

# **PHIL LAWLER DUPAGE COUNTY INSTITUTE FOR PHYSICAL EDUCATION, HEALTH EDUCATION AND DRIVER EDUCATION MARCH 2ND 2018**

The goal is to share physical education, health education and driver education expertise, and influence the educational instruction throughout DuPage County and surrounding programs. The Institute will be an opportunity for attendees to increase communication, share information, and heighten the awareness for the importance of our children's health, wellness and safety.

B.Y.O. Device! No log-in process to connect, just press "I accept" on the welcome page. Guest and Presenters will have access to internet, including YouTube.

## **Institute Schedule**

**Registration 7:00 a.m. – 7:55 a.m.**

(Continental Breakfast will be provided)

**Session 1: 8:00 a.m. – 9:10 a.m.**

**Session 2: 9:25 a.m. – 10:35 a.m.**

**Session 3: 10:50 a.m. – 12:00 p.m.**

**Vendor Round Table: 12:00 p.m. – 12:20 p.m.**

(Teacher Excellence Awards in the Auditorium)

**Session 4: 12:20 p.m. – 1:30 p.m.**

## **To receive PD's for today's institute you must complete the following:**

- 1. Check in at the beginning of the event**
- 2. Sign out at the completion of the 4th session presentation**
- 3. Complete an Evaluation (link will be emailed to registered attendees)**
- 4. After you submit your Evaluation you can access your PD's**

*\*You must be present for the entire Institute to receive 5 CPDU credits.*

*\*There will be presentations in the cafeteria during session 2 & 3 be considerate!!!*

**Please visit our vendors, located in Gyms 2 and 3,  
between sessions and/or during the Vendor Round Table.**



## **Phil Lawler DuPage County Institute for Physical Education, Health Education, and Driver Education**



In 1987 Phil Lawler envisioned a one day conference that would serve the instructors of Physical Education, Health Education and Driver Education of DuPage County. Phil will always be known as an advocate and an innovator in Physical Education. Phil's impact has been felt locally, statewide, nationally, and worldwide. Because of innovators such as Phil, Physical Education continues to evolve to meet modern day needs of our youth regarding their physical health, emotional wellness, and cognitive growth. Phil's work will forever be felt and appreciated.

Thank you Phil!

**Join us in the Naperville North HS Performing Arts Center  
(Auditorium) between session 3 & 4 at 12:00 noon**

**The Department Chairpersons of the Suburban  
High School Association for Physical Educa-  
tion, Health Education & Driver Education  
would like to recognize the following:**

Dave Bierman.....Elgin High School  
Justin Cronin.....Metea Valley High School  
Matt Fehrrman.....Metea Valley High School  
Greg Hansen.....West Chicago High School  
Mark Lindo.....Naperville North High School  
Russ Lorenz.....Metea Valley High School  
Jeff Powers.....Naperville North High School  
Jim Rexilius.....Wheaton North High School  
Shelley Thompson.....Wheaton Warrenville South School  
Kim Wallner.....West Chicago High School



**COME BY OUR BOOTH AND REGISTER FOR A FREE SET  
OF OUR ADA SUPER SQUISH BALLS®**

~

**TEACHERS**

**PLEASE JOIN US FOR HAPPY HOUR  
MORTON'S STEAK HOUSE**

**FROM 4 TO 7**

**COME BY OUR BOOTH FOR DETAILS**

~

**PRESENTATION**

**"TEACHING RACKET AND PADDLE SKILLS ANYWHERE"**

**USE THIS FLYER FOR 20% OFF**

**YOUR NEXT ORDER ON ADA PRODUCTS—SOME EXCEPTIONS APPLY**

**\*\*\*\* TRY A FREE SAMPLE \*\*\*\***

**ADA SUPER SQUISH BALLS®**

Why is this ball industrial strength? Because we put 3 layers of coating instead of 1 on the foam ball. Give it the Nail Test which is done by puncturing the ball with a nail. You will not be able to rip it, and the ball will remain playable! Try the Nail Test on the balls you are currently using.



**CALL # 1-800-234-0460**

**WEBSITE: [www.adasportsandrackets.com](http://www.adasportsandrackets.com)**

**Email: [info@adasportsandrackets.com](mailto:info@adasportsandrackets.com)**

1	<p>Title: <b>Scared Sedentary: Rethinking Current Practices to Support Students' Physical Literacy</b></p> <p>Presenter: <b>Amanda Stanec</b></p> <p>Description: In this session, teachers will explore physical literacy and how it can serve as a vehicle to create healthier norms for their students.</p>	<p>Location: <b>Auditorium</b></p> <p>Levels: <b>ALL</b></p>
2	<p>Title: <b>Variable Resistance Training for Peak Performance</b></p> <p>Presenter: <b>Chris Warren &amp; Dalton Swenson</b></p> <p>Description: Variable resistance training brings a new scientific aspect to the performance arena. During most strength training exercises a part of the range of motion seems easy and another part very difficult. Variable resistance training provides a tool to counter each end of this continuum to maximize gains and performance.</p>	<p>Location: <b>Learning Comm. 167</b></p> <p>Levels: <b>9-12</b></p>
3	<p>Title: <b>Dusting Off The Cobwebs</b></p> <p>Presenter: <b>Matt Priebe</b></p> <p>Description: Come take advantage of our hard work! We've been pouring through many teambuilding activities that we have used in the past and we are working to make them a more regular part of our repertoire! We'd love for you to share in our findings as we take some time to teach and experience as many of our favorites as possible!</p>	<p>Location: <b>Commons</b></p> <p>Levels: <b>ALL</b></p>
4	<p>Title: <b>AIM 4 PIE Cross-curricular Integration</b></p> <p>Presenter: <b>Carol Cranford</b></p> <p>Description: In this session attendees/participants will learn of a dynamic new elementary game kit, AIM 4 PIE, which uses cross-curricular core subject integration with perfect balance...physical/academic/teamwork. AIM 4 PIE is based on 220 individually lettered balls used by students to perform academic tasks combined with high energy movement and sports skills.</p>	<p>Location: <b>Small Café</b></p> <p>Levels: <b>K-5</b></p>
5	<p>Title: <b>Muscles and Bones: Elementary Style</b></p> <p>Presenter: <b>Heather Isler, Kelly Zervy &amp; Cindie Cortina</b></p> <p>Description: Come and check out some fun and exciting activities that will teach your students all about the muscles and bones of the human body while keeping their bodies moving. You are sure to take away ideas that you will want to incorporate into your elementary curriculum.</p>	<p>Location: <b>Contest Gym</b></p> <p>Levels: <b>K-5</b></p>
6	<p>Title: <b>Amp Up Your Sculpt and Tone Part II</b></p> <p>Presenter: <b>Amy Carroll &amp; Lynn Hatzikostantis</b></p> <p>Description: Sculpt is a well rounded group exercise class using free weights and your own body weight to strengthen all muscle groups. Sculpt is a high energy class with little down time and students are engaged in MVPA for the duration of the period. We are back and want to give you some new skills to add to your routines. We will include a literacy component that we have started to implement in our curriculum to promote engagement of our students in their own lifelong journey to maintain wellness.</p>	<p>Location: <b>Dance Room</b></p> <p>Levels: <b>6-12</b></p>
7	<p>Title: <b>Privilege vs. Choice: Taking Steps Forward in this Race called Life</b></p> <p>Presenter: <b>Janice Coy, Kevin Ongtengco, Debbie Allbee &amp; Laura Wagle</b></p> <p>Description: In this session, we will share an exceptional 2-part kinesthetic instructional strategy that paints a picture of privilege in this country, and even in our own community. This activity is an excellent tool to facilitate tolerance and empathy skills through movement and small group discussions. It also helps motivate students to take control of their own lives by making positive choices. If you are looking for an influential and engaging activity for your social health unit, join us for this session.</p>	<p>Location: <b>Fieldhouse 1</b></p> <p>Levels: <b>9-12</b></p>

