value”

Jessie Daw

Divide

This session is geared toward PETE faculty members, as well as others who are interested in meaning and value. The purpose of this session is two-fold: (a) to examine Standard 6 and its implications in physical education, and (b) to detail a successful technology-based project that has helped future teachers understand the importance of Standard 6.

Things To Do....GARDEN OF THE GODS

Garden of the Gods Park is a 1319 acre registered National Natural Landmark of both scenic splendor and recreational opportunities. Imagine dramatic views, 300-foot towering sandstone rock formations against a backdrop of snow-capped Pikes Peak and brilliant blue skies.



4:30 p.m.-5:15 p.m. CDAAHPERD 2012 District Scholar Address: Dr. Sue M. Barnd

“iTeach-Connecting with Today’s Learners”

Salon F&G

It is our distinct honor to recognize Dr. Susan M. Barnd as our 2012 District Scholar. Dr. Barnd teaches at Metropolitan State College of Denver and was nominated by COAHPERD Past President Clayton Ellis. Her personal resume documents her outstanding career and strong record of refereed publications, AAHPERD presentations, pedagogical effectiveness and professional honors. Past President Ellis stated... “I have had the opportunity to participate as a coordinating teacher for some of Dr. Barnd’s Metro students. They all speak very highly of their learning experiences in Dr. Barnd’s classes. They all gain not just pedagogy from their experience, but also the work ethic to be active participants in our professional associations. Many of her students become active in COAHPERD activities.”

Dr. Barnd’s address will feature the idea’s of being open-minded to embracing change. She will talk about how being adaptable and flexible to the constant change is a great first step.

5:15 p.m.-6:00 p.m.

Presidents Social

Salon A&B

5:15 p.m.-6:00 p.m.

Colorado Past President’s Council Meeting & Social

Breckenridge

6:00 p.m.-9:00 p.m.

CDAAHPERD Award Banquet with VIP Guest Speaker, Tucker Durprey “Chasing The Dream, Not The Competition”

Summit Ballroom

9:00 p.m.

2nd Annual Mark Harvey Boom Boom Pow Shakedown Dance

Summit Ballroom

Colorado Springs Trivia

11. What is the #1 natural attraction in the Pikes Peak region?

Saturday, February 4, 2012

6:30 a.m.-7:45 a.m.	Garden of the Gods Hike	Meet In Lobby at 6:15 a.m.
7:00 a.m.-8:00 a.m.	State Presidents', President Elects', Past-Presidents' Breakfast	Fremont
7:00 a.m.-9:00 a.m.	Executive Directors' Breakfast, State Executive Directors' Business Meeting	Rampart
7:00 a.m.-9:00 a.m.	Registration	Registration Desk
8:10 a.m.-11:45 a.m.	Exhibits Open	Foothills Hall

BREAKOUT SESSION VI

8:10 a.m.-9:30 a.m.

"Fundamentals Of Total Body Fitness"

Andrea McCarthy (CO Middle School Teacher of the Year)

Salon A&B

In this session, you will learn a range of basic to advanced body exercises to develop upper, core, and lower body strength and endurance as well as balance and flexibility through dynamic stretching. These exercises will give your students the foundation to begin developing workouts that help them to achieve and maintain a health-enhancing level of fitness for life. In addition, I will show you a full-body scooter workout and use of resistance bands.

"The Invasion Equation"

Vicki Vaughan

Salon C

Learn how to utilize invasion games with flags and other equipment to maximize your time in Physical Education class. Students not only are in constant movement, but they learn to strategize, role play, resolve conflict, and work as a team in order to achieve their goals. Invasion games provide the ultimate teaching opportunity and are always a class favorite because they are FAST and FUN! TEAMWORK + GOALS + STRATEGIES + MOVEMENT + ROLES = INVASION GAMES (FUN)

"Trash, Tricks and Technology Fitness"

Michael Messerole PhD, Deb Stephenson

Salon D&E

Fun, inexpensive fitness activities for your secondary students. This activity based session provides participants with 20 fitness stations, low cost or no cost equipment ideas and activities. Stations are high energy, best practice based and creative. Your students will be excited to participate. Attendees will take home station ideas, reproducible task cards and the ability to create background music and cues for an immediate teacher feedback atmosphere.

