

PICK IT UP, SCSU!

HEALTHY, ACTIVE LIFESTYLES ACROSS CAMPUS

Official Newsletter for Southern's Physical Education Teacher Education Program

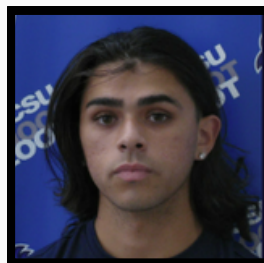
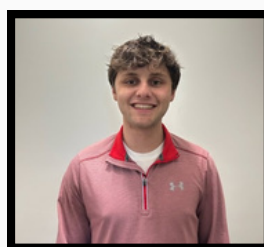
Move More, Live More!

Hi, I'm Joseph Cambareri, a senior at Southern Connecticut State University majoring in physical education. I'm passionate about staying active and enjoy spending time hiking. My goal is to inspire my students to understand the importance of maintaining an active lifestyle and practicing good nutrition for their overall well-being.

Hi, my name is Zack Alza, a senior at Southern Connecticut State University. I'm majoring in Physical Education with a minor in health. I'm passionate about staying active and look forward to educating the youth. My goal for all my students is to find an activity they enjoy doing while staying physically active on a daily basis!

Hi, my name is Ryan Blakeslee. I am a junior at Southern Connecticut State University and I am currently pursuing a degree in Physical Education. I believe that being physically active is the most important aspect of a long and healthy life, and that is reflected through my membership in CTAPHERD as well as the PE Club here at Southern.

Hi, my name is Ryan Monde. I'm a Junior at Southern Connecticut State University and I'm majoring in Physical Education. I believe that being physically active improves so many areas of your life, which is why I believe Physical education is such an important subject. I hope to soon be able to educate my own students on this important subject.



This issue:

Move More, Live More!
Introduction:

PAGE 01

March Rewind:

PAGE 02

Spring Into Action:

PAGE 03

Interview with Kerri
Conicelli:

PAGE 04

Job Opportunities:

PAGE 05

Professional
Development
Opportunities:

PAGE 06

April Calender:

PAGE 07

March Rewind...



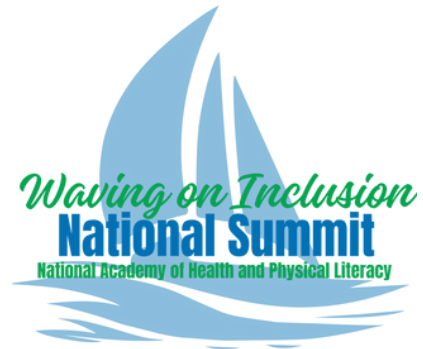
Speak Out Day

Recently, SHAPE America held their annual speak out day in Washington, D.C. This was an opportunity for Health and Physical Education teachers and advocates across the nation to come together, meet with members of Congress, and speak up about the issues that our profession has been facing both locally and in cities and towns across all 50 states.



Women's Basketball Success!

The SCSU Women's Basketball team capped off their fantastic regular season with an At-Large Bid as the number five seed in the East Region of the 2025 NCAA Division II Women's Basketball Championship Tournament. They ultimately fell short against fellow NE10 opponent Saint Anselm but multiple players on the team received awards for their achievements on the court and in the classroom. Hope Fox, Jillian Martin, Renza Milner and Katie Williamson earned Academic All-District honors, while Delaney Haines earned a WBCA All-America Honorable mention and was named to the D2CCA All-East Region First Team.



NAHPL 2025 National Summit

The National Academy of Health and Physical Literacy held their annual National Summit in Newport, Rhode Island. This year's NAHPL National Summit gathered experts, educators, and enthusiasts from the fields of health and physical literacy for an immersive professional development experience. Visit the QR code above to learn more about the 2026 summit in Lake Buena Vista, Florida!



Baseball's Hot Start!

The SCSU Baseball team has come out of the gates blistering hot, winning 13 of their first 18 games. Patrick Dillon has been on fire to start the season, being named to the NE10's "Face's in the Crowd" for his 8 home runs and 28 RBI's in just 18 games. Jake Chacho has also made a big impact with the bat, leading the NE10 in batting average, slugging percentage, and OPS to start the season. SCSU plays rival UNH on the 2nd and 8th of April at the Chargers' field. Make sure to show up and support the Owls!



Spring into Action!



