CAHPERD
CALIFORNIA CONGRESS FOR CREATING
THE HEALTHIEST CHILDREN IN AMERICA

IT HAPPENS IN MONTEREY

MONTEREY, CA – MARCH 10TH-13TH
MONTEREY CONFERENCE CENTER
& PORTOLA HOTEL AND SPA
It is my privilege to host you at the 2011 “CAHPERD California Congress for Creating the Healthiest Children in America,” March 10 - 13, 2011; welcome to beautiful Monterey, California! I hope you will find that Monterey is the perfect venue to host the “Congress,” and promote this year’s theme: “Learn It, Do It, Live It! - It Happens in Monterey!”

I selected the “Learn It, Do It, Live It,” theme, because it is what educators have always asked of their students. As we present our daily lessons to the selected audience we are educating, we ask them to “Learn It,” or to engage themselves in the knowledge of their topic. Once our students have begun the process of “Learning It,” we provide an environment in which they can “Do It.” “Do It” implies activity or action. As our students progress in the process of learning and doing what they have been taught, they begin to “Live It.” Isn’t that what we all want as we are learning something new? “Learn It, Do It, Live It”? The 2011 CAHPERD California Congress for Creating the Healthiest Children in America (CCHCHCA) logo represents the three (3) most important focus points in practicing a healthy lifestyle. The triangle represents the strongest geometrical figure known to man. The three (3) points of the triangle represent the Mind (“Learn It”), the Body (“Do It”), and the Spirit (“Live It”). The figure within the triangle depicts a person who is in a constant stage of improving their mind, body and spirit.

At our CAHPERD Congress, you will learn innovative and exciting strategies for implementing active, educational programs that will positively impact the mind, body and spirit. You will be provided with the resources to inspire and motivate your students to be active, both cognitively and physically, for a lifetime. The 2011 CAHPERD Congress Committee, lead by Mila Munden, has planned an informative, exciting and inspired conference program that will challenge attendees to continue their growth and development in the areas of health, wellness and activity. And you will leave the Congress re-energized and enthusiastic to join CAHPERD in a statewide effort for California to host the healthiest children in America, within five years. It is a lofty goal – but completely achievable by the amazing leaders attending this CAHPERD Congress!

Therefore and again, welcome and thank you for attending the 2011 “CAHPERD California Congress for Creating the Healthiest Children in America,” and experience the “Learn It, Do It, Live It!” as only Monterey can Bring It!

By Dan Latham - CAHPERD President
CAHPERD wishes to extend a special thank you to the 2011 CAHPERD Congress Planning Committee Chairs, Committee Members, and hundreds of volunteers, for working so hard to make this event a success:

- 2011 CAHPERD Conference Manager: Mila Munden
- Volunteer & Registration Committee Chairperson: Debbie French
- General Session Committee Chairperson: Mel House
- Meals and Social Committee Chairperson: Kristen Ring
- Decorations Chairperson: Patra Nesseth-Steffes
- Thursday Pre-Conf. & Brett Hoebel Events: Tiffany Anderson, Eric Anderson & Team BeachBody
- Superintendent Tom Torkelson & California Administrators’ Meeting Chairperson: Chris Busch
- Exhibitor Committee Chairperson: Sandy Cantros
- Hospitality Chairperson: Cindy Lederer
- AV Committee Chairperson: Karen Menden
- Health Fair Committee Chairperson: Jeanette Contreras
- Evaluations & Presidents Committee Chairperson: Terry Liegey
- Transportation Committee Chairperson: Christopher Busch
- Signage Committee Chairperson: Maureen Ferrel
- Photography & Video Chairperson: Laura Quan
- Media & Communications Chairperson: Wendy Hopkins
- CEUs Chairperson: ZaNean McClain
- Future Professionals Fun Run & Activities Chairperson: Gabe Padayhag
- CAHPERD Beach Party Committee: California Physical Education Workshop Committee (Cal Poly, San Luis Obispo)

You know that noise your heart makes when you work out?

It’s called applause.

Think of each beat as your heart’s way of cheering you on for staying physically active. Want a standing ovation? Try keeping your diet low in cholesterol and saturated fat too.

For more ways to lower your risk of heart attack and stroke, visit www.americanheart.org or call 1-800-AHA-USA1.

Visit Us At Booth 206
CAHPERD Business Meetings

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<th>Time and Location</th>
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<td>House of Regions</td>
<td>Thursday, 5:30-7:00 p.m. – Ferrante I</td>
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<td>House of Representatives</td>
<td>Thursday, 5:30-7:00 p.m. – Ferrante II</td>
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<td>House of Delegates</td>
<td>Sunday, 8:00-10:00 a.m. – Ferrante II</td>
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<tr>
<td>Annual Members Meeting</td>
<td>Saturday, 9:00-10:15 a.m. – Steinbeck Forum</td>
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<tr>
<th>Division/Section</th>
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<tr>
<td>Adapted Physical Education Section</td>
<td>Thursday, 12:00-4:00 pm – Cottonwood</td>
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<td>Early Childhood/Elementary PE</td>
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<td>Future Professionals Section</td>
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<td>Girls &amp; Women in Sport Division</td>
<td>Saturday, 10:20-11:20 a.m. – Bonsai III</td>
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<td>Health Division</td>
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<td>Multicultural Dynamics Section</td>
<td>Saturday, 11:25-12:25 p.m. – Bonsai III</td>
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<th>Committees</th>
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<td>2012 Conference Planning</td>
<td>Sunday, 1:00-3:30 p.m. – Bonsai III</td>
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<td>Legislative Committee</td>
<td>Friday, 7:30-10:00 a.m. – Bonsai III</td>
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Miscellaneous

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<td>CSUS Department Chairs</td>
<td>Thursday, 8:00 a.m. – 5:00 p.m. – Bonsai III</td>
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Conference Information

Registration Hours:
- Thursday, March 10th 7:00 am – 7:00 pm
- Friday, March 11th 7:00 am – 4:00 pm
- Saturday, March 12th 7:00 am – 3:00 pm

Conference Badges
A conference badge is issued upon registration. This badge is required for admission to all meetings, sessions, exhibits and any scheduled social event. Badges must be worn in clear sight at all times. There will be a fee for replacement badges.

Certificates of Attendance
CAHPERD will offer certificates of attendance acknowledging your participation in this Professional Development Conference. As an attendee, it is your individual responsibility to document session attendance and present it with the certificate to your local school administrators to meet the requirements of your district. Certificates will be available in the registration area.

Continuing Education Units
CEU’s will be offered by CSU, East Bay. Interested participants should inquire and sign-up in the registration area.

Commercial Exhibits
CAHPERD once again is pleased to welcome its exhibitors to the Annual Conference. The Grand Opening of the exhibit hall will take place on Friday morning at 7:30, and continental breakfast will be provided. Come welcome the exhibitors and join in the excitement of the grand opening. The exhibitors are here to meet you, so don’t hesitate to stop and ask questions. Vendors welcome the opportunity to exchange ideas about products to serve your needs. Pick up literature to take home and get on mailing lists for the latest catalogs. The exhibit hall will be open from 7:30 am – 3:00 pm on Friday and 8:00 am – 3:00 pm on Saturday.

Conference Manual $25
The Conference Manual is comprised of speaker handout materials, and is considered to be an outline of the many quality presentations that will take place in Monterey. These handouts provide attendees with a quick and easy reference to each speaker’s major points of discussion. For those unable to attend a specific session, these handouts enhance the conference experience by providing important information that may otherwise have been missed.

A limited number of Conference Manuals have been printed and are for sale at the registration area. Purchase early to maximize the value at the conference and for future reference.

Conference Manual...
Antronette (Toni) Yancey, M.D., M.P.H. – UCLA School of Public Health

Antronette K. (Toni) Yancey, MD, MPH is currently Professor, Department of Health Services, UCLA School of Public Health, and Co-Director, UCLA Kaiser Permanente Center for Health Equity. She also directs her department’s leadership doctoral degree program. She returned to academia full-time in 2001 after five years in public health practice, first as Director of Public Health for the City of Richmond, VA, and as Director of Chronic Disease Prevention and Health Promotion, Los Angeles County Department of Health Services.

Dr. Yancey’s primary research interests are in chronic disease prevention and adolescent health promotion, with a particular emphasis on interventions engaging underserved communities. She has authored more than 125 scientific publications and serves on the Editorial Boards of the American Journal of Preventive Medicine, Preventive Medicine and the American Journal of Health Promotion. Dr. Yancey serves on the Institute of Medicine (IOM) Standing Committee on Childhood Obesity Prevention, the National Physical Activity Plan Coordinating Committee, and the California (state) Department of Public Health Advisory Committee. Dr. Yancey was also recently appointed to the Board of Directors of the Washington, DC-based “Partnership for a Healthier America,” the non profit organization guiding and supporting First Lady Michelle Obama’s “Let’s Move!” campaign to end the childhood obesity epidemic.

Elaine LaLanne – Jack LaLanne’s Wife of 51 Years

Elaine LaLanne was born in Minneapolis, Minnesota … middle America where it was not uncommon to lunch on hot dogs, ice cream, chocolate doughnuts, candy and soft drinks from vending machines. A chain smoker at age 27 and still continuing her Midwest eating habits, Elaine worked at KGO, an ABC-TV affiliate in San Francisco. It was there she first met Jack LaLanne, who said to her, “You should be eating apples and oranges and bananas and if I didn’t like you, I wouldn’t tell you this.” Elaine remembers looking up at him while puffing on her cigarette saying, “Oh, yeah!”

But Jack’s comment did make her take a good hard look at herself and her life. She decided to start exercising daily at a class that Jack conducted during lunchtime at the studio and soon quit smoking. Elaine then revised her eating habits and the results were remarkable. She actually had reappropriated her body through proper exercise and diet. Ever since then she has made it her mission to preach the fitness message to all that would listen.

Elaine has written five books: Fitness After Fifty, Dynastride, Fitness After Fifty Workout, Total Juicing and Eating Right For A New You. She continues to travel all over the world preaching the message of better living through exercise and nutrition.

Regina Benjamin, M.D., M.B.A. – 18th Surgeon General of the United States

Dr. Regina M. Benjamin, MD, MBA is the 18th Surgeon General of the United States. As America’s Doctor, she oversees the operational command of 6,500 uniformed health officers who serve in locations around the world to promote, protect, and advance the health of the American people. Dr. Benjamin is Founder and former CEO of the Bayou La Batre Rural Health Clinic in Alabama, former Associate Dean for Rural Health at the University of South Alabama College of Medicine in Mobile, and immediate Past Chair of the Federation of State Medical Boards of the United States. In 1995, she was the first physician under age 40 and the first African-American woman to be elected to the American Medical Association Board of Trustees. She served as President of the American Medical Association Education and Research Foundation and Chair of the AMA Council on Ethical and Judicial Affairs (CEJA). In 2002 she became President of the Medical Association State of Alabama, making her the first African American female president of a State Medical Society in the United States.

Dan Isaacson – Celebrity Fitness Expert & “Father of Personal Fitness” Industry

Hollywood’s Premier Fitness Expert Dan Isaacson developed the scientifically-based fitness training program that helped set the standard for celebrity trainers and the personal training business. He is an author, product innovator, and celebrity spokesperson, and considered by many as the pioneer of the multi-million dollar personal training industry.

Isaacson’s celebrity client base includes: Billy Crystal, Johnny Depp, Tom Hanks, John Travolta, Meg Ryan, Anne Hathaway, Laurence Fishburne, Jane Fonda, Jamie Lee Curtis, Ryan Felipe, among many others. Isaacson trained cast members of diverse films and television shows including: Matrix, City Slickers, Apollo 13, Karate Kid, Superman, The Untouchables, Philadelphia, Cheers, Wings, Mad About You, Dallas, Knots Landing, Ghost, Staying Alive, Forrest Gump and Rambo.

Dan has maintained a variety of industry affiliations with “Good Morning America,” Sony Pictures, and Paramount Pictures. Dan’s time tested methods have literally re-shaped the entertainment community. Drawing on 25 years of experience to write his fitness book, The Equation, Dan continues to educate and illustrate the way to sustainable health and fitness.

