

Society of Health and Physical Educators of West Virginia



102nd Annual Convention

October 13 & 14

Charleston Marriott Town Center

Charleston, WV

Conference Planner Introduction and Welcome

Welcome to 102nd SHAPEWV conference and 101st in person SHAPEWV conference here in Charleston West Virginia at Marriott Town Center! We have planned two full days of quality sessions presented by excellent speakers who are eager to share their expertise, knowledge, and experience with you.

“Embrace your Opportunities” is the theme for the 2023 SHAPEWV Conference. This theme was picked to challenge conference participants and SHAPEWV members to take a deeper look into their professional lives. Are the jobs, situations, events, tasks, activities, and lives you are currently facing a problem or are they opportunities for change, growth, and improvement. The life of educators and health professionals can be demanding, time consuming, isolating, frustrating, and downright hard at times. It is easy to fall into the trap of thinking things are problems we have to deal with instead of opportunities for growth and change. If each of us take a second to look at the reasons we got into our profession we most likely will see the positives and that deep down we love the health, physical activity, and wellness fields. I have two hopes for this conference. My first hope is that each of you will “embrace the opportunities” of this conference by utilizing the information presented and the amazing network of people for growth and improvement. My second hope is this conference helps each of you confront your jobs, situations, events, tasks, activities, and life with an opportunity mindset even if only for a little while.

Thank you to the 2023 SHAPEWV Executive Board, Board, and Representative Assembly for all their hard work putting this conference together. Thank you to the West Virginia Department of Education, Office of Healthy Schools, exhibitors, distinguished guests, keynote speakers, presenters, and Marriott staff for your important contributions needed to make this conference happen. Emilie Muserlian and Charles Mccoy, it has been a pleasure working with each of you. I hope that you have an enjoyable conference experience and share feedback on possible improvements for the future.

Sincerely,
Wesley Meeteer
SHAPEWV Conference Planner



SHAPEWV Mission Statement

The mission of the Society of Health and Physical Educators West Virginia (SHAPEWV) shall be commensurate with the mission of SHAPE America and are as follows: SHAPE America’s mission is to promote and support leadership, research, education, and best practices in the professions that support creative, healthy, and active lifestyles.

1. to develop and disseminate professional guidelines, standards, and ethics;
2. to enhance professional practice by providing opportunities for professional growth and development;
3. to advance the body of knowledge in the fields of study and in the professional practice of the fields by initiating, facilitating, and disseminating research;
4. to facilitate and nurture communication and activities with other associations and other related professional groups;
5. to serve as their own spokespersons;
6. to promote public understanding and improve government relations in their fields of study;
7. to engage in future planning; and
8. to establish and fulfill other purposes which are consistent with the purposes of SHAPE America



Over 2 Million Youth in America are Vaping Today. Prevention is Key.



CATCH My Breath is the first evidence-based and SAMHSA-recommended youth vaping prevention program that meets national health education standards. Informed by tobacco youth prevention researchers and practitioners, years of real world implementation, and a youth advisory board, it is the only school-based vaping prevention program proven to reduce the likelihood of vaping among youth.

Available for: 5th grade | 6th grade | 7-8th grades | 9-12th grades
Can be taught in one or multiple grade levels



Developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. UTHealth found the program effective at preventing youth vaping rates by 46%.



Accessible Curriculum

Free curriculum utilizing a peer-led approach



Easy to Implement

4 lessons per version, 30-45 minutes each



Student Impact

Increased knowledge and positive perceptions of a vape-free lifestyle



Parent Resources

Available for parents of children in grades K-12

Year-round professional development trainings available!



Program Information & Questions:
catchmybreath.org | catchmybreath@catch.org



President's Welcome

Welcome to the 101st SHAPEWV Conference! We are thrilled to have you join us for this exciting event, where we will be exploring the latest activities and trends in health and physical education.

Over the course of the conference, you will have the opportunity to attend a wide range of informative and engaging sessions as well as thought-provoking panel discussions. Our speakers and presenters will share their expertise and insights, providing you with valuable knowledge and practical strategies that you can implement in your own gymnasiums and or classrooms.

In addition to the educational sessions, there will be ample networking opportunities for you to connect with fellow educators, administrators, and industry professionals. We encourage you to take advantage of these interactions, as they can lead to valuable collaborations and partnerships that can enhance your professional growth.

Lastly, we would like to express our gratitude to all the sponsors and exhibitors who have generously supported this conference. Their contributions have made it possible for us to offer you a comprehensive and enriching experience.

Once again, welcome to the 101st SHAPEWV Conference! We hope that you find this event both inspiring and informative.

We look forward to meeting you and wish you a productive and enjoyable conference!

“Embrace your Opportunities”

Julia Tracy



Executive Director Welcome

Dear SHAPEWV Members and Conference Attendees,

I am delighted to extend a warm and heartfelt welcome to all of you as we gather for the 2023 SHAPEWV Fall Conference. It is with great excitement and enthusiasm that I introduce myself as the new Executive Director of SHAPEWV. Although I began this role in March of 2023, this is my first Conference. I am honored to take on this role and begin this journey with such a dedicated and passionate community of education professionals. SHAPEWV has a rich history of promoting health and physical education in our state and I am fully committed to continuing and expanding these efforts. Our organization plays a vital role in ensuring that our students receive the highest quality education and support to lead healthy, active lives. This conference signifies a unique opportunity for use to come together as a community, to learn, to grow, and to share our collective wisdom. The theme, “Embrace Your Opportunities”, encapsulates the essence of our mission-to empower our students and communities to seize the opportunities that health and physical education present.

Over the next two days, we have an exciting lineup of sessions, workshops and discussions that have been chosen to inspire you, and equip you with new ideas and activities for your classrooms. However, it’s not just about Professional Development, it’s also about forging connections and nurturing a network of passionate individuals who are dedicated to the wellbeing of our students. I encourage you all to engage in conversations, ask questions, and actively engage in every aspect of the conference. Find a way to get involved with SHAPEWV, this is your organization and we need you to help run it and make it grow! I welcome your ideas, concerns, and aspirations for our organization.

Thank you for being a part of the SHAPEWV community! Together we will make a difference.

Cozetta Miller



SHAPEWV Board and RA	
Positions	Name
Past President	Wesley Meeteer
President	Julia Tracy
President Elect	Bryan Youngblood
Executive Director	Cozetta Miller
Treasurer	Jane Wolkoff
Secretary	Darlene Koerber
Past President Council	Keith Bowling
VP Elementary	DJ Cunningham
VP Secondary	Charlene Galluzzo
VP Higher Ed	James Wyant
Parliamentarian	Mary Borst
Co Technology Director	Ashley Doty
Co Technology Director	Rick Thomas
Marketing Director	Whitney Wolf
Membership	Andro Barnett
Archivist/Historian	Luanna Moore
WVDE Representative	Josh Grant
Student Representative	Morgan Miller(Shepherd)
VP Elect Elementary	Rebecca Chapman
Past VP Elementary	Donetta Browning
VP Elect Secondary	
Past VP Secondary	
VP Elect Higher Ed	Jessica Graham
Past VP Higher Ed	Jeremy Yeats
Physical Activity	Donna Seckman
Health	Amanda Daniels
Dance	Crissy Crawford
Resource Dev. Dir	Cozetta Miller

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FOUNDATION**

Conference Instructions and Protocols

Active Academic Integration Sessions

Attendees can go to any session of their choosing. The active academic integration sessions are a great option for all classroom teachers whatever subject matter you teach.

These sessions contain cross curricular lessons and activities that can be implemented in the classroom. Check out the At-A-Glance Schedule to find them.

Conference Giveaways!!!

MUST be Present to Win!

Giveaway #1 -Marriott Getaway #1 (Keynote Session) Friday, October 13th 1:00 PM

Giveaway #2 – Marriott Giveaway #2 (General Session) Saturday, October 14th 11:00 AM

Multiple giveaways at the Bea Orr Memorial Gala on Saturday, October 14th 3:00 PM

First Year Attendees

Many of our sessions are active session where attendees are encouraged to participate in light activity what your students would be experiencing. There are chairs along the perimeter of the room if you need a break or are physically unable to participate. Water will be located in or outside of the rooms. Remember to stay hydrated!

HAVE FUN

and

EMBRACE YOUR OPPORTUNITIES!



West Virginia University
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- Sport Management • Multidisciplinary Studies

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- Executive Sport Management (📖) • Sport Management

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The health. moves. minds.[®] FUNdraiser was designed to teach students critical life skills — kindness, respect, philanthropy, advocacy — and to demonstrate the importance of daily physical activity and giving back to the community.

- **Share donations raised with a 501(c)(3) charity of your choice** — your school's PTO, a national or local charity (optional).
- Access powerful **FUNdraining Tools**.
- **Earn Gopher gift cards** towards new PE equipment.
- Receive a **special banner for your school** to display your tradition of helping others and teamwork.
- Secure a FREE one-year **SHAPE America Select Professional Membership** when you raise \$2,000 or more.
- Use the **SEL-focused health. moves. minds. lessons and activities** to benefit your students... and the entire school!
- Incorporate **new mini-lessons** focused around the *Let Kindness Guide You* theme, combining adventure racing and team building activities.
- Experience the excitement as your Fundraising Champions (students) achieve physical activity-themed **FUNdraining Rewards**.



Achieve when your school raises \$500 or more

\$25

Rainbow SoftTail



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\$100

Rainbow SkyBlazer Foam Disc

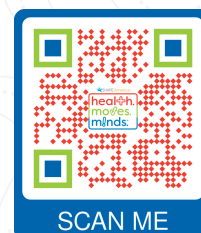


\$200

Rainbow Softex Soccer Ball



Learn more at healthmovesminds.org or scan the QR code to complete an **Interest Form** today!