The weather is warming up and the days are getting longer. Now is the perfect time to get moving and have fun while being physically active! From Intramural leagues to fitness classes this time of year provides a unique opportunity shake off the rust and get back into the healthy habits we need to maintain our overall well-being. Whether you're looking to compete, stay fit, or simply enjoy the outdoors, there are plenty of ways to get involved...

INTRAMURALS

A perfect way to get the competitive juices flowing and be physically active is to participate in intramural sports here at Southern. For the Spring season, there are opportunities to participate in volleyball, softball, and outdoor soccer tournaments/leagues. Scan the QR code below to get started!



OUTDOOR ACTIVITIES

Another great way to be physically active as the weather starts to warm up is through various activities in state parks, mountains, and trails throughout Connecticut. Nature's unique terrains provide the opportunity for all kinds of physical activity such as hiking, biking, running, and recreational sports all while enjoying the fresh air and scenic beauty of the outdoors. Scan the QR code on the left to access information about all of our state parks and the QR code on the right for information about recreational sports opportunities around CT.

State Parks



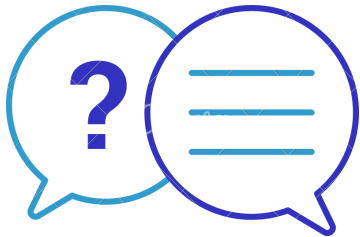
Recreation Activities

ADVENTURE COURSES

Another way to have fun while maximizing your physical activity is through the many adventure courses throughout Connecticut. Adventure courses include ropes courses (high and low), rock climbing, ziplining, rope bridges, and cargo nets all involving physical and mental challenges that make for a great time! Scan the QR code below to start having fun and building new skills!



Interview With Kerri Conicelli



Kerri Conicelli

PE Club President

Kerri Conicelli is well known in the Physical education program. She is a Physical Education and Health Education major at Southern Connecticut State University. In addition to being a student, she is the President of Southern's Physical Education Club and a Student Representative for CTAHPERD. She is also very passionate about being active and enjoys outside exploring in nature.



What made you want to become a physical education teacher?

I wanted to become a physical education teacher to help others realize how impactful being physically active is on one's health. During times of challenge or poor well-being, I always found comfort in moving. To be able to teach others about how incredible movement can be for their health has now become my mission.

Why do you believe physical education is so important for students?

During physical education lessons, students learn more than how to be active. They are challenged to find success in thought-provoking situations. Students also shift between the roles of student, leader, and advisor throughout the lessons as they improve their abilities and those of fellow students.

If there was one thing you could take from the Physical Education program and incorporate into your teaching, what would it be?

I would take the idea of community and introduce it to my future classes. When students feel connected to both the material and the people of the class, they will be more receptive and responsive to being active. My goal is to encourage students to want to be physically active for life. If students do not feel welcomed in my classroom, then they may not seek out physical activities in their personal lives.

What would you tell parents that do not think their children need physical education?

First, I would ask the parents why they feel that way. I can understand that some parents may feel that their children's educational time should be spent learning other curricula; however, when will the students learn how to properly care for their bodies and minds? Physical education is the place where students first learn important concepts for how to live a healthy life.

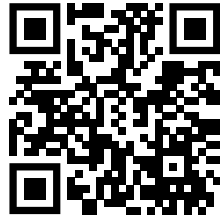
Job Opportunities

WHY WORK AT CAMP:

- Working at camp is engaging, challenging, busy, and FUN!
- As a staff member you will:
 - Be a role model for campers and other staff
 - Develop confidence and leadership skills
 - Unplug from technology and enjoy the Maine outdoors
 - Work in a supportive environment with people from different countries, backgrounds, skills, and ages
 - Make long-lasting friendships
- We are looking for approximately 50 summer staff who can support and model the **Bishopswood mission and philosophy**.
- Job descriptions and salaries only apply to domestic and returning international staff.

Camp Bishopswood **Hope, ME**

Cabin Counselor
Contact Micheal Douglass
(207) 763-3148
mike@bishopswood.org.



