

Tuesday

Session Pre-Conference 1 (.4 CEU)

Tour de Jeff City

Room Off Site - TUE 9:30 - 4:00

Spend time in the slammer as you tour the old Missouri State Penitentiary, get a behind the scenes look at the operations of Midwest Block and Brick and Capital Sand Company, and see new park developments in North Jefferson City. Lots of outdoor walking - dress appropriately. Lunch and transportation provided.

Presenter(s): JJ Gates

Session Pre-Conference 2 (.3 CEU)

PowerPoint - Tips & Tricks

Room Off Site - TUE 12:00 - 3:15

This class covers Microsoft PowerPoint 2003 tips and tricks. Topics include formatting text, adding tables, modifying objects, adding images, arranging slides, and transitioning slides.

Presenter(s): Lisa Scheulen

Session Pre-Conference 3 (.2 CEU)

Reducing Maintenance with Native Landscaping

Room 63 - TUE 12:00 - 3:00

Native Landscaping can reduce maintenance time and expense when the right plants are selected for a site. Shaw Nature Reserve has been studying and developing low-maintenance plantings and seedlings that reduce costs associated with labor, machinery, irrigation and chemicals. This session will provide you with the plants and landscaping methods you will need to reduce mowing and landscaping expense.

Presenter(s): Scott Woodbury

Wednesday

Keynote Presentation (.1 CEU) ML

The Glass Ain't Half Empty, It's Just Too Big

Room Salon B - WED 9:25 - 10:30

This is a humorous approach to a very serious subject and emphasizes that creativity is the key component in managing change. Learn change theory and creative exercises in this upbeat, fast paced program that will leave you laughing and with change management skills.

Presenter(s): Mark Mayfield

Session 1 (.1 CEU) P

Alternative Funding Options in a Strained Economy

Room 60 - WED 10:45 - 11:50

Explore a variety of funding options for your facility, program or new series of events. Discover available resource opportunities through grants, analyze program registration revenue opportunities, learn how to secure sponsorships and/or donations, utilize local means and find out how to get started. Many local triumphant stories will be shared.

Presenter(s): Betsy Saxer, Jende Smith, Laurie Roberts

Session 2 (.1 CEU) DVO

Turf Management on a Budget

Room 61 - WED 10:45 - 11:50

This session will cover turf fertilization, selecting proper cultivars for different applications, and other cultural management practices to increase turf quality and vigor in tough economic times.

Presenter(s): Brett McCubbin, Joe Overstreet

Session 3 (.1 CEU) DVO

Athletic Field Lighting Design

Room 62 - WED 10:45 - 11:50

This session will address aspects of athletic field design including: types of lighting, pole heights and set-backs, light levels, and uniformities, spill and glare, energy efficiency, and building code issues.

Presenter(s): Vaughn Blythe, Nick Donze

Session 4 (.1 CEU) P

Lee's Summit Safe Community Task Force

Room 63 - WED 10:45 - 11:50

This session will educate on how the Safe Community Task Force is being used to promote safety within the community while utilizing Crime Prevention Through Environmental Design (CPTED) concepts.

Presenter(s): Joe Piccinini, Mark Dunning,

Session 5 (.1 CEU) P

A Prescription for Successful Program Planning

Room 64 - WED 10:45 - 11:50

Have you ever planned a program that failed to draw in participants the way you thought it would? If you answered "yes" than this session is for you! This engaging, exploratory session will present information on how understanding participants' values can lead to more effective program planning.

Presenter(s): Dr. Sue Myllykangas, CTRS, Dr. Alice Foose

Session 6 (.1 CEU) ML

Momma Told Me There'd Be Days Like This

Room 74/75 - WED 10:45 - 11:50

Stressed out? Lethargic? Burned out? This program will help you solve those ills by learning five behaviors that will balance your life and by learning techniques to deal with your biggest stressor... people! This session is high on content and high on hilarity.

Presenter(s): Mark Mayfield

Session 7 (.1 CEU) P

Advertising on Cable Television

Room 76/77 - WED 10:45 - 11:50

We will discuss how consumers gather information and in turn, how they consume media. Media affects all decisions in today's environment. Learn how cable advertising can impact your agency in this complex arena.