8	<p>Title: <b>Paddle Zlam</b>                  Presenter: <b>Mark Foelmer &amp; Becky Foellmer</b>                  Description: An exciting new way to get kids of all ages to enjoy exercising. Paddle Zlam combines pickleball, volleyball and KanJam into a very unique interactive, team building sport.</p>	<p>Location: <b>Fieldhouse 4</b>                  Levels: <b>6-12</b></p>
9	<p>Title: <b>Teaching the Fundamentals of In School Bowling</b>                  Presenter: <b>Bob Daman</b>                  Description: The presentation will cover fun ways to teach the Fundamentals of bowling using a student directed approach; methods to use for teaching a variety of grade levels; how to incorporate fitness and games into the curriculum; and a skill specific warm up routine. The curriculum also includes classroom and STEM activities. Information on how to get free loaner equipment and information on grant program that gives teachers an opportunity to win \$2,200 dollars worth of In School Bowling equipment.</p>	<p>Location: <b>Pool Balcony</b>                  Levels: <b>ALL</b></p>
10	<p>Title: <b>Wellness for Life, A Self-Directed Workout Class</b>                  Presenter: <b>Kate Goodman &amp; Kate Kalnes</b>                  Description: This is a yearlong course for those students who desire a self-directed personal fitness program that includes a combination of cardio, strength training, and flexibility. Various classroom topics center on benefits of fitness, stress management, sleep habits, and nutrition will be discussed.</p>	<p>Location: <b>Room 162</b>                  Levels: <b>9-12</b></p>
11	<p>Title: <b>Maximum Access in Physical Education for Students with Disabilities</b>                  Presenter: <b>Michelle Grenier</b>                  Description: This presentation will deliver information on ways to access the GPE curriculum through purposefully designed activities and necessary support systems. The use of authentic assessment to inform program development will also be presented. Suggestions will be offered for relevant IEP goals that align with the curriculum and strategies for improving the overall quality of physical education experiences for students with moderate to severe disabilities</p>	<p>Location: <b>Room 163</b>                  Levels: <b>SPECIAL POPULATION</b></p>
12	<p>Title: <b>Today's Youth Soccer: NO Laps, NO Lines, NO Lectures – Ideas and Exercises That Will Help You Connect With Your Students</b>                  Presenter: <b>Mike Wiggins</b>                  Description: Maximizing participation with your students in a soccer lesson, many times with large class sizes trying to engage them with quality interaction on the ball can be challenging. Join us for the latest in providing a quality soccer experience in your class for many of your students that are already involved in the game!</p>	<p>Location: <b>Room 170</b>                  Levels: <b>ALL</b></p>
13	<p>Title: <b>Teaching Physical Education &amp; Athletic Training for High School &amp; College Credit</b>                  Presenter: <b>Keith Herrmann &amp; Sarah Radtke</b>                  Description: We will present information on current trends in teaching physical education and athletic training at the high school level. Focusing on high school programs that count for college credit. We will also present information on physical education programs that focus on advanced placement for physical education students.</p>	<p>Location: <b>Room 175</b>                  Levels: <b>9-12</b></p>
14	<p>Title: <b>Storytelling in Health Class</b>                  Presenter: <b>Scott Todnem</b>                  Description: The art of storytelling in teaching: how and why to use the power of stories, anecdotes, and personal narratives to strengthen the teaching experience. Examples will include read aloud, article reviews, personal accounts, and student reflections. Share and tell time included.</p>	<p>Location: <b>Room 179</b>                  Levels: <b>HEALTH</b></p>

15	Title: <b>In Defense of Our Students' Health: The Teacher-Administrator Partnership in Physical &amp; Health Education</b>	Location: <b>Room 184</b>
	Presenter: <b>Dan Phelps</b>	Levels: <b>ALL</b>
	Description: With new state laws disrupting Illinois' existing Physical Education requirements, it's crucial for PE/Health teachers and school administrators to have a common understanding and shared vision when it comes to their students' health. This presentation will focus on two primary areas: 1) Re-shaping curriculum to target physical activity and exercise with a focus on learning, and 2) Identifying objectives to foster partnerships between the teachers and administration with the goal of enhancing student health and happiness.	
16	Title: <b>Do's and Don'ts of Sex Education</b>	Location: <b>Room 187-188</b>
	Presenter: <b>Elizabeth Witman &amp; Mary McNea</b>	Levels: <b>HEALTH</b>
	Description: Teaching sex education can be challenging but when implemented correctly, sexual health education can be crucial in and promoting healthy relationships and preventing teenage pregnancy and the spread of sexually transmitted infections. This presentation will educate teachers on best practices for teaching sex education. You will learn what to include and what to avoid in your curricula. You will also gain a better understanding of the ISBE requirements on health education and the Illinois State Law of Comprehensive Sex Education as well as an overview of local and national statistics on sex and relationships among middle school and high school students. Time to ask questions and resources will be provided.	
17	Title: <b>Mustang Performance Training - Building Culture and Confidence</b>	Location: <b>Room 199</b>
	Presenter: <b>Justin Cronin &amp; Russ Lorenz</b>	Levels: <b>9-12</b>
	Description: How the idea of building culture has taken an average class into an environment of confidence, commitment, and teamwork.	
18	Title: <b>Crash Trends</b>	Location: <b>Room 258</b>
	Presenter: <b>Derek Zook, Naperville PD</b>	Levels: <b>Driver Education</b>
	Description: Naperville Officer Zook will review data and information on local trends in traffic accidents.	

### A Friendly Reminder

**To receive PD's for today's institute you must complete the following:**

- 1. Check in at the beginning of the event**
- 2. Sign out at the completion of the 4th session presentation**
- 3. Complete an Evaluation (link will be emailed to registered attendees)**
- 4. After you submit your Evaluation you can access your PD's**

*\*You must be present for the entire Institute to receive 5 PD credits.*

*\*We will not be in the cafeteria at the end collecting evaluations and/or handing out PD's*



# POLAR GOFIT

Polar technology offers educators a unique option for monitoring, grading and objectively evaluating your students, while tracking long term progress for each student and class. Polar GoFit app allows teachers and students to view live heart rate during class providing motivation, accountability and safety.

### To Get Started You'll Need:

- iPad (3rd generation or newer)
- Polar GoFit app
- Pre-assigned Polar A370, M200 and OH1 for optical heart rate or H10 Bluetooth® sensors for chest-based heart rate

### Key Features Include:

- Three live training views; heart rate, target zone and list
- Real-time feedback while saving the course history for later review
- Clear, comprehensive reports that can be shared with parents and administrators

### Learn More:

800.290.6330 / [education.division@polar.com](mailto:education.division@polar.com)