Dan has appeared on many television shows and in numerous magazines, including “CBS This Morning,” “Oprah,” “Jenny Jones,” “Good Morning America,” CNN, “Entertainment Tonight,” “Access Hollywood,” Time, People and Sports Illustrated.

Dan will be sharing how the educational community may better work with the Fitness community and celebrity communities to gain greater resources and support for HPERD programs.
Keynote Speakers

Thom McKenzie, Ph.D. – Department of Exercise and Nutritional Sciences, San Diego State University

Dr. Thom McKenzie is Emeritus Professor of Exercise and Nutritional Sciences at San Diego State University and former Adjunct Professor, Department of Pediatrics, University of California, San Diego. Thom is a former school physical education and health teacher, coach, and administrator. He has authored or co-authored over 150 scientific papers and chapters, developed numerous assessment and curricular materials, and presented over 300 papers at state, national, and international conferences.

Dr. McKenzie is a Fellow of four professional organizations: the American College of Sports Medicine (ACSM), the American Academy of Kinesiology and Physical Education (AAKPE), the Research Consortium of the American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD), and the North American Society of Health, Physical Education, Recreation, Sport and Dance Professionals.

Dr. McKenzie has been a major investigator on nine multidisciplinary research projects supported by the National Institutes of Health.

Dr. McKenzie’s expertise in designing and assessing physical activity programs for diverse populations is widely recognized. He is a member of the Science Board, President’s (US) Council for Physical Fitness and Sports (2006-2009). In 2003, he received the prestigious International Olympic Committee President’s Prize for sport and physical education program development, research, and scholarship from AIESEP (International Association for Physical Education in Higher Education). He was the AAHPERD Alliance Scholar in 2004, the R. Tait McKenzie Award winner in 2005, and the NASPE Curriculum and Instruction Academy Honor Awardee in 2006, and the Dudley A. Sargent Lecturer Awardee, NAKPEHE, in 2007. In 2009 he received the McCloy Lecture award from the Research Consortium, AAHPERD, and the Public Service Award from the International Society of Behavior Analysis (SABA).

Tom Torlakson – State Superintendent of Public Instruction

Tom Torlakson was recently elected to a four-year term as California’s State Superintendent of Public Instruction. As chief of California’s public school system and leader of the California Department of Education, Superintendent Torlakson applies his experience as a science teacher, high school coach, and state policymaker to fight for our students and improve our state’s public education system.

Torlakson’s journey has led him from the classrooms of Contra Costa County’s Mount Diablo Unified School District (where he remains a teacher-on-leave), to the Antioch City Council, Contra Costa County Board of Supervisors, the California State Senate and State Assembly.

During his tenure in the California State Legislature, Torlakson acted to protect education funding, improve student nutrition and physical education, and ensure school safety. He also championed legislation to increase funding for textbooks, computers, and other instructional materials and efforts to close the digital divide, eliminate the achievement gap, and reduce the dropout rate.

In 1998 Torlakson authored legislation leading to the development of the largest system of after school programs in the nation. In 2006, he authored the bill that led to a 300 percent expansion in these programs—so they now reach 4,000 schools around the state.

As the chair and founder of the California Task Force on Youth and Workplace Wellness, Torlakson has been a leader in banning junk food from our schools, providing healthier school meals, promoting student health and fitness, and combating diabetes and obesity among our children.

Robert Huizenga, M.D. – Associate Clinical Professor of Medicine, UCLA

Dr. Rob Huizenga, an Associate Professor of Clinical Medicine at UCLA, is the former L.A. Raider doctor and NFL Physician Society President who chronicled his experiences in You’re OK, It’s Just a Bruise – A Doctor’s Sideline Secrets about Pro-Football’s Most Outrageous Team. This book sparked the national debate on anabolic steroids and traumatic head injuries, and was the basis for Oliver Stone’s Any Given Sunday (Matthew Modine plays Rob in the movie).

Most recently, Huizenga authored Where Did All the Fat Go? The WOW Prescription to Reach Your Ideal Weight and Stay There, an innovative anti-obesity approach based on observations of overweight professional athletes together with five years of research on over 400 couch-potato applicants to NBC’s The Biggest Loser.

Rob has repeatedly been interviewed as a health expert on CBS, NBC and ABC Evening News, Nightline and Larry King as well as in the New York Times, LA Times and other national print media. He has also been called as a medical expert in multiple high profile legal cases including the criminal (defense) and civil (prosecution) OJ Simpson, anabolic steroid and Botox trials; as well as been advisor to numerous TV shows and movies including most recently The Biggest Loser (NBC), Extreme Make Over (ABC), Work Out (Bravo), American Gladiators (NBC), Shedding for the Wedding (CW), EXTRA Life Changers (NBC), Student Body (MTV), Dance Your Ass Off (Oxygen), Thinervention (Bravo), Fourth and Long (Spike TV) and Into the Wild.

SAVE THE DATE

AAHPERD 126th National Convention and Expo
San Diego, California • March 29-April 2, 2011
www.aaahperd.org/convention
Honor Award Recipients

1960 Rosalind Cassidy
J. B. “Cap” Haralson
Lois Messier
Francis Todd
1961 C. Carson Conrad
Genevie Dexter
Patricia Hill
June McCann
John Nixon
1962 Dale Hoskin
Mike Mason
Ted Hucklebridge
1963 John M. Cooper
Wood Glover
William W. Harkness
Edward B. Johnson
1964 Elmer Johnson
Raymond Snyder
1965 Arthur Hawkes
Darrell J. Smith
Pamela Strathaim
1966 V. Erle Johnson
1967 Lawrence E. Houston
Miriam B. Lidster
1968 John J. Klumb
Jerold R. Russom
1969 C. Gil Bishop
Frank B. Jones
Franklin A. Linderburg
1970 E. Ann Stitt
Paul Hillar
1971 None
1972 Doreen Abbott Burchett
Joy G. Caulfman
1973 Evelyn M. Taix
1974 M. Jeanne Bartel
1975 Gertrude Blanchard
Franklin M. Henry
Denis D. Huajardo
1976 Dorothy Deatherage
Shirley Lewis
Mary Ann Tumer
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Mary Ann Tumer
1966 J.B. “Cap” Haralson
Carl Nordly
Darrell Smith
1967 J. Raymond Haworth
1968 Anna S. Espenschade
1969 None
1970 None
1971 Jean Hodgkins
K. W. “Mike” Mason
1972 Harold A. Bishop
Blanche Drury
Eleanor Metheny
C. Carson Conrad
1973 Charles J. Trowbridge
Oliver E. Byrd
1974 Jessica Nixon
1975 Genevieve Dexter
Gordon M. Gray
Jerrold R. Russom
1976 Carl W. Dulcher
Dale Hoskin
Miriam Lidster
Claire Shaw
1977 June V. McCann
1978 None
1979 Mary Ann Tumer
1980 William W. Harkness
1981 None
1982 Asahel E. (Ash) Hayes
1983 John E. Nixon
1984 None
1985 Patricia J. “Pat” Hill
Elmer L. Johnson
1986 James S. Bosco
Joy Garrison Cauffman
1987 Raymond A. Snyder
1988 None
1989 M. Jeanne Bartelt
Fred Bates
Robert M. Flavin
1990 Robert Turk
1991 Robert A. Pestolesi
1992 Stratton F. Caldwell
Paul M. Hillar
Jack W. Rose
1993 Sandra J. Trigg
1994 None
1995 V. Erle Johnson
1996 None
1997 Patricia J. Harvey
Al Minturn
Joan Sario
1998 Phyllis A. Blatz
Karen M. Johnson
Margaret Leeds
Bobbie McTee Masters
1999 M. Kathryn Scott
2000 John Cates
2001 Dennis Huajardo
Bob Moss
Eugene Stemm
2002 Greta Weatherill (posthumously)
2003 Betty Hennessy
2004 V. Gregory Payne
2005 Ed Greaves
Kathleen Siroy
2006 Perky Vetter
2007 Maurice Fitzpatrick
Michael Heffeman
2008 Mary S. Blackman
John A. Payne
2009 Gail G. Evans
Robin D. Reese
2010 Dianne Wilson-Graham

Verne Landreth Award Recipients

1951 Winfred Van Hagen
John Bovard
James Rogers
1955 Vinnie Gee Eaton
Arthur Schuetter
Violet Richardson Ward
Martin Trieb
Josephine Randall
1952 None
1953 Lucile Grunewald
Bud Kearns
Cecil Martin
Eugene Nixon
Eugene Roberts
1954 David J. Cox
Hazel Gross
Violet Marshall
Florence Weeks
1960 Ivan W. Hill
1961 J. Holley Ashcraft
Lucille Czarnowski
Maud L. Knapp
Walter L. Scott
1962 "Chris" Christiansen
"Hal" Orion
Roy E. Simpson
1963 Rosalind Cassidy
Lloyd E. Webster
1964 Pauline Hodgson
1965 Carl Young
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In honor of the late “Godfather of Fitness” Jack LaLanne, and to extend his legacy of promoting healthy, active lifestyles for people of all ages and abilities, the LaLanne Family and Jamba Juice Corporation will launch the inaugural, “Jack LaLanne Celebrity ‘Golfreation’ Event presented by Jamba Juice,” on Thursday, March 10th. The beautiful Pacific Grove Golf Links will host the event and all funds raised will be donated to CAHPERD and The First Tee Central Coast, funding physical education and activity programs, as well as professional development workshops, in California’s schools.

Title sponsor Jamba Juice and the LaLanne family have attracted a star-studded list of sports and entertainment celebrities to play in this unusual golf event. Hosted by fitness icon (and Jack LaLanne’s wife of 51 years) Elaine LaLanne, the event has attracted such well-known figures as tennis star Jimmy Connors, football legends Eric Davis, Dave Fiore, Derrick Deese, Eric Wright, Rick Jennings, Marlin Moore, Adrian Ross, baseball star Jerry Royster, and CAHPERD President Dr. Vicki Worrell, among many others.

Participants will play three, five-hole, mini-golf tournaments in “Scramble,” “Shamble,” and “Best Ball,” formats. After the five-hole mini-tournaments, golfers will challenged to physical activity feats such as the “Play Ball!” Hole. At the “Play Ball!” Hole, participants will alternate shots using selected sports balls, including footballs, baseballs, soccer balls, and rubber balls, using the proper style in which the sports ball is usually played (football passed, soccer ball kicked etc.).

Another “Golfreation” hole will be known as the “One, Two, Three, Go! Scramble,” allowing players to hit their balls at the exact same time, (forming a line on the tee box); and then running in a race to their balls before hitting again.

Immediately following the tournament, a Celebrity “Golfreation” Awards Banquet will be held at the Portola Hotel and Spa, featuring respected speaker (and son of boxer Joe Louis), national The First Tee Chief Executive Officer Joe Louis Barrow, Jr. Members of the LaLanne family will join him in the keynote address. The Awards Banquet will also feature a silent auction and raffle.

Visit the Jamba Juice booth in the Exhibit Hall today!

Proceeds from Smoothies Sold Benefit CAHPERD!

Ask the Jamba Juice representative how you can raise money for your favorite charity, school, or nonprofit organization!

