SHAPe Delaware
Society of Health and Physical Educators

...welcomes you to the 2019 Annual Convention!

1929-2019
Annual Convention 2019

Agenda

7:00-8:00 Registration

8:10-8:50 Opening Remarks/Awards

President’s Welcome Dr. Bob Martin, DSU
President-Elect Mrs. Karine Scott, W.B. Simpson Elem. School
Awards Mr. Jim Fennemore, Adjunct Professor, DSU
Mrs. Lauren Shanklin, Clayton Elem. School
Mr. Jerry Davis, Clayton Middle School

DAHPERD Teachers of the Year

Elementary School Physical Education Constance Bean, Love Creek Elementary School
Middle School Health Education Khayree Bey, McCullough Middle School
High School Physical Education Anna Vila, William Penn High School

Outstanding Future Professionals

Kadel Scholarship Awards:

Delaware State Univ.: Johnny O’Neal Delaware State Univ.: Homar Rodriguez
Wesley College: Emily Caldarelli

Planning my day

<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION TITLE</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>9:00-9:50</td>
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<td>10:00-10:50</td>
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<td>11:00 – 11:50</td>
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<td>12:00 – 12:50</td>
<td>Lunch -</td>
<td>In the MLK Center</td>
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<td>1:00 – 1:50</td>
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<td>2:00 – 2:50</td>
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SHAPE America's mission is to advance professional practice and promote research related to health and physical education, physical activity, dance, and sport.
**Annual Convention**

Friday, October 11, 2019 at Delaware State University

### 9:00 – 9:50 Sessions

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<th>NUMBER</th>
<th>PRESENTATION</th>
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<tr>
<td>1</td>
<td><strong>The Bucket Brigade</strong></td>
<td>WC GYM Court 2</td>
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|        | **PRESENTER:** John Smith & Chip Candy, Education Consultants, Flaghouse, Inc. New Jersey  
**PRESIDER:** Homar Rodriguez, DSU & Emily Caldarelli, Wesley College  
**DESCRIPTION:** This is a very active participation session featuring activities and games using the multi buckets and supporting equipment. Join us for some challenging, cooperative, fun and exciting individual and group problem solving activities using buckets, balls, and bean bags. |          |
| 2      | **“Getting the Most Out of Your Gator Balls - Large Sided Phys. Ed. Games”** | WC GYM Court 1 |
|        | **PRESENTER:** Rob Poore & Tim Hilovsky, ADA  
**PRESIDER:** Johnny O’Neal & Donte Pridgen, Delaware State University  
**DESCRIPTION:** Come and join two Colonial Physical Educators as we lead you through various games intended to work with 20-60 elementary students using gator skin balls predominantly focusing on rolling and throwing. |          |
| 3      | **“Suicide Prevention 101: Addressing Youth at Risk for Suicide”** | MH 203 |
|        | **PRESENTER:** Dr. Harvey Doppelt, DSCYF - Division of Prevention and Behavioral Health Services  
**PRESIDER:** Ronald Johnson (RJ) & Colin Wolcott, Delaware State University  
**DESCRIPTION:** Own reactions to suicide and how it affects working with students. Data: Why should you be concerned about your students? Characteristics of suicide. Interviewing students about suicide. Talking with parents about your concerns regarding her/his child. |          |
| 4      | **“PLYOGA - PLYOmetric Interval Training Meets YOGA!”** | WRC 112 (AEROBICS Room) |
|        | **PRESENTER:** Stephanie Lauren, Plyoga  
**PRESIDER:** Marcos Castillo, Delaware State University  
**DESCRIPTION:** PLYOGA® is a 4-part HIIT (High Intensity Interval Training) system using accelerated and fundamental YOGA as a fluent and active recovery for bodyweight ONLY PLYOmetric movements. This workshop will give you an updated understanding of:  
* Reactive movement and exercise mechanics for use as an educator.  
* Comprehensive options for bringing PLYOGA to your physical education environment.  
* A "resourcefulness vs resources" set of solutions to empower educators to think beyond the budget and use the body to create amazing options.  
* Tools for creating a culture that nourishes movement throughout the school  
* A full PLYOGA Express Class |          |
### 10:00 – 10:50 Sessions