19	Title: <b>Guiding Policy Decisions In Your District</b> Presenter: <b>Judy Tiggelar &amp; Deb Vogel</b> Description: School Board policies impact physical education programs. The presenters will provide sample PE policy language. Examples of PE teachers making a positive impact on their program in light of SB 1947 will also be shared.	Location: <b>Auditorium</b> Levels: <b>All</b>
20	Title: <b>Unpacking Your Student's Learning Experience with Standards Based Instruction in PhysED</b> Presenter: <b>Richard Wiles</b> Description: The session will focus on unpacking national standards and creating a student centered learning environment in physical education. We will explore the why of standards based instruction in Physical Education. The participants will learn how to unpack standards and grade level outcomes, using backwards mapping design with alignment of assessments to measure student growth towards mastery.	Location: <b>Learning Comm. 167</b> Levels: <b>ALL</b>
21	Title: <b>Team Building for Large Groups</b> Presenter: <b>Gary Heilers &amp; Jeff Steinberg</b> Description: Team building with large groups can often be overwhelming. Come and learn some activities that are designed for large groups with little or no equipment.	Location: <b>Commons</b> Levels: <b>ALL</b>
22	Title: <b>The Rhythm of Life; Movement and music for all</b> Presenter: <b>Pam Powers</b> Description: This active participant session will provide participants to explore easy ways to implement movement to music with students. By using easy to learn choreography, steps can be assembled to create movement patterns. A variety of styles and activities will be shared. Materials will be provided to download for participants.	Location: <b>Small Café</b> Levels: <b>ALL</b>
23	Title: <b>Beg, Borrow and Steal to Connect, Assess and Create Joy! Activities that Work!</b> Presenter: <b>Kim Walker-Smith</b> Description: Sharing what I know, love and believe works with kids of all ages to get them to learn to move, move to learn and create joy while doing it - from instant activities, to skill development, to team-building to dance, to games all the while connecting to standards and assessment. Come participate in a fast-paced presentation that hopefully will fill your bag with something new to use Monday. Activities from OPEN curriculum from US Games will also be shared as a part of this presentation!	Location: <b>Contest Gym</b> Levels: <b>K-5</b>
24	Title: <b>Basic Hip Hop Choreography</b> Presenter: <b>Kristen Anderson</b> Description: Come learn a basic Hip Hop dance combination that can be used in a dance unit or just a fun Friday activity.	Location: <b>Dance Room 196</b> Levels: <b>9-12</b>
25	Title: <b>Polar Heart Rate Monitors with NO CHEST STRAP</b> Presenter: <b>Jeff Gagstetter</b> Description: Polar continues to be the leader in heart rate technology and physical fitness assessment in Physical Education. We now have 4 products that will transmit live HR data to your iPad. Three of them require NO CHEST STRAP, OH1, M200, and A370. You will get to experience this technology live during the session.	Location: <b>Fieldhouse 1</b> Levels: <b>ALL</b>
26	Title: <b>Introducing Strategies and Tactics Related to Movement</b> Presenter: <b>Jeremy Anderson</b> Description: Students from Freedom Elementary, along with participants from the audience, will demonstrate several short lessons how they learn the game of PassBall, along with a variety of other ball games to improve team strategies.	Location: <b>Fieldhouse 4</b> Levels: <b>K-5</b>

27	Title: <b>Even YOU can teach yoga</b> Presenter: <b>Julie Bannack, Shelby Thormeyer &amp; Allison Perry</b> Description: Students love doing yoga but teaching it can be intimidating. We have put together a yoga unit that anyone with or without yoga experience can teach.	Location: <b>Gymnastics 292</b> Levels: <b>6-12</b>
28	Title: <b>Teaching the Fundamentals of In School Bowling</b> Presenter: <b>Bob Daman</b> Description: The presentation will cover fun ways to teach the Fundamentals of bowling using a student directed approach; methods to use for teaching a variety of grade levels; how to incorporate fitness and games into the curriculum; and a skill specific warm up routine. The curriculum also includes classroom and STEM activities. Information on how to get free loaner equipment and information on grant program that gives teachers an opportunity to win \$2,200 dollars worth of In School Bowling equipment.	Location: <b>Pool Balcony</b> Levels: <b>ALL</b>
29	Title: <b>Using Data in PE. What can we do with Fitness, Activity, Heart Rate Data?</b> Presenter: <b>Dr. Dale Brown</b> Description: Combined with fitness testing and data reporting requirements as well as an increased use of technology within PE that monitors heart rate, physical activity, calories, steps, etc., quickly one realizes that there is a wealth of data available in physical education. What are we doing with that data? How do we use data? This session will address how data can be used to increase students' and parents' interest in PE as well as justify and support physical education.	Location: <b>Large Cafeteria</b> Levels: <b>ALL</b>
30	Title: <b>Functional Movement Screen (FMS) Warm Up Progressions in the Weight Room</b> Presenter: <b>Tyler Fagan</b> Description: This session will feature lift-specific warm ups based on the Functional Movement Screen that can be modified for individual lifts. Progressions and regressions for each movement will be shown. Videos and live demonstration of each exercise will be provided.	Location: <b>Weight Room 290</b> Levels: <b>9-12</b>
31	Title: <b>Tchoukball: An Exciting Alternative to Competitive Team Sports!</b> Presenter: <b>Todd Keating</b> Description: Experience a team sport where players defend space instead of people to prevent a score. No injuries and more team play!!	Location: <b>Wrestling 291</b> Levels: <b>ALL</b>
32	Title: <b>Perfecting Your Craft with Data</b> Presenter: <b>Adam Marshall</b> Description: To create and sustain a quality physical education program, teachers must be given the appropriate tools and resources. Likewise, to create and sustain healthy youth it takes an understanding of where they are and where they are going. By using data from fitness, cognitive, behavioral and motor skill domains teachers can validate their instruction and students can understand what it takes to be healthy, fit and active for life. In this session you'll learn the importance of district wide data collection and how it will forever change the way physical education is viewed.	Location: <b>Room 162</b> Levels: <b>ALL</b>
33	Title: <b>Maximum Access in Physical Education for Students with Disabilities</b> Presenter: <b>Michelle Grenier</b> Description: This presentation will deliver information on ways to access the GPE curriculum through purposefully designed activities and necessary support systems. The use of authentic assessment to inform program development will also be presented. Suggestions will be offered for relevant IEP goals that align with the curriculum and strategies for improving the overall quality of physical education experiences for students with moderate to severe disabilities	Location: <b>Room 163</b> Levels: <b>SPECIAL POPULATION</b>

34	<p>Title: <b>Mindfulness</b></p> <p>Presenter: <b>Larry Stoegbauer</b></p> <p>Description: Description of and demonstration of mindfulness techniques.</p>	<p>Location: <b>Room 170</b></p> <p>Levels: <b>ALL</b></p>
35	<p>Title: <b>Advanced Adventure Education Curriculum - Field Trips and More</b></p> <p>Presenter: <b>Joshua Hess</b></p> <p>Description: A how to on planning an Advanced Adventure class that includes trips.</p>	<p>Location: <b>Room 175</b></p> <p>Levels: <b>9-12</b></p>
36	<p>Title: <b>Extend the Health Classroom - Teaching Ideas to Break the Four Walls</b></p> <p>Presenter: <b>Scott Todnem</b></p> <p>Description: Enhance the student experience and promote discussions outside of the classroom. Get students, parents, and the community talking about health and wellness! Focus points will include the use of cliff hangers to build excitement in class activities, developing a social media presence for continued learning, and finding the right guest speakers in which to develop a partnership. Share and tell time included.</p>	<p>Location: <b>Room 179</b></p> <p>Levels: <b>HEALTH</b></p>
37	<p>Title: <b>Concussions: Detection and Symptoms, Causes, Diagnosis, Treatments and Recovery</b></p> <p>Presenter: <b>Dr. Jason Fennema</b></p> <p>Description: Brain injury, such as a concussion is unpredictable in its consequences and can change a life in a matter of seconds. Dr. Jason Fennema will uncover this "sometimes hidden" injury, and take you deep into the knowledge of concussions, and how to detect, diagnose, treat, and more.</p>	<p>Location: <b>Room 184</b></p> <p>Levels: <b>ALL</b></p>
38	<p>Title: <b>Creating Affirming Environments for LGBTQ+ Students</b></p> <p>Presenter: <b>Rodrigo Anzures-Oyorzabal</b></p> <p>Description: This will be a 101 session to understand common needs of LGBTQ+ youth and ideas for how to meet those needs</p>	<p>Location: <b>Room 187-188</b></p> <p>Levels: <b>SPECIAL POPULATION</b></p>
39	<p>Title: <b>Freshmen Fitness Concepts/PLC</b></p> <p>Presenter: <b>Mike Ellberg &amp; Steve Goletz</b></p> <p>Description: Discussing the importance on how a PLC helps teachers teach similar standards in order to achieve learning goals.</p>	<p>Location: <b>Room 199</b></p> <p>Levels: <b>9-12</b></p>
40	<p>Title: <b>The American Automotive Association</b></p> <p>Presenter: <b>Charlene Sligting-Lorke</b></p> <p>Description: The American Automotive Association has many resources and programs that are available to support your Driver Education curriculum. Join us to learn about the many ways AAA can support the creation of safe future drivers.</p>	<p>Location: <b>Room 258 DR ED</b></p> <p>Levels: <b>DRIVER EDUCATION</b></p>

# FITNESSGRAM®

With new legislation and requirements for the 2016-2017 school year, Now is the time to invest in FitnessGram®.

