

*Connecting with Kids of Cornell Cooperative Extension
Herkimer, Madison and Oneida Counties presents:*

**Part I: Creating Healthy Child Athletes:
Body, Mind and Spirit**

Thursday, February 27, 2014

6:00-8:00 p.m.

Herkimer County Community College Auditorium
Robert McLaughlin College Center
Reservoir Rd, Herkimer

- ⇒ Kids should have at least sixty minutes of physical activity per day. Knowing how to maximize a young persons' enthusiasm for physical activity will help create healthier youth as well as help you be a better coach. Learn how to motivate our young people to want to be more involved in sports and physical activity. Being able to relate to our young athletes and knowing what makes them tick are all things that as a coach we need to be able to figure out. From different techniques to incentives, you will learn how to be a better coach and thus improve the lives and wellbeing of the youth you work with.
- ⇒ How can we support our youth in ways that promote positive risk-taking, resilience, and achievement? Why do adolescents take so many risks anyway? What can communities, families,

and friends do to help keep them safe, happy, and productive? This interactive presentation will highlight what we know about supporting our teens and youth.

We will explore tools and resources designed and proven to support those youth either approaching or passing through this dynamic stage of development. We will review an *Adolescent Development Toolkit* developed by 4-H and Cornell Cooperative Extension educators from across New York State for use with various audiences. Through this tool and related activities, our goal is to assist the development of a *safety net* that offers resources, opportunities, and supports to our developing youth. In addition, social-emotional needs of youth and adolescents will be highlighted with suggestions for promoting wellness in this area.

Our keynote speakers, Nigel Gannon & Dan Stalteri, will share their ideas and research on how to Create Healthy Child Athletes.

Please register by Tuesday, February 25, 2014

You may call the CCE Herkimer County office with your registration at (315) 866-7920 or register online at https://reg.cce.cornell.edu/FebruaryConnectingWithKids_221 or email your information to herkimer@cornell.edu. Please indicate what agency or school district you are from, a daytime phone number and the name(s) of those attending.

Mark Your Calendar!

Part II of Creating Healthy Child Athletes will be held on Thursday, March 27 at Cornell Cooperative Extension of Oneida County

In an effort to cut down on costs, this flyer is being sent out to only one person in each agency.

Please post or distribute to others in your agency. You may copy this flyer with our permission.

We would like to email as many flyers as we can. To be included in future mailings, email herkimer@cornell.edu with your email address and we will add you to the e-list, CWK-HerkOneidaMad-L.

NON PROFIT
US POSTAGE PAID
Herkimer, NY 13350
Permit No. 25

Cornell Cooperative Extension
of Herkimer County
5657 State Route 5
Herkimer, NY 13350

Connecting



with Kids

Presents:

Part I:

**Creating Healthy Child
Athletes: Body, Mind &
Spirit**

A free workshop for people
who live and work with
school-age children and youth

Sponsored by
Cornell Cooperative
Extension of
Herkimer, Madison,
and Oneida Counties

*Connecting with Kids is
supported by a grant from
the Slocum-Dickson Foundation*

Our presenters:

Nigel Gannon is the Healthy Living Program Specialist for New York State 4-H Youth Development. Nigel joined the 4-H State Office team in June 2012. In this position, and in partnership with Cornell Cooperative Extension educators and volunteers, Nigel is promoting a holistic view of health that supports healthy eating, active living, positive risk-taking, and social-emotional wellness. Nigel has twenty years' experience in education and youth development as an educator, advisor/mentor, and researcher. He earned his doctorate in Sociology from the University of Chicago with a focus on adolescent mental health, secondary education, and urban sociology.

Dan Stalteri serves as the Associate Head Coach of the HCCC Softball Team and is also the Head Varsity Softball Coach at Herkimer High School. He is the 2013 National Coaching Staff of the Year and helped bring the Herkimer General Softball Team its first National Championship in 2013. In his first season at the helm in Herkimer his Magicians went to the NY State Section III, Class "C" finals, and in 2012 finished with a record of 20-2 capturing a CSC-Division II Title and a #1 seed in Sectional playoffs. Dan has also coached at the JV, and modified levels. He rounds out his coaching resume as the Herkimer U16 and U18 summer softball coach, having served in these positions for the past eleven seasons. He has also been the president of the Herkimer Girls Softball League from 2005 to 2010. Coach Stalteri graduated from Herkimer High in 1983, having played three seasons of varsity baseball. His teams won two divisional championships and a Section III title. He has an associate degree from Herkimer County Community College and a bachelor's degree from Utica College of Syracuse University. Dan is employed by Hummel's Office Equipment Company as the Vice President of Furniture.