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<th>NUMBER</th>
<th>PRESENTATION</th>
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<tr>
<td>5</td>
<td>“The Fun Side of Social and Emotional Learning”</td>
<td>WC GYM Court 2</td>
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<td>PRESENTER: Chip Candy and John Smith, Education Consultants, Flaghouse, Inc. New Jersey</td>
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<td>PRESIDER: Hiram Davis &amp; Dylan Layton, Delaware State University</td>
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<td>DESCRIPTION: The Physical Education community has been doing Social and Emotional Learning activities for years…but now it is time to focus on the new, the fun and the important.</td>
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<td>• The NEW…great activities (play) to build “community”.</td>
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<td>• The FUN…activities that promote trust, caring, and smiles/laughter.</td>
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<td>• The IMPORTANT…activities that make a difference in all of our lives!</td>
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<td>6</td>
<td>“USTA Tennis is Fun in Physical Education”</td>
<td>WC GYM Court 1</td>
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<td>PRESENTER: Kelly Resero, USTA-Middle States</td>
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<td>PRESIDER: Corey Graham, Delaware State University</td>
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<td>DESCRIPTION: Achieve your school’s health and wellness goals through tennis! No courts are required and schools can effectively offer PE with tennis sized right for age and ability. Come ready to play and learn tips and tricks to keep kids moving and having fun. Introduce your students to TENNIS – a sport for a lifetime!</td>
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<td>7</td>
<td>“American Red Cross Challenge Recertification”</td>
<td>WRC 208</td>
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<td>PRESENTER: Lewis Sacks, Polytech Adult Education</td>
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<td>PRESIDER: Cole Levering, Delaware State University</td>
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<td>DESCRIPTION: Polytech Adult Education will provide a 1.5-2.0-hour session of Heartsaver CPR. This session will be from 10:00-12:00. This training will follow the curriculum and format approved by the American Heart Association and will include training in CPR, choking and AED for adults and children for the lay person. Materials and supplies required for this training will be supplied. Registration is online and same day registration will be on a first-come, first-served basis until the course is full. Cost is $25.00.</td>
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<td>8</td>
<td>“Unified Champion Schools”</td>
<td>MH 203</td>
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<td>PRESENTER: Nate Threats, Unified Sports</td>
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<td>PRESIDER: Kent Webb &amp; Dominic Conquest, Delaware State University</td>
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<td>DESCRIPTION: The Special Olympics Unified Champion Schools program provides, to schools, inclusive opportunities in Unified sports, whole school engagement and youth leadership. This session will explore ways that schools at all levels can incorporate elements of the program into their existing curriculum and activities, resulting in a more inclusive environment in the building, which will eventually expand into the community.</td>
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### 11:00 – 11:50 Sessions

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<tr>
<td>9</td>
<td>“These Are A Few Of My Favorite Things”</td>
<td>WC GYM Court 2</td>
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<td>PRESENTER: John Smith &amp; Chip Candy, Education Consultants, Flaghouse, Inc. New Jersey</td>
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<td>PRESIDER: Jaden Rivera, Delaware State University</td>
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<td>DESCRIPTION: 50 years of teaching and presenting have created some very special fun activities. Now it’s time to share the ones I love the most with all the best teachers around. From Parachutes to Noodle bits, from reaction balls to the old Pinkies, let’s try them all.</td>
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<td>10</td>
<td>“Using Adventure Education to Engage Learners and Proactively Develop Social-Emotional and Thinking Skills”</td>
<td>WC GYM Court 1</td>
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<td>PRESENTERS: Patricia Sherblom, Wesley College</td>
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<td>PRESIDER: Rey Orocio, Delaware State University</td>
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<td>BRIEF DESCRIPTION: We will break the ice, build community, and solve problems; all while having fun experientially learning how to incorporate Adventure Education to create a welcoming classroom culture that encourages social-emotional and cognitive growth, in an environment of acceptable risk-taking, communication, conflict resolution, and mutual support.</td>
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<td>11</td>
<td>“Delaware Goes Purple: Stand Up Against Substance Abuse”</td>
<td>MH 203</td>
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<td>PRESENTER: Kathryn Burritt, Delaware Goes Purple</td>
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<td>PRESIDER: Chris Chege &amp; Demond Gladden (DJ), Delaware State University</td>
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<td>DESCRIPTION: Delaware Goes Purple is a robust Drug Free Awareness Campaign. This &quot;Delaware Goes Purple&quot; campaign is in conjunction with the Herren Project and will join forces with the state of Delaware and Lieutenant Governor Bethany Hall-Long to Stand Up Against Substance Abuse.</td>
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### LUNCH – 11:50-12:50

