

## 2011 INSTRUCTOR BIOGRAPHIES

(in addition to Committee members)

**Gareth Allum** Gareth is originally from New Zealand. He has taught 15 years in international schools as a physical educator. He is currently in ABA Muscat Oman and is the Athletic Director/Department head. Gareth has played in 30 rugby international tournaments for the Arabian Gulf and 8 IRB sevens tournaments. He is a professional rugby and cricket player/coach

**Darren K. Avrit**, a 17 year veteran of teaching and coaching. He has taught at every level of education from pre-K through college and has been a presenter at numerous conferences and workshops across the state and nation. He began his career with the San Luis Coastal Unified School District as an elementary physical education specialist while coaching high school soccer and baseball. He taught elementary physical education for 6 years during which time he was honored by the California Association for Health, Physical Education, Recreation, and Dance (CAHPERD) as "Physical Education Teacher of the Year" for California (2001). He switched roles the next year and began teaching Junior High school for the Orcutt School District, teaching 7th and 8th grade physical education and health. After two years he transferred to the University of La Verne at their Central Coast Campus Site and has become an Assistant Professor and Assistant Chair for the Liberal Studies Program. He currently coaches Youth Soccer, Youth Little League, and Certified National Schools Program Coach for The First Tee Program.

**Anna Brennan** B.S. Nutrition- California Polytechnic State University 2006. Teaching experience includes:

- Fit for Pregnancy program
  - Developed and implemented all lessons
  - 47 Lessons
  - 12 lessons in Spanish
- Choose to Lose for Women's program
  - Developed and implemented all lessons
  - 18 lessons
- Fit Moms, Choose to Lose for Women and Fit for Pregnancy orientation sessions
  - Discuss all avenues of program criteria to inform potential participants prior to consenting of program

Speaking experience:

- Hands on Health 2009- presentation on benefits of gastric bypass surgery
- College of Science and Math Research poster presentation- May 2011

**Lorraine A. Crane, M.A., C.Y.T.** A graduate of CSULB, B.A. Kinesiology, Certificate Outdoor Education, M.A. KPE Curriculum & Instruction, Lorraine teaches Aerobics and Physical Education at Pacifica High School, OUHSD. During her time at Pacifica, she has established and implemented the Aerobics Program, Outdoor Education, Staff Fit Club, and the Staff Yoga Class. Teaching assignments have included Health, Physical Education, and Personal Growth & Development. Serving as P.E. Dept. Chair (2006-present), she is the Fitnessgram Testing Site Coordinator, a member of the WASC Writing Team/Leadership Team (2005-2010), and serve on various District level committees, including the Wellness and Curriculum Committees, respectively. Coaching for Triton Athletics includes Girl's Wrestling and Girl's Volleyball. Outside of Pacifica, she has enjoyed teaching Yoga at California Lutheran University for the Upward Bound Program and within the local community.

A desire to incorporate the many benefits of Yoga within the Pacifica Aerobics Program, led to Yoga Certifications including: Yoga Ed 40 Hour P.E. Training & Certification (2007) and Yogaworks 200 Hour Training & Certification (2008). An active member of Pi Lambda Theta, CAHPERD, AAHPERD, and CSADA, I have presented at CAHPERD (2007, 2008 - Staff Fit Club) and PEACH (2008, 2009 – Yoga and Orienteering), and is excited to return for a third year, as Yoga Instructor. She looks forward to supplying you with progressive and insightful asana practice that will assist you in adapting Yoga to your Physical Education Curriculum!

