

Capital Zone Conference

Thursday, March 13th, 2025

Russell Sage College, Troy, NY

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



7:30-8:00

Registration, Coffee And Continental Breakfast

Provided by Capital Zone (Buchman Pavilion Lobby)

8:00-8:30

WELCOME

Location: Bush Memorial Center in Buchman Pavilion

Jen Murphy Fries, Capital Zone President

Lori Bifarella, 2025 NYS AHPERD President

Jessica Synenki, NYS AHPERD Executive Director

Capital Zone Awards, JoAnn Sabourin, Chair

Elementary Physical Education Teacher of the Year, Vince Calderone

Middle School Physical education Teacher of the Year, Kevin Crossman

High School Physical Education Teacher of the Year, Tamara

Bryngelson-Eppard

Health Education Teacher of the Year, Jessica Hull

Terry Gendron, Capital Zone Conference Chair, CTLE Information

SESSION 1
8:40 am - 9:30 am

Harnessing Artificial Intelligence for Health and Physical Education

Vanessa Cramer, Secondary Instructional Coach, Shenendehowa

Program Description: Join us for an engaging session that explores the transformative potential of artificial intelligence in education. Discover innovative AI tools that empower teachers in their planning and enhance student learning experiences.

Program Focus Area: Health Education and Physical Education

Location: Education Building Room 302

Violence Prevention and School Climate

Jen Mead, Middle School Health Educator, Saratoga Springs City School District

Program Description: Help students analyze the role they play in protecting mental health and preventing violence. Participants will leave with an engaging and powerful lesson (including all student & teacher materials) in which students make connections between small aggressions and larger acts of violence, learning that preventing these small aggressions, like name-calling, can also help prevent larger acts, like bullying, fighting and even suicide.

Program Focus Area: Health Education

Location: Education Building Room 307

The Unified PE Experience

Allison Relyea, High School Physical Educator, Guilderland Central School District

Jessica Verrigni, High School Physical Educator, Greater Amsterdam CSD

Leigh Howard, Director of Program Unified Sports, Special Olympics

Ryan Miller Sr. Director Young Athletes, Special Olympics

Program Description: Unified Physical Education is not a "trend" in education; it is another way to offer a fully inclusive, physical education experience for ALL students. Unified PE blends students with intellectual differences and challenges with their neurotypical peers to engage in a wide variety of activities throughout the year. This session will explore an overview of UPE in two local districts; how to brainstorm adding this type of program to your district; discussion on best practices for UPE including curriculum and resources.

Program Focus Area: Secondary PE, APE, UPE, Unified Sports, EDI, Administration.

Location: Gurley Building Room 301

Golf Instruction Learn to Move

Scott Warren, PGA Professional Owner SimGolf, LLC

Program Description: Golf Instruction Learn to Move is intended for instructors to understand and explore traditional and non-traditional methods to teach golf. We don't need to be on a golf course or even outside to create a productive learning environment for golf.

Program Focus Area: Elementary/Secondary PE, Recreation/Adventure, and Coaching

Location: Robison, Large Gymnasium

The Gametime Guys Present: Holiday Games

Paddy Bailey, Elementary Physical Education Teacher, Rensselaer City Schools

Anthony Pascarelli, Elementary Physical Education Teacher, Minisink Valley CSD

Andrew Dicerbo, Elementary Physical Education Teacher, Monticello CS

Program Description: Come learn our favorite holiday games stretching across the ENTIRE school year from Halloween to St Patrick's day and more. These games are for K-5 and can help spice up your program when you're just looking for a new game to play!

Program Focus Area: Elementary PE

Location: Aggie, Multi Purpose Room

SESSION 2
9:40 am - 10:30 am

Substance Use Prevention & Education Curriculum

Alexandra Barr, Senior Health Educator, Saratoga County DOH
Jacqueline Spang, Public Health Representative, Saratoga County DOH
Rachel Maxwell, Director of Community Health, Saratoga County DOH

Program Description: This presentation provides an overview of Saratoga County-specific resources, including Substance Use Prevention & Education. Additionally, there will be a review of the evidence-based Stanford REACH Lab Curriculum(s). Intended audience is middle and/or high school educators, administrators, healthcare providers, and parents/guardians.

Program Focus Area: Health Education and Substance Use

Location: Education Building, Room 303

A little bit of this, A little bit of that...to get A LOT more!

Jillian Austin, Health Educator, Burnt Hills-Ballston Lake CSD

Program Description: A few of my favorite skill (introduction) activities to get students interested, engaged and excited to start learning!