US Games is proud to be the Exclusive Provider of FitnessGram® Software & Equipment. The software incorporates the scientifically-based health-related standards and is now easier than ever. The software provides a means to capture a series of assessments that measure:

- ✓ aerobic capacity
- ✓ body composition
- ✓ muscular strength
- ✓ muscular endurance
- ✓ flexibility



US Games has all the equipment necessary to conduct your fitness assessment including: Flexibility Testers, Curl-Up Strips, FitnessGram® Manuals, Scales, Push-Up Trainers, FitnessGram® Cue Cards & Posters, and much more. Call for custom quotes and volume discounts.

The FitnessGram® 2015 software provides an efficient way for teachers to perform fitness and physical activity assessments with reporting capabilities allowing schools, districts, and administrators to view aggregate data and provide individual reports for students.



For more information or to request a quote or demo contact:  
 Gayle Leclercq - Phone: 1-800-327-0484 ext. 7361 or Email: [gleclercq@usgames.com](mailto:gleclercq@usgames.com)  
 Tom Strenger - Phone: 847-370-1181 or Email: [TStrenger@usgames.com](mailto:TStrenger@usgames.com)



41	<p>Title: <b>Scared Sedentary: Rethinking Current Practices to Support Students' Physical Literacy</b></p>	<p>Location: <b>Auditorium</b></p>
	<p>Presenter: <b>Amanda Stanec</b></p>	<p>Levels: <b>ALL</b></p>
	<p>Description: In this session, teachers will explore physical literacy and how it can serve as a vehicle to create healthier norms for their students.</p>	
42	<p>Title: <b>Practical Nutrition - sport and exercise nutrition for students, student-athletes, and you.</b></p>	<p>Location: <b>Learning Comm. 167</b></p>
	<p>Presenter: <b>Chris Warren</b></p>	<p>Levels: <b>ALL</b></p>
	<p>Description: Improve your exercise and sport nutrition through realistic, habit based principles. Learn to troubleshoot many of the common problems our students and staff encounter in the nutritionally toxic environment.</p>	
43	<p>Title: <b>Team Building for Large Groups</b></p>	<p>Location: <b>Commons</b></p>
	<p>Presenter: <b>Gary Heilers &amp; Jeff Steinberg</b></p>	<p>Levels: <b>ALL</b></p>
	<p>Description: Team building with large groups can often be overwhelming. Come and learn some activities that are designed for large groups with little or no equipment.</p>	
44	<p>Title: <b>Quick and easy games for all!</b></p>	<p>Location: <b>Small Café</b></p>
	<p>Presenter: <b>Pam Powers</b></p>	<p>Levels: <b>ALL</b></p>
	<p>Description: The session will focus on using dice and playing cards for quick and easy activities. In this active session, participants will participate in a number of games that can be quickly implemented at school the next day! Materials will be provided for download to participants.</p>	
45	<p>Title: <b>Rhythm and Moves with Boogie Blues:: Just Don't call it Dance!</b></p>	<p>Location: <b>Contest Gym</b></p>
	<p>Presenter: <b>Kim Walker-Smith</b></p>	<p>Levels: <b>K-5</b></p>
	<p>Description: Let's get them to buy into Dance and moving to music in an enjoyable way that can easily meet standards. You don't even have to feel comfortable dancing to be able to teach this way. The presenter will show you ways to assess "performer responses to dance steps, simple rhythms, and creating their own dance moves."</p>	
46	<p>Title: <b>Adding More to Your Zumba Curriculum</b></p>	<p>Location: <b>Dance Room 196</b></p>
	<p>Presenter: <b>Amy Carroll &amp; Lynn Hatzikostantis</b></p>	<p>Levels: <b>6-12</b></p>
	<p>Description: Need some new ideas? We have a variety of routines to add into your dance curriculum that will engage your students in MVPA throughout the period. This is an activity many of our students enjoy. We will include a literacy component that we have started implementing into our curriculum. The objective of this is to educate students on how they can become an active participant in their own lifelong wellness.</p>	
47	<p>Title: <b>The Sport of Roundnet Presented by Spikeball</b></p>	<p>Location: <b>Fieldhouse 1</b></p>
	<p>Presenter: <b>Dylan Fogerty</b></p>	<p>Levels: <b>ALL</b></p>
	<p>Description: In this Spikeball presentation, we will teach the rules of Roundnet. We will demonstrate the skills (ie: hand-eye coordination, defensive positioning, over-hand strike) required to play and various modifications to adapt the sport to any age group or skill set. We'll round the session out with some competitive play. Come learn the skills of Roundnet: America's next great sport!</p>	
48	<p>Title: <b>Teaching Basic Racket and Paddle Skills</b></p>	<p>Location: <b>Fieldhouse 4</b></p>
	<p>Presenter: <b>Randy Kempke w/ ADA Sports</b></p>	<p>Levels: <b>ALL</b></p>
	<p>Description: This is an active participation presentation. We will give you the tools you need (modified for all ages, safe for indoor use). Teaching striking skills with long and short implements.</p>	