YWCA Summer Camp **Greenwich, CT**

Head Camp Counselor
Contact Arthur Smith
203-869-6501
a.smith@ywcagreenwich.org



Haddam-Killingworth **Higganum, CT**

Summer Sports Camp Counselor
Contact Robyne Brennan
860-345-8334
robayne@hkrec.com



NOW HIRING
YWCA HANOVER
Summer Camp Counselors

Qualifications

- High School Diploma/ GED
- 4 clearances (PA Criminal, Child Abuse, FBI, and NSORI)
- 2 recommendation letters
- Physical with TB test
- 2500 hours of documented experience working with children

June 2- August 15

Job Opening
Summer Camp Sports Specialist

The HK Recreation Department is seeking a responsible, energetic individual to work at our summer camp as the sports specialist. Duties include running sports/games for our camp from June 23 - August 8. Hours are M - F 8:45 - 3:45 pm with one or two afternoons/week staying until 5 pm for extended care. Individuals must have at least completed 1 year of

WALLINGFORD FAMILY YMCA

WORKING FOR GOOD

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. At the Y, you'll discover more than a job—you'll have the opportunity to make a lasting difference in the lives of those around you.

JOIN OUR TEAM! WE ARE HIRING
Camp Counselors ••• Camp Head Lifeguard
Competitive Swimming Assistant Coach
Certified Swim Instructors ••• Certified Lifeguards

the **Y**

Scan the code or visit
wallingfordymca.org/careers
for our list of seasonal & part time opportunities

JCC Day Camps Woodbridge, CT
Camp Counselors - Camp Activity Specialists
Contact Debra Kirschner 203-387-2424 Ext 253
Email: campdirector@jccnh.org

North Country Camps Adirondack Mountains, NY
Camp Counselors
Contact Ruth
Email: ruth@northcountrycamps.com



Summer Camp Jobs
NOW HIRING

JCC Day Camps



Professional Development Opportunities

Summer Health Workshop

June 26th 9AM-4PM

Hopko Performance Hall at SoCCA
93 Main St, Southington, CT

get skillified
SKILLS-BASED HEALTH WORKSHOP
June 26th 9AM-4PM
Hopko Performance Hall at SoCCA
93 Main St, Southington, CT
\$50 per session
Get Skillified with Me!
Join this hands-on workshop where we'll break down the process of transforming your curriculum into a skills-based model, step by step.
What to Bring: Your laptop & any curriculum documents you're working on.
What You'll Get: Clear action steps, practical tools, and the confidence to build an effective, skills-based curriculum. Let's make curriculum writing easier, engaging, and impactful!
REGISTER AT central.ctahperd.com/register



CTAHERD Scholarships

Are you a CT University junior or senior presently majoring in health education, physical education, recreation or dance involved in women's athletic competition at a CT University?
Apply for the 2025
CAROLYN D. VANACORE SCHOLAR-ATHLETE SCHOLARSHIP
[apply now at ctahperd.org](https://apply.now.at.ctahperd.org)

Are you a CT University junior or senior presently majoring in health education, physical education, recreation or dance at a CT University?
Apply for the 25/26
GIBSON-LAEMEL SCHOLARSHIP
[apply now at ctahperd.org](https://apply.now.at.ctahperd.org)

CTAHERD Mini-Grants

In keeping with its' goal to support and encourage professionals as they seek to develop and conduct school and community programs in health, physical education, recreation and dance, CTAHERD announces the availability of "Mini-Grants." These grants include "Research Grants." (These grants are not meant to fully fund an extensive research project.) We ask that each request be for no more than \$1,000 and that applicants have not received a grant in the previous year. Executive Council members are not eligible to apply.



CTAHERD Student Leadership Conference

2025

April 21 5-7pm
Kaiser Gym CCSU

STUDENT LEADERSHIP CONFERENCE
CTAHERD CONNECT, LEARN, AND EXPLORE TOGETHER

CTAHERD Student Representatives will be hosting the annual Student Leadership Conference at Central Connecticut State University! FREE to all current CTAHERD members, this event is designed to connect future educators, encourage professional growth, and explore what the first years of teaching are like.

5:00 pm - 7:00 pm
April 21, 2025
Central Connecticut State University
Kaiser Gym

What to Expect: Group Discussions, Interactive Activities, Networking Opportunities, Teaching Panel

Scan to Register:

Volunteer Opportunity from Dr. Abel-Berei

I am in need of volunteers to represent the Physical Education and School Health Education Programs at the Alumni Family Day Event hosted by the Alumni Association on the Alumni House Lawn (on SCSU campus) on Sunday, April 27th from 2 pm to 6 pm (or any amount of time you can volunteer).

The volunteer hours will count for your required volunteer hours needed as program gate requirements, as well as an opportunity to build your professional resume and networking with alumni and others across the campus.