"10 and Under Tennis-It's A Whole New Ballgame!"

Kristy Jenkins, Kristy Harris, Vicky Matarazzo

Salon F&G

10 and Under Tennis using the QuickStart Tennis play format takes a new and better approach to introducing kids to the game. Physical educators, after school program providers and coaches will learn how to convert an activity area for tennis utilizing modified courts and age appropriate equipment. This new format allows for spontaneous, structured and supervised play! Participants will actively learn a variety of self-directed, play based games and activities. Instruction will be given on how to differentiate these activities by age and ability as well as ideas for adaptive tennis.

Colorado Springs Trivia

12. Who opened a restaurant on Pikes Peak Avenue in Colorado Springs in the late teens and early 20s and served one item that became so popular it went on to be sold in cans and is still a best-seller today? Name the man and the product.

“Impacting Physical Activity and Learning Through Instructional Design”

Lois Mauch, MS, Ann Goldade, MS ABD, Paola Fontana

PP I&II

Medina (2008) & Sousa (2006) cite specific principles regarding how our brains learn. Research in the areas of Neuroscience and Evolutionary Biology support these principles (Ratey, 2008). This presentation will share research done by one of our presenters on how instruction through physical activity and advocacy can positively improve student academic outcomes and increase physical activity in our schools. The brain rules framework will be shared in the context of how we might see positive benefits in our educational settings.

“Field Hockey Made Fun For Any Level”

Karen Marley

PP III&IV

This session will be activity and demonstration of how to do skills and drills for field hockey in physical education class. During the demonstration I will show you how to modify the activity for any level of physical education class. We will use various kinds of teaching techniques and best practices. Handouts/complete lesson plans and curriculums will be given. I will also be raffling off a complete set of equipment (set of 36 sticks, cones, and balls)

“Do We Take Running For Granted”

Steve Brittenham, Sue Brittenham

Gold Camp

Running is the basis for all movements but do our students really run correctly? This session will examine the proper mechanics of running and correct techniques you can use to teach your students how to run efficiently and correctly. This lecture and learn by doing presentation will enable you to teach your students to be more successful as a mover through space.

Colorado Springs Trivia

13. The Pauline Chapel near The Broadmoor Hotel is designed after what private chapel?

BREAKOUT SESSION VII

9:40 a.m.-10:30 a.m.

“If You Think A Squat Is A Squat, You Don’t Know Squat”

Clayton Ellis (Central District AAHPERD High School Teacher of the Year, COAHPERD Past President) **Salon A&B**
Re-energize your teaching with this multi-headed monster of a session that includes advocacy for your program, appropriate practice's, assessment, brain engagement activities, classroom management, curriculum development, Jump and Hoops for Heart at the HS level. This is NOT a Weight Lifting Session! This is a “teach what is on your Syllabus” Session!

“Stepping Through Dance”

Veola P. Martin, Ed. D

Salon C

This activity session will engage participants in a variety of rhythmic activities that can be used in the elementary and middle school physical education class. Tips for integrating core courses that school systems are emphasizing as they seek to make yearly progress in identified content areas will also be shared.

“Size Matters: Adapting Space To Meet NASPE Standards and Objectives”

Mark Smith, Peter St. Pierre, Jeremy Yeats

Salon D&E

To maximize practice attempts and cognitive understanding teachers should modify a variety of factors to enhance student learning. The skill level of the student should determine the type and size of the equipment, and the space requirements of each task. Whether you’re teaching soccer or baseball, understanding how student learning is impacted by modifying a playing area is essential. This presentation will demonstrate how space must be modified to maximize student learning based on lesson objectives and student success rates.

“Fun Formula’s For Creating Movement”

Rheba Vetter

Salon F&G

Participants will experience several easy activities for students to engage in creating movement sequences and short creative movement compositions. The related Missouri Grade Level Expectations and the National Dance Association Standards will be addressed.