**Mark Davis** has been a Professor in the Department of Exercise Science, Arnold School of Public Health at the University of South Carolina since 1982. He is also Director of the Immunology, Biochemistry and Behavior Laboratory, Davis has shown tremendous strength in his research interests, which involve exercise physiology, immunology, and nutrition as related to mental and physical performance and health. Prior to his time at USC, he was a Post-Doctoral Fellow at Mt. Sinai Medical Center in NY. Davis received his Ph.D. in Exercise Physiology/Neuroscience from Purdue University and his Bachelor of Science in Physical Education from Cal Poly where he also played football and was inducted into the Cal Poly Athletic Hall of Fame in 2008. Throughout his career, he has authored more than 140 scientific publications and has received numerous research grants from government and private entities, including the National Institutes of Health, the Department of Defense, and the American College of Sports Medicine, and the Gatorade Sports Science Institute, among others. He has also received prestigious awards such as the Henry Montoye Scholar Award from the American College of Sports Medicine, and the Outstanding Research Award from the School of Public Health at the University of South Carolina (1994). Additionally, Davis is a Fellow in the American College of Sports Medicine (ACSM) where he was previously an Executive Board member and President of the Southeast Regional Chapter. He was recently honored to be chosen to give the President's Lecture at the 2010 ACSM national conference. He has worked as scientific consultant for various nutrition/beverage companies, including Gatorade and more recently FRS.

**Rick Ellis** Rick grew up in Southern California. He was three sport athlete at Mater Dei High School playing football, baseball and track. Rick played college football at St. Mary's, in Moraga, CA and graduated with a degree in United States History. Currently, Rick is a social studies and fitness teacher at Saratoga High in Saratoga, CA. He also coaches the strength and conditioning program after school. He has a California teaching credential in Social Studies and Physical Education. He is Crossfit level 1, Crossfit Kids and Crossfit Football certified.

**Shannon Hutchins** Shannon played four years of high school and club volleyball. She attended Brigham Young University where she continued to play intramural volleyball and coached club. She has coached club volleyball for seven years. She has run summer camps for Gold Medal Squared for four years. She is currently the freshman volleyball coach at SLO High School. Her husband Justin is an assistant coach at Cal Poly.

**Eileen Rogers** Eileen is a Physical Education/Health Teacher, Coach and Athletic Director at Lillian Larsen School, San Miguel. She is the 2011 CAHPERD Health Educator of the Year, the 2010 CA Governor's Council of Fitness and Sport Bronze Medalist TOY and the 2011 Director of 38<sup>th</sup> Annual Elementary Physical Education Workshop.

Eileen has 34 years in educations – 31 at the same school: K-8 PE Specialist, English 6-8, AVID Coordinator and Elective Teacher, School Health Clerk 8 years (gratis to help district budget balancing act and meet mandated costs, MAA, etc.). Director of the BUZZ Marathon – a healthy, active fundraiser for the school's athletic program since the district gives verbal but not financial support to athletics. Facilitator of Healthy Hornets a program for youth advocates grades 6-8 trained to keep primary and intermediate playgrounds active, K-8 students educated on nutrition, assist the Farm to School and garden program on campus called Soils to Succulent Flavors, and work with farmer's market for taste testing twice per month. The Healthy Hornets have done research and development on two projects and have presented in the classroom and in the community called Rethink Your Drink and Dump the Junk. They earned a county award as Mentor of the Year in Obesity Prevention. As part of Michelle Obama's "Let's Move" the Youth Advocates were featured in the SLO County version called Eat Fresh and Move in the Fresh Air this spring. They are being featured at the county fair on Sunday, July 24 with the Soils to Succulent Flavors and the Sunset Garden Grant Award our school received and is planting this summer.

**Lou Wegener**, a Michigander, has taught for 33 years. Seven of those years were spent in Michigan and California. He has also taught on five continents for twenty-six years in various international schools (Spain, Nicaragua, Colombia, Peru, Thailand, Egypt, and China). He has been an elementary classroom teacher, middle school social studies and English teacher, high school English teacher, athletic director, and, for the past twenty years, he has been a middle school physical education teacher. He has coached a variety of sports at all levels the past forty years. He currently resides in Shanghai, China, where he and his wife, Linda, teach at the Shanghai American School. Lou is passionate about teaching physical education and motivating his students to live a healthy and active lifestyle. This is his second year at PEACH.