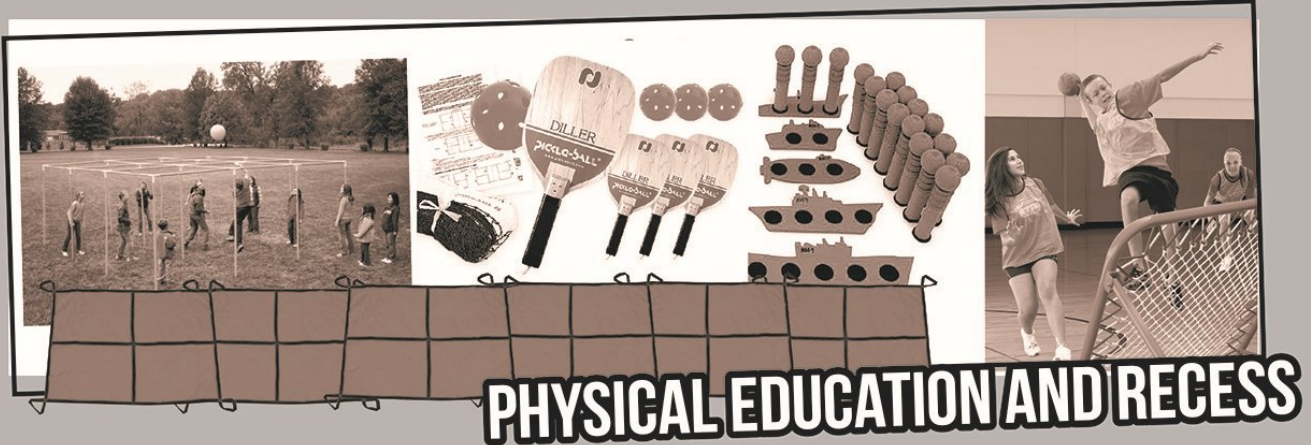
49	Title: <b>R.A.D.ical Self Defense: Beyond the Physical</b> Presenter: <b>Regina Topf</b> Description: R.A.D.ical Self-Defense is about EMPOWERING teenagers. The course is designed to promote awareness, recognition, reduction, and avoidance of aggressive behavior and actions directed at teenagers. Skills and understanding for defense against an aggressor with emphasis on avoiding and escaping an attack are taught. Topics such as healthy and unhealthy relationships, gender roles, sexual harassment, sexual assault, dating violence, cyber safety and how to avoid unsafe situations are discussed.	Location: <b>Gymnastics 292</b> Levels: <b>6-12</b>
50	Title: <b>3D Instant Skill Assessment</b> Presenter: <b>Bruce Buhandt, EQ Sylvester &amp; Jonathan Snyder</b> Description: Teaching the game of golf to the Adaptive P.E. students, and to the physically disabled.	Location: <b>Pool Balcony</b> Levels: <b>SPECIAL POPULATION</b>
51	Title: <b>Introduction to Kayaking Teaching Sequence</b> Presenter: <b>William Salentine</b> Description: I will walk you through the skills taught in a 4 week introduction to kayaking class. Bring your swimsuit and join us in the pool, and school towels will be available for you to use.	Location: <b>Pool</b> Levels: <b>9-12</b>
52	Title: <b>Using Data in PE. What can we do with Fitness, Activity, Heart Rate Data?</b> Presenter: <b>Dr. Dale Brown</b> Description: Combined with fitness testing and data reporting requirements as well as an increased use of technology within PE that monitors heart rate, physical activity, calories, steps, etc., quickly one realizes that there is a wealth of data available in physical education. What are we doing with that data? How do we use data? This session will address how data can be used to increase students' and parents' interest in PE as well as justify and support physical education.	Location: <b>Large Cafeteria</b> Levels: <b>ALL</b>
53	Title: <b>Technology Integration in P.E. &amp; Strength &amp; Conditioning Courses</b> Presenter: <b>Evan Kozlowski &amp; John Beerbower</b> Description: Presenting on our PE program implementation of technology throughout our courses. We will highlight use of POLAR heart rate technology in basic and elective courses. A focus will be the integration of technology (iPads and applications) into our Strength and Conditioning courses.	Location: <b>Weight Room 290</b> Levels: <b>9-12</b>
54	Title: <b>Tchoukball: An Exciting Alternative to Competitive Team Sport!</b> Presenter: <b>Todd Keating</b> Description: Experience a team sport where players defend space instead of people to prevent a score. No injuries and more team play!!	Location: <b>Wrestling 291</b> Levels: <b>ALL</b>
55	Title: <b>The Destination: Physical Literacy The Vehicle</b> Presenter: <b>Adam Marshall</b> Description: This session will guide participants through the use of technology to assist students in becoming more physically literate. The specific technology we'll be looking at will be the WELNET software and it's application to student goal setting, assessment, physical activity and online courses. We'll also discuss what these options look like for student engagement in class or at home.	Location: <b>Room 162</b> Levels: <b>ALL</b>
56	Title: <b>Sensory PE: Physical Education for students with Autism through visual aides and movement</b> Presenter: <b>Kristina Hagenbaumer</b> Description: Sensory PE is designed to cater to students who struggle with excessive external stimuli. Each student is assigned one or two peers. The class is run on a schedule that emphasizes routine, structure, and visual directions. Some activities include: Cardio activities that cater to each student's ability level, weight room activities with an individualized task strip, circuit training, swimming, gymnastics, any activity with a definitive beginning and end such as throwing or kicking a ball back and forth, and modified yoga.	Location: <b>Room 163</b> Levels: <b>SPECIAL POPULATION</b>

57	Title: <b>Incorporating Mindfulness into Health Curriculums</b> Presenter: <b>Tracey Hilers</b> Description: Tracy Heilers will present on key elements from the new book Mindfulness and Yoga in Schools: A Guide for Teachers and Practitioners by Catherine Cook-Cottone, PhD. You will learn a variety of ways to add a mindfulness component to your existing curriculum- whether you choose incorporating it once a week, as a unit, or a few minutes each day. Tracy will also lead the participants through several mindfulness practices that can be used in any K-12 class.	Location: <b>Room 170</b> Levels: <b>HEALTH</b>
58	Title: <b>Dual Credit PE</b> Presenter: <b>Jeremy Hillman &amp; Laura Nussel</b> Description: Creating a curriculum that can act as a dual credit class with your local community college	Location: <b>Room 175</b> Levels: <b>9-12</b>
59	Title: <b>Health at WEGO: A Toolbox of Strategies for Success.</b> Presenter: <b>Nicole Luedtke &amp; Allison Baxter</b> Description: Co-Teaching Model and Creating Materials for ESL and Struggling Students. Focusing on creating inclusive Health Education for all students at several different reading and comprehension levels.	Location: <b>Room 179</b> Levels: <b>HEALTH</b>
60	Title: <b>In Defense of Our Students' Health: The Teacher-Administrator Partnership in Physical &amp; Health Education</b> Presenter: <b>Dan Phelps</b> Description: With new state laws disrupting Illinois' existing Physical Education requirements, it's crucial for PE/Health teachers and school administrators to have a common understanding and shared vision when it comes to their students' health. This presentation will focus on two primary areas: 1) Reshaping curriculum to target physical activity and exercise with a focus on learning, and 2) Identifying objectives to foster partnerships between the teachers and administration with the goal of enhancing student health and happiness.	Location: <b>Room 184</b> Levels: <b>ALL</b>
61	Location: <b>Do's and Don'ts of Sex Education</b> Levels: <b>Elizabeth Witman &amp; Mary McNea</b> Description: Teaching sex education can be challenging but when implemented correctly, sexual health education can be crucial in and promoting healthy relationships and preventing teenage pregnancy and the spread of sexually transmitted infections. This presentation will educate teachers on best practices for teaching sex education. You will learn what to include and what to avoid in your curricula. You will also gain a better understanding of the ISBE requirements on health education and the Illinois State Law of Comprehensive Sex Education as well as an overview of local and national statistics on sex and relationships among middle school and high school students. Time to ask questions and resources will be provided.	Location: <b>Room 185</b> Levels: <b>HEALTH</b>
62	Title: <b>Teen Dating Violence</b> Presenter: <b>Tikia Young</b> Description: 1 in 3 teens will experience dating violence before graduating high school. In 2014 The state of Illinois passed a mandate for schools with grades 7-12 to have education for their students about Teen Dating Violence and a policy in place for how the school will handle such cases. This presentation will provide an overview of the prevalence of dating violence among teens, give information about resources in the community- (Family Shelter Service and provide a sneak peek into the prevention program curriculum that is offered through Family Shelter Service.	Location: <b>Room 187-188</b> Levels: <b>Health Education</b>
63	Title: <b>Self-Worth and the Female Adolescent</b> Presenter: <b>Kate Kalnes</b> Description: This presentation will bring awareness to how our daily communication, discussions, and lesson plans can influence self-worth of our female students. Attendees will leave the program with tips and tools they need to help their female students build the confidence they need to gain body-satisfaction and increase their self-worth; thereby, decreasing the number of female students struggling with depression and eating disorders.	Location: <b>Room 199</b> Levels: <b>6-12</b>
64	Title: <b>Driver Education Today</b> Presenter: <b>Dan Kleinfeldt &amp; Brent Johnston</b> Description: Discussion of the current state of DE in Illinois.	Location: <b>Room 258</b> Levels: <b>Driver Education</b>

# Palos Sports

YOUR ILLINOIS **#1** SOURCE FOR ALL YOUR PROGRAM'S NEEDS!