Everyone that signs up to host a Jamba Juice cart/fundraiser will receive a special, free gift from Jamba Juice - and be entered into a drawing to win:

- Two nights in Monterey Hotel Suite!
- One of Five $500 Jamba Juice Gift Cards!
- One of Ten $100 Jamba Juice Gift Cards!
- One of Five Complimentary CAHPERD Memberships!
- One of Five 2012 Complimentary CAHPERD Conference Registrations!
- Many More Prizes!
Thursday, March 10

9:00 am - 12:30 pm
PHYSICAL EDUCATION
Activity Based Content Standards Workshop
DeAnza II
Informative and fun professional development program teaching educators how to present effective activity-based Physical and Health Education Content Standards instruction, as well as incorporate physical activity into all other standards-based instruction (such as Language Arts, Math, Social Science, etc.). Appropriate for physical educators/specialists, and classroom teachers. Presenters will take attendees through several activities showing how they can apply physical activity immediately to all content standards instruction!
Speakers: Holly Guntermann, Hemet USD, Dave Blackney, Anaheim UHSD and Bob Bourgault

10:00 am-4:00 pm
DANCE
Balletone®: Standing Flow Instructor Training & Certification
DeAnza I
A fusion-style conditioning program that requires no equipment, little space, no special clothing and no dance experience! A perfect workout to introduce in the school environment in its original form or utilize with other movement modalities to teach vertical core conditioning, active flexibility, balance, coordination and mind/body awareness. Balletone: Standing Flow was designed specifically for the non-dancer, blending training techniques drawn from dance, Pilates and fitness. Balletone offers a fun, invigorating workout to develop core strength, muscular endurance, dynamic balance and flexibility. This instructor training will introduce the concepts and values of the Balletone program with a hands-on approach. Objectives will be reinforced through practical application and participation. Skills and drills will allow the attendees to develop an understanding of how the elements of Balletone can be utilized to enhance group or one-on-one instruction regardless of the population.
Shannon Fable, Sunshine Fitness Resources

12:00-4:00 pm
ADAPTED PHYSICAL EDUCATION
SCAPE Meeting
Cottonwood
Meeting of the State Council on Adapted Physical Education.
Presider: Ruth Haynes, Chair

5:30-7:00 pm
CAHPERD
House of Regions Meeting
Ferrante I
A meeting of all District Coordinators and Regional Representatives. Issues and concerns of various units, regions, and districts will be addressed. All House members should plan to attend.
Presider: Freddie Elaine Thompson-Esters, Hollywood High School

1:00-3:00 pm
PHYSICAL EDUCATION and RECREATION
RevAbs - Educators Only Workshop
Serra II
Brett Hoebel will be training attendees how to teach and modify his techniques, methods and programs to students of all ages and abilities. Featuring: Brett Hoebel, RevAbs Creator and Biggest Loser Trainer

5:30-7:00 pm
CAHPERD
House of Representatives Meeting
Ferrante II
A meeting of state level Vice Presidents and Section Chairs, as well as the elect officers for each of those positions. Various programs and policies of the organization will be discussed. All House members should plan to attend.
Presider: Laura Quan, Anaheim Union High School District

7:00-9:00 pm
Golf Awards Banquet
DeAnza III
Immediately following the Jack LaLanne Celebrity Golfreation Event, there will be an Awards Banquet, featuring respected speaker (and son of boxer Joe Louis), national The First Tee Chief Executive Officer Joe Louis Barrow, Jr. Members of the LaLanne Family will join him in the keynote address.

SAVE THE DATE FOR 2012

2012 CAHPERD State Conference
Professional Excellence on Parade
Pasadena, CA
February 23 – 26th
Friday, March 11

7:15-7:30 am  Friday Morning Stretch  Serra I  Join us for a Morning Stretch before the Exhibit Hall Grand Opening.

7:30 am  Exhibit Hall Grand Opening  Serra I  Network with the exhibitors and enjoy a FREE continental breakfast! It all takes place in the exhibit hall located in the Monterey Conference Center.

8:00-9:00 am  PHYSICAL EDUCATION  The First Tee - National Schools Program  DeAnza III  This interactive session will demonstrate the activities the National Schools Program provides to the schools. Learn how to get this program FREE!  Speakers: Billy Gibbs, The First Tee and Darren Avint, University of Lavenue

HEALTH EDUCATION  Preventing Sexual Violence in Your School - Yes, You Can!  Ferrante II  This session will provide school staff the tools and resources, such as practical classroom strategies and guidelines for writing school policies, necessary to effectively intervene with and prevent student-perpetrated sexual violence.  Speakers: Cynthia Patterson and Tarah Fischer, Monterey County Rape Crisis Center

DANCE  Beginning Jazz  DeAnza I  If you would like to learn a basic jazz dance warm up, across the floors and a short piece of choreography, this is the class for you! Please bring your enthusiasm and energy to this fun-filled class.  Speaker: Sher Edgar, Center USD

PHYSICAL EDUCATION and MIDDLE SCHOOL  Adventure Racing: Fit for the Body, Fit for the Brain  DeAnza II  This presentation shares an exciting new activity in which students improve physical fitness while learning group dynamics of self-responsibility and social interaction. Through the activity, participants will also learn about exercise and improved brain performance.  Speakers: Dan DeJager, San Juan USD and Cathrine Hirnberg, CSU, Chico

HIGH SCHOOL, BOYS & MEN’S ATHLETICS AND GIRLS & WOMEN IN SPORT  CIF – Organizational Changes  Redwood  Information will be shared to explain how the CIF has made major changes through its strategic planning process.  Speakers: Marie Ishida, Executive Director, California Interscholastic Federation

FUTURE PROFESSIONALS  Welcome to CAHPERD!  Bonsai I  Come meet and mingle with other Future Professionals! We will discuss the conference experience and what role the Future Professional plays within the CAHPERD organization.  Presider: Gabriel Padayhay, CSU, Sacramento

PHYSICAL EDUCATION  Core Tai Chi Skills for Students  Portola  Hands-on experience in Tai Chi breathing, meditation, movement, and the combination of all three. Application of these skills in physical education classes will be discussed.  Speaker: Gong Chen, San Jose State University

BOYS & MEN’S ATHLETICS and GIRLS & WOMEN IN SPORT  Foot and Ankle Injuries in the Athlete  Ironwood  Discussion about some of the more relevant foot and ankle injuries, anatomy involved, mechanism of injury and general treatment protocols for these types of injuries.  Speaker: Dr. Thomas Elardo, California Podiatric Medical Association

HIGHER EDUCATION and PHYSICAL EDUCATION  Student Perceptions of Taking an Online Masters Program in Physical Education  Cottonwood  This session will provide the student perceptions of what it is like to take an online physical education program. Data is shown determining the top five aspects students like about an online program, as well as the most detrimental aspects. Useful information for students considering online classes and for teachers currently teaching online, or considering teaching online.  Speaker: Timothy Sawicki, Canisius College, Buffalo, New York

PHYSICAL EDUCATION  Tips for Winning Governor’s Fitness Council Awards  Ferrante I  The Executive Director of the Governor’s Council on Physical Fitness & Sports will share tips for winning awards in the Governor’s Challenge Competition and the Spotlight Awards.  Speaker: Kenny Rogers, Governor’s Council on Physical Fitness & Sports

PHYSICAL EDUCATION and HIGH SCHOOL  If You Think a Squat is a Squat, You Don’t Know Squat  Serra II  Re-energize your teaching unit with this multi-headed monster of a session that includes advocacy for your program, appropriate practices, assessment, classroom management, curriculum development, Jump and Hoops for Heart at the HS level. This is not a weight lifting session, it is a teach what is on your syllabus session.  Speaker: Clayton Ellis, Aurora Central High School, 2010 National High School Physical Education Teacher of the Year

9:15-10:15 am  PHYSICAL EDUCATION and RECREATION  Sport Stacking  Serra II  Sport stacking promotes hand-eye coordination, ambidexterity, quickness and concentration. Students of all ages and abilities use both sides of their brains and play to develop important athletic, academic and lifelong skills. This hands on session will include demonstrations and step-by-step instructions on how to teach sport stacking, including a variety of individual and group activities.  Speakers: Lori Hawkins and Joann Farren, Rocklin USD

PHYSICAL EDUCATION  F4W Instant Activities  Bonsai I  Explain your activity in one minute or less! Requires NO equipment! Everyone actively engaged for all grade levels!  Speaker: Darren Avint, University of LaVerne

DANCE  Line Dancing for Fun and Fitness  DeAnza I  Get ready to break a sweat and have some fun learning line dances for personal enjoyment and/or to teach to your students.  Speaker: Robin Reese, CSU, Sacramento, Retired

EXHIBITOR SHOWCASE  Speed & Strength Training Curriculum for Physical Education  DeAnza II  A comprehensive program including a 2010 lesson plan curriculum for high school/junior high physical education and/or athletics implementation.  Speaker: Steve Kenyon, Speed Strength Training

MULTICULTURAL DYNAMICS and PHYSICAL EDUCATION  Socio-Cultural Changes to Physical Activity in the South Pacific  Redwood  Physical education has a low status in schools of the South Pacific nations. This presentation shares research inquiries, findings, and describes attempts to initiate changes, benefiting the health of children.  Speaker: Phil Doecke, RMIT University, Bundoora, Victoria, Australia

BOYS & MEN’S ATHLETICS, GIRLS & WOMEN IN SPORT and RECREATION  Big Al Baseball  DeAnza III  This session will create the fun of learning fundamentals of baseball/softball for the public schools and recreational leagues. It will inspire you on how to learn/teach and coach the game the right way. This can’t miss session will get you out to play ball more often with your kids because it is so easy to implement. Kids will want to play because the learning opportunities are embedded into the “Game It” approach. Come for and hour and learn for a lifetime.  Speaker: Al Price, Big Al Baseball, Calgary, Alberta, Canada

HEALTH EDUCATION  24/7 Staff Development with Free Online Trainings  Cottonwood  Looking for a convenient way to refresh your skills and to train staff? Online trainings are now available 24/7. Each nutrition and physical activity module features case studies, accessibility for all users, and completion certificates.  Speaker: Jacquelyn Russum, California After School and Healthy Kids Resource Centers

FUTURE PROFESSIONALS, BOYS & MEN’S ATHLETICS and GIRLS & WOMEN IN SPORT  Please Hire Me!  Cotton  This session will address the process of looking for a physical education/coaching position in California public schools. The panel will include a principal, first year teacher, and university faculty member for discussion about resume building, the interview process and strategies for the competitive job market.  Speaker: Matt Stewart, Physical Education Curriculum Specialist, West Contra Costa USD
**ADAPTED PHYSICAL EDUCATION**

**Best Buddies International**

**Ferrante I**

Best Buddies International is a nonprofit volunteer organization dedicated to establishing a global community that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities. Learn how your middle or high school can start a chapter.

Speaker: Tamara Torlakson, Best Buddies International

**DANCE**

**Balletone® Basics**

**Portola Fitness Center**

Balletone® is a fusion-style conditioning program, designed specifically for the non-dancer, blending training techniques drawn from dance, Pilates and fitness. Balletone offers a fun, invigorating workout to develop core strength, muscular endurance, dynamic balance and flexibility without the use of equipment or props. Referred to as “…fitness for the millennium” Balletone keeps you moving, motivated and mentally focused with a body blasting workout that leaves no muscle untouched!

Speaker: Shannon Fable, Sunshine Fitness Resources

**PHYSICAL EDUCATION and EARLY CHILDHOOD/ELEMENTARY PHYSICAL EDUCATION**

**What’s Your TOY Story? How NASPE and NBPTS Can Help!**

**Ironwood**

What makes your students (and grant readers) love your program? What inspires students to learn something new? What inspires YOU to learn something new? Let’s explore opportunities for fun and success for you and your students!

Speaker: Lana Peterson-Pressler, Rousseau Elementary, Lincoln, Nebraska, 2010 National Elementary Physical Education Teacher of the Year

**ADAPTED PHYSICAL EDUCATION and PHYSICAL INTERSCTIONS**

**Intersensory Integration Activity: Developing Body and Self-Awareness Through Movement Exploration**

**Ferrante II**

This activity expands and strengthens fine and gross motor skills, postural control, movement patterns, social interaction, body and self-awareness by combining information from different sensory modalities (somatosensory-touch and proprioception, vision and auditory) through movement exploration.

Speaker: Garrie Katznelson, CSU, Northridge

**10:30-11:30 am**

**PHYSICAL EDUCATION**

**Online Physical Education: What It Looks Like Cottonwood**

It is time to get down to the basics of online physical education. You will learn how to create standards-based online lessons for fitness, aquatics, self-defense, team/individual sports, analysis of movement, dance and tumbling.

**Speaker:** Bonnie Mohnsen, Emporia State University

**HEALTH EDUCATION**

**Reported Behavior and Health Status Change Factors in Obese Teens**

**Ferrante II**

A comprehensive medical and community partnership project was launched in February 2010 to improve the health status of 15 obese teens on the Central Coast of California. This comprehensive program integrated exercise, nutrition, body composition, pulmonary function testing and laboratory data. Focus group results will be presented at this session.