Pre-ordered lunches can be picked up in the MLK Center (show your tickets attached to your program)
### 1:00 – 1:50 Sessions

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<tr>
<td>12</td>
<td>“It’s An Adventure Part 2”</td>
<td>WC GYM Court 2</td>
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| PRESENTER: Chip Candy and John Smith, Education Consultants, Flaghouse, Inc. New Jersey  
PRESIDER: Nathan Bailey, Delaware State University  
DESCRIPTION: Chip is excited to continue his series on Adventure Activities for all grade levels. Included will be more cooperative and adventure games that infuse teamwork and problem-solving into your classes. No one does it better than Chip and his sessions are always adventurous. |

| 13    | “Soft Stick Lacrosse” | WC GYM Court 1 |
| PRESENTER: Andrea O’Connor, US Lacrosse  
PRESIDER: Brandon Briggs & Brice Parker, Delaware State University  
DESCRIPTION: Our goal with this session is to provide attendees with the tools to introduce the game into their curriculum and learn how to continue to engage children in a positive, safe lacrosse experience. We will review equipment and educational grant options available from US Lacrosse and explain eligibility requirements. We will offer direction on how to apply for those grants that will enable you to introduce the game of lacrosse in your community and your physical education class. This session will also offer attendees the opportunity to learn the fundamental lacrosse skills and games that the physical educator can safely use to introduce the game of lacrosse. |

| 14    | “Lasting Connections: Building Community During School” | MH 223 |
| PRESENTER: Robert Hunter, American Camp Association, NY & NJ  
PRESIDER: Fabian Grant, Delaware State University  
DESCRIPTION: Walking into a cohesive school environment you feel a sense of togetherness and inclusivity. A teacher's ability to relate and connect to their students, student interactions, and the spread of a principal's influence are all health indicators of a school. Participants will learn experientially how to infuse community building activities into curricula. The ability to create an environment where students feel safe to self-express themselves and interact socially with their peers in a positive way, is key to unlocking a child's full potential. During this session participants will be taught best practices of how to build community during school. |

### 2:00 – 2:50 Sessions

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<tr>
<td>15</td>
<td>&quot;Spikeball: Presents roundnet! Blending volleyball and foursquare. Can be played almost anywhere and everywhere!&quot;</td>
<td>WC GYM Court 2</td>
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| PRESENTER: Chris Hornacek, Spikeball, Inc.  
PRESIDER: Erianna Ford & Toni Washington, Delaware State University  
DESCRIPTION: This presentation is to teach physical educators of all levels about the sport of roundnet and how they can implement it into their curriculum. We will discuss how to modify the rules and equipment so that any students regardless of their age or ability can improve their motor skills, movement patterns and physical literacy. |
“Long-term athletic development (LTAD) as the framework for physical education”

PRESENTER: Rick Howard, West Chester University
PRESIDER: Marcus Blackford, Delaware State University
DESCRIPTION: This session will provide attendees with practical information that integrates, rather than isolates, the DE State Standards for Physical Education and demonstrates why the Scope and Sequence should be unified for grades K-12. A brief history of the parallels of LTAD and PE, the significance of motor skill development and muscle strength, and the value of the three types of play. Concepts including motor skills and movement skills, the 7 movement patterns, and athleticism for every student will be presented, discussed, and modeled.

