

# **2018 SHAPE VT Awards**

## **Outstanding Future Professional**

### **Kristina Knockenhauer - Castleton University**

Kristina is a senior Physical Education major, President of the Health and Physical Education club, and was a Student Orientation Leader in the year of 2018. She has been part of the Physical Education program for four years and part of the Health and Physical Education Club for four years.

## **Outstanding Future Professional**

### **Isabel Gogarty - Castleton University**

Isabel is a third-year dual license Health and Physical Education major. This will be her third year in the Health and Physical Education Majors Club and second year serving as Treasurer. Isabel currently serves as a Community Advisor, Student Ambassador and as Treasurer of Castleton's Student Government Association. She plan to pursue a Master's in Public Health Policy upon graduation.

**Physical Activity Leadership Award**  
**Scott Ellis - Thetford Academy**

Scott Ellis is a passionate outdoor educator who believes in the healing power of being in nature. He is currently the Outdoor Program Coordinator at Thetford Academy where he teaches an interdisciplinary, half day, project-based outdoor education course, leads weekend and after school outdoor recreation programs, coaches a cross country ski club, and heads summer wilderness expeditions and a trail crew. Scott received a degree in Environmental Studies from Prescott College in Prescott, Arizona. He has taught for the Boy Scouts of America, the Keystone Science School, the Greenwood School, Cardigan Mt. School and he was a manager for the L.L.Bean Outdoor Discovery School. Scott has been a frequent guest and fill-in host for a NH public television show called *Windows to the Wild* and he also runs a successful YouTube page called *Guide You Outdoors*. Overall, Scott strives to ignite academic curiosity and promote physical and mental health through outdoor exploration and recreation.

***Administrator Comment on Scott:***

*“Scott Ellis is the consummate outdoor leader; it’s in his blood. He promotes the discovered joy and the earned satisfaction in life from overcoming challenges found uniquely in out-of-doors experiences. His passion, along with his willingness to go the extra mile (literally!), is very nearly without limit as he works to find ways for the young and old to build both emotional and physical health through adventure and movement.”*

- *March Chabot*  
*Thetford Academy - Dean of Academics*

## **Health Teacher of the Year**

### **Sarah Chap - Spaulding Union High School**

Sarah Chap is in her tenth year teaching health education. She graduated from Norwich University in 2007 where she received her degree in Physical Education with minors in Biology, Health, and Coaching. Sarah began her teaching career at Barre Town Middle School teaching Health and Family Consumer Sciences. During her seven years at BTMES, Sarah volunteered on the school's health advisory committee, aided in the redesign and construction of the school's community garden, and acted as assistant coach for middle school girls soccer and basketball. Now in her third year at Spaulding High School, Sarah is a member of the trauma-informed practices team, acts as a PATH wellness leader, and serves as the district's health education professional development facilitator. Last year she was recognized by Vita-Learn as an IGNITED Educator for using technology in innovative and transformative ways in her classes. Sarah is an advocate for the skills-based health education approach and has helped Spaulding adopt the skills-based model. She recently completed her Master of Education from Southern New Hampshire University. Her action research focused on discovering how the skills-based health education approach affects student self-efficacy to take health-enhancing action. Sarah lives in Northfield with her partner, Joel.

#### **Administrators Comment on Sarah:**

Sarah has been a wonderful addition to the faculty of Spaulding High School. Sarah embodies creativity and has an innate ability to incorporate a blend of traditional pedagogy with new research that targets a student social and emotional needs. Sarah excels at integrating technology into her classroom in new and engaging ways, transforming how students learn and demonstrate their understanding and skills. *(Be sure to attend her presentation here at SHAPE)*, Sarah challenges her students appropriately and sets reasonable and fair expectations for their learning environment. She is constantly re-evaluating her teaching methods in order to give her students a well round Health education. Sarah has made it her mission to do thoughtful work and use best practices not only as a teacher, but also as a human being. Her sense of humor, compassion, and professionalism make her a rock star in this profession. She is truly an inspiration.