“Future Professionals Making Motions that Count”

John Zody (CDA AAHPERD Board of Governors Representative)

Gold Camp

This session is designed for those Future/ Young Professionals who will become leaders in their state, district, or national association. Be there representing when Roll Call takes place.

“Helping Children With ADHD Succeed In the Physical Education Classroom”

Joe Deutsch, Paul Christianson

Avondale

Have you ever had difficulty keeping a student with Attention-Deficit/Hyperactivity Disorder on task and learning? In this session you will learn several strategies to implement that will not only allow you to be an effective teacher for these students but it will make learning much more productive and enjoyable for these students. The presenters own personal struggles with ADHD as a student will also be discussed.

Colorado Springs Trivia

1-4. The Army's Fort Carson was named after whom?

10:40 a.m.-11:30 a.m.

Central District Leadership Reunion

Breckenridge

The 2011 Summit Leadership Reunion is for those who attended the 2011 Summit "Vision Quest" last July. Summit participants will come back together to share the progress they have made toward achievement of the "vision" that they developed at the 2011 CDA Leadership Summit. We look forward to hearing the success stories and sharing the struggles we have encountered during your "Vision Quest" this past year.

BREAKOUT SESSION VIII

10:40 a.m.-11:30 a.m.

“Skillastics: Not Just A Game”

Elaine Rosquist (CO Elementary Teacher of The Year)

Salon A&B

The skillastics Activity Kits provide a resource that goes beyond providing students a fun way to participate in a variety of physical activities. This session will include several ideas on how Skillastics can be used before or after students have played. You will leave this session with new ideas for assessments, instant activities, and more! Don't miss this chance to learn how to use skillastics as more than “just a game”! Session presented by Colorado Teacher of the Year Elaine Rosquist.

“NOTS-Knots-and Even More KNOTS!”

Scott Gorman

Salon C

Learn hands-on the various knots used for camping, fishing, climbing and just plain old-fashioned every day life! Have you ever played a big fish to the bank only to have s/he get away at the last second? AAAAAHHHHHHHHHHHHHHH! Learn how to prevent this common problem. Fun and useful knots will be taught that you will use for the rest of your highly active, outdoor, adventurous life!

“Folk Dances To Help Your Students Celebrate Several Holidays”

Rebecca Gunderson

Salon D&E

Have fun while learning several folk dances that can be incorporated into your curriculum to bring multicultural activities to your K-12 PE classes. These dances can be used as a warm-up or as part of a dance unit. These activities will help improve your student's rhythm to music, self-esteem and physical fitness while interacting with their peers. The PE & Dance standards and the use of traditional and non-traditional music will be addressed.

“Movement & Math: Multiply Students Success”

Dr. JoAnne Owens-Nauslar, Paola Fontana

PP III & IV

Gain knowledge of methods to enhance student success while bringing an element of fun into their learning. Children are smiling and laughing. They are jumping, balancing, and moving around on colorful mats with numbers, letters, and the alphabet on them and are being physically active. The latest brain research was used in the development of Learnercise and you can learn how to develop the whole child utilizing different learning styles.

“Movement Matters: Adapting Space To Meet NASPE Standards and Objectives”

Nikki Crouse

Gold Camp

Come away with a clear understanding of how exercise impacts the brain, effective strategies to educate and motivate staff, parents and students, and practical, fun brain breaks to implement at your school! The best way to maximize learning and life-long health is through movement!

“Leadership Tips For Coaches: Learning From The Legends”

Dennis Docheff (NASPE President)

Avondale

This session provides leadership tips for coaches. Tenets from Lombardi, Wooden, Naismith, Walsh (and more) are provided for coaches to consider. The discussion leads attendees to develop their own Principles of Excellence.

Colorado Springs Trivia

15. What is the oldest attraction in the Pikes Peak region?

“Teachers’ Voices: Promoting Sustained Reform and Teacher Development”

Lizzy Ginger, Tia Ziegler, Melissa Parker (COAHPERD Past President), Christina Sinclair, Karla Drury

Divide

This seminar will focus on the dynamics of promoting sustained physical education program reform and teacher development as a consequence of grant funding. Teachers from one multi-year grant project will present their perspectives on what was gained from the continuing professional development experience. Teachers, administrators, and university faculty who are interested in applying for external funding and those who have received such funding are encouraged to attend in order to learn from the experiences of these grant recipients.