16

Meet the Presenters

Kathryn Burritt, a resident of Kent county, has worked in the nonprofit arena for over five (5) years. She holds a B.S. in Criminal Justice and a M.S. in Administration of Human Services, both from Wilmington University. She currently works with several organizations in Delaware, including the Sussex County Health Coalition, with concentration in their Drug Free Communities sector and Delaware Goes Purple campaign. When she isn't working she enjoys spending time with her children and family and going to the local beaches.

Chip Candy has taught Physical Education in Medford, New Jersey for 35 years. He is a national presenter/consultant, sponsored by Flaghouse, with over 400 presentations in 40+ states. Chip is a former NASPE Middle School Teacher of the year, and NJAHPERD Honor Award recipient. Chip is known for his informative, upbeat, and exciting workshops.

Dr. Harvey Doppelt, a licensed psychologist, is the director of the Division of Prevention and Behavioral Health’s Specialized Services Unit and is the Principal Investigator and project Director of Project SAFETY, a five-year funded federal (SAMHSA) Garrett Lee Smith Grant which ran from 2011 to 2014 under which 15,000 students in Delaware were trained in suicide prevention. Dr. Doppelt serves on both the Delaware Suicide Coalition and the Delaware Violent Death Reporting System Advisory Council. In addition to his work on suicide prevention, Dr. Doppelt's unit is responsible for the provision of mental health services in the state's juvenile justice institutions, conducting psychological assessment for family court, and providing early intervention services in 54 elementary schools across the state.

Tim Hilovsky has been a physical educator in the Colonial School District for the past 13 years. He was the 2018 SHAPE DE Elementary Teacher of the Year.

Chris Hornacek is a Spikeball expert from Chicago, IL. If he isn’t traveling across the country competing in the Pro Division of our tournament series, you can find him at events like this teaching roundnet. Chris has done shows in over 8 states and is excited to spike with you this weekend!
Robert Hunter currently works for the American Camp Association, New York and New Jersey Affiliate as the Training Coordinator. As Training Coordinator, I spearhead the professional development department and on-site trainings for various organizations within youth development. Prior to joining ACA, NY & NJ I worked as Site Coordinator for a Non-profit called Playworks. There, I pushed into inner-city schools to promote the benefits of physical fitness and how it correlates to Social Emotional Learning by mentoring school staff, action planning with school's administrative team, implementing student leadership programs and enrichment opportunities. During the summers that I worked for Playworks, I served as Program Director for a Summer Day Camp called Oasis. It was there that I learned the intricacies and nuances of programming, staff management and how to create a cohesive environment for all parties involved. I am presenting at the SCamp Conference and have also presented at the New Balance Spark Fitness Challenge in 2016.

Rick Howard is a doctoral candidate at Rocky Mountain University in Health Promotion and Wellness. His dissertation is comparing a foundational movement pattern to a fundamental motor skill in pre- and post-PHV boys. Howard is the Director of Fitness at Wilmington (DE) Country Club, where he trains youth of all ages in fitness and sports performance. He is an Assistant Professor in Applied Sports Science at West Chester University (PA). His primary research interest is long-term athletic development (LTAD) and the application of concepts of pediatric exercise science for coaches, personal trainers, physical education teachers, and those who wish to improve the lives of our young people. He is very actively involved in the National Strength and Conditioning Association (NSCA), where he is a founding member and Past-Chair of the Youth Special Interest Group (now LTAD SIG) and the immediate-past Chair of the NSCA State Provincial Director Committee where he also served as the Mid-Atlantic Region Coordinator. He is a certified strength and conditioning specialist with the NSCA (with Distinction), and is a Fellow of the NSCA. Howard contributed a column on Youth Training to the NSCA Coach Journal and recently edited two NSCA Strength and Conditioning Journal special edition issues on Youth Training (the third is in the works). He was a co-author of the NSCA Position Statement on LTAD, and many other peer-reviewed articles. He presents nationally and internationally on youth training, LTAD, and strongman. He has presented at the SHAPE America National convention several times, was president of PSAHPERD, and presented at DAHPERD and EDA. He has presented at The NSCA National Conference many times, at many NSCA regional conferences, and many state clinics.