Presenter(s): Stacy Coriasco

Thursday

Session 8 (.1 CEU) DVO

Inclusive Playgrounds: Designing Play Environments for People of All Abilities

Room 60 - THUR 8:00 - 9:05

Inclusive playgrounds bring people of diverse abilities, ages, and backgrounds together to engage in rich and equitable play experiences. Come explore how to plan and create universally designed play environments that promote social and physical inclusion of children, families, and community members- creating a truly embracing play experience for all!

Presenter(s): Lindsay Richardson

Session 9 (.1 CEU) P

Jefferson City Kids Get Fit!

Room 61 - THUR 8:00 - 9:05

Overview of Central Missouri WECAN (Ways to Enhance Children's Activity and Nutrition) Coalition, including community projects and school pilot projects. East School principal and PE teacher will give overview of physical activity and nutrition interventions implemented in their school.

Presenter(s): Melinda Ridenhour, RD, LD, Julie Martin, Rob Clark

Session 10 (.1 CEU) ML

Developing Your Potential: Lessons in Leadership

Room 62 - THUR 8:00 - 9:05

This session helps you define your leadership role. You will examine how leaders communicate the organization's mission and vision and perpetuate a culture where people are encouraged to think for themselves and assume greater responsibilities.

Presenter(s): Dewey Thompson

Session 11 (.1 CEU) ML

Time Management

Room 63 - THUR 8:00 - 9:05

Do you ever feel that there is just not enough time in the day to get everything done? This session helps you examine your organizational skills, priorities, individual values and beliefs and how to make the most effective use of your time. Learn how time wasters can impact your productivity and strategies to more effectively overcome them. Additionally, you will examine the connection between time management and stress management.

Presenter(s): Rae Lee

Session 12 (.1 CEU) AQ

Aquatic Therapy for Children with Special Needs

Room 64 - THUR 8:00 - 9:05

Discover the benefits of Aquatic Therapy for children with special needs such as cerebral palsy, Down's Syndrome, developmental delay and autism spectrum disorders, in addition to discussing ways to set up the perfect facility for aquatic therapy programming.

Presenter(s): Jeff Bartley

Session 13 (.1 CEU) ML

NRPA Recommended Guidelines for Criminal Background Checks

Room 74/75 - THUR 8:00 - 9:05

NRPA has defined a comprehensive national criminal background check for employees and volunteers working in parks, recreation, and conservation agencies. Understand the steps required to meet both the NRPA Guidelines and the Standards for agency accreditation (CAPRA).

Presenter(s): Byron Palmer

Session 14 (.1 CEU) ML

Answers to Our Questions, MPRA's Research Initiative

Room 76/77 - THUR 8:00 - 9:05

In 2009 MPRA set out to answer questions about how Missourians view parks, recreation and open space. What is it they really value and what are their attitudes about their parks? Before the results were in we realized that not only would MPRA and a number of other agencies benefit from the study, but we as practitioners would benefit the most. Join us for a panel discussion on the survey results and what this means for you as a parks and recreation professional. Learn how to use the research to advocate and communicate the benefits of parks and recreation in your community.

Presenter(s): Susan Trautman, Mary Donze, Janet Snook

Session 15 (.1 CEU) DVO

Comp Plan, Park Plan Getting the Most Out of Both

Room 60 - THUR 9:20 - 10:25

Using the case study of Hannibal, MO, the session will explore the potential of using the comp plan process to make park planning decisions and vice versa. It includes planning discussions as well as public involvement approaches helpful to community decision making.

Presenter(s): Dick Horton, Steven Rhodes

Session 16 (.1 CEU) DVO

Concrete 101

Room 61 - THUR 9:20 - 10:25

Concrete 101 is a concise overview of concrete basics. The class is conducted without techno-science-hard-to-understand language, but rather easy to understand plain English. Information covers materials, proper mixes, curing, concrete admixtures, slump and precautions to take to ensure freeze/thaw durable concrete for exterior use in the Midwest. Walk away with a basic understanding of concrete to use in your everyday work in the parks and recreation world.

Presenter(s): Tom Baird IV

Session 17 (.1 CEU) ML

Fostering Empowerment and Accountability

Room 62 - THUR 9:20 - 10:25

As organizations are required to do more with less, employees must be empowered to make the ethical decision they need in order to achieve success. This course focuses on how to build an environment and motivational tools to empower your employees to take on more and more responsibility for their own work lives. Learn how to create a work team that can realize its full potential through leadership, effective delegation, motivation, and accountability.