**Speaker:** David Hey, Cal Poly, San Luis Obispo

**DANCE**

**Beginning/Intermediate Lyrical**

**DeAnza I**

A beginning/intermediate level Lyrical dance to the music from the movie ZORRO. Come and join us for this inspiring session.

**Speaker:** Anna Jarrell

**EARLY CHILDHOOD/ELEMENTARY PHYSICAL EDUCATION**

**Willow in the Wind ... No Way!**

**DeAnza III**

This session will highlight an alternative, fun approach to creative dance for elementary physical educators. Appropriate for grades 1-6. No fear zone!

**Speaker:** Nancy Hennefe, Lodi USD, 2010 California Elementary Physical Education Teacher of the Year and 2011 AHPERD Southwest District Elementary Physical Education Teacher of the Year

**ADAPTED PHYSICAL EDUCATION**

**Something Old, Something New, Always Something Fun to Do Portola**

Fun gross motor activities for students, preschool through 5th grade. Modifications and accommodations to include all students.

**Speakers:** Nancie Whiteside, Livermore Valley Jt. USD and Kimberly Crandall Hunt, Pleasanton USD

**EXHIBITOR SHOWCASE**

**Ugi Fundamentals Workshop**

**Portola Fitness Center**

Ugi is the ultimate workout that combines endurance, strength and stability training into the most fun, stylish, challenging method of becoming functionally fit! In this workshop you will learn over 100 exercises using the Ugi ball as well as how to build workouts for individuals, group classes and boot camps. You will learn about functional fitness, sport and agility drills, barefoot training, and why the Ugi philosophy gets results.

**Speakers:** Sara Shears and Debra Karby, Ugi Fitness, Inc.

**PHYSICAL EDUCATION and HEALTH EDUCATION**

**Active Bodies, Active Minds: Work with Your Board to Ensure Student Success Redwood**

This presentation will provide participants with resources, tools and knowledge to effectively engage school board members around collaboratively meeting the health needs of students as they relate to student learning and achievement.

**Speakers:** Martin Gonzalez and Betsy McNeil, California School Boards Association

**GIRLS & WOMEN IN SPORT, BOYS & MEN’S ATHLETICS and FUTURE PROFESSIONALS**

**Winning vs. Playing Well? Losing and Still Being Successful Cotton**

This coaching session will address the challenges coaches face in a win at all costs setting. How can coaches help athletes continue to develop and improve skills when losses keep piling up? How can coaches find useful lessons in a losing season?

**Facilitator:** Maureen Smith, CSU, Sacramento

**PHYSICAL EDUCATION and ADMINISTRATION/SUPERVISION**

**Before We Begin: Setting the Stage for Student Success in Physical Activities and Performance Ironwood**

Students need to know the expectations for conduct, whether in or out of the classroom. Misbehavior results in the student jeopardizing the activity for everyone, frustrating the instructor, being pulled out and not participating, or otherwise causing grief in what should be an enjoyable experience. Setting the parameters for good conduct allows every student to participate and benefit from the activity. This session will provide participants with five methods of getting the best from students that are effective, proven, positive ways of decreasing misbehavior and increasing successful instruction.

**Speaker:** Bowen Lee, Arts Council of Monterey

**PHYSICAL EDUCATION**

**Self-Defense Skills for the 7th Grade Combatives Unit Bonsai I**

This session will provide practical self-defense skills for 7th grade students, based on the California Standard. Main activities will include fun, combative activities as warm ups and preparation for different types of self-defense patterns (keeping a safe distance, avoiding grabs, punches and kicks; and simple releases), safety tips, manner for each activity, and how to incorporate them into the unit.

**Speaker:** Gong Chen, San Jose State University

**RECREATION and PHYSICAL EDUCATION**

**JUST RUN Program Overview Ferrante I**

Come and learn about the award winning youth fitness program, JUST RUN. JUST RUN is FREE, easy to implement, bi-lingual, and turn-key. Its interactive website provides all of the tools necessary for teachers and youth leaders to implement the program; either before, during or after school. JUST RUN promotes healthy eating, good citizenship, and goal setting, in addition to physical activity. (www.justrun.org)

**Speakers:** Susan Love and Mike Dove, Big Sur International Marathon Organization, Carmel, CA

**EXHIBITOR SHOWCASE**

**HOPSports Brain Breaks Sierra II**

Join us for a presentation of HOPSports Brain Breaks and content lessons presented by Olympians, Hollywood celebrities, Broadway dancers, and professional athletes representing the NFL, NBA, MLB, USA Volleyball, USRowing, and USA Cycling. You will have the chance to play with our newest additions. Sand Bells and T-Bows.

HOPSports is premised on sensory distraction to engage physical activity and promote fun. So come have some fun with us while you increase your MVPa and ability to learn!

**Speaker:** George Velarde, Wm. S. Hart Union High School District

**11:00-1:00**

**Health Fair**

The Community Health Fair will take place in the foyer of the Portola Hotel & Spa. The CAHPERD Health Fair will feature various agencies and organizations providing free educational materials, tools and information regarding health, fitness, and safety. Conference attendees, educators, and the community-at-large are invited to learn more about health issues and opportunities before us, and the many resources available to address them. Once again, we encourage all conference participants to join us for this special event!

**Facilitator:** Janette Contreras, Jefferson Union High School District
PHYSICAL EDUCATION
Variety of Games and Activities Using a Pedometer
*Portola*
Come learn and participate in a multitude of fun and active games using a pedometer! Games include individual, partner, small and large group participation. Ideal for rainy day activities and fitness development.
Speaker: Gilbert Bagaman, The San Francisco School

DANCE
Bringing Dancing In the Streets into the Gym!!
*DeAnza I*
Designed for physical education teachers that have to teach dance units, this high-energy session will have rigor & relevance as it incorporates dance styles from today’s most popular dance movies (Honey, Step Up, Fame) and TV shows (So, You Think You Can Dance). A sure fire way to get your kids up and MOVING!!
Speaker: Freddie Lee Heath, Ligon Magnet Middle School, Raleigh, North Carolina, 2010 National Dance Educator of the Year

RETIRED MEMBERS and RECREATION
Geo Caching Using Your Smart Phone
*Meet in Hotel Lobby*
The world of Geocaching can enhance your travel experiences! Find Geocaches in any spot in the world, with connections to local history, etc. Bring your Smart Phone!
Speakers: Keith Johannes, Santa Ana USD, Retired and Representatives of local GeoCache organization

MULTICULTURAL DYNAMICS
Educating Students and Promoting Wellness
*Redwood*
Educating students from a multicultural perspective is essential. This session will challenge you to be an active participant in improving the quality of life through the education and promotion of wellness for all students.
Speakers: DaFona Jackson, Vallejo USD and Gwendolyn McClain, Eden Medical Center

HEALTH EDUCATION
Breathe California - The Most Current Information About Asthma!
*Collon*
Breathe California helps people better understand asthma and how to control it. Learn how to furnish a safe, healthy, and supportive environment for children with asthma. Some of the current programs include: teams of high school students carry out studies to determine air quality at their high schools; youth-based programs seeking to reduce the negative impact that tobacco use in the movies has upon young people; high-risk youth addressing their tobacco addiction, reducing their tobacco use and ultimately kicking the habit; teen led programs that help reduce the frequency and severity of asthma.
Speaker: Margo Sidener, Breathe California

HIGHER EDUCATION
Beyond Our Gates: Improving Undergraduate PE Teacher Preparation Program
*Ironwood*
This presentation will showcase the experiential learning opportunities (ELO) and community partnerships being developed through UOP’s new Sport Pedagogy curricula. We will outline the ELOs provided by the new curricula and identify the central student learning outcomes attached to these experiences. We will also explore the evaluation of the ELOs through the use of emergent technology and systematic observation and assessment techniques. Learn how these opportunities can be replicated at other institutions.
Speakers: Lara Killick, Darrin Kitchen and Gina Carbonatto, University of the Pacific

RECREATION and HEALTH EDUCATION
How to be a HPER Consultant
*Cottonwood*
This session will cover the various aspects of establishing a consulting practice. This will include the rationale, employment/contract phase, the visiting phase and the follow-up. The session will cover the perspective of hiring a consultant.
Speaker: Robert Beland, University of Florida

EARLY CHILDHOOD/ELEMENTARY PHYSICAL EDUCATION
It’s All About Fitness, Movement and Attitudes!
*DeAnza II*
Participants will explore a variety of activities that will enhance and improve the health fitness of the children they teach. Motivate young people to think of their own lifestyles and how they might modify them.
Speaker: Patrick Vickroy, Gilroy USD

PHYSICAL EDUCATION
The ABC’s and 123’s of Teaching a Quality Physical Education Lesson
*Serra II*
Participants will be actively involved in the modeling of a positive and purposeful physical education class. Techniques will be demonstrated through hands on participation in setting the stage for a properly executed lesson.
Speakers: Darren Avrit, University of LaVerne and Ruth Mohr-Silofau, National Board Certified Teacher and 2010 California & AHPERD Southwest District High School Teacher of the Year

BOYS & MEN’S ATHLETICS
Officiating the Game of Football
*Ferrante I*
Principal Morelli will share personal experiences from his years officiating in the NFL, as well as tips to help educators instruct students about the officiating process and prepare them for potential careers in this area.
Speaker: Pete Morelli, Principal, Saint Mary’s High School, Stockton and Official NFL Referee

DANCE
Tri-Balletone®
*Portola Fitness Center*
Whether you’ve seen Balletone® on a fitness schedule before or not, it’s possible you would shy away thinking ‘dance inspired’ workouts are not for you, and certainly not for your students. Come find out a little more “Balletone is more than ONE workout rooted in Ballet, it’s a family of programs utilizing fitness, ballet, pilates and yoga inspiration to form a user-friendly workout everyone can enjoy. Learn the three principles of Balletone that inspire the creation and delivery of the workout as well as three different combinations from three different Balletone programs. Whether you are a current Ballettone instructor or participant looking for new choreography, an instructor searching for innovative movement sequences for your next strength class or simply looking to be inspired, it’s time to Tri Balletone!
Speaker: Shannon Fable, Sunshine Fitness Resources

PHYSICAL EDUCATION
The Best of the California Physical Education Workshop (CPEW) at Cal Poly
*DeAnza III*
Come join us for a taste of the curriculum provided at the California Physical Education workshop every summer at Cal Poly San Luis Obispo. Participants will be exposed to a variety of curriculum ideas that incorporate the national and state standards.
Speakers: Jean Lamson, LaEntrada Middle School and Stacie Nixon, San Diego USD

BOYS & MEN’S ATHLETICS and ADMINISTRATION/SUPERVISION
What You Need to Know About The Activity Supervisor Clearance Certificate (AB346)
*Ferrante II*
The requirement to obtain an Activity Supervisor Clearance Certificate, ASCC, has generated more discussion than almost any other law in recent history. The ASCC has a number of unintended consequences and it is expensive to obtain. This workshop will provide a clear overview of the law, who needs to be fingerprinted by both the Department of Justice and the FBI and who needs to obtain the ASCC. Come prepared to ask questions of the presenter.
Speaker: Laura Preston, Association of California School Administrators
EXHIBITOR SHOWCASE
I Want to be a Tech Guru, But I Can’t Turn on My Computer
DeAnza II
Do you think a gigabyte is something served during happy hour at a sports bar? Plug into this session to move, play and leave with FREE iPod downloads, pedometer activities, lesson plans, and assessment tools.
Speakers: Paul Rosengard and Julie Frank, The SPARK Programs

GIRLS & WOMEN IN SPORT, BOYS & MEN’S ATHLETICS and FUTURE PROFESSIONALS
Building Successful Programs with Engaged Parents
Colton
This coaching session will address approaches useful in dealing with parent involvement in high school and club sport. Parent involvement has increased tremendously over the last 20 years presenting coaches with new challenges and situations. This panel of experts will help young coaches develop guidelines and strategies to help socialize parents in the sport setting.
Facilitator: Maureen Smith, CSU, Sacramento

PHYSICAL EDUCATION
Using Portfolios in Physical Education
Ironwood
Using portfolios as a tool in your PE classroom. Testing, assessments, writing, and skill test. A great way to show parents their students’ work.
Speaker: Terry Liegey, Los Angeles USD

