INTERNAL VS. EXTERNAL CUEING FOR YOUTH

Pedro Mendez, MS
Strength & Conditioning Fellow
University of Michigan

Description of Presentation: This session will help individuals differentiate the differences between internal and external instructions and cues for youth athletes and students. I will discuss the pros and cons for each type of instruction.

BEYOND THE GYM: MOTOR PROBLEMS AND THEIR FUNCTIONAL IMPACT IN NEURODIVERGENCE

Haylie Miller, PhD
Assistant Professor, Movement Science
Director, Motor & Visual Development Laboratory
University of Michigan

Description of Presentation: In this presentation, attendees will learn about common motor problems and differences observed in neurodivergent children, adolescents, and adults, as well as the downstream influence of these differences on functional ability, participation, and daily living skills.

RICK DEKEON’S CRAZY GAMES

Katie Hamilton, MS
Jon-Lamar Hamilton, BS
JoAnn Rushdan, MS
Physical Education Teachers
Ann Arbor Public Schools

Description of Presentation: Participants will be exposed to a variety of games and activities that either have been created by the legendary Rick Dekeon, or have been developed through his inspiration. These games and activities can be used for a variety of age groups and have been proves favorites among students. There will be very little sitting in this session as you will be asked to get up and participate. Come ready to play and leave with games that you will be able to incorporate into your curriculum immediately.

SKILL-RELATED FITNESS (SRF) ACTIVITIES FOR PHYSICAL EDUCATION

Jason Willard, MS
Teacher
Ann Arbor Public Schools

Description of Presentation: We place a high value on cardio, strength and flexibility (health-related fitness) in our PE programs. Skill-Related Fitness is very important too. This session will sample plenty of games/activities that highlight the 6 components of SRF: Power, Balance, Coordination, Agility, Reaction Time and Speed.
ACL INJURY: CONSEQUENCES & PREVENTION STRATEGIES

Adam Lepley
Clinical Associate Professor, Applied Exercise Science, Athletic Training, & Movement Science
Director, Michigan Performance Research Laboratory (MiPR)
University of Michigan

Description of Presentation: The risk of ACL injuries in sports, and the impact these injuries have on athlete performance and short/long-term health will be discussed, along with the current evidence surrounding ACL injury prevention programs and risk reduction strategies used in sport.

FITNESS FUN & QUICK ACTIVITIES FOR ELEMENTARY PHYSICAL EDUCATION

Darcy Knoll, MS
Teacher, Ann Arbor Public Schools
President, SHAPE Michigan

Description of Presentation: Fitness ideas and lessons will be demonstrated to be utilized in Elementary Physical Education. Session will also include concepts and management ideas to maximize student engagement and participation time.

DEVELOPING MUSCULAR STRENGTH IN YOUNG ATHLETES: THE RATE-LIMITER TO SPORTS PERFORMANCE

Michael Stack, BS
CEO & Exercise Physiologist, Applied Fitness Solutions
Clinical Instructor, University of Michigan

Description of Presentation: If you explore the many facets of sports-specific fitness that predict success, and injury-free sports performance, muscular strength is the common denominator. The proper development of muscular strength based on developmental level can be complex and often misunderstood. This presentation seeks to demystify and simplify the progressive periodization model that can be used for all athletes, at all levels of development, to optimize strength, reduce injury risk, and improve sports performance.

RUGBY IN THE OLYMPICS & BEYOND

Mark Mantych, MEd, NSLS, KDP
Physical Education Teacher
Detroit Public Schools Community District
Detroit Lions Alternative Middle School

Description of Presentation: Teams around the world have already started competing for a chance to qualify for the 2024 Rugby Olympic games. The European players started learning how to play rugby in elementary school, while most players in the United States do not get a chance to compete until they get to college. We have an opportunity to plant the rugby seed into our student's minds now so they can build a love of the game and allow our young athletes to see a path that can help them be ready to play in college, which could lead to playing Major League Rugby and possibly participate in the Olympics. This presentation will discuss rugby, show various rugby skills, and we will play lead-up activities that will spark our students' interests while emphasizing the importance of teamwork. Wear comfortable clothes and be ready to have fun!
PROMOTING PARTICIPATION IN ADAPTED PHYSICAL EDUCATION: A COLLABORATIVE PARTNERSHIP WITH SPECIAL OLYMPICS

Samantha Miller
Doctoral Student
Wayne State University

Description of Presentation: In this presentation, a framework for bolstering participation in APE will be shared. A framework which includes 3 stakeholder roles from a school district, a higher education institution, and Special Olympics will be outlined and strategies for steps to replicate will be recommended.

PSYCHOLOGICAL RESILIENCE: BUILDING SELF-CONFIDENCE & ENHANCING PERFORMANCE

Tom George, PhD
Clinical Assistant Professor, Applied Exercise Science & Sport Management
University of Michigan

Description of Presentation: This presentation will focus on the factors and skills that are associated with adopting a positive, optimistic and confident approach to movement-related asks. Specifically, the presentation will discuss important "ingredients" for developing psychological resilience when confronted by disadvantageous or adverse situations. Suggestions about the ways in which teachers and coaches can instill psychological resilience in their students and athletes will be covered, with a special emphasis on the role and value of teaching and encouraging positive self-talk.

IMPLEMENTING THE CROSSFIT “MAGIC” IN SCHOOL

Ryan McStockard
Owner
Fit2Live

Description of Presentation: Learn how to create a supportive, inclusive and effective class environment for your students to learn and develop essential and natural functional movements all while building their foundation in health! This will be an active, hands-on lecture appropriate for all ages and skillsets.