SECTION III

RESOURCES

Motor Ability, Perceptual-Motor Development, and Psychomotor Test Items

These items and activities can be used in assessing motor performance, including fine motor and perceptual motor.

Balance Dynamic/Static

Balance board activities
Beam/Rail/Bench walks
Bounce board activities
Locomotor activities
Stepping stones

Stunts/Self-testing activities

Balance Object

Carry object
Finger/Band activities
Stick activities

Fine Motor Coordination

Grasping Gripping Manipulating

Gross Motor Coordination

Eye-Foot Climbing

Kicking activities

Motor planning/sequencing

Rope jumping

Gross Motor Coordination

Eye-Hand

Ball/Bean bag activities Catching/throwing activities Manipulative/Manual activities Motor planning/sequencing Target activities

Gross Motor Coordination

General

Calisthenic activities
Tumbling/Apparatus activities

Gross/Motor Fundamental Movements

Batting Bouncing Catching Climbing Crawling Dancing Galloping Hopping **Jumping** Kicking Landing Leaping Lifting Marching Pulling **Pushing** Rolling Running Sliding Skipping Standing Striking Swinging Throwing Tossing Walking

Balancing

Miscellaneous

Agility

Conceptual activities

Endurance (Cardiovascular and muscular)

Rhythm Speed Strength

ASSESSMENT TOOLS

The following instruments are examples of assessment tools commonly used.

Test Name Brigance Diagnostic Inventory	Population O - 7 years	Measurement Psychomotor, gross, fine, gen. knowledge, speech and language, early academic skills, perambulatory motor skills	Publisher Curriculum Association, Inc. 5 Esquire Road No. Billerica, MA 01862
Ohio State University Scale of Intra Gross Motor Assessment (OSU-Sigma)	Pre-14 years	Gross motor	Mohican Publishing Co. PO Box 295 Loudonville, OH 44842
Bruininks-Oseretsky Test of Motor Proficiency	4 1/2 - 14 1/2 years	Gross & fine motor	Publishers Building Circle Pines, MN 55014
I Can Program I Can Fundamental Skills Test	Elementary	Gross, locomotor, rhythm, object control, and projection	Hubbard Scientific Co. PO Box 104 Northbrook, IL 66065
Test of Gross Motor Development (TGMD)	3 -10 years normal and delayed	Gross, locomotor, and manipulative	Pro-Ed Publishing Co. 5341 Industrial Oaks Blvd. Austin, TX 78757
Movement Patterns Achievement Profile (MPAP)	21/2 - 5 years with physical handicap	Gross, developmental, bal- ance, locomotor, manipulative, body image	AAHPERD Publications 1900 Association Drive Reston, VA 22091
Peabody Motor Development Scales	0 - 7 years	Gross/fine motor, object control	Institute on School Learning and Individual Differences George Peabody College Nashville, TN 37203
Body Skills		Gross and locomotor	American Guidance Service Circle Pines, MN 55014
Prudential Fitness Gram	5 - 17+ all years	Health-related fitness	Cooper Institute for Aerobic Research 12330 Preston Road Dallas, TX 75230
New York State Health- Related Physical Fitness Test	5 - 18 years	Health-related fitness	NYS Education Department Office of State Assessment Room 771 EBA Washington Avenue Albany, NY 12234
Project Unique: Physical Fitness Test	10 - 17 years sensory, orthopedically impaired	Physical fitness	Human Kinetics Publishers, Inc. Box 5076 Champaign, IL 61820

Physical Education Medical Recommendation Form

TO DR	DATE:	
Education Law and Commeducation. These courses namedical limitations. This	issioner's Regulations to atte nust be adapted to meet in s means that a student who	ate are required by New York State end courses of instruction in physical dividual student needs if the student is unable to participate fully in their ied to meet his/her individual needs.
ndicated an inability to pa designing a program ada plete this form and return it	articipate fully in the physica pted to meet his/her individual to his/her school. Thank yo	
Indicate with an M wheno participation is recomm Throwing Catching Kicking Running Lifting Tumbling		mended. Indicate with an N where Pushing Pulling Body contact Water activities Out of doors activities Other (Specify)
		atient and recommend that his/her the above until (Date)
recovery process?	Yes No If so,wha	be beneficial to the student in the
Additional Physician's Re (Physician's Signature)	emarks (on back) (Date)	

NOTE: This report will be attached to the student's health record with duplicates sent to the parent/guardian, physical education teachers, and director of physical education and Committee on Special Education when appropriate.