Presenter(s): Dewey Thompson

Session 18 (.1 CEU) ML

Getting the Most Out of Your Job

Room 63 - THUR 9:20 - 10:25

Are you fully maximizing your potential at work? Do you leave work feeling energized knowing you have made a difference in the lives of others, or do you leave feeling drained? In this session we will explore how you can get the most out of your job through hands-on activities designed to help you maximize your career.

Presenter(s): Rae Lee

Session 19 (.1 CEU) AQ

Lifeguards Becoming "Super"visors

Room 63 – THUR 9:20 – 10:25

This session will go over some processes of promoting Lifeguards to be Supervisors in order to prepare the Supervisors for their new role during an often times difficult transition.

Presenter(s): Jennifer Upah, Adam Peper

Session 20 (.1 CEU) P

Building Blocks for a Successful Inclusion Experience

Room 74/75 - THUR 9:20 - 10:25

Everyone has the right to participate in and enjoy recreation programs in their community. Do you have the right tools and resources to ensure this is a successful and positive inclusive recreation experience for every participant? This session will teach you how to provide that positive inclusive recreation experience for people with disabilities. We will look at some of the issues that have been successfully resolved as well.

Presenter(s): Terri Johnson CTRS, CPRP

Session 21 (.1 CEU) ML

Difficult Conversations & Fostering Relationships

Room 76/77 - THUR 9:20 - 10:25

Ever been in a situation with a customer or parent where you did not know what to say? Ever had to deal with a supervisor or employee where you didn't know how to get your point across? Learn how to handle these and other difficult situations and conversations more effectively.

Presenter(s): Scott Garrie, John McLain

Session 22 (.1 CEU) DVO

Project Management Pitfalls for Small Capital Projects

Room 60 - THUR 10:40 - 11:45

Many people think project management is important for large scale capital projects. However, many times it is the smaller projects that can cause serious issues. This session will explore useful steps to run a small project smoothly and review pitfalls of real projects that did not.

Presenter(s): Tod Stanton

Session 23 (.1 CEU) P

Program Lightning Round

Room 61 - THUR 10:40 - 11:45

Join other park and recreation department programmers for a mini idea-fest that is fun, fast and energetic. They will share their programs with you, what does and doesn't work and answer questions on how they can be adapted to fit your community. This is an interactive session, so feel free to bring program handouts that you would like to share.

Presenter(s): Angie Toeppen

Session 24 (.1 CEU) ML

Embracing Organizational Change

Room 62 - THUR 10:40 - 11:45

Just like we say about the weather, "If you don't like the way things are today, just wait till tomorrow." For years, change has been the only constant, and from the looks of things, will probably remain that way. And if it's not happening directly to you, it's happening to your neighbor. The most difficult task many of us will ever undertake is adapting to change. This workshop will teach the skills that can help you and others in your organization adapt to change.

Presenter(s): Dewey Thompson

Session 25 (.1 CEU) ML

Dealing with Stress

Room 63 - THUR 10:40 - 11:45

Stress management in the workplace requires more than helpful tips. We're pulled in multiple directions. The line between work and personal life is blurred. As a result, the consequences of stress in the workplace come from what is happening to each of us both on and off the job. Through highly interactive learning, participants will learn stress management training tools. As supervisors learn how to deal with their own stress, organizational skills will be improved so that fewer things "fall through the cracks."

Presenter(s): Rae Lee

Session 26 (.1 CEU) AQ

Aquatic Facilities: Smart Plan, Smart Facility, Smart Decision

Room 64 - THUR 10:40 - 11:45

The cost of aquatic facilities is continually increasing. Not only are the construction costs rising, but so are the operating costs. The speakers will look at some of the main factors that influence these costs and share examples showing the changes that have happened during the past several decades.

Presenter(s): Kevin Post, Steve Crocker

Session 27 (.1 CEU) P

Missouri's Obesity Burden: Why Health Funders Want to Partner with Parks and Recreation

Room 74/75 - THUR 10:40 - 11:45

Missouri currently has the 13th highest rate of adult obesity in the nation and 31% of our children ages 10-17 are overweight or obese. We have a problem and Parks and Recreation is a critical partner in the solution. This session will explore Missouri's obesity issue, response around the state, and evidence demonstrating the importance of parks and recreation programming and facilities in increasing physical activity and improving health.