KEYNOTE

Mark Friedrich Biography

Mark Friedrich is a veteran Health & Physical Education Teacher of 29years and an OPEN National Presenter of Adventure Education / Team Building Concepts and Activities. Mark has taught both Elementary and High School levels, but finds his passion in Adventure Education at Millburn High School in New Jersey. Mark leads a High Ropes & Team Building Program at Camp Riverbend in Warren, NJ each Summer where he shares his passion with younger students in a camp setting. Mark is a passionate educator who enjoys sharing his activities and ideas with like minded educators. Mark is the 2016 New Jersey Secondary Physical Education Teacher of the Year and the 2021 SHAPE America Joy of Effort Award Recipient. Mark has presented at the Local, State, National & International Levels over the past several years. Mark is married with 3 children and resides in Maplewood, NJ with his dog "Jedi".



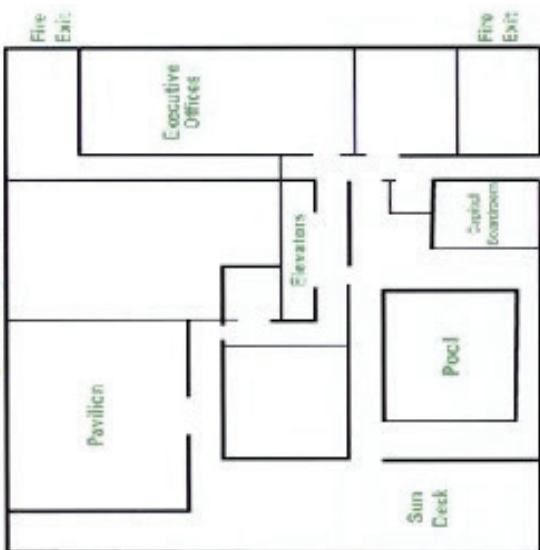
Mark Friedrich
Adventure Educator
Speaker / Presenter
2021 SHAPE America Joy of Effort
Award Recipient
2016 NJAHPERD HS PE T.O.Y.
(973) 476-1971
markgfriedrich@yahoo.com
[@AdventureEdGuy](#)



Conference Layout



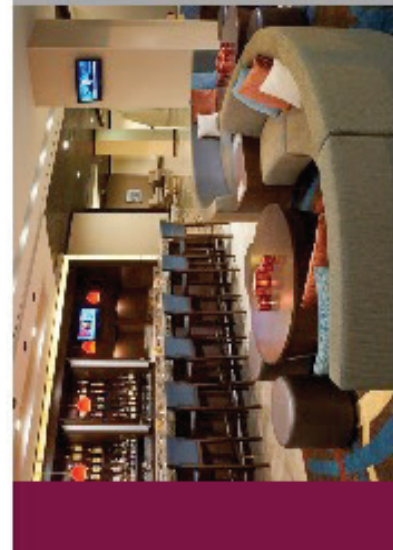
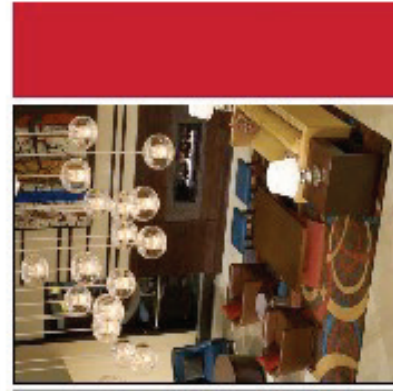
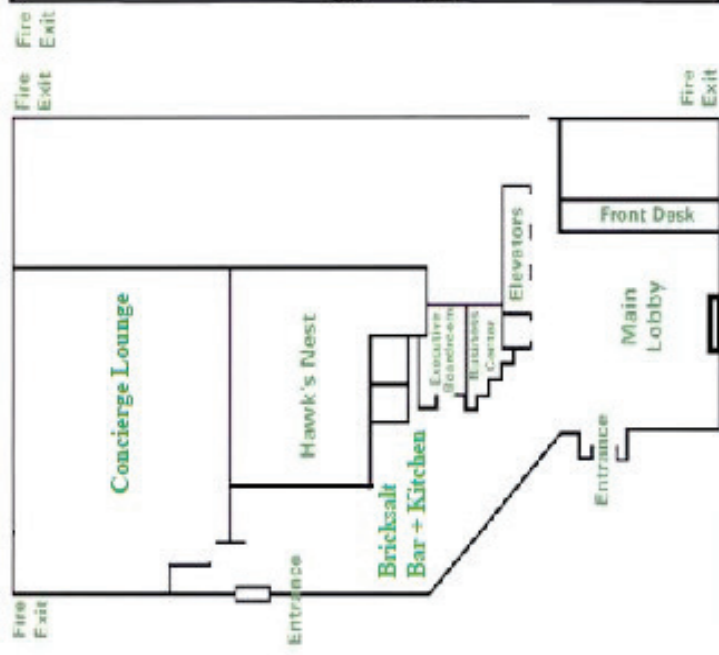
Third Floor



Second Floor



First Floor



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Schedule at a Glance Friday October 13th

	Salon A/B	Grand Ballroom	Salon E/F	Blue Ridge/Kanawha	Hawk's Nest "DOWNSTAIRS ROOM"	Appalachian/ Cumberland
Track	Adapted & Active Classroom, PE (K-12)	Keynote and Active Classroom	Rhythm, Movement, Dance, & Coaching	Health, Athletic Training, Higher Education		PE & Health (K-12), Technology
9:00-9:50 AM	Elementary P.E. -Get up and move-Large group games your students will love! Staci Greene & Caroline Hatfield	<u>Teaching Invasion Games using Team Handball.</u> Bryan Youngblood	<u>Methods to Make the Fitnessgram Exciting for Students.</u> Brooke Bias	Help Build Stronger School- and State-Level Physical Education Policies for West Virginia. Dr. Emi Tsuda, Dr. James Wyant, & et al.		Effective Tools for Teaching the Dangers of Drug Usage. Sean Burke
10:00-1050 AM	Integrating Academic Content in the Elementary Physical Education Setting. Josh Grant	CATCH My Breath a Rapid Response to the Youth Vaping Epidemic. Marcella Bianco & Bryan Austin	Cross-Curricular Activities: Using Movement to Enhance Reading Ability. Suzy Koontz	<u>The intersection of career readiness and development in the PETE curriculum.</u> Dr. James Wyant, Dr. Emi Tsuda, Olivia Gillispie, Lyndsay Burneisen, & Lauren, Machamer		<u>Wellness Through Life.</u> Dr. Jessica Graham
11:00-11:50 AM	Integrating Academic Content in the Middle School Physical Education Setting. Josh Grant		Games that WIN! Activity in K-12 PE! Kelly Zerby	A Healthy Lifestyle for Students. Dr. Kelli Mann & Dr. Laura Wamsley	Discover the immersive world of Lü Interactive Playground. Hilary Ramsey	The Education Sector Strategies and Tactics of the NEW WV Physical Activity Plan. Eloise Elliot
12:00-12:50 PM	Lunch for All Grand Ballroom					
1:00-2:15 PM	"Unmasking Connections" KEYNOTE Mark Friedrich					
2:30-3:20 PM	What can SHAPE America's health.moves.minds program do for you? Come and find out! Cozetta Miller		Dance and Mental Wellness. Kristi Kiefer	Making the connection: Outdoor Adventures = +Mental Health. Teri Garner	Lü will be set up for anyone who may want more information and details about using the system.	Integrating Technology into Secondary Physical Education: Advancing Physical Literacy Skills & Lifelong Physical Activity Participation. Olivia Gillispie
3:30-4:20 PM	Introduction to Tchoukball. Gentry Shrewsbury	The Fastest Growing Sport in America-Pickleball in the Physical Education Setting. Josh Grant & Todd File	Muggle Quidditch Valerie Nagy	Therapy Dog and a School Garden. Suzanne Muncy	Lü will be set up for anyone who may want more information and details about using the system.	
6:00-7:30 PM	SHAPEWV 101nd Conference Social at 101. Address: 101 Capital St. Charleston, WV 25301					

Schedule at a Glance Saturday October 14th

	Salon A/B	Grand Ballroom	Salon E/F	Blue Ridge/Kanawha	Hawk's Nest "DOWNSTAIRS ROOM"	Appalachian/ Cumberland
Track	Adapted & Active Classroom, PE (K-12)	Keynote and Active Classroom	Rhythm, Movement, Dance, & Coaching	Health, Athletic Training, Higher Education		CATCH Training
BOARD MEMBERS ONLY Shape 101 Training (MOUNTAINVIEW ROOM 14th Floor)						
7:30-9:00AM						
9:00-9:50 AM	Taking Physical Education Into the Community to Engage Students with Disabilities in Lifetime Activities. Robert Sawyer	Movement for the Body and Brain! (K-5). Kelly Zerby	Feel the beat with Rhythm Fit! Valerie Nagy	The Truth About Drugs That All Students Need to Know. Sean Burke	Lü will be set up for anyone who may want more information and details about using the system.	CATCH Training
10:00-1050 AM	Most Valuable Program Available: Using MVPA to Maximize the Impact of Your Program. Debra Berkey	Pickleball: Plans, Practice sessions, Play this Popular Game. Anna Devito & George Philippi'	Kineshetic Strategies to Improve Math Outcomes. Suzy Kootz		Discover the immersive world of Lü Interactive Playground. Hilary Ramsey "DOWNSTAIRS ROOM"	CATCH Training
11:00-11:50 AM		OPEN Up To Adventure. Mark Friedrich				CATCH Training
Conference Attendees-Lunch on your own						
12:00-12:50 PM					CATCH Training LUNCH	CATCH Training
1:00-1:50 PM	Official Shortage in Interscholastic Sports: Why has this happened and how can we help change this trend. Justin Wartella	Ninja Warrior Stations. Valerie Nagy	Teaching Dance to your own beat! Kelly Zerby	Supporting Students with Knowledge to Combat the Vaping Trend. Jonathan Barnes		CATCH Training
2:00-2:50 PM	ACTION! Team Games to Boost Engagement. Eric Peterson	Physical Education, Move Your Body, Build Your Brain! Suzy Kootz	Infusing Diversity, Equity, and Inclusion in Higher Education. Jeremy Yeats & et al.	Top 10 Nutrition Truths and Myths. Anna Devito & George Philippi'		CATCH Training
3:00-3:45 PM				Bea Orr Gala and Give Away		CATCH Training
4:00-5:00 PM	New Board and RA Meeting (Mountain View Room)					
6:30-7:30 PM	Past Presidents' Dinner (Hawk's Nest Room)					



It's a Birthday Party

We are Turning 102 and celebrating

our 101st social at 101.

