



# Capital Zone Conference

*Thursday, March 9th 2023*  
**Russell Sage College, Troy NY**

**New York State Association For Health, Physical Education, Recreation And Dance**



<b>7:15-7:55</b>	<b>Registration, Coffee And Continental Breakfast</b> Provided by Capital Zone (Buchman Pavilion Lobby)
<b>8:00-8:30</b>	<b>WELCOME:</b> (Bush Memorial Center in Buchman Pavilion) • <b>Jessica Hull</b> , Capital Zone President • <b>John Pelizza</b> , Dean of Students, Russell Sage College
<b>NYS AHPERD Foundation &amp; CTLE Process:</b> Sandy Morley	
<b>8:30-8:35</b>	<b>Capital Zone Awards' Presentation:</b> (presented by Jo Ann Sabourin, Awards' Chairperson)
<b>8:35-8:45</b>	<b>CPR Hands Only Training</b> • <b>Jillian Austin</b> , Capital Zone Health Section Representative

**SESSION 1  
9:00-9:50**

**Rookie Rugby - Non-Contact Rugby for PE Classes**

**Robert Sliwinski** Executive Director, Coach, Rugby NY Youth Coordinator Albany Knicks Rugby, Asst. Coach UAlbany Men's Rugby

**John Durant** Head Coach UAlbany Men's Rugby

**Program Description:** Rookie Rugby is a non-contact version of the game suitable for grades 3-12 featuring simple rules, low start-up costs and exceptional fitness benefits. As a simple, safe introduction to rugby, players pass and run to score, building communication, teamwork, and decision-making skills as they play this fun, fast paced game.

**Program Focus Area:** All Levels of Physical Education

**Location:** Robison Large Gymnasium

**Instant Activities for Fitness and Fun!**

**Kim Ferrie**, Elementary Physical Education, Burnt Hills Ballston Lake School District

**Jennifer Earley** Albany City Schools

**Program Description:** Easy and quick ways to start off your classes. Let's get them moving!

**Program Focus Area:** Elementary Physical Education

**Location:** Aggie-Multi-Purpose Room, Robison Athletic & Recreation Center

**What's Your Definition? Sex, Abstinence, and More...**

**Lisa Perrone**, High School Health Teacher, K-12 Health Education Instructional Teacher Leader, Ballston Spa

**Chelsea Morse**, Ballston Spa HS Health Teacher

**Program Description:** Join us as we demonstrate a lesson we use to introduce our sexual health unit. We discuss abstinence, sexual risk and communication.

**Program Focus Area:** Health

**Location:** Gurley 301

**Creating and Promoting a Culture through Positive Leadership**

**Charlie Gonsalves**, Educational Consultant, Eagle Consulting

**Program Description:** This presentation will focus on a comprehensive framework of positive leadership principles, ideas and practices. These strategies will help guide and transform teams and organizations to meet and exceed their potential. The development of a positive culture will thrive when a vision and relationships are allowed to form a collegial setting.

**Program Focus Area:** Basically relates to all areas. Developing positive group dynamics leads to successful initiatives.

**Location:** Education 303

## **SESSION 2 10:00-10:50**

### **The Ball is in Your Court!**

**Domingo Montes**, Program Director for Capital Region Youth Tennis Foundation (15-LOVE) and USTA Eastern Clinician

**Program Description:** This will be an interactive session where attendees will have the opportunity to see how much fun tennis is to play and learn. USTA Eastern will feature parts of the full three-hour Net Generation Teacher Workshop that is available at no cost to school districts throughout New York State. We will discuss the comprehensive, standards-based Net Generation PE curriculum, along with the equipment and other resources available for free to partnering schools.

**Program Focus Area:** Adapted Physical Education and All levels of Physical Education, Future Professionals

**Location:** Robison Large Gymnasium

### **Elementary PE Treasure Trove: Instant Activities, Fitness Games and More**

**Brandon Herwick**, Elementary School Physical Education Teacher, RAVENA-COEYMANS-SELKIRK CSD

**Megan McClave, Diane Conover, John Conte**: (R-C-S Elementary PE Dept.)

**Program Description:** Setting the tone of your Physical Education class is important, getting your students mentally and physically ready for your lesson and life is crucial and making it an immense amount of fun is key!

Join the RAVENA-COEYMANS-SELKIRK Physical Education teacher quartet for a jam-packed, activity-filled, musically curated session full of learning, sweat trophies, and tons of fun.