WWW.PALOSSPORTS.COM



## DUPAGE COUNTY PE INSTITUTE

USE COUPON CODE 61120

**10% OFF AND FREE SHIPPING\***

\*ORDER MUST BE OVER \$150 - FREE SHIPPING DOES NOT APPLY TO 'X', 'T', OR 'C' ITEMS. 10% OFF APPLIES TO OUR PRINTED 2018 CATALOG ITEMS, WITH THE EXCEPTION OF SALE ITEMS AND EXEMPT PRODUCTS - PLEASE SEE LIST ON OUR WEBSITE. OFFER EXPIRES MAY 31, 2018

11711 S. Austin Avenue    Alsip, IL 60803    Tel: 708-396-2555    Fax: 708-396-2563    www.palossports.com



65	Title: <b>Guiding Policy Decisions In Your District</b> Presenter: <b>Judy Tiggelaar &amp; Deb Vogel</b> Description: School Board policies impact physical education programs. The presenters will provide sample PE policy language. Examples of PE teachers making a positive impact on their program in light of SB 1947 will also be shared.	Location: <b>Auditorium</b> Levels: <b>ALL</b>
66	Title: <b>60 Teaching Gems in 60 Minutes</b> Presenter: <b>Brian Van Mersbergen</b> Description: Designed for beginning and veteran teachers, this session will provide valuable teaching GEMS (tips) to enhance your success. These GEMS can be immediately used to enhance quality experiences for your students. Applies to classroom and activity spaces.	Location: <b>Learning Comm. 167</b> Levels: <b>ALL</b>
67	Title: <b>Teaching Cultural Games with the Adventure Units</b> Presenter: <b>Richard Wiles</b> Description: Teaching cultural games can be fun and engaging with a focus on fitness, skill, and 21st century learning. Each activity in this session provides a global education experience while stretching students just beyond their comfortable performance zone. Begin by traversing the globe from your school to a far-off destination. Next, experience games and activities that provide a brief look into the culture of play in different parts of the world.	Location: <b>Commons</b> Levels: <b>ALL</b>
68	Title: <b>AIM 4 PIE Cross-curricular Integration</b> Presenter: <b>Carol Cranford</b> Description: In this session attendees/participants will learn of a dynamic new elementary game kit, AIM 4 PIE, which uses cross-curricular core subject integration with perfect balance...physical/academic/teamwork. AIM 4 PIE is based on 220 individually lettered balls used by students to perform academic tasks combined with high energy movement and sports skills.	Location: <b>Small Café</b> Levels: <b>K-5</b>
69	Title: <b>Elementary Warmup Games &amp; Instant Activities</b> Presenter: <b>Mike Graham</b> Description: Come PARTICIPATE and LEARN 12-15 of my student favorite #physed activities you can implement in your program! We will focus on activities that keep students engaged in meaningful movement within a variety of contexts.	Location: <b>Contest Gym</b> Levels: <b>K-5</b>
70	Title: <b>Teaching Dance using 1:1</b> Presenter: <b>Sonja Rzeszutko &amp; Katie Gibson</b> Description: With the move of 1:1 on the rise, we will be teaching a routine incorporating technology. Bring your devises and be ready to dance!	Location: <b>Dance Room 196</b> Levels: <b>9-12</b>
71	Title: <b>Disc-overing Ultimate Frisbee</b> Presenter: <b>Lynn Nolan</b> Description: Conflict resolution, personal integrity, team play skills, and really cool throws are all a part of Ultimate. Learn important cues that you can give students to help them coach each other to better skills. Learn drills that immediately improve class play.	Location: <b>Fieldhouse 1</b> Levels: <b>ALL</b>
72	Title: <b>Self-Defense Round Table with Naperville Central</b> Presenter: <b>Crystal Lafferty &amp; Kristen Anderson</b> Description: Share and discuss ideas used in our self defense curriculum	Location: <b>Gymnastics 292</b> Levels: <b>9-12</b>

73	Title: <b>Adaptive Golf</b> Presenter: <b>Bruce Buhrandt, EQ Sylvester &amp; Jonathan Snyder</b> Description: Teaching the game of golf to the Adaptive P.E. students, and to the physically disabled.	Location: <b>Pool Balcony</b> Levels: <b>SPECIAL POPULATION</b>
74	Title: <b>Dumbbells for Strength and Conditioning</b> Presenter: <b>Mike Viall &amp; Sean O'Deay</b> Description: Dumbbells can be a great way to start strength, conditioning, body awareness and teach proper form with your gym class.	Location: <b>Weight Room 290</b> Levels: <b>9-12</b>
75	Title: <b>Got Chromebooks? Infuse Tech into Your Health and PE Classroom</b> Presenter: <b>Mark Foellmer &amp; Becky Foellmer</b> Description: Explore tons of apps, extensions, and sites available on Chromebooks for use in your classroom! We'll also share lessons for Health, and Elem., MS, & HS PE that combine those apps, extensions and sites with Google Classroom & G-Suite to create engaging lessons that address the 4 C's (Communication, Collaboration, Critical Thinking and Creativity). Lastly, we will present a sample of a "flipped classroom" unit using the Chromebook to gain additional MVPA in your classroom.	Location: <b>Room 162</b> Levels: <b>ALL</b>
76	Title: <b>3D Instant Skill Assessment</b> Presenter: <b>JB Starkey</b> Description: Come see the world's first instant skill assessment software for physical education. Using inexpensive 3D motion capture technology our application instantly analyzes student movement and evaluates proficiency with little-to-no work on the part of the teacher.	Location: <b>Room 163</b> Levels: <b>K-5</b>
77	Title: <b>Exercise Physiology at the Secondary level</b> Presenter: <b>Jim Schurr</b> Description: This presentation will give you an overview of the Physiology of Sport and Exercise taught to Junior / Senior PE students.	Location: <b>Room 175</b> Levels: <b>9-12</b>
78	Title: <b>H.S. Health Drug Education Roundtable</b> Presenter: <b>Renee Billish &amp; Deanna Nesci</b> Description: Take this opportunity for HIGH SCHOOL health educators to collaborate and discuss curriculum ideas.	Location: <b>Room 179</b> Levels: <b>HEALTH</b>
79	Title: <b>Texas Fitness Now! A fun twist on health related fitness</b> Presenter: <b>Pam Power/US Games</b> Description: Join in as we explore health related fitness concepts through a circuit of activities designed to help increase aerobic capacity, muscular strength, endurance, and flexibility. Caution; Your students may have fun getting fit!	Location: <b>Room 184</b> Levels: <b>ALL</b>
80	Title: <b>Creating Affirming Environments for LGBTQ+ Students</b> Presenter: <b>Rodrigo Anzures-Oyorzabal</b> Description: This will be a 101 session to understand common needs of LGBTQ+ youth and ideas for how to meet those needs	Location: <b>Room 185</b> Levels: <b>SPECIAL POPULATION</b>
81	Title: <b>Erika's Lighthouse: The "New" Lighthouse Curriculum</b> Presenter: <b>Jason Dane &amp; Kristine Kins</b> Description: This session will introduce educators to the new program titled: The Lighthouse Curriculum: Depression and Suicide Awareness for High School Students. This video based classroom program includes a new 20 minute video which features diverse students and stories. This curriculum builds on our successful and evidence informed middle school program, Teen Depression Stories of Hope & Health launched in 2014. The new program presents more mature content and provides opportunities to delve more deeply into the topic of teen depression and suicide awareness with critical thinking exercises, small group work and experiential activities.	Location: <b>Room 187-188</b> Levels: <b>HEALTH</b>

82

Title: **Digital Driving Portfolio**Location: **Room 285 DR ED**Presenter: **Humberto Gonzalez & Benny Graham**Levels: **DRIVER EDUCATION**

Description: Using Google Sheets to create a Digital Portfolio for students' behind the wheel performance.