You're Invited

Date: Friday October 13th

Time: 6:00 PM-7:30PM

Location: 101 Capitol Street, Charleston, WV 25301

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Friday, October 13th Conference Detailed Schedule 9:00-9:50 AM

Session	Presenter	Location	Description
Elementary P.E. -Get up and move-Large group games your students will love!	Staci Greene Caroline Hatfield	Salon A/B	In this session we will present an overview of different games and activities in an Elementary P.E. setting. Participants will be participating in some of our favorite large group games for students in grades K-5. We will use a variety of physical education equipment and will cover a large amount of physical education standards.
Teaching Invasion Games using Team Handball.	Bryan Youngblood	Ballroom	Teaching tactics and technique of invasion games using the basic skills it takes to play team handball.
Methods to Make the Fitnessgram Exciting for Students	Brook Bias	Salon E/F	I know at our last PE meeting in Kanawha County teachers were discussing the fact that they couldn't get students excited to do the Fitnessgram and really give forth some effort. I thought it would be great to discuss ideas and ways to do that. I want to hit the high points: Teacher attitude, making students accountable by setting goals at the beginning of the school year and seeing if they reach those goals, chart progress throughout the year in cafeteria for grades 3-5, complete 3 practice rounds throughout the year to follow progress, create a school record board, make school wide announcements each time a record is broken or if any class does something outstanding, and making a 'Wall of Fame' in the Spring of Tops students in each category. Lastly, we have an end of the year field trip for students who have improved throughout the school year in 4 out of the 5 categories. I will have a PowerPoint to help discuss each area along with handouts of the goals sheets and sheets to track progress. I will also leave a sheet for emails if teachers want the documents emailed so they could edit them.
Effective Tools for Teaching the Dangers of Drug Usage	Sean Burke	Appalachian Cumberland	The presentation will cover the societal and health consequences of usage, why people take drugs, and how drugs affect the mind and body. The Drug Free World program, which will be highlighted, provides factual information about the potential consequences of drug use as well as how the program can be utilized to instruct students about drugs and useful avoidance techniques. The program utilizes booklets packed with the true facts of drugs, as well as hard-hitting videos of those who have recovered from substance abuse.
Help Build Stronger School- and State-Level Physical Education Policies for West Virginia	Emi Tsuda, et al.	Blue Ridge/ Kanawha	The role of policies to ensure quality physical education has long been neglected. Strong policies improve conditions for quality physical education program delivery. A multiyear national surveillance initiative is underway to track physical education policy implementation. In this session, attendees will learn about the project and the results of the surveillance in West Virginia

Individual Stencils

Encourages educational classroom learning in History and Geography.

U.S. Map Stencil



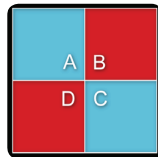
World Map Stencil



- Design Layout
- Roll Out Stencils
- Directions
- Suggested Games

4 Square & Hopscotch

- Stencils
- Game Instructions
- Directions



4 Square



Hopscotch

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- Striping Machine
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- Skills Task Cards
- Professional Articles
- Books
- PE Posters
- Board Game
- Exercise Cards



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Certification, Professional Development and Hours Documentation.

- Playground Supervision
- Peaceful Playground Training
- Bullying Prevention
- Recess Before Lunch
- Low-Cost, High Activity Playgrounds
- Using Pedometers with Children
- Grant Writing 101



Friday, October 13th Conference Detailed Schedule 10:00-10:50 AM

Session Title	Presenter	Location	Description
Integrating Academic Content in the Elementary Physical Education Setting	Josh Grant	Salon A/B	Participants in this session will be provided the academic and behavior benefits of integrating academic content in the elementary physical education environment. Participants will participate in a variety of ways to engage standards based academic activities into the physical education environment. This is an active session! Be prepared to move and have fun while learning! Action Based Learning Objectives: 1. To facilitate a better understanding of how physical activity impacts learning.2. To facilitate a better understanding of how physical activity impacts behavior.3. To share best practices in engaging students with opportunities to help facilitate a better understanding of academic concepts can be integrated into physical education to promote a cross-curricular approach.
Cross-Curricular Activities: Using Movement to Enhance Reading Ability	Suzie Koontz	Salon E/F	Are you being asked to incorporate more academic topics into your physical education curriculum? Come learn how kinesthetic teaching strategies can teach physical education skills and improve reading skills all at the same time! Learn several techniques for warm-ups, assessments and activities that will work on P.E. skills, but also allow students to have intentional and vigorous reading practice!
Wellness Through Life	Dr. Jessica Graham	Appalachian Cumberland	Interactive discussion with participatory actions from the attendees. Presentation will provide information about wellness, the dimensions of wellness, how wellness evolves through life and how we must evolve our wellness tactics as we progress through life.
The intersection of career readiness and development in the PETE curriculum	James Wyant, et al.	Blue Ridge/Kanawha	Physical education teacher education faculty play a crucial role in preparing teacher candidates for their careers. As teaching evolves, teacher educators must adapt their training methods and curricular priorities. This session highlights effective strategies to boost future teachers' career readiness, with practical examples for seamless integration. How would participants benefit from attending your session? As a result of attending this session, participants will be able to: Gain insight into the critical role of career readiness for aspiring physical education teachers. Acquire knowledge of best practices in career readiness and development for teacher preparation. Learn practical strategies to integrate career development into the physical education teacher education curriculum.
CATCH My Breath a Rapid Response to the Youth Vaping Epidemic	Marcella Bianco & Bryan Austin	Ballroom	CATCH My Breath is a peer-reviewed, evidence-based nicotine vaping prevention program (Public Health Reports) developed by The University of Texas Health Science Center at Houston (UT Health) School of Public Health that has been proven effective at reducing the likelihood that students will experiment with vaping. The Substance Abuse and Mental Health Services Administration (SAMHSA) recently named CATCH My Breath as the only recommended school-level youth vaping intervention in the evidence-based resource guide series Reducing Vaping Among Youth and Young Adults. The program provides up-to-date information to teachers, parents, and health professionals to equip students with the knowledge and skills they need to make informed decisions about the use of e-cigarettes. CATCH My Breath utilizes a peer-led teaching approach for grades 5th thru 12th, meets National Health Education Standards, integrates Social Emotional Learning (SEL) and addresses healthy mental health habits. Supplemental resources have been added to the already free CATCH My Breath curriculum including Cannabis Vaping Prevention, virtual field trip, video topic series, and lessons for STEM and Humanities. All lessons use a variety of educational strategies including: cooperative learning groups, group discussions, goal setting, interviews, and analyzing mass media. During this session, participants will learn how schools across the country are addressing its need for e-cigarette prevention by using the CMB program. Through discussion and small group activities participants will learn about the 4-lesson curriculum and how a variety of educational strategies and activities increase students' knowledge and motivations to abstain from e-cigarettes and build skills for resisting peer and media influences.



Vaping a problem at your school? Raze can help.

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Ready to take action?

Learn more and register as an Adult Advisor at RazeWV.com

Friday, October 13th Conference Detailed Schedule 11:00-11:50 AM

Session Title	Presenter	Location	Description
Integrating Academic Content in the Middle School Physical Education Setting	Josh Grant	Salon A/B	Participants in this session will be provided the academic and behavior benefits of integrating academic content in the middle school physical education environment. Participants will participate in a variety of ways to engage standards based academic activities into the physical education environment. This is an active session! Be prepared to move and have fun while learning! Action Based Learning Objectives: 1. To facilitate a better understanding of how physical activity impacts learning.2. To facilitate a better understanding of how physical activity impacts behavior.3. To share best practices in engaging students with opportunities to help facilitate a better understanding of academic concepts can be integrated into physical education to promote a cross-curricular approach.
Games that WIN! Activity in K-12 PE!	Kelly Zerby	Salon E/F	Standards, objectives and learning Targets-Oh my! Through a variety of inclusive games, you can meet several grade level objectives at one time. Keep small or large classes moving by instructing fun, innovative activities. Be prepared to move and learn some of the best student-approved PE games of 2023.
The Education Sector Strategies and Tactics of the NEW WV Physical Activity Plan	Eloise Elliot	Appalachian Cumberland	The WV Physical Activity Plan was first released in 2012, after a strategic development process with input from over 100 WV sector representatives from nine societal sectors, including Education. This year, the new undated Plan in being released with new strategies and tactics to help West Virginians become more physically active across the lifespan. The Education sector's strategies and tactics have been developed and approved by many teachers and leaders across the state. This session will introduce the new Plan, and provide examples of how YOU can promote PA during and after school, and in collaboration with other sectors such as healthcare, sport, business/industry, and media. This session also seeks to hear from participants on what they are doing now that demonstrates success in meeting the Plan strategies.
A Healthy Lifestyle for Students	Kelli Mann & Laura Wamsley	Blue Ridge/Kanawha	A Healthy Lifestyle for Students focuses on diet and nutrition, exercise, sleep and mental health related to high school students. This presentation also encompass strategies for students transitioning from high school to a college.