HEALTH EDUCATION
Healthy Hornet (Healthy name your mascot)
Ferrante II
Let’s play to prevent obesity! Learn how to put together a youth advocate club to teach K-3 nutrition and “work” the playground using older students.
Speaker: Eileen Rogers, San Miguel Jr. USD

EXHIBITOR SHOWCASE
Floorball - The Fastest Growing Indoor Sport in the World
Serra II
An introduction to Floorball, a fun, fast paced, exciting, safe and low-cost type of indoor hockey, played with light weight sticks. The game can be easily learned and enjoyed by all types of players and it will enrich the offerings of your PE curriculum or after school program.
Speakers: Darryl Gross and Jukka Kotti, Floorball Planet

BOYS & MEN’S ATHLETICS, GIRLS & WOMEN IN SPORT and PHYSICAL EDUCATION
Kettlebells and Battling Ropes to Promote Fitness and Injury Prevention in Youth
Bonsai I
This lecture will focus on the advantages of kettlebells and ropes for developing core and shoulder stability, enhancing weightlifting performance and overall fitness in youths. We will also discuss their uses in individuals with shoulder/back injuries and developmental disorders.
Speaker: Davis Koh, National Strength & Conditioning Association

MULTICULTURAL DYNAMICS
Incorporating Diversity Content into Course Curriculum
Cottonwood
This session will explore how faculty can effectively engage a diverse student body by creating a classroom climate that is safe and inclusive, engenders respect, and promotes civil discourse.
Speakers: Sarah Taylor, Dianne Rush Woods and Monique Manopolus, CSU, East Bay

EXHIBITOR SHOWCASE
Bringing Tennis to Your After School Program!
DeAnza III
Give your students the opportunity to engage in a healthy, lifelong activity. The rules have changed for kid’s tennis. Come join the USTA and find out about resources, modified equipment and a new approach.
Speakers: Sue Davis and Marian Thomson, United States Tennis Association

HEALTH EDUCATION
Health Education Business Meeting
Bonsai III
Join fellow health educators at the annual business meeting. This is the time for networking, discussion of current issues and brainstorming for the future of Health Education in CAHPERD and in California.
Presidents: Kristen Ring, Paso Robles USD and David Hey, Cal Poly, San Luis Obispo

RETIREED MEMBERS
STRS Retirement
Ferrante I
Get a review of retirement options. When do you need to make decisions that affect your retirement income?
Speakers: Keith Johannes, Santa Ana USD, Retired and Representatives from STRS

Saturday, March 12
7:30-8:30 am
FUTURE PROFESSIONALS
Fun Run ... Walk, Jog!
Meet in Hotel Lobby
Although sponsored by Future Professionals, this event is for everyone! This year we will be accompanied by members of JustRun.org, a Monterey based organization. They will lead us on three different runs, at different distances, along and/or near the water! Or just come out and run on your own! Only $5 per participant. [Meet in the Lobby of the Portola Hotel]
Presider: Gabriel Padayhay, CSU, Sacramento

7:45-8:45 am
ADAPTED PHYSICAL EDUCATION and EARLY CHILDHOOD/ELEMENTARY PHYSICAL EDUCATION
Think Outside the Music Box
Portola
With a little creativity and forethought a lesson can be taken to another level by selecting music that compliments the activity. Lessons appropriate for pre-school, elementary, and adapted will be demonstrated using music.
Speaker: Carrie Flint, Lawndale Elementary School District

DANCE
Get Your GLEE On!!
DeAnza I
This session will get your students up and movin’!! Using the pop phenomenon, “Glee”, as our focus, the session will highlight choreography inspired from the show, which can be used as a spring board for student choreography and successful action-packed dance units!!
Speaker: Freddie Lee Heath, Ligon Magnet Middle School, Raleigh, North Carolina, 2010 National Dance Educator of the Year

PHYSICAL EDUCATION
Becoming a National Board Certified Teacher
Redwood
LEARN IT! Learn 5 Core Propositions of accomplished teaching. DO IT! Take the first step to discover the most effective professional development! LIVE IT! Live the tremendous benefits of being a National Certified Teacher! This session will include a review of the process of NBPTS and of specific California information on the support provided and the benefits of being a National Certified Teacher.
Speaker: Lana Peterson-Pressler, Rousseau Elementary, Lincoln, Nebraska, 2010 National Elementary Physical Education Teacher of the Year
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| 10:20-11:20 am | **DANCE**  
*Update and Invigorate Your Secondary Dance Curriculum DeAnza I*  
Dance and Physical Educators are invited to attend this session packed full of challenging and exciting new dances, including the Michael Jackson Shuffle, Carver Ranches Gottdown, Cleveland Shuffle, Temptations Cha Cha, Booty Scoot and Hole in the Wall. Learning how to locate new dances, modify dances and identify appropriate music in order to keep with emerging trends and increase student involvement will also be a focal point of this session.  
*Speaker: Julie Kuehl-Kitchen, CSU, Sacramento*  
**PHYSICAL EDUCATION**  
*How to Get the Most Out of Your Fitness Curriculum Redwood*  
This session will discuss ideas to go beyond just producing high fitness scores from your students. Emphasis will be placed upon developing a year-long curriculum that stresses fitness.  
*Speaker: Dale Campbell, Vanguard University*  
**BOYS & MEN’S ATHLETICS, GIRLS & WOMEN IN SPORT and PHYSICAL EDUCATION**  
*PEDs: High School Sports’ Dirty Little Secret Collon*  
Presenters will describe the epidemic of over-the-counter steroids in high school PE and athletics. A preview of the new PEDs program, “PEDs: High School Sports’ Dirty Little Secret,” will be followed by a panel discussion about pending legislation to control the illegal use of PEDs.  
*Sponsors: David Matuszak, Yucaipa Jr. USD, Keith Johannes, Santa Ana USD, Retired and Jim Clover, Riverside Sport Clinic*  
**PHYSICAL EDUCATION**  
*Effective Teaching Strategies in the Affective Domain Cottonwood*  
The purpose of this session is to visit the notion of teaching PE through the affective domain. Several affective learning skills will be discussed and coupled with tips for teaching the concepts daily.  
*Speaker: Ken Hansen, Cal Poly, Pomona*  
**HEALTH EDUCATION**  
*Perceptions of Resting Energy Expenditure Among Freshmen College Students Ferrante I*  
Do incoming college freshmen know the actual value of their resting energy expenditure (REE)? And, how many freshman in the sample (n=300) actually gain 15 lbs. their first year?  
*Speaker: David Hey, Cal Poly, San Luis Obispo*  
|     | **EXHIBITOR SHOWCASE**  
*It’s OK to Eat and Run Serra II*  
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.  
*Speakers: Julie Frank and Paul Rosengard, The SPARK Programs*  
**GIRLS & WOMEN IN SPORT**  
*GWS Division Business Meeting Bonsai III*  
Annual business meeting to discuss member concerns, hot topics and future direction for the GWS Division. All are welcome!  
*Presider: Maureen Smith, CSU, Sacramento*  
**EARLY CHILDHOOD/ELEMENTARY PHYSICAL EDUCATION**  
*Basic Double Dutch Jump Roping Skills DeAnza III*  
Ever wonder how children go out and jump Double Dutch like they’ve been doing it all their lives? If you have challenges teaching this skill in your unit, then this is the class you want to be in. We will cover all the basic cues and steps on how to teach this ever-popular activity to your students.  
*Speakers: Barbara Aiken and Lark Elze, Fairfield-Suisun USD*  
**ADAPTED PHYSICAL EDUCATION**  
*APE: Melting Pot of Physical Education for Students with Disabilities Bonsai I*  
Teaching Physical Education (Adapted or Inclusive) to students with disabilities involves a “Melting Pot” of students, support personnel, curricula, skills, and activities. Students with disabilities want to learn and be active with their typical peers. However, their bodies and minds may limit their ability to engage in traditional lessons. In this session, participants will be exposed to various teaching techniques. Station activities will provide strategies for students with varying disabilities (autism/intellectual disabilities, severe and profound). The importance of utilizing support personnel (Para educators, peer tutors and/or professional preparation students) will also be shared.  
*Speaker: Ann Hughes, New Hanover County Schools, Wilmington, NC, 2010 National Adapted Physical Education Teacher of the Year*  
|     | **BOYS & MEN’S ATHLETICS and ADMINISTRATION/SUPERVISION What You Need to Know About The Activity Supervisor Clearance Certificate (AB346) Ferrante II**  
The requirement to obtain an Activity Supervisor Clearance Certificate, ASCC, has generated more discussion than almost any other law in recent history. The ASCC has a number of unintended consequences and it is expensive to obtain. This workshop will provide a clear overview of the law, who needs to be fingerprinted by both the Department of Justice and the FBI and who needs to obtain the ASCC. Come prepared to ask questions of the presenter.  
*Speaker: Laura Preston, Association of California School Administrators*  
**EXHIBITOR SHOWCASE**  
*Assessing Moderate to Vigorous Physical Activity Through Team Games DeAnza II*  
We will be playing team games (Team Thunderball, Food Fat Attack) and using FTStep pedometers to assess MVPA while being active and having fun.  
*Speaker: Janita Paulson, Gopher Sport*  
**PHYSICAL EDUCATION**  
*Stand Tall & Walk Well: Posture, Pilates and Feet Portola*  
Learn postural, gait, and foot-strengthening Pilates based skills to benefit every child. Increase postural awareness, balance and stability by understanding the relation of optimum posture and lower extremity anatomy and movement.  
*Speaker: Colleen Schwartz, California Pediatric Medical Association*  
**FUTURE PROFESSIONALS and PHYSICAL EDUCATION**  
*Understanding Behavior in Large Group Settings Ironwood*  
A licensed educational psychologist gives insight of how to set and reward behavior within a large group setting. Great for the beginning teacher!  
*Speaker: Heather Maunin, Stockton USD*  
**PHYSICAL EDUCATION**  
*Water Fun! Portola Pool*  
Dive into an underwater world on your campus! Middle school teacher and dive enthusiast would like to share ideas and skills for you to implement a snorkeling unit into your curriculum. Don’t forget your suit and towel!  
*Speaker: Thomas Hernandez*  
| 11:25 am-12:25 pm | **HEALTH EDUCATION and PHYSICAL EDUCATION**  
*Type 2 Diabetes in Children: Health and Physical Education Needs Redwood*  
The obesity epidemic has increased the risk of Type 2 Diabetes in school-aged children. Health and physical educators are responsible for managing these children in the school setting.  
*Speaker: J. Sue Fletcher, CSU, Stanislaus*  
**PHYSICAL EDUCATION and FUTURE PROFESSIONALS**  
*Go the Extra Mile ... and Then 5 More! Ferrante II*  
A personal account of how I’ve impacted my students, school, district and community as a physical educator … and how you can do the same!  
*Speaker: Seth Martin, Lake Tahoe USD, 2010 Gold Medal Teacher of the Year, California Governor’s Council on Physical Fitness & Sports*  
**EARLY CHILDHOOD/ELEMENTARY PHYSICAL EDUCATION**  
*Cruz ‘N Out Bonsai I*  
Field Day is out and Cruz ‘N Out is IN! Come find out what this big event was at Crescent Elementary in Suisun, California. The event can be done at your school no matter what level. You will become familiar with fun, easy dances that can be used for any level. Bring a smile and moving feet to this session.  
*Speaker: Cindy Lederer, Fairfield-Suisun USD*  
**EXHIBITOR SHOWCASE**  
*Tchoukball: A Game for All Serra II*  
Play this fast-paced, energetic game that promotes teamwork, vigorous physical activity, and strategic play, with the maximum student engagement. No contact or intimidation involved.  
*Speaker: Terry Gooding, Tchoukball, Inc.*  
**BOYS & MEN’S ATHLETICS, GIRLS & WOMEN IN SPORT and PHYSICAL EDUCATION**  
*Performance Enhancing Drugs: Panel Discussion Collon*  
A round table discussion about developing awareness and solutions of the rising epidemic of performance-enhancing drug (PEDs) use in high school PE and sports. Panel members will lead the entire group in a discussion of the growing problem of steroid and other PEDs use in high school. Input will be sought towards developing a draft of new California legislation intended to control sports doping in high school.  
*Sponsors: David Matuszak, Yucaipa Jr. USD, Carrie Jaworski, MD, American College of Sports Medicine, Jim Clove, Riverside Sport Clinic, Kent Adams, CSU, Monterey Bay, Keith Johannes and Joe Herzog, CAHPERD Legislative Committee*
DANCE

Let’s Dance - The Swing and Cha Cha
DeAnza I
This session will consist of the Swing, including the basic step, underarm turns and turns, and kick step. The ChaCha will include the basic step, crossover with variations, traveling step and chase. Both dances will include partnering for leaders and followers. Emphasis will be placed on the rhythms for both dances and music.
Speaker: Judith Brooks, San Francisco USD

ADAPTED PHYSICAL EDUCATION

Safety Through Proper Biomechanics
Portola
This session will be a refreshing take on the importance of back safety, including simple stretches, exercises and information on proper biomechanics while lifting or transferring students. It will also show how everyone is at risk for injury if they don’t practice proper ergonomics.
Speaker: Michael Dominguez, DeAnza College

EXHIBITOR SHOWCASE

Ugi Fundamentals
Portola Fitness Center
Ugi is the ultimate workout that combines endurance, strength and stability training into the most fun, stylish, challenging method of becoming functionally fit! In this workshop you will learn over 100 exercises using the Ugi ball as well as how to build workouts for individuals, group classes and boot camps. You will learn about functional fitness, sport and agility drills, barefoot training, and why the Ugi philosophy gets results.
Speakers: Sara Shears and Debra Karby; Ugi Fitness, Inc.