**Program Focus Area:** Elementary Physical Education

**Location:** Aggie-Multi Purpose Room, Robison Athletic & Recreation Center

### **Get Connected: Keeping Children Safe Online**

**Derek Tefft**, Outreach Coordinator, Saratoga Center for the Family

**Program Description:** Technology and the Internet have become part of our everyday lives, including for our children and youth. This presentation offers tips and guidance on what you can do to help students navigate some of the risks and potentially unsafe situations they may face when online.

**Program Focus Area:** Health, Technology, Advocacy, Safety and Abuse Prevention

**Location:** Gurley 304

## Session 3 11:00-11:50

### **Using Personalized System of Instruction (PSI) to engage all learners**

**Scott Doig**, Assistant Professor Russell Sage College

**Dr. Peter Stapleton**, Assistant Professor Russell Sage College

**Program Description:** The Personalized System of Instruction (PSI) curriculum model is a method of instruction that allows learners to progress at their own pace, while incorporating a system of assessment and feedback to support students. Dr. Stapleton and Dr. Doig will take you through two PSI designed physical education lessons and discuss how the PSI model can support students in your gymnasium.

**Program Focus Area:** All levels of Physical Education, Technology, Future Professionals

**Location:** Aggie Multi-Purpose room, Robison Athletic & Recreation Center

### **Kin-Ball: Inclusive, fast and fun.**

**Paolo Zambito**, Executive Director, Kin-Ball Canada

**Program Description:** After a dynamic introduction to the sport, participants will gain a deeper understanding of the rules, techniques and strategies of Kin-Ball. You will see how Kin-Ball can contribute to an active lifestyle and, most importantly, how it is one of the most inclusive team sports available.

**Program Focus Area:** All levels of Physical Education and Health

**Location:** Robison, Large Gymnasium

### **Relationship and Sexual Abuse Prevention**

**Megan Rabbitt**, Director of Programming, Wellspring

**Program Description:** Wellspring provides prevention workshops to schools and the community to address relationship abuse, teen dating violence, sexual abuse, digital abuse and bystander intervention. We will be giving you a glimpse of the "In Their Shoes" workshop we regularly provide to students.

**Program Focus Area:** Health, Administration, Technology, Advocacy, Mental Health, LGBTQ

**Location:** Gurley 301

### **Leading an Education-Based Athletic Program**

**Charlie Gonsalves**, Educational Consultant, Eagle Consulting

**Program Description:** This presentation will briefly discuss the value, purpose and tenets of this philosophical approach to interscholastic athletic programs. The skill sets of leadership and management and the role they play in developing an Education-Based Athletic Program will be explained.

**Program Focus Area:** Administration, Coaching, Interscholastic athletic programs.

**Location:** Education 303

**SESSION 4  
12:00-12:50**

**PICKLEBALL FOR EVERYONE!**

**Colleen Mickle**, Elementary Physical Educator, Guilderland, retired

**Barb Newton**, Guilderland HS PE teacher, retired

**Anne Reed Best**, Guilderland, Westmere Elementary School PE Teacher, retired

**Program Description:** Come learn the basic skills, scoring, and tournament styles of the fastest growing sport, Pickleball! It's fun, fast and great social activity.

**Program Focus Area:** All levels of Physical Education and Retirees

**Location:** Robison, Large Gymnasium,

**Project-Based Learning in Health Education**

**Matt Bixby**, Middle School Health Education Teacher, Bethlehem Central School District

**Program Description:** Discover new ways to incorporate project-based learning into a skills-based Health Education Curriculum. A shared google folder with materials and resources will be provided and feel free to bring your own to share with the group.

**Program Focus Area:** Health

**Location:** Gurley 304

**Leveraging Special Olympics to fit your program- Round Table Discussion**

**Danielle Armstrong** Director of Program- Capital and North Country Regions

**Allison Relyea** Physical Education, Unified Sports and Athletics Guilderland High School NYS AHPERD Board of Directors

**Leigh Howard** Director of Unified Programs Capital and North Country Regions, Special Olympics NY

**Program Description:** Join Special Olympics NY staff and coaches, including Allison Relyea of Guilderland High School and NYS AHPERD Board of Directors along with Jessica Verrigni of Amsterdam High School, as we explore how to utilize Special Olympics Programming beyond Unified Sports. This round table will feature interactive discussions on youth involvement, participation at State Games, leadership opportunities, young athlete programs, unified physical education and more.

**Program Focus Area:** Adapted Physical Education, Physical Education all levels, Health, Advocacy, Leisure/Adventure

**Location:** Education 307

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**1:00-1:30**

**Raffles, Professional Development  
Conference Certificates Available & Return  
CTLE forms (Buchman Pavilion Lobby)**