Program Focus Area: Health Education

Location: Education Building, Room 307

Social Media & Building a PE Community. Including TPT & Brand Partnerships

Caitlin Davis, Elementary Physical Education Teacher, Catskill CSD
Eric Joyce, Elementary Physical Education Teacher, Catskill CSD

Program Description: Looking to connect with more PE/health teachers like yourself throughout the year? We'll touch upon using social media to your advantage, Teacherspayteachers, @physedgirls, and brand partnerships! Did we just become best friends? YUP!

Program Focus Area: Elementary & Secondary Physical Education, Health Education, Recreation/Adventure, Dance, APE, Future Professionals, Retirees, Higher Education, Administration, Coaching, and EDI.

Location: Gurley Building, Room 304

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 during which attendees will be able to see how easy and fun it is to include tennis in their PE classes using modified equipment and the other free resources offered by USTA Eastern.

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

Location: Robison, Large Gymnasium

The Power of Four

Kevin Crossman, Physical Education Teacher, Glens Falls City Schools

Autumn Reichelt, Physical Education Teacher, Glens Falls City Schools

Program Description: A variety of games based around "Four" in the name, and variations to those games. Expect to be active and learn new variations to bring back to your schools, as we also welcome your creative ways you may introduce them to your schools.

Program Focus Area: Secondary Physical Education, and Future Professionals

Location: Aggie-Multi Purpose Room

Visit Exhibitors and Network

Buchman Pavilion

10:35am -10:55 am

Russell Sage

65 First Street, Troy, NY 12180

Peter Stapleton, Ph.D., Assistant Provost for Strategic Initiatives, Director of Center for Teaching & Learning, Russell Sage College
staplp@sage.edu **518-244-6883**

Description: How to become a mentor/host teacher or ST supervisor for Russell Sage College and additional ways to partner with Russell Sage.

Focus Area: Elementary Physical Education, Secondary Physical Education, Health Education

SUNY Cortland

PO Box 200 Cortland, NY 13045

Richelle Lawrence, Field Placement Coordinator, SUNY Cortland
richelle.lawrence@cortland.edu **607-753-2830**

Description: How to become a mentor/host teacher or ST supervisor for SUNY Cortland.

Focus Area: Elementary Physical Education, Secondary Physical Education, Health Education, and Retirees

Wild Play

524 Thacher Park Rd, Voorheesville, NY 12186

Jen Dobies, Park Manager, WildPlay Thatcher
jdobies@wildplay.com **518-768-4054**

Description: Adventure Courses

Exciting obstacles, ziplines and more! Test your balance, strength, and coordination as you progress from our beginner-friendly Classic Courses to our more challenging Extreme Courses. We offer Kids Courses, too, so the whole family can join in the fun!

Focus Area: Elementary Physical Education, Secondary Physical Education, Health Education, Recreation/Adventure, Adapted Physical Education and Unified Physical Education.

SESSION 3
11:00 am - 11:50 am

Interview Topics for a Health and Physical Education Teaching Position

Charlie Gonsalves, Educational Consultant, Shenendehowa CSD, St. John's University

Program Description: This session will address topics relevant to preparing for an interview for a Health and Physical Education Teaching position. Topics will include: The Cover Letter (Letter of Interest), Resume, E-Portfolio, Common Interview Questions, techniques and information akin to new teachers.

Program Focus Area: Future Professionals, Health Education, All levels of Physical Education, APE, and Coaching.

Location: Education Building, Room 303

Positive Education: Enhancing Well-Being and Academic Success

Sandy Brower, Certified Positive Educator & Trainer, Spark the Connection

Program Description: This workshop is designed for educators seeking to enhance student well-being and foster a positive classroom environment through Positive Psychology and Positive Education. Attendees will learn to differentiate Positive Psychology from traditional psychology, gain practical tools for promoting resilience, happiness, and academic success, and explore strategies to integrate well-being principles into their teaching practices, benefiting both students and teachers.

Program Focus Area: All Educators and Students

Location: Education Building, Room 307

Jr. Athletes-Inclusive PE for 3rd-5th Grade

Ryan Miller, Sr. Director-Young Athletes/Elementary, Special Olympics

Program Description: Junior Athletes is an inclusive sport and play program designed for children between the ages of 8 and 12/3rd-5th grade. The curriculum, which aligns with SHAPE America's National Standards, introduces a variety of sports related gross motor skills, which are then reinforced through games and activities.