## 2018 DuPage County Institute Vendor List

### **AAA Auto Group**

Charlene Slighting-Yorke,  
Public Affairs IL/IN  
cjslighting@aaachicago.com

**Phone:** (630)328-7235; **Cell:** (224)325-1615

975 Meridian Lake Drive Aurora, IL 60504

### **Action Based Learning**

Kelly Sud  
Action Based Learning Team, KIDSFIT

**Direct:** 301-233-7577 [customerservice@kidsfit.com](mailto:customerservice@kidsfit.com)

### **Action for Healthy Kids**

#### **Ryan Monroe, MS**

Illinois State Coordinator  
829 Maple Ave  
Machesney Park, IL 61115  
Phone: 563-419-1931  
[rmonroe@actionforhealthykids.org](mailto:rmonroe@actionforhealthykids.org)  
[www.ActionforHealthyKids.org](http://www.ActionforHealthyKids.org)

### **ADA Badminton & Tennis**

Randy Kempke  
2925 Chrysler Road  
Kansas City, KS 66115  
P-800-234-0460  
F:913-371-2663

### **Advance Performance Pain and Wellness Center**

1222 N. Eola Road  
Aurora, IL 60502  
[angie.advanceperformance@gmail.com](mailto:angie.advanceperformance@gmail.com)  
[www.advance-to-wellness.com](http://www.advance-to-wellness.com)  
(630) 707-9314

### **Aim4Pie**

Carol Cranford  
256-506-0182  
[aim4pie.com](http://aim4pie.com)

### **American Diabetes Association**

#### **Mallory Dahlquist**

Kalina Gurovski  
[mdahlquist@diabetes.org](mailto:mdahlquist@diabetes.org)  
[kgurovski@diabetes.org](mailto:kgurovski@diabetes.org)

### **American Heart Association**

#### **Jessica McDougall**

#### **Allison Henley**

Youth Market Directors  
208 South LaSalle St., Ste. 1500 Chicago, IL 60604

[jessica.mcdougall@heart.org](mailto:jessica.mcdougall@heart.org)  
[www.heart.org](http://www.heart.org)

### **American Sportswear, Inc.**

Andrew Pasulka  
1651 Aucutt Rd.  
Montgomery, IL 60538  
<http://bit.ly/peuniforms>  
[andy@pe-uniforms.com](mailto:andy@pe-uniforms.com)

### **Cliffs & Cables**

Dan Quinn  
[cliffsandcables@gmail.com](mailto:cliffsandcables@gmail.com)  
773-327-9430

### **Camp Manitoqua & Retreat Center**

Matt Priebe, Outdoor Education Coordinator  
8122 W Sauk Trail  
Frankfort, IL 60423  
(815) 469-2319  
[matt@manitoqua.org](mailto:matt@manitoqua.org)

### **Creative Health Products**

Debbie Schooley  
Office Manager  
Ann Arbor, MI 48105  
800-742-4478

### **Crossfit Amplify**

1962 Ohio Street,  
Lisle, IL 60532  
[crossfitamplify@gmail.com](mailto:crossfitamplify@gmail.com)

### **DuPage County Health Department**

Becky McFarland  
Community Initiatives Coordinator  
Phone: (630) 221-7041  
[Rebecca.McFarland@dupagehealth.org](mailto:Rebecca.McFarland@dupagehealth.org)

### **DrumFIT**

Danielle Sherbo  
2315 Whirlpool St. Unit 785  
Niagara Falls, NY 14305  
[www.drumfitusa.com](http://www.drumfitusa.com)  
877-322-3389

### **Erica's Lighthouse**

897 ½ Green Bay Road  
Winnetka, IL 60093  
847-386-6481

### **Exercise Connection**

Dave Geslak  
1871 N Clybourn Ave  
Chicago, IL 60614  
773.575.5100  
[info@ecaivism.com](mailto:info@ecaivism.com)

### **Family Shelter Services**

Tikiya Young, CDVP  
Prevention Educator  
630.221.8290 ext.7210  
[tyoung@familyshelterservice.net](mailto:tyoung@familyshelterservice.net)

### **The Fitness Connection**

Drew Habura  
501 Davis Rd. Elgin, IL 60123  
847.697.1010  
[www.thefitnessconnection.com](http://www.thefitnessconnection.com)

### **Focused Fitness**

Ron Malm  
[www.focusedfitness.org](http://www.focusedfitness.org) Twitter: [@rtm18\\_ff](https://twitter.com/rtm18_ff)  
(509) 327-3181, ext. 101  
Cell: (509) 230-0905

### **Fourth Cliff Adventure**

Hank Backoffen  
3939 Oakley Ave.  
Chicago, IL 60618  
[Hank@4thcliff.com](mailto:Hank@4thcliff.com)  
773-844-4652

### **Freedom Golf**

Bruce Buhrandt [aamsb@aol.com](mailto:aamsb@aol.com)  
504 Burr Ridge Club  
Burr Ridge, IL 60527  
(855) 342-4465

# 2018 DuPage County Institute Vendor List

## **IAHPERD**

Illinois Association for Health, Physical Education, Recreation and Dance (IAHPERD)  
Judy Tiggelaar  
jtiggelaar@gmail.com

## **IHSCDEA**

Brent Johnston  
Dan Kleinfeldt  
847-356-3684  
brent.johnston53@gmail.com  
dkleinfeldt@oprfs.org

## **Illinois Coaches Association**

John Elder  
elder@icacoach.org

## **Illinois School Bowling**

Bob Damon  
708-744-5259

## **Illinois School Health Association**

Lisa Meister  
lmeister@geneva304.org  
(630) 463-3913

## **Integrity Fitness**

16704 Advantage Ave.  
Crest Hill, IL 60403  
www.ifitc.com  
sales@ifitc2c.com

## **Pick a Paddle**

Howie Sokol  
PO Box 421  
Park Ridge, IL 60068  
847-720-4590

## **Palos Sports**

Shirley Burns  
11711 S. Austin Ave.  
Alsip, IL 60803  
708-396-2555  
sburns@palosports.com

## **Polar**

Sharon Warren, Jeff Gagstetter  
516-232-7199  
Sharon.Warren@polar.com  
Jeff.Gagstetter@polar.com

## **Playworks Illinois**

Jamie Barenbaum  
770 N Halsted, Suite 206  
Chicago, IL 60642  
(847)997-8020

## **Spikeball**

Skyler Boles  
(530) 519-3965  
skyler@spikeball.com www.spikeball.com

## **Teen Parent Connection**

475 Taft Avenue  
Glen Ellyn, IL. 60137  
(630) 790-8433 I In-  
fo@TeenParentConnection.org

## **Tchoukball Inc.**

Tammy Keating  
tkeating@tchoukballpromo.com

## **US Games**

Tom Strenger  
847-370-1181  
tstrenger@usgames.com

## **Vertical Endeavors**

Anita Johnson  
anita@verticalendeavors.com

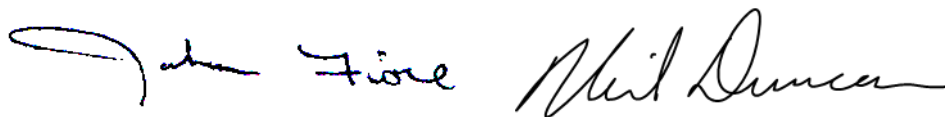
## THANK YOU!

We would like to thank you for attending the Phil Lawler DuPage County Institute on March 2<sup>nd</sup>. Our target was to provide you with presentations that had a profound influence. Making a difference in the life of just one child is to leave a legacy that will endure beyond your lifetime.

Many of our presenters were able to provide us with digital copies of their personal presentations. John Fiore will make them available for you on the DuPage County Institute web site. We are very grateful that so many schools and professionals make it a priority to attend the event year after year. We continue to work hard to make the Phil Lawler DuPage County Institute a wealth of learning and growth. Your commitment to make health and wellness a vital role for our students in our schools is critical. The evaluations you provide the county and us are essential for helping meet of needs of our attendees each year. If you would like to send us any suggestions about ideas for future topics and/or presenters please let us know by emailing John or Neil.

Please continue to be voracious advocates and keep health and wellness a part of our kid's school day. Again we want to thank you for attending.