-Jesse Carpenter  
Spaulding Union High School

Elementary Physical Education Teacher of the Year  
Bryan Cupoli:

Rarely, with two feet on the ground, Bryan Cupoli's average day revolves around hopping, skipping, leaping, running, galloping, sliding, rolling throughout his classroom. Being a Physical Education Teacher is a profession that completely fits Bryan's personality. Since his youth, he was an athlete of various sports from soccer to baseball. However, growing up in a family of ski racers, he spent much of his time speeding down the slopes of Pico Mountain and eventually found himself pursuing a lifelong passion as an outdoor adventurer. A native from Proctor, VT, Bryan attended St. Lawrence University, receiving his BS in Psychology, before heading west to live and play in the 14,000-foot peak mountains of Telluride, Colorado. There, he grew his passion for the outdoors by back-country skiing, hiking and rock climbing. In 2008, Bryan returned to his home state of Vermont and embarked on his journey of becoming a teacher, completing the ACT II Program through Castleton University with a degree in Physical Education. After a year as a traveling PE teacher at Mount Holly, Bridgewater and Shrewsbury, Bryan was hired at his current position as the K-2 Physical Education teacher at Northeast and Northwest Primary Schools in Rutland City. As a teacher, Bryan is able to share his boundless enthusiasm for movement and you will hardly ever find him sitting for longer than 5 minutes. When not teaching, he is outside playing or working on his mountain home. He has carried on his tradition at Pico Mountain as a ski coach and he also coaches Rutland High School's rock climbing team. Bryan resides on a hill top in Chittenden with his wife Denise and two daughters, Adeline and Grayson.

**Administrators comment:**

"Bryan Cupoli stands out as a PE Teacher extraordinaire! Bryan masterfully engages students by integrating technology, music, physical education skills, and game application in order to make learning purposeful, joyful, and targeted to meet the developing needs of his young K - 2 learners at both Northeast and Northwest Schools. Students, colleagues, and families know their great fortune in having Bryan Cupoli as their PE teacher!"

-Loren Pepe & Susanne Engles

**Middle School Physical Education Teacher of the Year  
Michael Rowe - Rutland Town School**

Mike graduated from Keene State College in 1990 and has been teaching middle school in VT for 28 years. He is married and has 2 girls in college. Mike has taught at Manchester Elementary Middle School for 12 years and has been at Rutland Town School for the past 16 years. Over the years he has taught physical education, health education, and tech ed. Mike has been involved in athletics in many ways, he is the AD at Rutland Town School. He has also been involved in coaching for over 28 years, including head coach for College and Varsity lacrosse and several other middle school level sports. Mike is also the Recreation Director for Rutland Town. In his free time, Mike likes to ride his bike and enjoy the outdoors with his family.

Comment from Administration:

Mike Rowe has been a Health, Physical Education, Technical Education and Athletic Director at Rutland Town School for the past 16 years. He is a true life long learner and advocate for family health and wellness. He helped procure the funds and install a par course at our school last spring. He is often seen riding his bike to the town pool, cross country skiing with our middle school students, eating his lunch with our 8th graders, taking our Pre-K students for an extra movement block with our older students, chaperoning the annual 7th grade Chingachgook overnight field trip, organizing faculty vs. staff basketball games, and teaching engaging, innovative, student-centered lessons. He is an amazing teacher through and through, his hard work and commitment to students does not go unnoticed. Rutland Town School and the community is a better place because of Mr. Rowe.

- Sarah Tetzlaff  
Co Principal - Rutland Town School

**High School Physical Education Teacher of the Year  
John Olsen: Otter Valley Union High School**

John was born and raised in Rutland, Vermont, attended the Rutland Public School System where he was a member of many athletic teams before graduating from Rutland High School in 1974. John attended American International College in Springfield, Massachusetts for one year, then transferred to the University of Vermont where he graduated in 1979 with a B. S. Degree in Physical Education and a M. Ed. Degree in School Administration and Supervision in 1981. John was hired by Otter valley Union High School in July of 1981 making this his 38th year there, where he has coached a variety of both boys and girls athletic teams and was the P.E. Department Head for 23 years. This also marks John's last year of teaching, as he will be retiring in June of 2019.