Program Focus Area: Elementary PE, APE, UPE, and EDI

Location: Gurley Building, Room 301

SESSION 3 11:00 am - 11:50 am (*continued*)

Archery In Schools (NASP)

Tim Christiansen, PE/Health Teacher, New Lebanon CSD

Program Description: The National Archery in the Schools Program (NASP®) is an in-school program aimed at improving educational performance among students in grades 4th – 12th. And through it, students are learning focus, self-control, discipline, patience, and the life lessons required to be successful in the classroom and in life. Archery is a different kind of team sport. It's an activity open to any student. Its biggest supporters are professional educators. NASP® is an activity that doesn't discriminate based on popularity, athletic skill, gender, size, or academic ability.

Program Focus Area: Elementary/Secondary Physical Education and Unified PE

Location: Robison, Large Gymnasium

Signs, Signals and Cues for the Elementary Gymnasium

Jon McClement, Elementary Physical Education Teacher, City School District of Albany

Program Description: This presentation is intended for any physical education teacher or pre-service teacher. The focus will be on the use of auditory and visual signs, signals and cues in an elementary physical education environment.

Program Focus: Elementary Physical Education, Adapted Physical Education, and Future Professionals.

Location: Aggie, Multi Purpose Room

Let's Learn About NYS Temporary Commission to Prevent Childhood Drowning

Brian Tobin, Commissioner, NYS Temporary Commission to Prevent Childhood Drowning; Head Swimming & Diving Coach, SUNY Cortland

Program Description: We will discuss aquatics in New York State, covering topics such as: the current state of aquatics and water safety education in NYS; the Temporary Commission to Prevent Childhood Drowning; proposed legislation and essential insights; regulations; vital current aquatic research; and the impact of flooding and climate change on this public health crises. We'll also review Governor Hochul's recent announcement of the NY Swims initiative. Finally, we'll explore our current needs in this area.

Program Focus: All levels of PE, Recreation/Adventure, Aquatics and Future Professionals

Location: Gurley Building Room 304

SESSION 4
12:00 pm - 12:50 pm

Understanding, Managing, & Training the Adolescent Mind for Confident Performance

Powell Cucchiella, Licensed Mental health Counselor, Positively Elite

Program Description: Powell works as a mental performance coach and licensed therapist with athletes to help them be more consistent and confident in their sport. His program would give you the top insights and skills to help understand, manage, and train the mental performance of our adolescents so they can more consistently and confidently perform in their sport/hobbies, school, career, and/or life.

Program Focus: Secondary Physical Education, Coaching, and Mental Health

Location: Education Building, Room 303

What we can learn & do with a little SWISS cheese

Jillian Austin, Health Teacher, Burnt Hills-Ballston Lake CSD

Program Description: Through the "lens" of a slice of SWISS cheese, students will be able to learn all about their own protective and risk factors in life and how that knowledge can keep us healthy and safe! (Best part - you can apply this lesson to ANY skill you are working on!).

Program Focus: Health Education

Location: Education Building, Room 307

Motor Activity Training Program in APE

Jessica Verrigni, Physical Education Teacher, Greater Amsterdam CSD

Ryan Miller, Sr. Director-Young Athletes/Elementary, Special Olympics

Leigh Howard, Director of Program Unified Sports, Special Olympics

Program Description: Attendees will learn different methods to help collect data and differentiate for students with all disabilities. This will also give the differences between students who are identified in an APE class vs students who are a good fit in a Unified PE class.

Program Focus: Adapted Physical Education, and Unified Physical Education

Location: Gurley Building, Room 301

Because They Work

Doug Hallberg, PE Teacher, Mohonasen CSD

Program Description: Come join Doug Hallberg- Open National Trainer and former NYS and National middle school teacher of the year as he shares some of his favorite P.E. activities. These are a collection of tried and true activities that have been, and continue to be, very successful in my gym over the last 33 years. Many of them can be used across multiple units and multiple grades and could become an integral part of your curriculum for years to come. Let's all move, learn and have fun together.

Program Focus: Elementary Physical Education and Secondary Physical Education

Location: Robison, Large Gymnasium

1:00 pm -1:30 pm

Buchman Pavilion Lobby

Raffles

Professional Development Conference Certificates



On behalf of the Capital Zone of NYS AHPERD, thank you for attending.
We hope that your time was filled with engaging learning experiences spent
with like minded colleagues.

Please reach out if you have any session ideas for 2026.

teresagendron@gmail.com

Terry Gendron, Conference Chair