Friday, October 13th Conference Detailed Schedule 12:00-1:00 PM

Session Title	Place
Lunch, Awards, and Prizes	Grand Ballroom

Friday, October 13th Conference Detailed Schedule 1:00-2:15 PM

Session Title	Presenter	Location	Description
"Unmasking Connections"	Mark Friedrich	Ballroom	Life is an Adventure of relationships that will test your strength, expose your weaknesses, & fill your soul with adversity to challenge you along your chosen path. "Unmasking Connections" is one teacher's adventure through personal adversity that has given them a better understanding and belief that Human Connection and Healthy Relationships is the key to their success as a Health & Physical Education Teacher. Prepare yourself for an Interactive journey through a powerful story of Human Connection, Adversity, Perseverance and Support and learn why it's acceptable to take off our Emotional Masks in our classrooms and how it can connect your students.

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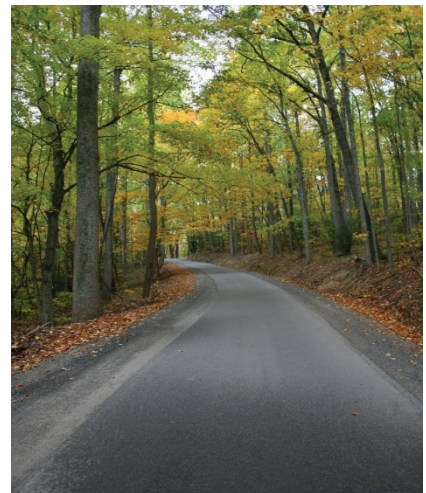


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Friday, October 13th Conference Detailed Schedule 2:30-3:20 PM

Session Title	Presenter	Location	Description
What can SHAPE America's health.moves.minds program do for you? Come and find out!	Cozetta Miller	Salon A/B	
Dance and Mental Wellness	Kristi Kiefer	Salon E/F	The art of dance has been around for centuries and comes in all shapes and forms. With benefits ranging in areas of physical and social development, a closer look of the effect dance has on the mental well-being of students will be the focal point. Mental health has been at the forefront of our world and affects all ages; this session will identify why implementing dance and movement in your class will have a positive impact on the mental well-being of your students and YOU! Strategies, techniques, and DANCES will be visited with music that will make you want to get up and DANCE!
Integrating Technology into Secondary Physical Education: Advancing Physical Literacy Skills & Lifelong Physical Activity Participation	Olivia Gillispie	Appalachian Cumberland	Physical literacy and lifelong physical activity promotion are vital components of a comprehensive secondary physical education program. Understanding physical literacy as a holistic approach that encompasses movement skills, cognitive knowledge, and affective attributes, educators can strategically utilize technology to address each dimension comprehensively. With the rapid advancement of technology, educators have a unique opportunity to leverage digital tools to enhance teaching strategies, engage students, and foster a deeper understanding of content. This presentation will showcase various technological tools and applications that can be seamlessly integrated into physical education classes. These include interactive fitness trackers, videos and video software, health and physical activity mobile applications, AI tools and podcasts. We will discuss how these technologies can help physical educators to provide personalized feedback, track progress, and motivate students to set and achieve their physical activity goals. Additionally, we will explore best practices for selecting technology tools and share practical examples from schools that have already implemented technology-driven approaches in their physical education programs.
Making the connection: Outdoor Adventures = +Mental Health	Tari Garner	Blue Ridge/ Kanawha	Our mission is to get more students outdoors and to improve the health and well-being of all participants. Teaching outdoor adventure activities can be a life-changing experience for your students and is appropriate for any grade level. Delve into the research around outdoors adventures and discover the many benefits for your students, teachers, school, and community. Explore how Outdoors Tomorrow Foundation can help you start your adventure, and plan to participate in some of your own ADVENTURE activities during the session! We will share resources and information on Outdoor Adventure teaching best practices, sample lessons, and how to initiate or expand your own Outdoor Adventure Program.





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Friday, October 13th Conference Detailed Schedule 3:30-4:20 AM

Session Title	Presenter	Location	Description
Introduction to Tchoukball	Gentry Shrewsbury	Salon A/B	In this session, I will introduce Tchoukball to physical educators. Rules, gameplay, strategies, modifications, and assessment will be the primary focus of the session. Tchoukball is a great team sport that focuses on teamwork, strategy, moderate-vigorous physical activity, and the overhand throw. In upper middle school and high school settings, you can teach across the curriculum using angles and trajectories.
The Fastest Growing Sport in America-Pickleball in the Physical Education Setting.	Josh Grant & Todd File	Ballroom	
Muggle Quidditch	Valerie Nagy	Salon E/F	Bring the world of Harry Potter into your gym with Muggle Quidditch! You will learn how to teach Quidditch to grades 3-12 with a full demonstration of Quidditch along with tips and tricks for how to make it work in your space, with your classes and equipment you already have. Come see how to engage all of your students in a fun and magical way.
Therapy Dog and a School Garden	Suzanne Muncy	Appalachian Cumberland	I would show a power point and bring my therapy dog, Tilly. The PowerPoint will cover the two best things I have ever done in my teaching career. 1. Create, maintain and harvest a school garden with middle school kids in PE and Health class. 2. I have trained 4 dogs to be certified Therapy Dogs through Therapy Dog International. The dog comes with me to school and her job is to give love and kisses to all 440 students and staff. In the presentation I will cover all the do's and don'ts of therapy dog work in schools and how to train your own.

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Saturday, October 14th Conference Detailed Schedule 9:00-9:50 AM

Session Title	Presenter	Location	Description
Taking Physical Education into the Community to Engage Students with Disabilities in Lifetime Activities.	Robert Sawyer	Salon A/B	This session will address how to advocate for students with disabilities to participate in physical education experiences outside of the gym for the development of their physical literacy. Students with a disability have high rates of inactivity. For example, 58% of students with autism spectrum disorder (ASD) did not meet the daily recommended physical activity guidelines of 60 minutes of moderate to vigorous activity (Liang et al., 2020), with similar trends observed among children with cerebral palsy (Ryan et al., 2015) and Down syndrome (Fox et al., 2019). Adults with disabilities transitioning out of school further report barriers to physical activity within the community, contributing to further increases in inactivity with age. Physical education, therefore, needs to teach students how to be physically active for their lifetime. Yet, research shows that 80% of activities included in typical physical education curriculums are not considered lifetime activities (Hodges et al., 2018). Therefore, it is likely that students are unprepared to engage in health-promoting levels of physical activity within their communities as they transition out of school. In this session, I will discuss how I taught students how to access resources and participate in lifetime activities through community partnerships. I will share the process I used during my 15 years of experience teaching Adapted Physical Education in public schools and answer common questions, such as "How do I justify teaching physical education in different settings?", "How do I establish relationships to provide unique opportunities?", and "How can I fund it?". I will present strategies for collaboration to develop sustainable partnerships. This session will include break out discussions around how you may advocate for community-based physical activity opportunities for students with disabilities in your district. Let's come together to break PE out of the gym!
Movement for the Body and Brain! (K-5).	Kelly Zerby	Ballroom	Cardio Kid, Max, Maddy, Flexy, and B.C., otherwise known as the FAB 5® helps students understand how to live a healthy lifestyle. Find out how they can encourage your students to maintain or improve their fitness levels in each of the five components of fitness through fun physical activities. Lots of nutrition and health concepts embedded into some great fitness fun.
Feel the beat with Rhythm Fit!	Valerie Nagy	Salon E/F	This Rhythm Fit session will introduce you to a series of routines set to music using a variety of equipment. These activities provide an opportunity for teachers to integrate rhythmic movement in a fun and engaging way. Students will be asked to use social and emotional strategies to create a positive learning environment. As physical educators, one of our objectives is to encourage students to use physical activities as vehicles for self-expression. Learning how to move to a rhythmic beat is ultimately a journey of self-expression. Perfecting every step is not what is important. Personal enjoyment, social engagement, and having an appreciation for all movement forms will teach and reinforce skills and concepts while keeping the magic of movement alive.
CATCH TRAINING	CATCH TRAINING	Appalachian Cumberland	CATCH TRAINING
The Truth About Drugs That All Students Need to Know.	Sean Burke	Blue Ridge/Kanawha	I'll be using a PowerPoint with slides and video to give an overview from the materials we offer to the teachers for free. I will be discussing the three main drugs that are the gateway to further addiction, as well as dispelling various myths about drugs and their use. We will discuss in a bit more depth alcohol, marijuana, vaping, and opioids, including tools kids can use to avoid getting into social situations where they might feel pressure to use drugs.

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Saturday, October 14th Conference Detailed Schedule 10:00-10:50 AM

Session Title	Presenter	Location	Description
Most Valuable Program Available: Using MVPA to Maximize the Impact of Your Program.	Debra Berkey	Salon A/B	This session is focused on the use of Moderate to Vigorous Activity (MVPA) as an effective metric in the process of teacher, program and student evaluation. Come and learn how to use the authentic data available with the use of Heart Zones Move to educate and advocate for your program using real-time information.
Pickleball: Plans, Practice sessions, Play this Popular Game.	Anna Devito & George Philippi'	Ballroom	Pickleball is the fastest growing game in the country! Some PE Teachers have been playing this game for years. With the popularity of Pickleball, now is a good time for us to prepare our students to play this social game recreationally or competitively with friends and foes in the future. For those of you who are not familiar with the game, this session will provide a brief overview, drills, lesson/unit plans and best of all a chance to play some modified games to get in shape for your local league.
Kinesthetic Strategies to Improve Math Outcomes.	Suzy Kootz	Salon E/F	Brain scientists have identified that movement is essential for enhanced brain function, circulation, focus, concentration, learning and retention. Students learn differently — which is why this training includes strategies for teaching with visual, auditory, and kinesthetic learning modalities, all aligned with standards. These trauma-informed, multi-sensory learning strategies will engage your learners, build self-confidence and reduce learning deficits. Best of all, kids love to learn this way! All participants will receive the Math & Movement Training Manual e-book that contains over 250 engaging math-movements.
CATCH TRAINING	CATCH TRAINING	Appalachian Cumberland	CATCH TRAINING
Discover the immersive world of Lü Interactive Playground.	Hilary Ramsey	Hawk's Nest DOWNSTAIRS	Discover the immersive world of Lü Interactive Playground. This session will help you understand the pedagogical potential of this technological tool, which offers more than 45 applications related to physical education. In addition to being able to try out some of these applications, participants will be able to see how Lü can transform the gym into a giant interactive learning space, and how effective technology can be very useful for PE teachers as well as being great fun for students.