Administrator comments:

*For more than three decades, Mr. John Olson has been a Physical Education teacher at Otter Valley, and during that time he has been a constant in the lives of thousands of Otter Valley students, both middle and high school. A huge constant for Olson are the relationships that he builds with all students. He builds those relationships in the hallways and cafeteria. He will ask questions and strike up conversations on any range of subjects, with all sorts of students, and the conversations end with a smile on the student's face. A nickname, a hearty hello, a comment about the Red Sox, all were ways that he let students know that he cared for them.*

*Some of the units and equipment have changed over the years. The cross country boots and skis have given way to the snow shoes, and the music seems to have changed a bit, yet John continues to bring the same level of investment and enthusiasm to each lesson.*

-Jim Avery  
Principal - Otter Valley Union High

**Distinguished Service Award**  
**Angeline Faraci - Peoples Academy**

Angie Faraci currently works as a full time 5-8 Physical Education teacher at People's Academy Middle Level (PAML) in Morrisville VT. She has been a physical education teacher for the past 21 years. In VT, Angie taught 5-8 PE for 15 years and 5-8 Health Education (for nine of the 15 years) at Browns River Middle School (BMRS). Before moving to VT in 2001, Angie taught physical education 9-12 at Johnstown High School, Johnstown NY from 1997-2001 and K-6 at Pleasant Street Elementary School from 1996-1997.

These professional experiences lead her to have many other roles and responsibilities at her various places of employment. In her time at BMRS Angie was Athletic Coordinator, Middle Level PE Curriculum Head for the district, Local Standards Board Member, Fun Committee member and Jump Rope for Heart Coordinator. She also served as Educational Support Team Coordinator (EST), Wellness Coordinator, and Paraprofessional. While at BRMS she helped create a non-profit organization with four middle school girls soccer players called "Soccer For Soles" which is a yearly 3vs3 soccer tournament that raise funds for an orphanage in Ronesa

Africa to field and outfit soccer teams and pay coaches. This past year the orphanage was able to field its first girls team. Currently, her role at PAML has her involved in the Local Standards Board, the Negotiations Committee, and the Coordinator for All-School Events. Angie also created and coordinates the Get Up and Move (GUM) before school PE program that takes place at PAML three days a week.

Angie is a passionate coach and has held many different titles in this position. Currently, in her third year, she is the Head Varsity Boys Soccer Coach at People's Academy High School (PAHS) and a Vermont United Soccer coach (VTUSA); both located in Morrisville. At PAHS, in Angie's second year, she led the team to Runner-up in the championship game of the State for Div III Boys Soccer. She was named 2017 All-League Coach of the Year and United Soccer Coaches 2017 VT State Coach of the Year for High School Boys Small School. Angie also runs a mentoring program between Hyde Park Elementary School Fall Soccer Program (HPES) and PAHS boys soccer team where the athletes train and coach the HPES soccer group one day a week plus coach and referee games. In the past, Angie spent 13 years working as a head coach for the Nordic Premier Soccer Club, one year as the Club Director of Operations, 13 years as the head girls soccer coach at BRMS for 7/8 grades, three years as Head Women's soccer coach at Johnson State College (Johnson, VT), and six years as the head girls varsity soccer coach and JV girls basketball coach at Johnstown High School in NY.

Angie has an Endorsement in Health Education for the State of Vermont, a Master's Degree in Curriculum Development and Instructional Technology from SUNY Albany, a Bachelor's degree in Physical Education from SUNY Cortland, a National Soccer Coaches of America National Diploma, and a USSF C License.

In Angie's spare time she enjoys anything active outside in the sun, morning crossfit classes, reading a good book, and just hanging out with her family. Angie resides in Hyde Park with her family; husband Vinny, sons Vance and Marcus, and dogs Reese (the lab/boxer mix) and Hercules (the chihuahua).

Administrators Comment on Angeline:

“Angie has created a renewed sense of energy and excitement about Physical Education at Peoples Academy Middle Level since she joined us last year. Her knowledge of her profession is extraordinary and her understanding of the vast developmental needs of the students in grades 5 - 8 is impressive! She gets kids and gets group behavior in a way that is few and far between. All students are involved in a way that is meaningful to them in Angie's classes, which are differentiated to meet the needs of all learners. Additionally, she has planned several new school-wide opportunities including a Get-Up and Move (GUM) program in the morning and friendly Teacher Advisory competitions periodically. We are happy to have Angie with us at PAML!”

-Karen Weeks

Principal - Peoples Academy (Middle Level)