Presenter(s): Amy Stringer Hessel

Session 28 (.1 CEU) DVO

Master Planning For Small Communities

Room 76/77 - THUR 10:40 - 11:45

Now, more than ever, you need to have valid Master Plans in place to help your agency move forward. This comprehensive session will give an overview of what should be included in planning for small communities, the different types of plans you can complete, what they contain, when to do which type, and how to get them done well with the least amount of resource investment. You'll learn why there is no one single Master Plan template for agencies, how planning affects your revenue streams, and how to determine what all you need done. Sample documents will be provided.

Presenter(s): Pat O'Toole

Session 29 (.1 CEU) ML

Dealing with Conflict

Room 62 - THUR 1:30 - 2:35

The differences in people can promote creativity and innovation. However, these same differences can also escalate into conflicts when heavy workloads lower tolerance levels, when assumptions about the motives behind the actions of others are made, and/or when people have opposing goals or views. This session provides information on how to assess the different stages of conflict and tools on how to reduce conflict.

Presenter(s): Dewey Thompson

Session 30 (.1 CEU)

Meeting Facilitation ML

Room 63 - THUR 1:30 - 2:35

Every good meeting has certain qualities: a purpose, an agenda, participants who understand their roles, and most importantly, an effective facilitator. This session will teach tools and techniques that will help you conduct good meetings.

Presenter(s): Rae Lee

Session 31 (.1 CEU) DVO

NatureGrounds: Best Practice Design for Naturalized Playgrounds

Room 60 - THUR 2:50 - 3:55

Research reveals a strong link between children's experiences of nature and their overall development and psychological well-being. It is critical to reconnect children with nature through innovative design and play opportunities. Come explore best practice guidelines and resources available for creating naturalized playgrounds that benefit children, families, and communities.

Presenter(s): Lindsay Richardson

Session 32 (.1 CEU) DVO

Rain or Shine: A New Environment for Parks

Room 61 - THUR 2:50 - 3:55

Water quality and conservation is a major topic in many communities. The interconnectivity of water, wildlife, plants and air present opportunities for improved quality of life in our communities. Parks play a key role in educating the public while serving critical environmental needs. Project case studies and funding will be discussed.

Presenter(s): Ted Spaid, Susan Trautman

Session 33 (.1 CEU) ML

Business Writing

Room 62 - THUR 2:50 - 3:55

Effective writing skills are essential in today's organizations. With the increased use of technologies such as the Internet and e-mail, good business writing skills are now more important than ever to compose clear, accurate, and understandable messages. This session will get you back to the basics by focusing on sentence structure, grammar, and punctuation while equipping you with the skills you need to communicate effectively with both internal and external customers.

Presenter(s): Dewey Thompson

Session 34 (.1 CEU) ML

Negotiation Skills

Room 63 - THUR 2:50 - 3:55

By developing negotiating skills participants will become more confident, assertive, motivated, achieve better working relationships and obtain more win-win deals. The workshop examines and evaluates the different styles of negotiation available and helps participants understand how to use the skills needed to become expert negotiators.

Presenter(s): Rae Lee

Session 35 (.1 CEU) AQ

Understanding the Aquatics Customer

Room 64 - THUR 2:50 - 3:55

An overview of the design needs for all aquatic customers. Understand the needs of children, adults, senior citizens, swim teams, facility operators, programming managers, maintenance managers, and other special interest groups using your pool.

Presenter(s): Kyle McCawley, Andrew D. Smith, P.E.

Session 36 (.1 CEU) P

Programming Revenue Streams & Customer Equity

Room 74/75 - THUR 2:50 - 3:55

In deciding the value of a program or service, it is important to know the value of the customer base now, and in terms of future revenues. Participants will learn ways to increase customer equity and revenue by programming through customer-centered strategies.

Presenter(s): John McLain, Scott Garrie

Session 37 (.1 CEU) DVO

What Not To Do When Planning and Designing Trails!

Room 60 - THUR 4:10 - 5:15

This session will focus on learning from those who have attempted to plan or design a trail system and issues that they have run into. Items to be covered will be based upon "what not to do" in the planning, design, construction and maintenance and operations aspects of trails.