Volunteering at these types of events often results in donations to our PE and SHE programs, that then benefit you as a student for events and hands-on experiences such as HMS 315, HMS 314, financial assistance for attending state and national conferences, hosting workshops, and/or working with PE teachers.

Please complete the short interest form using the link below indicating your ability to assist as a volunteer on Sunday April 27 any time between the hours of 2 pm and 6 pm.
<https://forms.gle/YndTfqE5chBDxzhG6>

Please contact me with any questions or concerns at berei1@southernct.edu



Online Course: Roadmap to Adapted Physical Education

SCSU Physical Education Club



SCSU Physical Education Club is dedicated to providing members with opportunities to better their professional backgrounds. The club hosts a variety of open gyms and themed meetings for its members to attend.

Check out PE Club's event page here:



APRIL 2025



Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
		1. SHAPE Convention SCSU Future Educators Meeting 5-6PM ASC 201	2. SHAPE Convention SCSU Baseball @ UNH 3pm SCSU Womens Lacrosse Vs. SNHU 4pm	3. SHAPE Convention	4. SHAPE Convention	5. SHAPE Convention SCSU Accepted Students Day 9:30am-2pm SCSU mens Rugby @ ECSU 12pm/2pm SCSU Softball Vs. Assumption 12pm SCSU Baseball @ Aldephi 12pm SCSU Mens lacrosse Vs. Maine 5pm
6. SCSU Ultimate Lemony Spring Tournament 9am SCSU Womens Rugby @ Babsan 10am SCSU Softball Vs. Bently 12pm/2pm SCSU Baseball @ Aldephi 12pm	7. SCSU's Education Career and Internship Fair 4pm ASC Ballroom	8. SCSU Baseball @ UNH 3:30pm SCSU Womens Lacrosse Vs. Pace 4pm SCSU Future Educators Meeting 5-6PM ASC 201	9. SCSU Softball @ UNH 2:30pm/4:30pm Pickle Ball 101 3:30-4:30 Pelz Gym	10. SCSU Mens and Women's Track and Field Invitational 10am	11. SCSU Mens and Womens. Track and Field Invitational 10am	12. SCSU Baseball @ SNHU 12pm SCSU Softball @ SNHU 12pm/2pm SCSU Womens Lacrosse @ Assumption
13. SCSU Softball @ Saint Anselm 12pm/2pm SCSU Baseball @ Saint Anselm 12pm	14.	15. SCSU Softball Vs. Queens 2:30pm/4:40pm SCSU Future Educators Meeting 5-6PM ASC 201	16. SCSU Womens Lacrosse @ Bentley 4PM Field Experience Workshop 3:30pm Pelz Conference Room	17. SCSU Softball Vs. Aldelphi 2:30pm/4:30pm	18. Holiday Recess, No Class @SCSU SCSU Baseball Vs. AIC 12pm	19. SCSU Baseball Vs. AIC 12pm SCSU Softball @ Pace 12pm SCSU Womens Lacrosse Vs. Adelphi 1pm
20.	21. CTAPHERD Leadership Conference 5-7pm Kaiser Gym CCSU	22. SCSU Future Educators Meeting 5-6PM ASC 201 SCSU Womens Lacrosse @ St. Thomas Aquinas 4pm	23. SCSU Softball Vs. Felician 4pm	24. SCSU Womens Lacrosse @ AIC 4pm	25. SCSU Softball Vs. Franklin Pierce 2:30pm/4:30pm	26. SCSU Softball Vs. Saint Michaels 12pm/2pm SCSU Baseball @ Bentley 12pm
27. SCSU Baseball @ Assumption 12pm	28.	29. SCSU Future Educators Meeting 5-6PM ASC 201	30.	1.	2.	3.



Open Recreation
Moore Field House
Mon-Thu
6:30pm-9 pm

Open Swim
Moore Field House
Monday - Thursday
7 p.m. - 9 p.m.

Fitness Center
Adanti Student Center

Monday - Thursday
7 a.m. - 9 p.m.
Friday
7 a.m. - 6 p.m.
Saturday
10 a.m. - 4 p.m.
Sunday
2 p.m. - 7 p.m.

Group Fitness
Adanti Student Center

Mondays - Pilates
5 p.m.
Tuesdays - Yoga
5 p.m.
Wednesdays - Pilates
6 p.m.
Thursdays - Power Up