Saturday, October 14th Conference Detailed Schedule 11:00-11:50 AM

Session Title	Presenter	Location	Description
OPEN Up To Adventure	Mark Friedric	Ballroom	Are you ready to OPEN UP to Adventure Learning? Find out how to properly introduce SEL & Team Building activities to ensure everyone feels safe and connected through Adventure Learning. Experience several of the top student tested and OPEN Adventure activities that guarantee to strengthen peer relationships for any learning setting. Find out how you can leverage the power of human connection to transform any environment into an OPEN Adventure.
CATCH TRAINING	CATCH TRAINING	Appalachian Cumberland	CATCH TRAINING

HEART ZONES

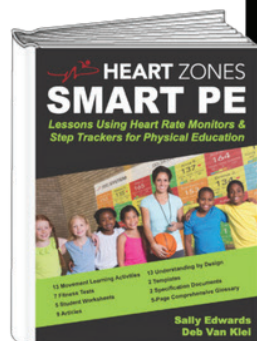
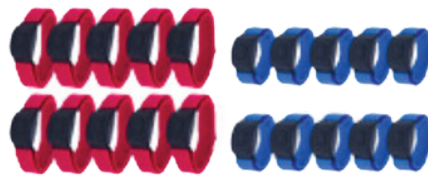


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	TRACK TEST	MINUTE	PERFORMANCE	ACTIVITY	COLOURS	HEALTH BENEFITS	TIME IN ZONE
RED HIGH	11-120% HR	Get fast	Performance	All-out effort	Red, orange, yellow	Build muscle, improve cardiovascular fitness	Short
YELLOW MEDIUM	70-110% HR	Get fast	Endurance	Steady effort	Yellow, orange, red	Build muscle, improve cardiovascular fitness	Medium
BLUE EASY	50-70% HR	Get fit	Steady	Steady effort	Blue, yellow, orange	Build muscle, improve cardiovascular fitness	Long



HEART ZONES MOVE			00:09:36		
Student 1	Student 2	Student 3	Student 4	Student 5	Student 6
116	114	111	119	96	89
01:26 01:30 01:09 01:08 02:40	01:34 01:49 01:05 01:01 02:25	00:57 01:11 01:40 01:40 03:53	01:28 01:32 01:10 01:10 02:13	01:15 01:28 01:14 01:12 02:52	01:20 01:30 01:10 01:10 02:40
Student 7	Student 8	Student 9			
169	89	96			
01:30 01:30 01:12 01:10 02:45	04:22 01:20 01:10 01:14 02:43	01:15 01:28 01:14 01:12 02:52			



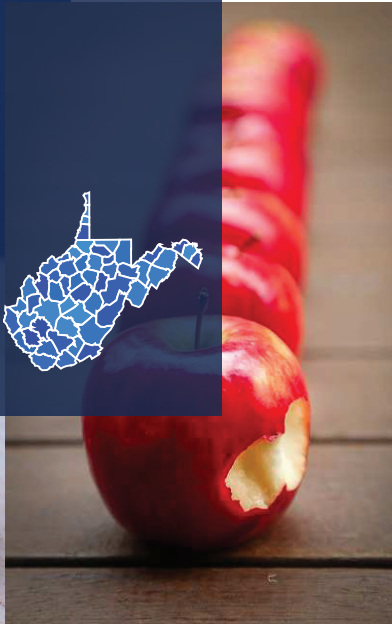
You can *revolutionize* your PE classes.
Empower your students to pursue healthy & active lifestyles.
Prescribe physical activity individually.
Optimize class time with our easy to use solutions.

Saturday, October 14th Conference Detailed Schedule 1:00-1:50 PM

Session Title	Presenter	Location	Description
Official Shortage in Interscholastic Sports: Why has this happened and how can we help change this trend.	Justin Wartella	Salon A/B	The shortage of officials in high school – and middle school – sports has been a growing concern for several years now. In some cases, schools have had to cancel games or reschedule games. According to the National Association of Sports Officials (NASO), registration of officials across the country is down about 30 percent this year. In Oregon, the number of football referees has dropped 34 percent compared to last year, and volleyball is down 45 percent. In a football officials association in California, nearly two-thirds of its members opted out of officiating this year. While there are several contributing factors to this sizeable decline, such as the age-old problem of unsportsmanlike behavior by students, coaches, parents and other fans, along with challenges that arose during the COVID-19 pandemic, there still is some mystery as to why it has become such a serious issue in recent years. This session explores this issue in-depth along with what can be done by sport administrators, coaches and teachers to work together to recruit new officials and replenish a healthy pipeline of quality officials for interscholastic sports.
Ninja Warrior Stations.	Valerie Nagy	Ballroom	Since 2009, the Ninja Warrior obstacle course movement has been broadcast into American living rooms. However, this movement began in Japan in 1997 with Ninja Warrior Sasuke Rising. On average, over 5 million American viewers tune in to each episode of American Ninja Warrior and the show has inspired many people to embrace a fitness lifestyle. Physical educators can use this excitement and inspiration to engage students in meaningful movement and fitness lessons. Geared towards upper elementary and lower middle school, this session will show you how to use what you already have to create different stations that challenge your students.
Teaching Dance to your own beat!	Kelly Zerby	Salon E/F	We aren't all natural dancers, and that is okay! You can teach rhythms in so many different ways. Come check out some creative and fun activities and dances to bring rhythm and music into your PE classes.
CATCH TRAINING	CATCH TRAINING	Appalachian Cumberland	CATCH TRAINING
Supporting Students with Knowledge to Combat the Vaping Trend.	Jonathan Barnes	Blue Ridge/ Kanawha	Vaping continues to be a growing issue with young people and many schools struggle with teaching students the uncertainties and dangers surrounding this addictive vice. Join EVERFI as we share our No-Cost resources, "Vaping: Know the truth" program as a tool to help address this issue and provide education and intervention strategies. Partnering with the truth Initiative, EVERFI has created this award-winning resource to help combat this growing trend amongst young people and equip them with the knowledge and skills to say no or quit. In addition to learning about our "Vaping: Know the truth" program, educators will leave with information and access to our other no-cost health resources including Alcohol EDU, Prescription Drug Safety, and Understanding Mental Wellness.



The WV CARDIAC PROJECT



Children and Schools

Families and Communities

The Coronary Artery Disease Risk Detection in Appalachian Communities (CARDIAC) project provides comprehensive risk factor identification, education, awareness and advocacy to engage and empower West Virginia children, families and communities to embrace a culture of wellness

Surveillance



Screening of public school children for cardiovascular risk in selected counties at the elementary level

Advocacy



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Intervention



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This project is supported through the U.S. Department of Agriculture SNAP-ED Program

Saturday, October 14th Conference Detailed Schedule 2:00-2:50 AM

Session Title	Presenter	Location	Description
ACTION! Team Games to Boost Engagement.	Eric Peterson	Salon A/B	An action-packed workshop featuring team games that are class-oriented, teacher-friendly, and align with national physical education standards. These high-energy games are sure to get students moving while also keeping them engaged.
Physical Education, Move Your Body, Build Your Brain!	Suzy Kootz	Ballroom	Discover how harnessing your students' love of movement builds neural networks and increases synaptic connections. Learn to develop math-movements for basketball, volleyball, or any skill required in your curriculum. Participants will learn how movement helps all students excel at math and how it is especially helpful to struggling students. Participants will gain an understanding of how PE teachers can implement physical activities that boost math ability in elementary-aged children.
Infusing Diversity, Equity, and Inclusion in Higher Education.	Jeremy Yeats & et al.	Salon E/F	This session will feature a panel of Higher Education faculty from universities around the state of West Virginia. We will be sharing university level, college level, school level, and program level strategies for promotion and curriculum integration for diversity, equity, and inclusion.
CATCH TRAINING	CATCH TRAINING	Appalachian Cumberland	CATCH TRAINING
Top 10 Nutrition Truths and Myths.	Anna Devito & George Philippi'	Blue Ridge/Kanawha	There is a lot of good and bad information on the internet about Nutrition. In this session, we will discuss the 10 popular truths and myths about nutrition as suggested by a Nutritionist. You can use this information for your health classes or for yourself. Topics may include info on water, diets, carbohydrates, and supplements.

Saturday, October 14th Conference Detailed Schedule 3:00-3:45 AM

Session Title	Presenter	Location	Description
CATCH TRAINING	CATCH TRAINING	Appalachian Cumberland	CATCH TRAINING
Bea Ore gala and Giveaway	Wes Meeteer & Julia Tracy	Blue Ridge/Kanawha	Prizes and giveaways will take place at this time. You must be present to win any of the prizes.