11:35 a.m.-12:20 p.m.

Town Hall Meeting and Box Lunch-Summit Ballroom
Guest Speaker Vicki Worrell & Dennis Docheff

Get your box lunch! This is your opportunity to listen, share, learn about the AAHPERD re-organization and ask questions!



Colorado Springs Trivia

16. What is the #1 man-made attraction in Colorado Springs?

12:25 p.m.-3:25 p.m.

New Central District Board Meeting
2013 Convention Kick Off, Dr. Scott Strohmeier

Salon A&B

**CENTRAL DISTRICT
LEADERSHIP ROSTER 2011-2012**

PRESIDENT
Joyce Ellis jaellis@fhsu.edu

PRESIDENT-ELECT
Scott Strohmeyer strohmeyer@ucmo.edu

PAST PRESIDENT
Lois Boeyink boeyinkl@windstream.net

DISTRICT REP to BOG
John Zody jzody@fhsu.edu

PARLIAMENTARIAN
John Zody see above

EXECUTIVE DIRECTOR & TREASURER
Gale Wiedow gale.wiedow@dsu.edu

SECRETARY
Donna Terbizan d.terbizan@ndsou.edu

2012 CONVENTION MANAGER
Cori Kassib ckassib@coahperd.org

2012 CONVENTION EXHIBITS MANAGER
Sue Stinson suestinson@juno.com

CONVENTION REGISTRATION
Kathy Kochesperger kathykochesperger@smsd.org

RETIREE NETWORK REPRESENTATIVE
Vicki Deines vickie.deines@gmail.com

RETIREE NETWORK-ELECT Nancy Christensen
nancy1485@gmail.com

CD Council of Future Professionals Advisors
Missy Parker missy.parker@unco.edu
Scott Gorman sgorman@pittstate.edu

CD Council of Future Professionals Representative
Danielle Schlecht danielle.schlecht@usd.edu

DIVISION LEADERSHIP

DANCE DIVISION
Vice President
Amy Heuer amy.heuer@sendit.nodak.edu
Vice President-elect
Deb Stephenson dstephenson@cbcsd.org

PHYSICAL ACTIVITY & RECREATION DIVISION
Vice President
Mike Bradley mbradley@fremont25.k12.wy.us

Vice President-elect
Ken Bias bias@ucmo.edu

DIVISION LEADERSHIP -

HEALTH DIVISION Vice President
Nikki Lindgren Nicole_Lee_02@yahoo.com
Vice President-elect
Julie Lueckenhoff jlueckenhoff@blairoaks.k12.mo.us

SPORTS/PHYSICAL EDUCATION DIVISION
Vice President
Dennis Docheff docheff@ucmo.edu
Vice President-elect
Clayton Ellis ceellis@aps.k12.co.us

STANDING COMMITTEE CHAIRS

Advocacy Co-Chairs
Blake Taylor btaylor@usd259.net
Meggin DeMoss megdemoss@msn.com

ARCHIVES
Carol Cooper Carol.cooper@uni.com

DISTRICT SCHOLAR
Scott Gorman sgorman@pittstate.edu

FINANCIAL ADVISEMENT
Rich Burke richard.burke@moundsvIEWSschools.org

JOINT PROJECTS
Amy Kaiser Amy.kaiser@duluth.k12.mn.us

MEMBERSHIP
Vicki Johnson vjohnson@lakesnet.net

NOMINATING
Vicki Highstreet vhighstreet1@unl.edu
Becky Gunderson becky.gunderson@mayvillestate.edu

