



PRE-CONVENTION WORKSHOP

101ST ANNUAL CONVENTION • DECEMBER 4–7

MOODY GARDENS HOTEL & CONVENTION CENTER • GALVESTON, TEXAS

Wednesday – December 4, 2024

MOODY GARDENS HOTEL & CONVENTION CENTER • EXHIBIT HALL A1

2:00 – 5:00 p.m. • 3 CPE Hours

SPONSORED BY AMERICAN HEART ASSOCIATION

PRESENTED BY

SAMANTHA FEWELL, ASHLEY AVALOS, JACKIE CAVER, MICHAEL HERTLEIN AND KENNETH HERNANDEZ

Play Your Heart Out: Interactive PE Games for Fitness and Heart Health

Description: Join the American Heart Association and a rock star PE teacher for an interactive session on bringing heart health lessons to life! Discover engaging resources and tools to promote fitness and wellness in your classroom. Learn how to integrate these valuable materials into your PE curriculum and inspire your students to lead healthier, more active lives



Samantha Fewell: *Samantha Fewell is the Regional Vice President for the American Heart Association and has been with the organization for 14 years. With a deep passion for spreading heart health awareness, Samantha is dedicated to building healthier communities and inspiring individuals to take proactive steps toward heart health. Her leadership and commitment to the AHA's mission have been instrumental in driving impactful programs and initiatives.*

Generation America's Healthiest Schools award in 2019, 2020, 2021, 2022, 2023, and 2024. Jackie is constantly searching for innovative ways to educate and encourage her students to make good life-long decisions regarding their health and physical activity. Jackie has been a Jump Rope for Heart/Kids Heart Challenge advocate since 2011. Each year she finds fun ways to encourage her students to participate. She treats the fundraiser as a lifelong learning tool to educate her students and their families. This last year she promoted the Hands-Only CPR with her students. Her goal was for half of her school to complete the course. She reached her goal!



Ashley Avalos: *Ashley Avalos is a Senior Development Director at the American Heart Association, where she has been a dedicated member for 7 years. With a strong passion for building a community of lifesavers, Ashley is committed to empowering youth through the Kids Heart Challenge program. Her work focuses on promoting heart health and inspiring the next generation to take an active role in their well-being.*



Michael Hertlein: *I am Mike Hertlein and I have been teaching PE for 16 years. My wife is a fellow educator and I also have the amazing opportunity to teach at the same school as my two kiddos! In my class we include lessons on healthy hearts and nutrition as these concepts are so important to students' wellness and health. I look forward to presenting with the AHA and sharing with other educators.*



Jackie Caver : *Jackie Caver has been a Physical Education and Health Specialist for Turner Elementary in Pasadena, Texas since 2011. She earned her Bachelor of Arts Degree at the University of Houston- Clear Lake in 2011 and is certified to teach early childhood through sixth grade as well as physical education and health. She was awarded CATCH Champion in 2012, Noon Optimist*



Kenneth Hernandez: *Working with the Aldine students, teachers, and community for the past 12 years has brought me tremendous joy. Beginning as a PE teacher and then transitioning to the Coordinator of Health and PE for the district has enabled me to teach, learn, and mentor these amazing educators so they can continue to have a positive impact on the students, teachers, and*

Excellent Staff Member in 2013, and Teacher of the Year in 2016. She has been a program advisor for Fuel Up to Play 60 since 2012 and received the Creating Student Stars Award in 2014 and 2016 as well as the Hosting a Healthy Competition Award in 2014 and 2017. She applied for and received the National Recognition Award - Lets Move Active Schools in 2014, 2015, 2016, 2017 and 2018. And the Alliance for a Healthier

families in Aldine. My incredible wife of 13 years and my two sons continue to support and motivate me to take pride in what I do. My mission is to be passionate, prepared, and present to create healthy, lifelong learners.



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2:00 – 5:00 p.m. • 3 CPE Hours

SPONSORED U.S. SOCCER FOUNDATION

PRESENTED BY
TIM MILLER AND MAGGIE WHITFIELD

Make Soccer in School YOUR Goal!

Description: This session delves into the US Soccer Foundation’s School Curriculum, a dynamic PE program built for all students. Learn how to integrate K-12 age-appropriate soccer activities that promote teamwork, movement skills, and lifelong enjoyment of physical activity. Learn about our Soccer for Success School curriculum. No prior soccer experience needed! Bring your passion for PE and discover how to cultivate the next generation of soccer fans. Teachers who participate in the entire 3-hour training will receive the electronic curriculum and free soccer balls for their schools.



Tim Miller: Tim Miller has 15 years of experience as an elementary physical education teacher in Pasadena ISD and Clear Creek ISD. He has contributed for years in writing curriculum and presenting to PE teachers within his districts and across Texas. In addition, Tim has also served in several leadership roles in TAHPERD, was the lead PE technology teacher in his district, and currently is the lead mentor and team lead at Armand Bayou Elementary in CCISD. His most recent achievement is being awarded a \$10,000 grant for his PE program at ABE. Outside of school, Tim is an avid soccer fan that loves coaching his son and going to see his hometown Houston Dynamo.