Sincerely,

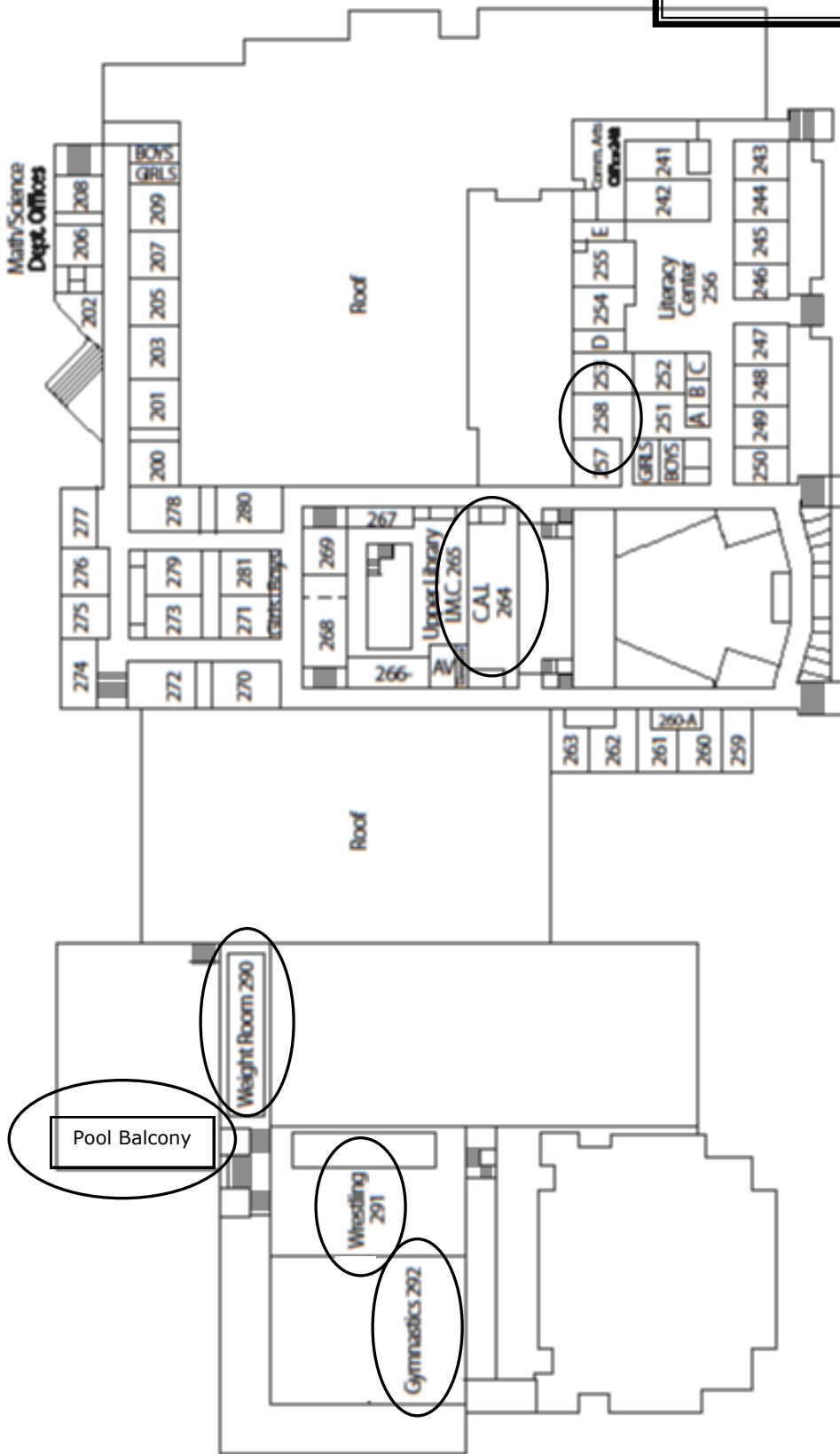


OGDEN AVENUE

MILL STREET

Rooms 258 and 264 are up stairs via the Small Cafe

Rev. 08/25/09

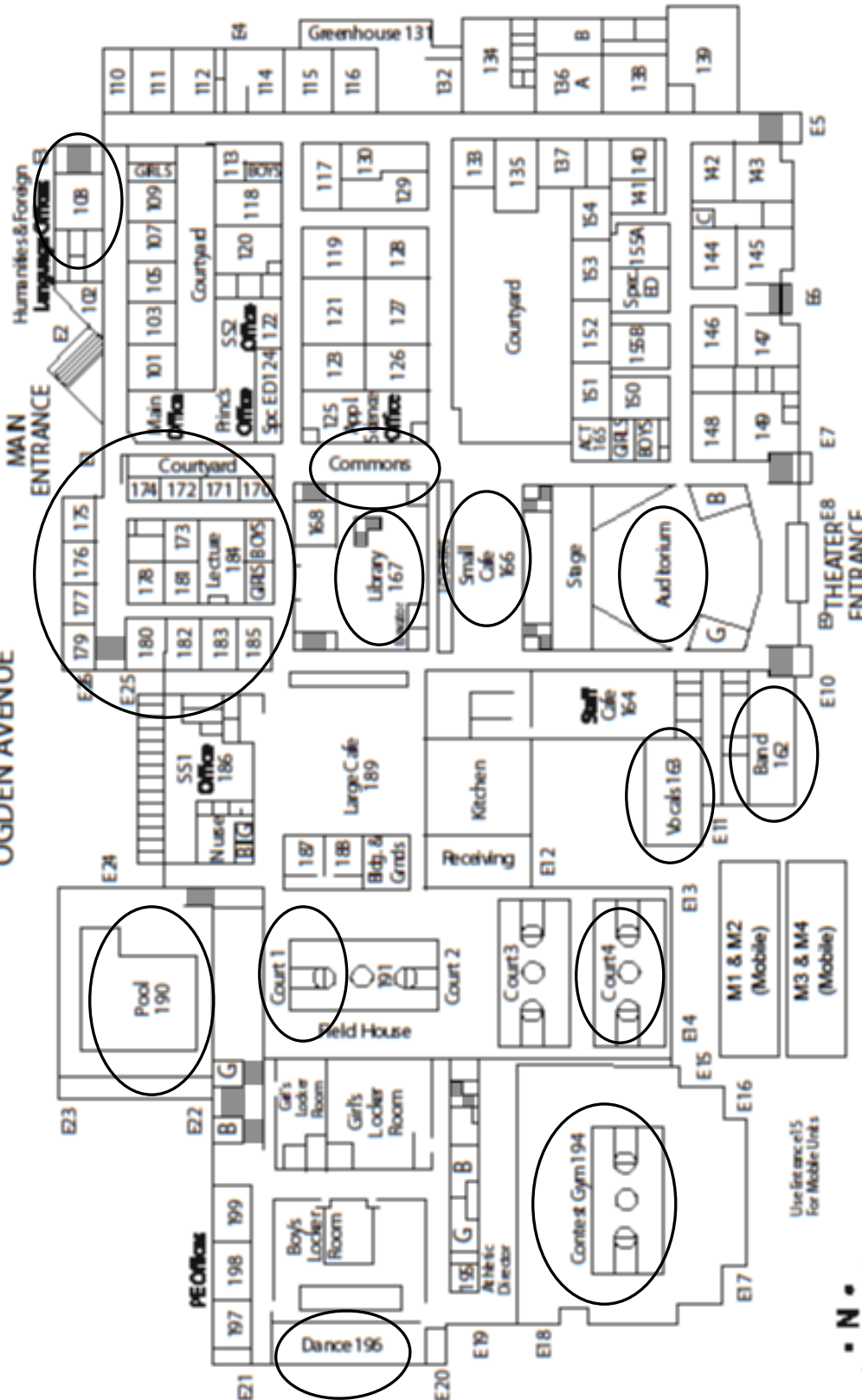


N  
 E  
 W  
 S

Naperville North High School  
 2nd Floor Map

MILL STREET

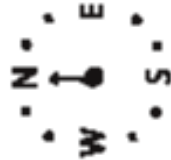
OGDEN AVENUE



Revised 08/25/09

# Naperville North High School

## 1st Floor Map



Use Entrance 15 For Mobile Units