PRESIDENT'S SCHOLARSHIP
Lois A. Boeyink boeyinkl@iowatelecom.net

RECOGNITION
Patricia Morrison-Hughes
capepatti@msn.com

RETIREE NETWORK/NECROLOGY
Vickie Deines Vickie.deines@gmail.com

STRUCTURE & FUNCTION
Lois A. Boeyink boeyinkl@iowatelecom.net

2012 Central District States Leadership Roster



	President	President-Elect	Past President	Executive Director
Colorado	Donna Carey dkcarey@aps.k12.co.us	Aaron Ford Aaron.ford@d11.org	Sue Barnd sbarnd@mscd.edu	Patricia Morrison-Hughes pat@coahperd.org
Iowa	Tim O'Hagan tohagen@spirit-lake.k12.ia.us	Bev Ahern ahern@bvu.edu	Jennifer Schnell jschnell@cr.k12/ia.us	Ken Daley kdaley@mum.edu
Kansas	Blake Taylor btaylor@usd259.net	Damon Leiss dleiss@emporia.edu	Rick Pappas rgpappas@msn.com	Vicki Worrell vworrell@emporia.edu Rhonda Holt rholtpe@sbcglobal.net
Minnesota	Mary Cappel mary.cappel@winona.k12.mn.us	Jack Olwell JOlwell@farmington.k12.mn.us	Kay Oling Katherine.oling@duluth.k12.mn	Nancy Christensen Nancy14858@gmail.com
Missouri	Bill Russell wrussell@missouriwestern.edu	Stacey Bryant Staceybryant18@yahoo.com	Melanie Zerr melaniezerr@wentzville.k12.mo.us	Jim Herauf jmahperd@earthlink.
Nebraska	Stan Erickson stan.erickson@dist145shcools.org	Becky Hamik bhamik@hastings.edu	Dawn Brammer drammer@csc.edu	Vicki Highstreet Vhighstreet1@unl.edu
North Dakota	Rachel Johnson Krug rakrug@umary.edu	Jamie McMullen Jaimie.mcmullen@minotstateu.edu	Vicky Bender Vicky.bender@sendit.nodak.edu	Amy Heuer Amy.heuer@sendit.nodak.edu Becky Gunderson bgunderson@mayvillestate.edu
South Dakota	Breon Schroeder Breon.schroeder@k12.sd.us	Tracy Nelson Tracy.nelson@sdstate.edu	Chris Andersen Chris.andersen@k12.sd.us	Scott Klungseth Scott.klungseth@k12.sd.us
Wyoming	Rick Brundage BrundageR@laramie1.org	Shane Tweeter tweeter@uwvo.edu	Randy Siltzer RandySiltzer@hotmail.com	Nancy Raso Eklund eklundn@sw2.k12.wy.us

BREAKOUT SESSION IX

12:25 p.m.-1:15 p.m.

“It’s OK To Eat and Run”

Joan Gillem (SPARK)

Salon C

Physical activity AND nutrition? This session will show busy teachers how to accomplish both at the same time. Participate in inclusive and enjoyable activities that reinforce nutrition concepts and promote healthy food choices while moving.

“Wicketball – A Game for All Ages”

Bob Zoller

(Session will relocate to outside location) **Salon D&E**

Wicketball is for all types of weather and conditions. I will show the participants several ways to play and alternate uses. I’ve seen teachers be very creative with Wicketball.

“Dances of the Civil War Era”

Ragene Gwin

Salon F&G

Come to this session and learn several low-impact, easy to learn dances and dance games of the Victorian era with a focus on influences of the Celts (Irish /Scots). Hints for teaching dance etiquette and ideas for interdisciplinary teaching connections featured.

“Disability Sports-Able Body Sports: Why Not Include Both In Your Physical Education Curriculum”

Sue Tarr

PP I&II

Utilizing sports traditionally taught in 7-12 physical education curriculums, session attendees will see how to integrate disability sports or selected disability sport skills into their regular physical education curriculum.

“Badminton-In The Beginning”

US Badminton Education Foundation

PP III&IV

What sport can compete with the popularity of basketball? Badminton! Did you know that badminton is in the top five sports played worldwide, is an Olympic sport and is the fastest racket sport in the world (shuttles hit up to 200 miles per hour)? Badminton is truly a lifetime sport in which all students find success and challenge. Find out why students love playing and how you can create enthusiasm for the sport of badminton with your students.