Saturday, October 14th Conference Detailed Schedule 4:00-5:30 AM

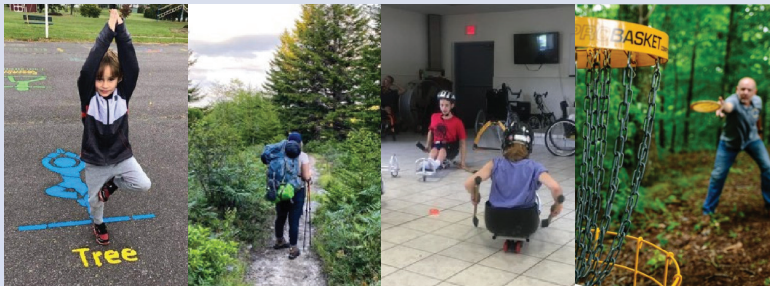
Session Title	Presenter	Location	Description
New Board and RA Meeting	Bryan Youngblood	Mountain View 14 th Floor	Introduce the new and old board. Review the conference budget numbers. Discuss plan for 2023-2024 SHAPEWV goals.

Saturday, October 14th Conference Detailed Schedule 6:30-7:30 AM

Session Title	Presenter	Location	Description
Past President's Dinner	Keith Bowling	Hawk's Nest	Dinner and discussion of SHAPEWV Future plans

The West Virginia Physical Activity Plan

The West Virginia Physical Activity Plan, ActiveWV 2030, provides strategies and tactics across every societal sector to facilitate a state-wide promotion of healthy physical activity levels for West Virginian citizens. The committee has been meeting regularly over the past two years to discuss the most recent literature surrounding physical activity promotion and strategically plan the revision process. Sector stakeholders have also been called upon to provide input, and the release of ActiveWV 2030 is planned for the end of 2023.



Goal

The overarching goal of the WV Physical Activity Plan is to provide strategic direction to increase/maintain healthy physical activity levels of the citizens of WV.

The 10 Sectors

- 1 Business & Industry
- 2 Community Recreation, Parks, & Fitness
- 3 Education
- 4 Faith-Based Settings
- 5 Healthcare
- 6 Mass Media
- 7 Military Settings
- 8 Public Health
- 9 Sport
- 10 Transportation, Land Use, & Community Design

5 Priority Areas

The WVPAP is structured by 5 data-driven Priority Areas.

1. Structural Capacity
2. Public Awareness and Social Marketing
3. Community Engagement and Environment
4. Policy
5. Multi-Sector Collaboration

Fun Fact



Did you know that West Virginia is one of only two states that has developed a statewide physical activity plan?



Want to know more? Please visit:

wvphysicalactivity.org

activewv.org



Presenter Biographies

Presenter Names	Presenter Biographies
Mark Friedrich	Mark Friedrich is a veteran health and physical education teacher of 29 years, a National Presenter of Adventure Education / Team Building Activities, Keynote Speaker, Camp Counselor and an OPEN National Trainer. Mark has taught both elementary and high school levels but finds his passion in adventure education at Millburn High School in New Jersey. Mark is the recipient of the 2016 New Jersey Secondary Physical Education Teacher of the Year and the 2021 SHAPE America Joy of Effort Award
Valerie Nagy	Valerie Nagy is a 12th year health and physical education teacher from Mentor, Ohio, 30 minutes east of Cleveland. She currently teaches kindergarten to 5th grade physical education and adapted physical education at Ridge Elementary School. In addition to being an OPEN National Trainer, she serves as the elementary physical education department coordinator. Valerie has taught kindergarten through 12th grade over her career at private, urban, and suburban schools, as well as coached JV and varsity volleyball for 6 years.
Suzy Koontz	Suzy Koontz, Founder and CEO of Learn Thru Movement, is an actuary, an educational consultant, a math teacher, and the creator of Math & Movement, Movement & Literacy and over 200 kinesthetic teaching tools. As the author of over 20 books, Suzy's passion is helping students recognize their ability to learn and helping them lead healthier lives while achieving academic success. Suzy's mission is for ALL students to be on grade level in math and reading. As a national presenter for schools, conferences and PTA/O, Suzy shares how movement-based learning can assist in accomplishing this goal. Suzy's work has been featured in television, radio and print. Please see Suzy's media performances, at https://mathandmovement.com/
Dr. Eloise Elliot	In my role as the Ware Distinguished Professor in the College Applied Human Sciences at West Virginia University, I have been charged with leading service initiatives to improve the health and well-being of the citizens of WV. Over the past nine years I have provided leadership in developing and implementing the first WV Physical Activity Plan (wvphysicalactivity.org), in organizing two WV Physical Activity Symposiums, in developing and implementing three county initiatives to improve physical activity participation and healthy living in children, adolescents, and families (greenbrierchoices.org and mcdowellchoices.org , WVHealthySchoolsinAction.org), and in working with overweight children and their families to improve healthy lifestyles, and therefore, health status, of WV families (campnewyou.org and cardiacwv.org). I have developed Active Academics (activeacademics.org), a web-based teacher resource to include physical activity in the PreK-5 classroom, and a web-based instructional module for MS/HS, Take Charge! Be Healthy! (takechargebehealthy.org) to enhance the school health curriculum. I am the co-director of the WV CARDIAC Project (statewide children's health surveillance and intervention initiative), and serve as an adjunct clinical professor in the WVU School of Medicine. My primary research focus is on the development, implementation, and evaluation of interventional strategies to change behaviors related to physical activity, and on comprehensive school physical activity strategies.
Kelly Zerby	Kelly has been teaching at the elementary level for 24 years in the DeKalb School District. Kelly is the 2022 Midwest Elementary PE Teacher of the Year and the 2021 Illinois Elementary PE Teacher of the Year. She is currently the President of IAHPERD. She presents nationally with her friends, and loves traveling. She has a Masters Degree in Administration and a Masters in Literacy with a bilingual emphasis from Northern Illinois University, along with an Adapted PE Certificate. At her district level, she is the PE Coordinator, a mentor, the Wellness Committee chair, the PDS liaison to NIU and Evaluation team member. Check out her Zerbeats website dance and drumming choreography.... https://sites.google.com/view/zerbeats/home and her Illinois Fab 4 website at https://sites.google.com/view/illinoisfab4/home
Teri Garner	Tari has taught physical education and APE for 40 years and has experience with elementary through university age students. Tari is national board-certified, CAPE certified and your 2013 CD Teacher of the Year. She believes strongly in the benefits of Outdoor Adventure programming and has been fortunate to teach OA throughout her career. Tari is currently an Outdoor Adventure Coordinator for the Outdoors Tomorrow Foundation. She promotes physical education and health for all students and works to encourage an inclusive environment in all that she does.
Sean Burke	Sean Burke is the Founder and CEO of the Changemaker Foundation which works to provide programs that lift up individuals and communities. He personally volunteers for the Foundation for a Drug Free World at teachers' conferences around the country to help give the vital Truth About Drugs information to teachers so they in turn can help save our youth from choosing the wrong path and avoid addiction.
Dr. Kristi Kiefer	Dr. Kristi Kiefer is a tenured professor in the College of Education, Health and Human Performance at Fairmont State University. Kristi has over 25 years of experience in higher education teaching and mentoring preservice physical education teachers. With 30+ years of teaching dance in the private sector, her passion and love of dance has provided her opportunities to engage with students of all ages and abilities. Kristi is a former WV Dance Education Teacher of the Year (2001, 2003).
Olivia Gillispie	Olivia Gillispie (she/her) is a third-year doctoral student at West Virginia University, pursuing a PhD in Kinesiology – Coaching and Teaching Studies. She earned a M.S. in Physical Education Teacher Education from West Virginia University and a B.S. in Health and Physical Education K-12 from Elon University. Olivia has five years of teaching experience in high school Physical Education and Health and three years working as a graduate research and teaching assistant at WVU. Her research interests include secondary physical education curriculum and instructional practices that promote physical literacy and lifetime physical activity participation.