Stephanie Lauren is an award-winning fitness and education leader as well as a former NCAA Division I Athlete in both Gymnastics and Track & Field (record holder). Stephanie has used her evolving sense of safely optimizing exercise to create her fitness system PLYOGA (A hybrid 4-part training system using accelerated and fundamental yoga as an effective active recovery for plyometric intervals). PLYOGA is also "mindset based," with an emphasis on goal-setting and resourcefulness as it pertains to engagement, athleticism, space, and budget limitations.

Andrea “Andi” O’Connor completed the nationally recognized US Lacrosse Coach Education Level 1 and 2 certifications and was trained as a US Lacrosse Coach Education Trainer. As the sport’s national governing body, US Lacrosse provides national leadership, structure and resources to fuel the sport’s growth and enrich the experience of participants. We envision a future that offers anyone the lifelong opportunity to enjoy the sport of lacrosse. Andi coached high school varsity, youth recreation and club lacrosse teams in the Baltimore metropolitan area.
Rob Poore has been a physical educator in the Colonial School District for the past 15 years. He was the 2015 SHAPE DE Elementary Teacher of the Year.

Kelly Resero – Kelly’s role as the Tennis Service representative for USTA Middle States is to develop youth and adult tennis programs at clubs, park and recreation agencies, and at schools in the state of Delaware. Her responsibilities also include increasing tennis participation by promoting and developing programs in non-tennis facilities and organizations. Kelly comes to Middle States from the Kennett Country Club where she spent the past 13 years implementing youth tennis programs. She has been playing tennis recreationally for 38 years, starting at Wilmington’s Bellevue Tennis Center as a junior and continuing into adult competition in various USTA leagues, the Wilmington Cup, and the Philadelphia Cup.

Lewis Sacks -Currently the American Heart Association CPR Trainer for the Polytech Adult Education Program. He is also employed as a Paramedic for the Sussex County Council. Lewis has volunteered in several capacities with the Carlisle Fire Company of Milford Delaware. His hours of volunteer include working with the EMT’s and ambulance crews. He has also volunteered for the Hillcrest Ambulance Corp as an EMT and a driver. He will be our project leader for CPR and AED training at our conference today.

Dr. Patricia Sherblom has her Ph.D. in Curriculum and Instruction with a Physical Education content area from the University of New Mexico, Albuquerque. She has led groups in Adventure Education activities since 1985 in Beverly, MA. She trained preservice teachers as leaders since 1995 at Texas Tech University and then the University of Texas of the Permian Basin. She led the installation of a Low Ropes Challenge course at Wesley College and for three years has led student and commercial groups through the course, using it as an educational classroom for pre-service teachers.

John Smith is the FlagHouse Educational Consultant and has taught for over 30 years. An outstanding national presenter, he was the 1989 NASPE National Teacher of the Year and the 2005 National High School Basketball Coach of the Year. As the Educational Consultant for FlagHouse, he is responsible for building stronger connections among physical education teachers towards innovative practices. John is in great demand as a workshop presenter.

Nate Threats is the Manager of Unified Champion Schools Program, Special Olympics Delaware. He has been successful in the following capacities: Special Olympics Coordinator, Caesar Rodney High School; 2019 National Champion Unified Banner School; 2018 & 2019 Delaware State Champion Unified Banner School; 2015-2019 Head Coach of Unified Flag Football, Basketball and Track & Field, Caesar Rodney High School; State Champions: 2017 & 2018 Unified Track & Field; State Runner Up: 2019 Unified Basketball and Track & Field.
Exhibitors:

On behalf of the SHAPE Delaware members, we would like to thank our exhibitors for their support of the 2019 SHAPE Delaware Convention!!

Thank You!
SHAPE Delaware MEMBERS!

Flaghouse would like the opportunity to partner with you and assist your efforts when you are buying equipment.

- Special NEW SCHOOL product lists and innovative ideas!
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Thanks Again!

Harry Lawson
Territory Sales Representative
Harry.Lawson@flaghouse.com
Phone: 800-793-7900, Ext. 7589

Many thanks to Flaghouse and Mr. Harry Lawson for their undying support of SHAPE Delaware and their generous support of our Teachers of the Year!! Flaghouse has been our #1 supporter for the past 9 years.

Thank you Flaghouse!!

SHAPE Delaware