“Revolutionizing Physical Education with Cardio GX”

Scott Welle

Centennial

Ideal for physical education classes and team sports. Polar's innovative Cardio GX systems can stand alone or integrate seamlessly with your current Polar heart rate monitors. Experience the system and how it can enhance teaching, learning and performance. Witness automatic hands-off Bluetooth wireless downloading in real time. Cardio GX makes heart rate monitoring fun, simple and motivational.

“Youth Sport Crisis: Perils and Pitfalls of Youth Sport Specialization”

William Russell

Avondale

This session will provide an overview of a problematic trend in youth sports: early sport specialization. Negative outcomes from early sport specialization can include social isolation, injury, negative family dynamics, burnout, and dropout. Socio-cultural reasons for specialization will be discussed and recent NASPE recommendations regarding youth sport specialization will be addressed. Potential detriments of specialization will be discussed from a developmental, physiological, psychological, and sociological perspective. Session attendees will learn what role they can play in advocating youth sport diversification.

BREAKOUT SESSION X

1:25 p.m.-2:15 p.m.

“Student Teaching Mentoring Tips”

Sue Barnd (COAHPERD Past President), Nhu Nguyen, Susan Bertelsen, Ruth Ann Nyhus **Salon C**
Student teaching, we all went through it...now it is your turn to give back to the profession by hosting a student teacher. Mentoring student teachers can be both rewarding and at times challenging. Typical patterns, successes and struggles that student teachers go through will be discussed. How to work with the college supervisor and student teaching office will also be talked about. Advice and tools to help out the first time and veteran cooperating teacher will be provided.

“POLLYSACK-Game Of Eye Foot Coordination (Hacky Skills)

Teresa Larson, Shelly Wolf

Salon D&E

Pollysack is a game that requires eye foot coordination. It incorporates rules and skills of three different activities; pickleball, volleyball, and hack skills. The game is played on a pickleball court and requires the use of a buka ball. Each team gets three contacts (by using hacky skills) before sending the ball over the net. One bounce is allowed if needed between each contact. Players can have consecutive contacts or use a team mate. Game goes to 11 win by 2.

EDGE: Teaching the Lifetime Sport of Disc Golf from a Standards Based Curriculum

Jon Lyksett, EdS

Salon F & G

The Educational Disc Golf Experience (EDGE) has been developed to provide schools and other youth programs with a sound program of teaching disc golf fundamentals and allied skills. Contributions from World Champion disc golfers, educators, and a recreation therapist have injected a great variety of skills and approaches to bringing this subject matter to life. With lessons linked to everyday classroom topics, EDGE helps students understand the importance of math, science, citizenship, fitness, nutrition, and environmental studies, as they apply to disc golf. Resource materials, lesson plans, student worksheets, and related materials are available for varying grade levels.

“The Movement and Music Connection”

Rebecca Hamik, Catherine Wilson

PP I&II

This session is for teachers that want to experience team teaching. Each fun filled activity will include a music and physical activity that will address standards and children’s literature. Join us for a Singin, Sweatin, and Storytime action packed session. Teachers of elementary PE, music, and SPED will find many useful and hands on new ideas!

“Fire Up...Push Up...Stack Up: Fitness Stacking With Speed Stacks”

Roger Washburn

PP III&IV

Motivate your students to move using Speed Stacks. Experience health and skill related fitness activities which can be included in your daily physical education program. All first time participants will receive a FREE set of Speed Stacks and our Instructor Training DVD.

“Importance Of Skill Development/Application From Childhood To Adult Recreationist”

Christine Rochester

Gold Camp

Students that develop essential physical skills in their youth can choose how to stay physically active into adolescents and adulthood. Yet without basic skills such as tumbling, throwing, catching, swimming, striking, and climbing, participation in specific health enhancing activities may be impossible. This session will give you access to fun videos and handouts that you can use in your physical education classes to get your students excited about why learning to tumble, ride and climb are important in their lives.