Dr. James Wyant	Dr. James Wyant is a physical education and kinesiology assistant professor who joined WVU in 2017. His teaching responsibilities include physical education teacher education courses and coordinating student teaching capstone experiences.
Dr. Emi Tsuda	Emi Tsuda is an Assistant Professor in the School of Sport Sciences at West Virginia University. She teaches method and content courses in the physical education and kinesiology program at WVU. Her research interests are in teachers' content knowledge and pedagogical content knowledge, motor skill development, cultural competence, and physical education policy and accountability.
Anna DeVito	Anna has taught future Physical and Health Teachers in Delaware, West Virginia, and Virginia for at least the past 25 years.
Hilary Ramsey	As the Teaching and Learning Consultant at Advantage Technology, Hilary assists our West Virginia school districts with integrating technology in meaningful and relative ways. Advantage Technology is the exclusive West Virginia partner for Lü. Lü believes that the future of education lies in the involvement and commitment of both teachers and students; in active, immersive, and limitless learning.
Dr. Debra Berkey	Dr. Debra S. Berkey A native of Pennsylvania, Berkey began her teaching career in Wetzel County, WV following graduation from Slippery Rock State University in 1976. An elementary physical education teacher and a high school coach, she became a strong advocate for physical education through her efforts as a teacher, coach, official and, later, a university professor and administrator. She completed a Masters and a Doctorate at West Virginia University and accepted a position at Western Michigan University in 1985. A dedicated teacher educator, Berkey has incorporated best practice, applied research and advocacy across her career. Her work with teachers and students is grounded in practical application. The zenith of these efforts came when she served as the Project Coordinator for the Van Buren County PEP Grant an effort that impacted 55 physical education teachers and 17,500 students across a four- year span. Most recently, she has focused on the infusion of technology in teacher education professional development. During her 33 year tenure at WMU, Berkey served in various teaching and administrative roles including Department Chair, Undergraduate and Graduate PETE Program Coordinator. A student advocate throughout her career, she worked with students to establish the Epsilon Kappa Chapter of Phi Epsilon Kappa at WMU. She has served as the adviser for the chapter for past 20 years supporting student service projects such as Relay for Life, Jump Rope for Heart and the Special Olympics State Tournament management and professional development opportunities including conference attendance at the state and national level. Beyond WMU, Berkey served as the President, Board of Governor's Representative and Executive Director of the Midwest District. She was the first female to be elected as the President of the National Council of Phi Epsilon Kappa. Deb also served as the Physical Education Consultant for the Michigan Department of Education. She is a North American Society Fellow. Currently, she serves as the Executive Director of SHAPE-Michigan. Following her retirement from WMU in June, 2018, Berkey accepted a position with Heart Zones, Inc. She is the Director of Education and Training. Deb offers online, one-on-one and group training sessions for teachers and administrators incorporating the Heart Zones System in school and athletic environments.
Eric Peterson	
Dr. Jessica Graham	Dr. Jessica Graham is Assistant Professor and Program Coordinator of the Health Promotion / Exercise Science, B.S. at Shepherd University; she also serves as Human Performance Lab Director. Dr. Graham serves as the West Virginia State Director for the National Strength and Conditioning Association (NSCA) and maintains a national certification through the NSCA that she has held since 2004. Dr. Graham has worked in the fields of wellness, physical activity, fitness, strength conditioning, and education for two decades.
Bryan Youngblood	Teaches Health and PE, coaches football and baseball at Parkersburg South. President of Shape WV for 2023-24. 2017 SHAPE WV Secondary PE Teacher of the Year. Bachelor of Fine Arts and Illustration, Bluffton University, Master of Science, Sport of Leisure Studies, The Ohio State University, Master of Education School and Community Health. West Virginia Univ. 2021 Inductee Greater Akron Baseball Hall of Fame.
Josh Grant	Joshua Grant serves as the content coordinator for health and physical education at the West Virginia Department of Education. Prior to joining the West Virginia Department of Education, Joshua served as an elementary school and middle school assistant principal. Prior to serving as an administrator, he served as a high school health education teacher. He also served as an elementary school and high school physical education teacher. Joshua has a Bachelor of Science in Exercise Science from Southern Connecticut State University and a Master of Education in Educational Leadership from Concord University.
Dr. Kelli Mann	Dr. Kelli Mann brings both clinical and academic experience as an Assistant Professor of Health Sciences at Concord University. Dr. Mann graduated with a Bachelor's of Science Degree in Exercise Science from Appalachian State University in Boone, NC in 2000. She completed her Doctorate in Chiropractic at Palmer College of Chiropractic in Davenport, IA in 2004. Dr. Mann previously served as an adjunct faculty at Mountain State University, Bluefield State University and Concord University. She has taught in a range of programs from the LPN-BSN bridge programs to Biology with an emphasis on Anatomy & Physiology. She continues her clinical work as a chiropractor in Beckley, WV.
Jonathan Barnes	Jonathan Barnes is an honors graduate of THE Ohio State University and an award-winning writer, speaker, and chef. As an Education Success Specialist with EVERFI, Jonathan collaborates with educators throughout the Midwest on finding connections between their classroom goals and needs and EVERFI's growing catalog of no-cost programs. Prior to working at EVERFI, Jonathan was a 15-year museum professional specializing in STEAM education programming, educator training, and staff development.

Suzanne Muncy	WV Health TOY 2011WV PE TOY 2015
Brooke Bias	This is my 14th year teaching altogether, and my 9th year teaching elementary PE at Overbrook Elementary in Kanawha County. I coached our school Fitness team to a second place finish in the Fit and Active schools Fitness Face-Off competition. I personally love to stay active through running and training at Orangetheory Fitness
Justin Wartella	Justin Wartella is entering his fifth year as a Sport Management professor at WVU. He earned degrees from Pennsylvania State University, Millersville University, and the University of Nevada Las Vegas (UNLV). Prior to WVU he taught at the University of Missouri and Lock Haven University (LHU).
Dr. Jeremy Yeats	Dr. Jeremy Yeats started his physical education interest as he studied for his bachelor's degree in health and physical education at the University of Hawaii at Hilo. After considering a career in counseling and graduating with a master's degree from the University of Colorado at Denver, Yeats decided to pursue a doctorate in sport and exercise science. He earned his Doctorate degree, with an emphasis in sport pedagogy, from the University of Northern Colorado.
Cozetta Miller	Cozetta Miller has been teaching Elementary PE for 37 years in Boone County. Currently the Resource Development Director and Executive Director for SHAPEWV.
Robert Sawyer	Robert Sawyer is a third-year doctoral student and Graduate Research Assistant at West Virginia University, working alongside Dr. Andrea Taliaferro and Dr. Samantha Ross in the Coaching and Teaching Studies program with a cognate in Adapted Physical Activity. Robert received a Bachelor of Science in Exercise Science, Health, and Physical Education from Virginia Commonwealth University. Robert then earned his Master's of Education in Kinesiology for Individuals with Disabilities. Robert has 15 years of experience working as an Adapted Physical Education teacher in Roanoke City Public Schools, working closely with multiple Special Olympics and community programs. Robert's research interests include adapted physical education and developing inclusive communities.
Gentry Shrewsbury	Assistant Professor: Concord University Department of Health Sciences
Charlene Galluzzo	Charlene Galluzzo is a retired Health and Physical Education teacher with 38 years of experience in the classroom. She earned her B.S. in Health, Physical Education and Safety from Slippery Rock University and an M.S. in Physical Education from West Virginia University. She was named WVAHPERD Elementary Physical Education TOY in 2004, AAHPERD 2010 Mid-West District Elementary Physical Education TOY in 2010 and is a Past President of SHAPEWV.
Staci Greene	My name is Staci Greene. I am married to Scottie and have three children, Colton, Walker, and Jada. I am beginning my 17th year of teaching. I graduated with my undergraduate from WV State University and MA degree from Marshall University Graduate College. I teach Physical Education at Madison Elementary in Madison, WV. In my spare time I enjoy spending time with my friends and family.

THE TRUTH ABOUT DRUGS

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The Foundation for a Drug-Free World (FDFW) is a nonprofit, founded in 2005. The Foundation's Truth About Drugs program is the largest and most comprehensive non-governmental drug education and prevention initiative of its kind.

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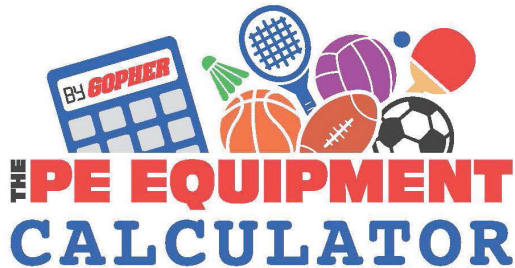
WV Teacher of the Year Awards

Year	<u>Elementary Physical Education</u>	<u>Middle School Physical Education</u>	<u>High School Physical Education</u>	<u>Health</u>	<u>Dance</u>	<u>Adapted</u>
1983			Jennifer McCauley			
1984			Tom Lash			
1985			Carol Thom			
1986	Nancy Asbury		Sue Baire			
1987	Mary Borst		Shelly Ostrowski			
1988	Sam Calloway		Victoria Oldaker			
1989	Connie Adkins		Suzanne Summers			
1990	Connie Hall		Brenda Stevens	Karen Douglas		
1991	Vicky Lacey		Elaine Mauk	Ann Simon	Mary K. Wedebush	
1992	Sue Shoffner		Bob Solly	Terri Prodehl		
1993	Kathy Houchins		Sue Childers	Beverly Terlosky	Bruce Wilmoth	
1994	Barb Solly		Bane McCracken		Janet Wilmoth	
1995	Barb Haptonstall	Susan Long	Drexenna Dilley	Bob Sanders	B.J. Cavendar	
1996	Jenny Stucin	Judy Thomas	Jaylen Turner	Rosie Monroe	Olive Hager	
1997	Mary Gargarella	Jennifer McCauley	Tim McCormick	Charlotte Guynes	Olive Hager	
1998	Aleta Jo Crotty	Gerald Workman				
1999						
2000	Debbie Lore	Virginia Gross	Sheila Anderson	Joanne Potter	Dixie Brown	
2001	Mary Weikle			Rick Deem	Kristi Kiefer	
2002	Charles Barger	Dixie Brown			Bruce Wilmoth	
2003	Joseph Smith	Rod Auvi	Anette Olenchick	Robert McCormick	Kristi Kiefer	
2004	Charlene Galluzzo	Darlene Koerber	Sue Childers	Eloise Elliot	Bruce Wilmoth	
2005	Marsha Roberts	Jeff Cassidy	Tappan Squires	Don Chapman	Darlene Koerber	
2006	Paula Hogue	Valarie Dudash		Suzy Summers	Allen Desterhaft	
2007	Debra HadLock	Brenda Marshall	Tess Gump	Brianna Barker		
2008	Karen Bonnet					
2009	Luanna Moore	Fredetta Leda		Rick Deem		
2010	Aleta Jo Crotty			Susan Long	Jaylen Turner	
2011	Richard Shumate	Paula Hogue		Suzanne Muncy		
2012	Leighanne Michael	Rick Thomas				
2013	Cindy McSweeney	Angela Culicerto	Karen Bonnett	Sara Ballengee		
2014	Donetta Browning	Sandy Morefield	Karen Canfield	Amy Sidwell		
2015	Jane Miles	Suzanne Muncy	Richard Moffo	Keith Bowling	Ashley Doty	
2016	Cozetta Miller	Christopher Roth	Mark Nardone		Annie Machamer	
2017	Amanda Winebrenner		Bryan Youngblood	Felicia Pancoast	Christa Crawford	Lorri Lipscomb
2018	Karen Leigh	Krystal Raymond	Michael Scarbro	Melissa Kaiser	Tabitha Moore	
2019	Ryan Wamsley			Sara Ballengee	Jill Warren	
2020	Michael Grimm			Chris Michael		
2021	Ashley Doty	Rick Thomas	Whitney Wolf			
2022	Amanda Daniels					

GOPHER

3 Ways To Grow Your PE Budget!

1 Match your equipment to National PE Standards!



THE PE EQUIPMENT CALCULATOR

The PE calculator was developed to help you advocate for additional equipment by matching it with National PE Standards.