HIGHER EDUCATION

Mini-Labs: The Invariant Feature of Teaching Motor Learning at the College Level
Ferranter I
This presentation will provide college instructors and college students with an exciting and fun way to teach and learn motor learning concepts, principles and terminology through an applications-based approach.
Speaker: Kathy Barlow, Whittier College

MULTICULTURAL DYNAMICS

MDS Business Meeting
Annual business meeting to address member concerns and discussion of future plans for MDS. We will also conduct the election of officers for the next term.
Presider: ZaNeen McClain, CSU, East Bay

PHYSICAL EDUCATION

No Child Left on Their Behinds
Cottonwood
An in depth look at the award winning physical education program at Sierra Vista Junior High School, which is recognized as a national PE Demonstration Center by the President’s Council on Physical Fitness and Sports. Come and find out why their fitness test scores are tops in the state.
Speaker: George Velarde, Sierra Vista Junior High

ADMINISTRATION/SUPERVISION, PHYSICAL EDUCATION and HIGH SCHOOL

Potential Challenges of the New FITNESSGRAM Aerobic Capacity HFZs
Ironwood
The new aerobic capacity Healthy Fitness Zones appear to be punitive for a student with a high BMI. Discussion and suggestions will focus on explanations that will facilitate understanding by administrators, teachers, parents and students.
Speakers: Joanie Verderber, Los Angeles County Office of Education and Keith Johannes, Santa Ana USD, Retired

12:30-2:00 pm

All Conference Awards Luncheon
DeAnza III
The program will feature recognition of award recipients in all disciplines, providing insight as to what constitutes an award-winning educator or program.

2:15-3:15 pm

EARLY CHILDHOOD/ELEMENTARY PHYSICAL EDUCATION and RECREATION

PE and Recess Environments: Keys to Success
Ironwood
This session identifies the 5 most common problems that occur during recess and PE. Research based solutions will help you create the positive learning environments necessary for students to achieve success and enjoy being active.
Speaker: Carrie Flint, Lawndale Elementary School District

ADAPTED PHYSICAL EDUCATION

HIGH-FIVE! Designing Team Activities and Sports for Students with Special Needs
Bonsai I
Presenters will demonstrate how to break down skills and skill sets when coaching students with special needs. Through audience participation, discussion and sharing, APE pedagogy as well as current programs will be introduced and facilitated.
Speaker: Barbara Lawrence, Theresa Hayden and Maureen Hakala, Los Angeles USD

2011 CAHPERD CONFERENCE 35
PHYSICAL EDUCATION
Brain Breaks!
Ferrante II
This session will focus on physical activities that all teachers can use in the classroom to increase student focus, reinforce academic content, wake up the brain, increase energy and reduce adiposity. Even better ... it’s fun! Your students will love it, and your fellow teachers and principal will thank you! Attendees will leave with materials and resources they can use immediately upon return to their school sites.
Speaker: Ken Dyar, Delano Union School District

HEALTH EDUCATION and ADAPTED PHYSICAL EDUCATION
Project Surf Camp is Changing Lives!
Ferrante I
Learn how this organization is building self-confidence, self-esteem, and self-efficacy in people with special needs. PSC provides opportunities to build social skills, improve physical fitness, develop healthy outlets for stress reduction, and foster independence. Outcomes are achieved through the modality of surf instruction and/or beach and aquatic activities.
Speaker: John Taylor, Project Surf Camp

DANCE and MULTICULTURAL DYNAMICS
Fun with Folklorico
DeAnza I
Come learn a Mexican Folk Dance! This dance can be taught for multicultural units, Cinco de Mayo celebrations or just as a great cardiovascular workout.
Speaker: Missy Walters, San Jose High School

ADAPTED PHYSICAL EDUCATION
Let’s Go Geocaching! Geowhatis??
Portola
Come and learn about the craze called Geocaching (pronounced geo-cashing), a worldwide game of hiding and seeking treasure. A participant can place a geocache anywhere in the world, pinpoint its location using GPS technology and then share the geocache’s existence and location online. Anyone with a GPS device can then try to locate the geocache.
Speaker: Roxanne Patin, Pittsburg USD

HEALTH EDUCATION and PHYSICAL EDUCATION
Inactivity in our Youth: What are the Consequences?
Cloth
Join us for a discussion of issues related to youth inactivity seen both in the primary care setting as well as within orthopedics. Two sports medicine physicians, one primary-care and one orthopedic, will lead the discussion and offer insight into a growing issue as many youth today choose to be sedentary rather than active. Both short-term and long-term consequences, as well as potential interventions, will be explored.
Speakers: Carrie Jaworski, Northwestern University, Evanston, IL, Dr. Peter Gerbino, Monterey Joint Replacement and Sports Medicine and Trish Sevne, CSU, Monterey Bay

HIGHER EDUCATION and PHYSICAL EDUCATION
Pediatric Exercise Physiology for PETE Majors
Cottonwood
This session outlines a study examining pediatric exercise physiology courses designed for PETE undergraduates in the CSU system. Results, lit review and barriers to offering this course content will be discussed.
Speaker: Josh Trout, CSU, Chico

PHYSICAL EDUCATION and HIGH SCHOOL
HI-Yaaawww! Incorporating Martial Arts into a General High School Physical Education Class
Serra II
Use martial arts in a variety of ways to warm-up a class or use as a standalone unit. Includes: Warm-ups, Circuits, Cardio-Kickboxing, Skill Related Relays, Individual Skill Techniques, and Self Defense.
Speaker: Clayton Ellis, Aurora Central High School, 2010 National High School Physical Education Teacher of the Year

FUTURE PROFESSIONALS
Future Professionals Business Meeting
Bonsai III
The annual business meeting will include discussion on current issues affecting future professionals, as well as voting for Section Chair-Elect for the next term.
President: Gabriel Padayag, CSU, Sacramento

7:00-10:00 pm
Saturday Night Beach Party and Bon Fire
Enjoy sand, surf and surprises! Featuring great food and drink (including BBQ tri-tip dinner and S’mores), entertainment, music, tiki torches, bon fires, indoor & outdoor games, this is the perfect way to spend a Saturday night in Monterey! $25 per person, at the door!

Sunday, March 13
7:30-8:30 am
FUTURE PROFESSIONALS
Fun Run ... Walk, Jog!
Meet in Hotel Lobby
Although sponsored by Future Professionals, this event is for everyone! This year we will be accompanied by members of JustRun.org, a Monterey based organization. They will lead us on three different runs, at different distances, along and/or near the water! Or just come out and run on your own! Only $5 per participant.
[Starting location TBA – Meet in the Lobby of the Portola Hotel.]
President: Gabriel Padayag, CSU, Sacramento

8:00-9:00 am
PHYSICAL EDUCATION and FUTURE PROFESSIONALS
Enhancing the Classroom Through Web Based Applications
Cloth
The first part of this session will give an overview of various free web-based applications that can enhance the classroom. The second part will be open for participants to share information about other applications they use.
Speaker: Kevin Shephard, CSU, Chico

DANCE
Zumba Toning
DeAnza I
Zumba Toning is extremely popular with the high school kids. The classes are challenging and fun, promoting proper nutrition to feed the muscles, body toning and definition, combining weights or resistance with dancing! Join us to learn how Zumba Toning can bring health, fun and confidence to your students!
Speaker: Monica Mara, Z Club Fitness

HEALTH EDUCATION
Ingredients for Healthy Eating
Redwood
Key ingredients to healthy children and teens include physical activity and eating properly. Join Laurie Zerga, founder of Chef-K, as she discusses some simple ideas for food activities with limited budget, time and food expertise.
Speaker: Laurie Zerga, Chef-K

PHYSICAL EDUCATION
Introduction to Track and Field Basics
DeAnza II
How to teach proper techniques of Track and Field events without a track or official equipment. Racewalking instruction will also be included.
Speaker: Claudia Wilde, Fairfield-Suisun USD

ADAPTED PHYSICAL EDUCATION
Stimulate Your Students Senses Through Yoga and Technology
Portola
This session will provide teachers with ideas and techniques for teaching flexibility, stretching and relaxation while integrating computer-generated images to stimulate the senses.
Speakers: Leda Harrison and Jocelyn Mahalac, Oakland USD
Closing General Session
Sunday, 10:30 am - 12:00 noon

DEANZA III

Dr. Antronette (Toni) Yancey, UCLA Department of Health Services

Dr. Vicki Worrell, AAHPERD President

Welcome & Introductions:
Daniel Latham, President

Election Results:
Terry Rizzo, Nominations Committee Chair

Award Presentation Boys & Men’s Athletics (College/University):
Christopher Busch, Vice President
Jack Clark, University of California, Berkeley

Introduction of AAHPERD President:
Daniel Latham, President

AAHPERD & AAHPERD Conference Update:
Dr. Vicki Worrell, AAHPERD President

Introduction of Keynote Speaker:
Daniel Latham, President

Keynote Address:
Dr. Antronette (Toni) Yancey, UCLA Department of Health Services

Introduction of the President-Elect:
Daniel Latham, President

Passing of the Gavel:
President Daniel Latham to President-Elect
Joanie Verderber

Closing Remarks & Adjournment:
Joanie Verderber, President-Elect

Door Prize & Raffle Drawing:
Mila Munden, Conference Manager

DANCE
Zumbatomic
DeAnza I
Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they’re at it? Learn how to fuse Zumba’s® exciting dance fitness program with a mental and physical approach designed specifically for kids.
Speaker: Dana Alexander, Z Club Fitness

PHYSICAL EDUCATION and HIGH SCHOOL
Fitness Scavenger Hunt
DeAnza II
Come join us for a fitness scavenger hunt, focusing on teaching fitness concepts and self-management skills. Learn a new way to get your students excited about physical activity, fitness and fitness testing.
Speaker: John-Paul Gonzalez and Catherine Hinberg, CSU, Chico

GIRLS & WOMEN IN SPORT, BOYS & MEN’S
ATHLETICS and FUTURE PROFESSIONALS
You’re Not JUST a Coach: Coaches as Role Models
Collton
This session will address all the ways coaches serve as models of behavior in school settings and communities. Young athletes look to their coaches as models of how to behave and often coaches behave in disappointing ways. We’ll discuss some examples of how coaches can exhibit role model behavior that has positive repercussions for their teams and in their school settings.
Facilitator: Maureen Smith, CSU, Sacramento

HEALTH EDUCATION and PHYSICAL EDUCATION
PTA – Your Partner in Healthy Lifestyles
Ferrante I
See how collaboration with your school PTA(s) can support student and family health, nutrition and physical activity. Learn about PTA’s programs and resources, as well as past and present advocacy in support of the whole child.
Speakers: Jo A.S. Loss, President, California State PTA; and Colleen You, Vice President, Health, California State PTA

HIGHER EDUCATION and FUTURE PROFESSIONALS
A Collaborative Approach to Providing Physical Education in Elementary Schools
Ironwood
This presentation will demonstrate ways to increase the opportunity for elementary school students to engage in positive physical activities and health practices through a collaborative approach by using local colleges/universities, hospitals, and city resources.
Speakers: Kathy Barlow and Kacie Martinez, Whittier College

How to Engage Kids in Fitness Using Social Media
Cottonwood
Today’s kids interact and build relationships differently than many of us did. How do you connect and engage with kids today AND get them to let you into their world AND use social media & technology to keep kids moving? Learn from some case studies of several programs and campaigns how we got kids and parents interacting and contributing.
Speaker: Karen Jashinsky, Certified Personal Trainer & MBA, Founder - 02 MAX Fitness & Media

What is Ugi?
Ugi is a beautiful and 100% backwards-ownable computer that offers energy and health.

www.ugift.com

Programs Available!
Vote Vote Vote
Be sure to cast your vote on Saturday, March 12th around the De Anza Foyer!