Presenter(s): Steve Rhoades, Charlie Barr

Session 38 (.1 CEU) P

Strategic Program Planning

Room 61 - THUR 4:10 - 5:15

This session will explore different program budgeting theories and give participants hands on experience in developing program justifications and evaluations. Participants will have worksheets and samples of program budgets and completed strategic program plans.

Presenter(s): Dottie Phillips

Session 39 (.1 CEU) ML

True Colors

Room 62 - THUR 4:10 - 5:15

True Colors defines four temperament groups and how they handle the change process. Some people embrace change, others need to be convinced, and others require a sustained, supportive process that leads to change. Based on Carl Jung's theory and the Myers-Briggs Type Indicator, and refined by David Kiersey, True Colors defines your communication style and how you and others handle change.

Presenter(s): Dewey Thompson

Session 40 (.1 CEU) ML**How to Have Fun at Work****Room 63 - THUR 4:10 - 5:15**

Having fun at work is serious business. In this session we will explore the benefits of integrating fun into your daily life, both physically and psychologically. In addition, we'll help you create an action plan for adding fun at work to your work day. This session is beneficial for all employees, regardless of your position in the organization.

Presenter(s): Rae Lee

Session 41 (.1 CEU) AQ**H2O Team Building Initiatives for Aquatic Staff Training****Room 64 - THUR 4:10 - 5:15**

Team building initiatives have a long standing history on land but moving them to an aquatic environment creates a whole new opportunity for problem solving, communication, team work and fun to your annual or ongoing aquatic staff training.

Presenter(s): Dr. Keith Ernce, Marc Baker

Session 42 (.1 CEU) P**Building a Healthy Community - ACHIEVE Grant 2009****Room 74/75 - THUR 4:10 - 5:15**

This session will describe how the O'Fallon Parks and Recreation Department has formed a coalition with other leaders in the community to assess and take steps to improve the health and wellness of the community as a whole. No matter how healthy or not so healthy your community may be, little changes do matter and in many cases, these little changes can lead to much bigger changes that will have an impact on citizens of all ages and demographics.

Presenter(s): Ty Joyce, Shelley Reed, Heather Escobar

Session 43 (.1 CEU) ML**Repositioning: A Strategy to Improve Public Perceptions and Funding for Parks and Recreation****Room 76/77 - THUR 4:10 - 5:15**

Especially in tough budget times, public parks and recreation need to be perceived as essential services that deserve sustained funding from central sources. This session will describe a philosophy and specific strategies for changing the way citizens and elected officials view the importance of parks and recreation relative to other community services.

Presenter(s): Andrew T. Kaczynski, PhD, Mark L. McHenry

Friday

Session 44 (.1 CEU) P

Urban Parks: Contributions to Physical Activity

Room 60 - FRI 8:00 - 9:05

This session will focus on the importance of parks to physical activity. Presenters will share data from a study examining physical activity behaviors in four Kansas City, Missouri parks through systematic observations and visitor surveys. A discussion of factors that constrain and facilitate park-based physical activity will follow.

Presenter(s): Sonja A. Wilhelm Stanis, Andrew T. Kaczynski

Session 46 (.1 CEU) P

The Top 10 Distinctions of Generation NeXt

Room 62 - FRI 8:00 - 9:05

This interactive session will explore the top 10 aspects that distinguish the Generation NeXt cohort. The goal is to share experiences, concerns, and exemplary practices that will recruit, retain, manage, connect, and motivate Generation NeXt employees and participants.

Presenter(s): Alice K. Foose

Session 47 (No CEU) P

The Benefits Of Yoga

Room 63 - FRI 8:00 - 9:05

This presentation will provide a general overview of yoga and emphasize its benefits. Learn the ease of starting a yoga program in your community or enhancing the program you have in place. There will be time for Q/A and a demonstration of general yoga postures and simple relaxation techniques.

Presenter(s): Megan Driscoll

Session 48 (.1 CEU) P

Adaptive Programming

Room 64 - FRI 8:00 - 9:05

Adaptive programming offers many options, such as one-on-one lessons, group adaptive and inclusive classes. The keys to success are: 1) passionate, well-trained staff 2) ability of the facility and faculty to adjust to different sets of circumstances and ever-changing situations 3) creating an inviting environment.