Maggie Whitfield: Maggie Whitfield is a dedicated Physical Education teacher with 8 years of experience, currently serving at Newport Primary School in Kentucky. Her background in soccer dates back to her youth and extends through her college years, fostering a deep-seated passion for the sport. Maggie brings her expertise to teaching the fundamentals of the sport to the next generation of students, instilling in them a love for physical activity and teamwork.





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CENTER • EXHIBIT HALL A3

2:00 – 5:00 p.m. • 3 CPE Hours

SPONSORED BY 9 SQUARE IN THE AIR

PRESENTED BY
LIZ BELSER AND TIFFANIE MORROW

9 Square in the Air 3X3 = 9 Times the Fun!

Description: Are you ready to elevate your 9 Square in the Air game? Join us for an exciting session designed to enhance your physical education program for all learners, featuring 9 Square in the Air, 4 Square in the Air, and our new 9 Square in the Air Activity Pack. This session is divided into three parts to maximize your learning experience.

Part 1: Enhancing 9 Square in the Air
Discover the versatility of 9 Square in the Air with hands-on experience playing this widely popular game. Participants will learn numerous variations and creative adaptations that can be easily implemented in their schools or

organizations, ensuring engaging physical education activities for all students.

Part 2: Addressing the Needs of Adaptive Learners
Tailored specifically for physical education and adaptive physical education (APE) instructors, this segment focuses on modifying 9 Square in the Air to accommodate students with low motor abilities, sensory concerns, and physical disabilities. Learn inclusive strategies that empower all learners to participate fully in physical activities.

Part 3: Introduction to the 9 Square in the Air Activity Pack
Explore our exciting new addition, the 9 Square in the Air Activity

Pack, designed to amplify the fun and learning. Each pack includes specially curated items like a variations die, foam balls, frisbees, velcro straps, additional poles, and more. You will receive a comprehensive activity guide packed with innovative games such as Frisbee Frenzy, Shuffleboard Attack, Frisbee Toss Relay, and many others, ensuring engaging and dynamic play experiences.

Don't miss out on this invaluable opportunity to expand your physical education toolkit and create inclusive, exciting activities for every student. Join us and take your 9 Square in the Air game to new heights!



Liz Belser: Liz Belser's career as a Physical Education teacher in Texas spanned an impressive 33 years, during which she impacted numerous students across different regions and grade levels. Her coaching experience was diverse, covering sports like volleyball, basketball, track, softball, and soccer. Beyond sports, Liz also fostered various extracurricular activities such as running clubs, basketball clubs, and student leadership teams at the elementary level. In addition to her teaching and coaching roles, Liz took on significant leadership responsibilities. She served as a District Team Lead for Physical Education teachers, where she mentored new educators, supervised student-teachers, developed curriculum, and organized professional development initiatives for the district throughout the year. Her commitment to the overall health and well-being of students extended to her active participation in the district's School Health Advisory Council. Even after retiring from her full-time teaching career, Liz continues to contribute to education through her role as a sales associate and educational specialist for 9 Square in the Air. This role allows her to share her wealth of experience and knowledge with educators and schools interested in incorporating innovative physical education tools. Outside of work, Liz remains deeply involved in her community, particularly at her grandsons' school where she volunteers regularly and enthusiastically supports their athletic pursuits. Her dedication to education, sports, and community involvement underscores her lifelong commitment to enriching the lives of children and fostering a positive impact wherever she goes.



Tiffanie Morrow: Tiffanie Morrow's career in education and athletics is deeply rooted in her passion for inclusivity and physical activity. Graduating from Tarleton State University, where she actively participated in the basketball team, Tiffanie has brought her enthusiasm for sports and education to various roles within the Texas school system. Her career path has been diverse and impactful. Beginning as a classroom teacher in a Title One school, she quickly transitioned to supporting special education as a paraprofessional. In this role, Tiffanie played a crucial part in fostering engagement and inclusion for students with disabilities, ensuring they had meaningful interactions with their peers. With six years of experience teaching elementary physical education, Tiffanie managed large class sizes of 60-90 students, implementing strategies to maximize active participation and enjoyment in physical activities. Her dedication to promoting physical health extended to coaching middle school athletics for four years, where she created additional opportunities for students to excel in sports and fitness. Tiffanie's leadership continued to evolve as she took on the role of middle school girls athletic coordinator before eventually assuming the position of Adapted Physical Education teacher and Head of Delegations for Special Olympics in her school district. In this capacity, she focuses on adapting physical education to meet the needs of students with disabilities, ensuring they have equal access to sports and fitness activities. Beyond her teaching and coaching responsibilities, Tiffanie plays a pivotal role as a sales associate and educational specialist for 9 Square in the Air. This involvement underscores her commitment to keeping children engaged and smiling through positive physical activities. Outside of work, Tiffanie remains an active participant in her family's adventures and athletic events, reflecting her personal dedication to physical fitness and quality time with loved ones. Her multifaceted career journey highlights her unwavering dedication to empowering students through sports, education, and inclusive practices.