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PROFESSIONAL PROFILE

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Positive role model  
Motivator and successful change agent with a passionate belief in the value of fitness, wellness, & health education  
Experience in standards-based curriculum development, individual fitness assessment and objective measurement  
Advocate the use of positive, dynamic teaching methods to develop a desire for lifelong physical activity  
Values relationships with student, parents, colleagues, community members, and other educational partners

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EDUCATION

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**M.S. in Education** **2007**  
*Walden University, Minneapolis, MN*  
Area of Concentration: Educational Leadership

**B.S. in Kinesiology** **1994**  
*James Madison University, Harrisonburg, VA*  
Areas of Endorsement: Physical Education and Health

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TEACHING EXPERIENCE

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**Physical Education Teacher** – Grades 1-5 **1995 – present**  
Deep Creek Elementary, Chesapeake Public Schools

Designed and developed a physical education program that promotes lifelong fitness and supports the core curriculum. Delivered staff development sessions to classroom teachers promoting physical activity during recess and active classrooms. Designed and maintained the school web site. Planned and coordinated school activities including; School Improvement, PTA programs, Field Day, Career Day, DCE Running Club and other exercise programs for students. Acted as grade level chairperson (1999-2001, 2003-2005, 2006, 2008-present). **Fall 2007**

**Adjunct Faculty Member** – PE 218 (Aquatics and Outdoor Education)  
Old Dominion University

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OTHER PROFESSIONAL EXPERIENCE

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**Diving Coach** **1996 - 2006**  
*Old Dominion University, Norfolk, VA*

**Staff Development Leader** **2002 – present**  
Designed and conducted a variety of staff developments for physical education teachers from more than 30 school divisions (and in 10 different states) that have focused on;

1. Effective teaching and learning practice
2. Integrating Core SOL content into physical education and other resources
3. Instant activity that maximize fitness and time on task
4. Technology use and integration
5. Effective techniques to maximize class management
6. Creative techniques to maximize school equipment and improve participation

**Leadership**

Team Leader (Health & Physical Activity Institute – James Madison U.) **2006 - present**  
Internal Coordinator for School Improvement (SACs Accreditation) **2007 - present**  
Chair of Outdoor Recreation Section of the Recreation Division in VAHPERD **2007 – 2009**  
Member of the AAHPERD/ AHA Joint Projects Committee **2009 - 2012**

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CERTIFICATIONS

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- First Aid and CPR **1995 – 2009**
- US Diving Safety Certification **2006 - 2009**
- Bike Smart Certification **2004 – present**
- Bike Smart Course Certified Instructor **2006 – present**

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AWARDS

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- Deep Creek Elementary Teacher of the Year **2002 - 2003**
- GeoFitness – VAHPERD Grant Award Recipient **2007**
- AHA – AAHPERD Jump Rope for Heart Grant Recipient **2008**
- VAHPERD Elementary Physical Education Teacher of the Year **2009**
- VAHPERD and Southern District AHPERD Jump Rope for Heart Coordinator of the Year **2009**