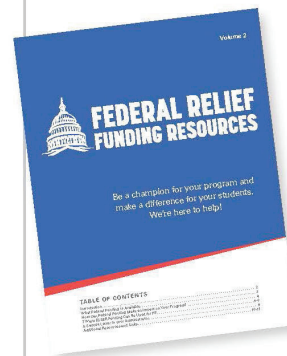
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MIDWEST TOY AWARDS

Elementary School	Middle School	High School	Health
Kathy Houchins - 1995	Sue Long – 1997	Bane McCracken – 1997	Ruth Kershner -2005
Mary Weikle - 2003	Gerald Workman – 1998	Drexenna Dilley - 1998	Eloise Elliot - 2006
Charlene Galluzzo - 2010	Rod Auvil – 1999	Jaylen Turner – 1999	
Luanna Moore – 2012	Darlene Koerber - 2010	Tim McCormick – 2001	
Aleta Jo Crotty - 2013		Annette Olenchick – 2005	
		Sue Childers – 2006	
		Tess Gump – 2010	
		Karen Bonnett - 2015	

NATIONAL TOY AWARDS

Elementary School	Middle School	High School	Health
	Darlene Koerber - 2010	Bane McCracken – 1997	Ruth Kershner -2005
		Karen Bonnett - 2015	Eloise Elliot - 2006

Scholar Awardees	Dana Brooks Professional Mentor Awardees	Ethnic Minority Graduate Awardees	Young Professional Awardees	Bea Orr Undergraduate Student Awardees
2008 Lynn Housner	2017 Eloise Elliot	2013 Ishonte Allar	2001 Bart Cagle	2022 Maria Vito
2009 Jennifer Mak	2018 Andro Barnett	2014 Junhyung Baek	2002 Jennifer Mak	
2010 Eloise Elliot	2019 Sean Bulger	2015 Kibum Cho	2003 Suzan Ayers	
2011 Sean Bulger	2020 Andrea Taliaferro	2016 Renee Brown	2004 Jonathan Dunn	
2013 Emily Jones	2021 Ashley Doty	2017 Natasha Ademakinwa	2005 Donetta Richards	
2014 Susan Ross	2022 Valerie K. Wayda		2006 Leighanne Michaels	
2015 Stephen Harvey			2007 Ronda Sturgill	
2016 Andrea Taliaferro			2008 Sean Bulger	
2018 Kathleen Wack			2009 Sara Castio Ballengee	
2021 James Wyant				
2022 Emi Tsuda				

Eloise Elliot Graduate Student Award	Recreation Leadership Award
2022 Oliva J. Gillispie	2022 Dax A. Miller

Honor Awardees		Ray O. Duncan Awardees	
Robert Baylous	1987 Dale Ramsburg *	2013 Luanna Moore	1972 Charles P. Yost *
Charlotte Berryman*	1988 Carolyn Powell	2014 Rick Deem	1975 C. Evert Marcum *
Forret G. Clark *	1989 Charles Cobb	2015 Keith Bowling	1976 Bea Orr *
Sara Helen Cree *	1990 Corrine Adkins	2016 Josh Grant	1977 Elmer Freese
F.A. Fitch *	1990 Karen Douglas	2017 Jane Wolkoff	1978 Forest Clark *
Michael Joseph *	1991 A. Jean Minnick	2017 Derek Belcher	1979 Blaine Dowler *
Russell Pfaltzgraf	1991 Bruce Wilmoth	2018 Ashley Doty	1980 Charles Thom *
Melissa Province *	1992 Kathy Houchins	2019 Annie Machamer	1981 Michael Joseph *
Patrick Tork *	1992 Victoria Poundstone	2020 Cozetta Miller	1982 J. William Douglas
Charles P. Yost	1993 Eloise Elliot	2021 Wesley Meeteer	1983 Olive Hager
1969 Blaine Dowler *	1994 Floyd Jones	2022 Andrea Taliaferro	1984 Don Williams
1970 Elmer Freeze *	1994 Ethel Lou St. Clair		1985 Rosie Monroe
1971 Janice Neal	1995 John Ray		1987 Pat Fehl *
1972 Bill Bonsail	1996 Barb Solly		1989 Bill Bonsail
Wincie Ann Carruth *	1997 Linda Meyers		1990 Dorothy Hicks
Stephan Harrick	1997 Suzy Summers		1991 Dana Brooks
C. Everett Marcum *	1998 Drexenna Dilley		1992 Bruce Wilmoth
Rex Smith	1998 Sandy Elmore		1993 Mary Borst
Hazel Sumpter *	2000 Susan Childers		1994 William Aslop
1973 Bea Orr *	2000 Jaylen Turner		1995 Jennifer McCauley
1974 Alan Canonico	2001 Carolyn Crislip-Tacy		1996 Wayne Taylor
1977 Olive Hager	2001 Bane McCracken		1997 Carl Bahneman
Remitha Spurlock	2002 Susan Long		1998 Karen Douglas
Joan Wilson	2003 Dixie Dee Brown		2000 Eloise Elliot
1978 J. William Douglas	2004 Vicky Lacey		2001 Linda Meyers
1978 Pat Fehl*	2004 Jennifer Mak		2002 Robert Barnett
1981 Rosie Monroe	2005 Linda Carson		2003 Sandra Elmore
1981 Tom Lash	2005 Ruth Kershner		2004 Carolyn Crislip-Tacy
1982 William Alsop	2006 Lynn Housner		2005 Kathy Houchins
1982 Don Williams	2006 Gerald Workman		2006 Ruth Kershner *
1984 Robert Barnett	2007 Joe Smith		2007 Sue Long
1984 Mary Borst	2007 Mary Weikle		2008 Sue Childers
1984 Jennifer McCauley	2008 Charlene Galluzzo		2009 Linda Carson
1985 Dana Brooks	2008 Marsha Roberts		2012 Jennifer Mak
1985 Robert Case *	2009 Rod Auvil		2011 Gerald Workman
1985 June Smith	2009 Andro Barnett		2012 Darlene Koerber
1986 Carl Bahneman*	2010 Sean Bulger		2013 Lynn Housner
1986 Martha Buckley	2010 Darlene Koerber		2014 Mary Weikle
1986 Wayne Taylor	2011 Karen Bonnett		2015 Karen Bonnett
1987 Andrew Hawkins	2012 Aleta Jo Crotty		2016 Sean Bulger

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The American Cancer Society Cancer Action Network (ACS CAN) is the leading voice of people with cancer and their families. Join us to support policies that save lives, such as increasing funding for groundbreaking cancer research, ensuring access to quality health care, discouraging tobacco use and improving quality of life for patients and survivors.



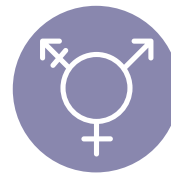
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**If one person can battle cancer,
a nation can rise up and defeat it.**

Past Presidents

1921-1924 A.E Stoddard *	1959-1960 Mellissa Province	1988 Rosie Monroe	2015 Keith Bowling
1926-1927 Florence E. Cary *	1961-1963 Forrest C. Clark *	1989 Mary Borst	2016 Andro Barnett
1928-1929 Katherine Robert *	1964-1965 Charles Thorn	1990-1991 Jennifer McCauley	2017 Jane Wolkoff
1930 H.I. Burns *	1966-1967 Charles P. Yost	1992 Karen Douglas	2018 Ashley Doty
1931 Mary Jane Alexander *	1968-1969 Blaine Dowler	1993-1994 Eloise Elliot	2019 Annie Machamer
1932 Carl T Nessler *	1970 Elmer Freese	1995 Bruce Wilmoth	2020 Cozetta Miller
1933 Grace M. Griffin *	1971 Janice Neal	1996 Rosie Monroe	2021 Charlene Galluzzo
1934 William E. Dole *	1972 C. Everett Marcum *	1997-2000 Sandy Elmore	2022 Wesley Meeteer II
1935 Harry Samuel *	1973-1974 Bea Orr *	2001 Sue Childers	
1936-1937 Charlotte Berryman *	1975 Jim Railey	2002 Carolyn Crislip-Tacy	
1937-1939 Ross Ludwig *	1975-1976 Olive Hager	2003 Susan Long	
1940-1942 Luther Poling *	1977 J. William Douglas	2004 Bruce Wilmoth	
1942 Robert Stephens *	1978 William Alsop	2005 Jennifer Mak	
1943 Mary White *	1979 Thomas Lash	2006 Gerald Workman	
1944 Randolph Webster *	1980 Rosie Monroe	2007 Jaylen Turner	
1944 Jeanette Jackson *	1981 Robert Case *	2008 Bane McCracken	
1945-1946 Patrick Tork *	1982 Dale Ramsburg *	2009 Joe Smith	
1947-1948 Sara Helen Cree *	1983 Carl Bahneman *	2010 Darlene Koerber	
1949-1950 Robert Baylous *	1984 Dana Brooks	2011 Lynn Housner	
1951-1952 F.A. Fitch *	1985 Mary Borst	2012 Karen Bonnett	
1953-1956 Russell Pfalzgraf	1986 Waynes Taylor *	2013 Sean Bulger	
1957-1958 Michael Joseph *	1987 Bruce Wilmoth	2014 Aleta Jo Crotty	

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This is to certify that

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Wesley R. Meeteer II

SHAPEWV 2023 Conference Planner and Past President



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Meeting dates for the Fall 2023 semester are October 19th, and November 16th.

SHAPEWV

#SHAPEWV 2024, October 11-12. Canaan Valley Resort

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