Colorado Springs Trivia

17. What is the oldest attraction in the Pikes Peak Region?

“Study of the Impact of A Before School Physical Activity Program on Elementary Children”

Megan Adkins

Divide

The integration of a school- based morning physical activity program is a unique opportunity to promote physical activity for children not meeting the CDC recommended 60 minutes a day, 5 days a week MVPA. This study examined the use of interactive video games and a running/walking activity and changes in total daily sedentary and moderate/vigorous physical activity levels when children completed the program. This session will discuss the outcomes found within the study and provide recommendations for beginning a successful morning or after school physical activity program for your school.

BREAKOUT SESSION XI

2:25 p.m.-3:25 p.m.

Deal or No Deal

Kelly Cook (CDA AAHPERD Past President)

Summit Ballroom

HOWIE....NO IT'S BETTER! OUR VERY OWN KELLY COOK! COME JOIN IN THE FUN AND FIND OUT IF YOU HAVE THE WINNING CASE! MUST BE PRESENT TO WIN

Dear Central District Attendees,

Thank you for donating to the 2012 Central District Silent Auction. All proceeds will go to the Colorado Junior Wheelchair Sports Camp. This camp is special.. it is a sports camp for children with physical disabilities. Some of the sports offered are wheelchair basketball, tennis, sled hockey, swimming, archery, rugby, golf and more which are taught by adult's who use wheelchairs. As a result of contributors, donations, grants and volunteers, this sports camp is offered at no charge.

Thanks again for donating to such a deserving group!

All Audio Visual Equipment (Screens, Mic's, Cords, Lights, Sound, Etc), Assistance And Time Was Donated By Colorado's Very Own Board Member, Nick Walker & Jaytee Productions Owner, John Tanguma. Our Session's, Banquets, And Dance Were More Awesome Because Of You! Thank You So Much!



2012 EXHIBITORS & SPONSORS

Wow! What a great group of exhibits and sponsors!

Please join in thanking the 2012 exhibitors and sponsors that share our passion. It's always exciting to collaborate and see new educational materials, ideas and supplies. Thanks!

AAHPERD

Advanced Exercise

American Heart Association

Bani Bands

Children's Health Market

Drake University

EDGE

EKHO

Everlast

FitWall

Fly Fishing

GeoMotion

GeoPalz

Gopher

Healthe Kids STAT

National Strength & Conditioning

Polar

Railyard Fitness

RMC Health

Skatepass

SPARK

Speed Stacks

US ADA

US Games

USA Ultimate

USDA

USTA

Wicketball

2012 DOOR PRIZES & DONATIONS

AAHPERD	Human Kinetics	Iowa AAHPERD
Answer	National Strength &	Kansas AAHPERD
Bani Bands	Cond.	Minnesota AAHPERD
Christy Lane	Polar	Missouri AAHPERD
Creative Health	Railyard Fitness	Nebraska AAHPERD
Products	SPARK	North Dakota
Drake University	Speed Stacks	AAHPERD
EDGE	The Children's Health	South Dakota
EKHO	Market	AAHPERD
FitWall	USA Ultimate	Wyoming AAHPERD
Flaghouse	USDA	Metropolitan State
Gopher	USTA	College of Denver
Learning Zone Express	Colorado AAHPERD	

**Join COAHPERD President Donna Carey
& The 2012 Board at our
Fall Conference
October 18-20, 2012
Embassy Suites
Loveland, CO**



Trivia Answers

1. Western Museum of Mining & Industry and Pikes Peak Ghost Town Museum
2. Royal Gorge Bridge
3. Colorado Springs
4. A trip to the summit of Pikes Peak
5. Seven Falls
6. Art students from Cheyenne Mountain High School
7. Kennedy, Nixon, Reagan, Bush Sr., Clinton and Bush Jr.
8. Shredded Wheat

9. Bob Womack
10. 50 miles
11. Garden of the Gods
12. George Stokes - chili
13. The Vatican Chapel
14. Kit Carson
15. Glen Eyrie
16. Air Force Academy Visitor Center and Chapel
17. Cave of the Winds (250 million)