Presenter(s): Lynn Howard, Betsy Saxer, Kim E. Glessner

Session 49 (.1 CEU) DVO

Implications for LEED Certification on Your New Facility

Room 60 - FRI 9:20 - 10:25

Learn about design impacts and the long-term financial consequences of implementing environmentally sound features in renovation or building recreation facilities. Benefits include reduced energy cost, reduced maintenance, favorable publicity, and increased user comfort. Specific strategies and graphic and/or case study examples for natatorium spaces, fitness rooms, community spaces, and site design related to operations, day lighting, and user comfort are addressed.

Presenter(s): Dave White, Michael Pratl, AIA

Session 50 (.1 CEU) ML

Money Handling

Room 61 - FRI 9:20 - 10:25

You have been entrusted with taking care of peoples' money! You are counted on to handle this responsibility as the important task that it is and to make as few errors as possible. In this session you will learn how to manage your cash supply, handle cash transactions, detect fraud, and prevent errors.

Presenter(s): Gwen Truitt

Session 51 (.1 CEU) ML

Three Signs of a Miserable Job: Getting the Best from Part-Time Staff

Room 62 - FRI 9:20 - 10:25

Based on Patrick Lencioni's book by the same name, this interactive session teaches managers to clarify staff responsibilities by relating them to expectations of leadership. Originally presented as an in-service for swim instructors, supervisors can adapt this workshop to meet the needs of varied recreation disciplines and motivate exceptional performance.

Presenter(s): Stephane Rebeck-McCormick

Session 53 (.1 CEU) ML

Skin Cancer Prevention & Detection

Room 64 - FRI 9:20 - 10:25

Skin cancer is highly curable if detected in its early stages. Learn the best way to detect skin cancer early and recognize changes in skin growths or the appearance of new growths. The sun is the primary source of excessive UV radiation, which is the cause of the vast majority of skin cancers. Immediate adverse effects of excessive exposure are sunburn and eye damage, whereas long term effects include premature aging of the skin and skin cancer. Fortunately, skin cancer is one of the most preventable forms of cancer. Come learn tips on how prevention is the best medicine.

Presenter(s): Lisa B. Althoff, MBA

Session 54 (.1 CEU) P

New Ideas to Get Your Community off the Couch

Room 60 – FRI 10:40 – 11:45

As we integrate programming, education, planning, and design, there are many ways to encourage activity in our communities. This can be through ease of access, providing programs and educational activities, enhancing necessary use, or just creating delightful attractions. This session will highlight trends related to getting kids back to enjoying the outdoors, helping with obesity and health issues, and integrating electronics into outdoor activities. Examples will include successful design, planning, programming, implementation and funding ideas from other communities.

Presenter(s): Pat O'Toole

Session 55 (.1 CEU) P

Exploring the Benefits of a Strategic Partnership with the SilverSneakers Fitness Program

Room 61 - FRI 10:40 - 11:45

Learn how partnering with Healthways SilverSneakers Fitness Program can benefit you and your members. Three class demonstrations will be included. Hear how a current partner in the parks and recreation field has benefited.

Presenter(s): Kim Glessner

Session 56 (.1 CEU) ML

Utilizing Technology to Maximize Public Feedback

Room 62 - FRI 10:40 - 11:45

The tools available to gather community feedback today are ever changing. This session will focus on how to use technology, from old fashion methods to modern technology applications in developing survey instruments. We will then explore how to blend the different data sets to maximize input into a comprehensive picture of your community needs.

Presenter(s): Tod Stanton, David Emanuleson, Ph.D

Session 57 (.1 CEU) AQ

Lifeguard Discipline vs. Lifeguard Discipline

Room 64 – FRI 10:40 – 11:45

This session will advocate both the intrinsic discipline that lifeguards need and the external accountability lifeguards need from management. Both are very different but need to work in conjunction to make your staff efficient. This session will touch base on the different ways to implement accountability with your lifeguard staff and also provide them with intrinsic motivation.

Presenter(s): Adam Peper

Session 58 (.1 CEU) AQ

New Aquatic Features

Room 64 - FRI 10:40 - 11:45

There are many popular features and attractions that are being implemented into modern aquatic centers. In this session, design professionals will share information on features that are being embraced in new aquatics centers, as well as, many innovative features that have just been unveiled by manufacturers.

Presenter(s): Jeff Bartley