President

Christopher Busch  James Perry

VP of Health

Robert Clegg

Craig McKinley

Mel House

VP of Physical Education

VP of Recreation

George Velarde

Tim Hamel

Typhan Harris

VP of Girls and Women in Sport

VP of Boys and Men’s Athletics

Sandy Gahring

Thomas Thomsen

Bruce Coulter

History of CAHPERD Conferences

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<th>Year</th>
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*Deceased

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Clayton Ellis, 2010 National High School Physical Education Teacher of the Year
Clayton Ellis, a resident of Aurora, Colorado, received his Bachelor of Science degree in health/physical education/recreation from Adams State College and his Masters Degree in Education Administration from University of Phoenix.

Recently named National High School Physical Education Teacher of the Year, Clayton stated, “My goal is to provide students with the foundations of fitness that they will need to establish positive lifetime habits that will foster success and health throughout their lives. As a lifelong learner, I also believe in motivating others to learn and be the best they can be.”

Fitness principles and skill related fitness components are integrated into his classes. His wide range of activities includes archery, bicycling, bocce ball, cup stacking, golf, hiking, martial arts, yoga, Pilates, resistance training, Tae Kwon Do, and swimming. Ellis uses a variety of assessment tools, including teacher observation, peer observation, written assessments, verbal assessments, video and digital camera pictures, and Palm Pilot rubrics to check his students’ understandings of each unit.

During the past three years Ellis has led district and state professional development opportunities. He participates on the school’s Instructional Leadership Team for school improvement, serves on the District Coordinated School Health and Wellness Committee, works with the District Grants Office, and oversees the Outdoor Club.

Lana Peterson-Pressler, 2010 National Elementary Physical Education Teacher of the Year
Lana Peterson-Pressler, a physical education teacher for over 30 years at Rousseau Elementary School in Lincoln, Nebraska, says, “I am fortunate to teach a curriculum that is so relevant in our lives. My goal is to inspire active, involved children and adults and, thereby reduce sedentary, uninvolved lives.”

Susan Braun, principal of Rousseau, stated that, “Lana’s exemplary skill, unwavering commitment, and high degree of professionalism are a credit to her school, her district and her profession. An excellent role model for personal health and fitness, she plans engaging experiences for students that foster the enjoyment of being physically active throughout one’s life.”

Students at Rousseau Elementary enjoy exploring new types of activity, so Peterson incorporates much variety into her lessons to keep students involved and challenged in physical activity. She also introduces them to in-line skating, traverse and vertical wall climbing, golf, yoga, exercise ball activity, juggling, a wide-array of sport-related skills and activities, as well as authentic fitness challenges.

Ann Hughes, 2010 National Adapted Physical Education Teacher of the Year
Ann Hughes travels to many different schools throughout New Hanover County in North Carolina to teach physical education to disabled students in grades K-12. Many of her students have multiple handicaps and all of her lessons are adapted to meet the needs of the students’ differing skills and cognitive abilities. Her students learn fundamental skills in various physical activities, participate in fitness testing, and learn individual and team sports skills through lead-up games.

Hughes is praised by school administrators and colleagues alike for her undying dedication. She developed an integrated system that allows students with disabilities to access the North Carolina Healthful Living Curriculum. With the help of a colleague, she also developed an online resource for teachers, to learn more about adapted physical education and how to request assistance for their students. In addition, Hughes has created adapted activities for autistic and nonverbal students who require visual learning strategies.

Hughes says she is always “seeking to promote and advocate for the extreme importance of providing quality physical education to all students,” and “developing to the fullest potential every child with disabilities.” Her passion to make sure special needs students can participate in school assemblies, dances, and other activities is evident.

Freddie Lee Heath, 2010 K-12 National Dance Educator of the Year
His great enthusiasm, commitment, and creativity in dance education have all earned Freddie Lee Heath the title of 2010 K-12 National Dance Educator of the Year. Currently serving as North Carolina AAHPERD’s President, Freddie Lee Heath is known affectionately as “The Dancing Man.” He continues to inspire young dancers at Ligon GT Magnet Middle School in Raleigh. In addition, he is actively involved in the North Carolina Dance Institute, and acts as a freelance choreographer for a variety of theatre groups. His prior accolades include Teacher of the Year at Ligon 2001, Disney’s American Teacher Awards Finalist 2001, Dance Association of NC Educators Middle School Teacher of the Year 2005, and K-12 Teacher of the Year 2005, as well as Dance Teacher Magazine’s K-12 Teacher of the Year 2007.

A graduate of East Carolina University, Freddie is presently completing a Master’s Degree from NCSU. He was one of the first dance educators in the country to achieve National Board Certification in Physical Education.

Shannon Fable, Creator of Balletone and GroupEx Pro
Shannon Fable is a Top Three Finalist for 2009 “IDEA Instructor of the Year,” and 2006 “ACE Group Fitness Instructor of the Year,” is the founder and Chief Executive Officer of Sunshine Fitness Resources, a fitness consulting firm experienced in providing services for instructors, aspiring presenters, fitness manufacturers and managers, as well as the owner of Balletone & GroupEx Pro.

Shannon, a Power Bar sponsored athlete, is an international presenter, program developer and Master Trainer for several well known companies including Schwinn Fitness, ACE, BOSU, and Power Systems. Additionally, Fable consults for fitness professionals on a wide variety of subjects covering career development in the fitness industry. Shannon has over ten years of Group Fitness Management experience, and is an infectious and enthusiastic instructor.

Anyone interested in incorporating Balletone into a classroom curriculum, or wishing to become a full- or part-time Balletone Instructor should attend this important Workshop.

Colin Milner, C.E.O. International Council on Active Aging
Colin Milner, founder and chief executive officer of the International Council on Active Aging® (ICAA), is one of the world’s visionaries on the health and well-being of the older
adult. The World Economic Forum has invited Milner to serve on its Network of Global Agenda Councils for the past three years, recognizing him as one of “the most innovative and influential minds” in the world on aging-related topics.

An award-winning writer, Milner has authored more than 200 articles on aging issues. In addition, he has delivered speeches to thousands of business and governmental leaders, industry professionals, and older adults throughout the world. Some of the agencies and initiatives that have sought his advice include: U.S. Department of Health and Human Services, U.S. Administration on Aging, National Institute on Aging, one of the U.S. National Institutes of Health, The European Commission, The World Economic Forum’s Global Agenda Council on Aging Society, Canadian Special Senate Committee on Aging, 2010 Vancouver Olympic Committee, and the White House Conference on Aging 2005.

Milner’s efforts were recognized by The Canadian Fitness Professional Association in 2010, as he was awarded the Can-Fit-Pro Lifetime Achievement Award for his contributions to the Canadian fitness industry. His efforts have inspired a broad spectrum of leading-edge publications, television networks and radio stations to seek also his insights. Among these outlets are: Wall Street Journal, Chicago Tribune, New York Times, Los Angeles Times, CNN, AARP Newsweek, Parade Magazine, and Dow Jones Market Watch.

Dr. Davis Koh, DPT, MBA, GCS, CSCS, National Strength and Conditioning Assoc.

Dr. Koh is a sports and orthopedic physical therapist with over 14 years experience. He earned his B.S. degree in Physiological Sciences from UCLA, as well as his Master and Doctorate degrees in Physical Therapy from the University of Southern California. In doing so, Dr. Koh became the youngest graduate ever to earn an advanced doctorate degree in Physical Therapy in USC’s history. Dr. Koh’s career began as a staff physical therapist at UCLA Medical Center specializing in orthopedics, cardiac and neuro-rehabilitation. He was then accepted to the prestigious Kaiser Permanente Orthopedic Residency Program, where only six residents are accepted each year in Southern California.

Dr. Koh is a Strength and Conditioning Specialist (CSCS) certified by the National Strength and Conditioning Association (NSCA), a worldwide organization and leading authority on sports conditioning. He is one of very few physical therapists certified as a Russian Kettlebell Instructor (RKC) to teach/instruct in kettlebell training. His extensive training over the years has included studying different treatment techniques originating from Russia, Norway, France, and Australia.

In addition to his sports/orthopedic credentials, Dr. Koh is a nationally Board Certified Geriatric Clinical Specialist (less than 1% of all physical therapists in the U.S. have earned this distinction). This distinction is earned, in part, by demonstrating years of experience and expertise in age-related diseases and injuries common to the geriatric population.

Dr. Koh has been invited as a guest speaker for various organizations including the UC, Irvine Dept. of Sports Medicine, multiple NSCA State Conferences, medical/nursing schools overseas, and the California Physical Therapy Association. In addition to working with individual athletes from the NFL, NBA, WTA, AVP, LPGA, Canadian National Track & Field Team, and collegiate teams from the U.S. & Canada, Dr. Koh has enjoyed being a member of various medical teams for organizations including the Ironman Triathlon World Championships, Association of Volleyball Professionals (AVP) Tour and the Association of Surfing Professionals (ASP) Tour.

Dr. Koh is also proud to have served on medical teams at various U.S. Olympic Training Centers.

Dr. Koh specializes in soft-tissue injuries, sports biomechanics and in stabilization exercises especially for the shoulder, back, hip, and knee complex. He was recently named one of the Best Physical Therapists in Southern California by KCAL9/KTLA5 television stations in Los Angeles.

Carrie A. Jaworski, MD, FACSM, FAAFP, American College of Sports Medicine

Dr. Jaworski is the Director of Intercollegiate Sports Medicine and Head Team Physician for Northwestern University in Evanston, IL. She is also an Assistant Professor of Family Medicine at Northwestern’s Feinberg School of Medicine. Dr. Jaworski was the former Director and Founder of the Sports Medicine Center and Sports Medicine Fellowship at Resurrection Medical Center in Chicago, IL. She was also previously the Team Physician and Medical Director of the Athletic Training Program at North Park University, Team Physician for Loyola Academy, Resurrection and North Side Prep High Schools.

Dr. Jaworski graduated from Loyola University Stritch School of Medicine, was Chief Resident during her Family Medicine training at MacNeal Hospital in Berwyn, IL and then she completed a Sports Medicine Fellowship at Kaiser Permanente in Fontana, California. While in California, she was the Team Physician for California State University, San Bernardino and Chaffey Junior College. She also assisted with University of California, Riverside and Pomona College. She was a physician at the 2002 Winter Olympics, the Ironman World Championships in Kona, Hawaii, and regularly volunteers at the Chicago Marathon and Triathlon. She currently serves as Director of Education and Research for the Bank of America’s Chicago Marathon.

Dr. Jaworski speaks regularly at the national level on Sports Medicine topics, has published numerous articles and book chapters, and is a section author for the Journal Current Sports Medicine Reports. She is an elected member of the Board of Trustees for the American College of Sports Medicine (ACSM). Her main areas of research interest are endurance sports, nutrition/supplements, and the female athlete and exercise promotion.

Dr. Jaworski will be presenting two sessions at the CAHPERD Conference, regarding preparing students and parents for success in Intercollegiate Sports, as well as recognizing the impact and danger signs associated with supplements and performance enhancing drugs.

Dr. Jaworski will also be leading a panel discussion of medical professionals sharing their concerns and experiences related to youth inactivity and childhood obesity.

Brett Hoebel, RevAbs™ Creator & International Fitness Expert

As the founder of Hoebel Fitness and an international fitness expert, Brett is one of the most sought-after weight-loss, nutrition and lifestyle coaches in New York. His nationally televised RevAbs™ abdominal-focused work-out program DVDs are now breaking international sales records. Brett’s integrative philosophy and body-mind approach come from his diverse experience in Eastern and Western disciplines, including his martial arts training in Afro-Brazilian capoeira and Muay Thai kickboxing, as well as his undergrad education as a Pre-Med student in Biomedical Science.
and post-graduate studies in functional strength training, nutrition, yoga and holistic health.

A 15-year veteran in the health and wellness industry, Brett was also the co-star of “Fit Family”, a reality-fitness show on Discovery Channel, and has appeared on numerous shows like “The View”, “Good Morning America” and the “Today Show”. He is a contributing fitness expert in many publications such as Vogue, The New York Times, Elle, InStyle, Shape and Self; and has been touted “Best of New York” by New York Magazine and Allure.

Brett is also an award-winning group fitness instructor and nationally recognized personal trainer with certifications in Personal Training, Nutrition & Lifestyle Coaching, Metabolic Typing™ Nutrition, C.H.E.K. Holistic Exercise Kinesiology, Hatha Yoga and Prenatal/Postpartum Conditioning.

On Thursday, March 10, 2011, Brett will be conducting an exclusive, Educators-Only Workshop (only $10 for pre-registered CAHPERD Members; $50 for non-members and on-site registrations) on how to teach and modify his methods/programs to students of all ages and abilities. Following the Workshop, Brett will be leading a mass, open RevAbs™ Class (nonconference attendees and community members are welcome), before hosting a DVD and materials signing.

Peter “Pete” Morelli, Principal of Saint Mary’s High School in Stockton, California & Official NFL Referee

Peter “Pete” Morelli is the Principal of Saint Mary’s High School in Stockton, California; and better known as an American football official in the National Football League (NFL) since the 1997 NFL season.

As an official in the NFL, Morelli is known for working Super Bowl XXXVI in 2002 as a field judge, and later as a referee for two controversial games - the 2005-06 NFL playoffs between the Indianapolis Colts and Pittsburgh Steelers, and a 2007 regular season game between the Baltimore Ravens and Cleveland Browns.

Beginning his eighth year as Referee for the 2010 NFL season, Morelli was Referee for the NFC Championship Game Minnesota vs. New Orleans. He wears the uniform number 135.

He has held the positions of President and Rules Chairman for the Northern California Football Officials Association. He has officiated in the COA (Collegiate Officials Association), the Big West Conference, the WAC (Western Athletic Conference), and NFL Europe. Pete has refereed CIF playoff and championship games, Junior College Bowl games, NCAA Division 11 playoff games, the 1996 Liberty Bowl and the 1999 NFL Europe World Bowl. In addition, Pete has been an on-field official for the 1998 Wild Card Game in Jacksonville; 1999 Divisional Game in Tampa Bay; and the 2001 AFC Championship in Oakland.

Principal Morelli will be providing extensive details and personal experiences regarding officiating in the NFL, as well as how educators may better instruct their students on the officiating process, and prepare their students for potential careers in this area.

Martin Gonzalez, Deputy Executive Director, California Schools Board Association (CSBA)

Martin Gonzalez is the Deputy Executive Director of CSBA’s Financial and Policy Services Department. Martin oversees the following departments: Policy Update Service, Governance Technology (GAMUT Online and Agenda Online), Policy Development and Manual Maintenance, Program Development, as well as the student wellness related activities. Martin’s responsibilities also include oversight of the California School Boards Foundation and the district and financial services corporations.

Martin has been instrumental in helping educate CSBA’s members of the growing childhood obesity epidemic, and the importance of addressing student health and wellbeing as it impacts learning and achievement. Martin was the driving force behind CSBA’s Healthy Food Policy Resource Guide, the Student Wellness: A Healthy Food and Physical Activity Policy Resource Guide, the Monitoring for Success: Student Wellness Policy Implementation Monitoring Report and Guide, and the guidebook, Building Healthy Communities: A School Leaders Guide to Collaboration and Community Engagement. Mr. Gonzalez has provided numerous local, state, and national trainings on the role of the board and the use of policy to change the school environment.

Martin’s presentation will provide participants with resources, tools and knowledge to effectively engage school board members around collaboratively meeting the health needs of students, as they relate to student learning and achievement.

Colleen Schwartz, DPM, California Podiatric Medical Association (CPMA)

Dr. Colleen Schwartz is a certified Pilates instructor specializing in lower extremity rehabilitation. She obtained her Doctor of Podiatric Medicine degree from the California College of Podiatric Medicine, and conducted residency training at the VA Palo Alto and Stanford Medical Center. She is also trained in structural acupuncture for physicians from Harvard Medical School.

Concentrating much of her time to public lower extremity health education, Dr. Schwartz was the, “2010 California Podiatric Medical Association’s Volunteer of the Year,” and is the Chair of the State of California’s Podiatric Public Education and Information Committee. She is a recognized spokesperson for the American Podiatric Medical Association and has appeared on television, radio, and multiple health and fitness magazines: including Women’s Fitness, Prevention, Yahoo Shine, San Francisco Chronicle, Natural Solutions and Pilates Style.

She is active with youth for lower extremity injury prevention; as a weekly trainer for Pleasanton Rage competitive soccer, past medical contributor for California Youth Association, consultant and instructor for the Valley Dance Theatre in Livermore, California, and volunteer in Pleasanton and Sunol elementary school fitness programs.

Dr. Schwartz will be teaching postural, gait, and foot-strengthening Pilates-based skills to benefit every child. Her sessions will also demonstrate how to increase postural awareness, balance, and stability by understanding the relation of optimum posture and lower extremity anatomy and movement.

Carrie Sams, National Director, Jamba, Inc.

Serving as National Director of Community Sales & Partnerships for Jamba Juice, Carrie Sams developed and leads Jamba’s “Sip to Support Healthy Communities” initiative. The program’s focus is to support education, wellness, nutrition and fitness by inspiring healthier schools, neighborhoods and physical activities. As part of the initiative, Carrie developed the “Sip to Support” swipe card program, a year-round fundraising tool for schools and community organizations to raise valuable and much needed resources. Since
the launch of the program in the fall of 2009, over $1.5 million dollars has been raised for schools and community organizations.

Aligning with organizations that share Jamba’s Healthy Communities’ priorities, Carrie connects with CAHPERD, the National PTA, National Gardening Association, Let’s Move!, and others, creating alliances that enhance the Healthy Communities’ Initiative. During 2010, Jamba partnered with CAHPERD to break the Guinness World’s Record for the “Most People Jumping/Skipping Rope at the Same Time”.

Carrie is presenting two sessions at the CAHPERD Conference focused on best practices and strategies for gaining support from the business community, and how to create and grow alliances and resources that sustain and grow your initiatives.

Karen Jashinsky, Owner, O2 Max Fitness
Karen Jashinsky is a Certified Fitness Trainer and founder of O2 MAX Fitness. She recently received the First “Emerging Female Leader” Award by IHRSA, the fitness industry’s professional organization. In 2007 she was also named “One of the 25 Most influential young leaders in the fitness industry” by IHRSA. Karen has consulted on youth projects for Governor Schwarzenegger’s Fitness Council and written numerous articles on teen health and fitness.

O2 MAX is a fitness and media company that focuses on lifestyle and transition fitness programs that can be done at home, gyms or at schools. They like to say they are the “after hours” business for kids-interacting with them beyond just the workout. O2 MAX is about bridging real world fitness with real lifestyles and goals for kids of all ages. Some of their programs include: college fitness, prom fitness & fitness for the kids that don’t love to play sports.

Development of O2 MAX began while Karen was at USC earning her MBA and has continued to be shaped by teen and college interns in exchange for workouts, membership and learning valuable business skills such as marketing, advertising, event planning and networking.

Lloyd Nadal, Director Physical Activity & Youth Engagement, CANFIT
Lloyd Nadal, MA directs and manages the physical activity and youth engagement divisions of CANFIT (www.canfit.org)- a state and national organization working to improve the healthy eating and physical activity environments of youth in low income communities and communities of color. Lloyd has worked with youth and youth-serving agencies across the country providing technical assistance, consultation and conducting various nutrition, physical activity, communications and youth advocacy trainings and workshops. He has provided technical assistance for the California Endowment’s statewide Healthy Eating Active Communities (HEAC) program and Kaiser Permanente’s Healthy Eating Active Living (HEAL) initiative. He was also a member of the California Department of Education’s After School Physical Activity Committee that developed the state’s latest voluntary After School Physical Activity Guidelines, and trainings for the guidelines in 2009.

Mr. Nadal’s current work includes directing CANFIT’s MO Project, a statewide youth advocacy intervention that uses video and social media to engage youth towards nutrition and physical activity policy change. In 2009, MO Project youth videos were featured and awarded by then Assemblymember Tom Torlakson at the Biennial Childhood Obesity Conference in Anaheim, CA. He also recently created CANFIT’s ACTIVE8 curriculum – an interactive toolkit designed to improve the physical activity of youth AND the physical activity environment that surrounds them in community-based and after school programs. It is scheduled for release in the Spring 2011!

Jo A.S. Loss, President, California State PTA
Jo A.S. Loss became California State PTA President on July 1, 2009, after previously serving as President Elect for two years and as Vice President for Leadership Services and Vice President for Education. She has advocated for children and families throughout California for more than 20 years through many committees, representations and positions. Additionally, Jo is currently completing her 14th year on the Castro Valley Unified School District Board of Education. In addition, she serves on Superintendent of Public Instruction Jack O’Connell’s P-16 Council and served as a board member of EdSource.

Colleen You, Vice President, Health, California State PTA
Colleen You is currently on the California State PTA board of directors, serves as the Vice President for Health, and chairs the health commission. She has been Vice President for Parent Involvement, a Leadership Services commissioner, Health commissioner, and on many state committees. Colleen is past president of Seventeenth District PTA (San Mateo County), served her community for 4 ½ years as a local school board member, and over the past 18 years has held numerous PTA positions in elementary, middle, and high school PTAs. She is invested in the mission, goals, and purposes of PTA, particularly in the areas of parent engagement, health and the whole child, and support and mentoring of emerging leaders.

CAHPERD Offers ‘Relaxation Stations’ & Other Spa Services At CCCCHCA
The “CAHPERD California Congress for Creating the Healthiest Children in America” (CCCCHCA), March 10-13, 2011 at the Monterey Conference Center and Portola Hotel and Spa, won’t be all work and no play for event attendees!

CCCCHCA attendees will experience cutting-edge professional development training, Activity-Based Content Standards Workshops, and many challenging, professional opportunities.

But in between the sessions, workshops and speakers, CAHPERD will be providing, “Relaxation Stations” for all event attendees! At the CCCCHCA “Relaxation Stations,” attendees will have reduced-rate chair massages available to them throughout the Conference and hotel facilities. Additionally, all CCCCHCA attendees will receive discounts on all other Spa services offered at the beautiful Portola Hotel & Spa!

Enjoy a Relaxation Station break between sessions - register for the CCCCHCA today at www.caahperd.org.
Saturday Night Beach Party & Bonfire

Enjoy sand, surf, and surprises at the CAHPERD Beach Party! All guests will receive a delicious, BBQ Tri-Tip Dinner (or Veggie Burger), with full side dishes and S’Mores! A cash bar will be available, as well as non-alcoholic beverages. With entertainment, music, bon fires, grass huts, tiki torches, beach chairs and fun, this is the perfect way to spend a Saturday night in Monterey!

Bring your friends and join us for indoor and outdoor games, such as Volleyball, Bocce Ball, Ping Pong, Pool, Foosball, and Shuffleboard. Even if the weather is not ideal outside, the food and fun will be great inside the Beach House.

You can enjoy the Beach Party for just $25.00 at the door, or inquire at the registration desk.
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