RATING SCALE FOR ADAPTED PHYSICAL EDUCATION PROGRAM

NAME OF SCHOOL:

ADDRESS:

LEVEL: NUMBER OF STUDENTS ENROLLED IN ADAPTED P.E.

PRINCIPAL:

DIRECTOR OF PHYSICAL EDUCATION:

REVIEWED BY: DATE:

Introduction

The purpose of the rating scale is to assist school personnel to improve the adapted physical education program.

When properly guided and developed, physical education becomes a purposeful and vital part of a student's school education, it aids in the realization of objectives concerned with the development of favorable self-image, creative expression, motor skills, physical fitness, knowledge, and understanding of human movement. A student must have an opportunity to participate in a well-conceived, well-taught learning experience in physical education to become a fully functioning individual. To achieve these objectives, the essentials of a quality program of physical education need to be identified.

The rating scale is designed for self-appraisal use. It may be modified to meet the needs of local school districts.

Use and Interpretation of the Scores:

The rating scale is comprised of a series of ratings of the major areas that should concern school personnel involved in the adapted physical education program. There are six sections to the rating scale: Curriculum, Required Instruction, Attendance, Personnel, Facilities, and Administrative Procedures.

The person(s) completing the assessment should consider the criteria statement in terms of the degree of achievement that exists for the program. The rating score is on a scale from 0 to 4; 0 meaning inadequate achievement and 4 meaning fully achieved with excellent results. Each section can be rated by the total section score and a program overall rating can be obtained by totaling all sections of the rating scale.

A careful analysis should be made of each statement, section and overall rating to determine the areas in need of improvement. The interpretation of the score for each statement is:

- O INADEQUATE/extremely limited
- 1 POOR/exists but needs a great deal of improvement
- 2 FAIR/adequate but needs some improvement
- 3 GOOD/well done and only needs periodic review
- <u>4</u> EXCELLENT/has achieved outstanding results

Developed by Dr. Joseph P. Winnick, SUNY College at Brockport, Brockport, NY 14420, January 1995.

RATING SCALE FOR ADAPTED PHYSICAL EDUCATION						
	Inadequate (1)	Poor (2)	Fair (3)	Good (4)	Excellent (5)	
Section I - Curriculum						
The goals and objectives of the school district plan for physical education include adapted physical education.						
Provision is explicitly made for adapted ed physical education in the school district physical education plan.						
 There exists a definition of adapted physical education which is in accor- dance with State and federal requirements. 						
4. Adapted physical education may include students with disabilities as well as students without disabilities.						
5. There exists a variety of activities to meet unique student needs.	_					
6. Instruction in adapted physical edu- cation is based upon a curriculum guide which encompasses adapted physical education content.						
7. Instruction for all students is distributed among the following areas in accordance with students' needs and abilities.						
a. Basic Movement						
b. Creative Movement						
c. Rhythms and Dance						
d. Games and Sports						
e. Gymnastics						
f. Outdoor Living Skills						
g. Motor Skills						
h. Perceptual-Motor Skills						
i. Physical Fitness						
j. Aquatics						
8. Appropriate literature and other resource materials regarding adapted physical education are made available to professional staff.						

RATING SCALE FOR ADAPTED PHYSICAL EDUCATION					
	Inadequate (1)	Poor (2)	Fair (3)	Good (4)	Excellent (5)
9. Students with disabilities are provided equal opportunities in intramural, extramural, or extraclass activities.					
10.There is an annual evaluation of the instructional program in adapted physical education.					
11.Guidelines pertaining to adapted physical education are evaluated at least every five years.					
12.There is a procedure for reporting student status and progress.					
13.The progress of students is continuously measured.					
14.Cumulative records pertaining to the physical education of each student are maintained.					
Section II - Required Instruction					
All students not receiving regular physical education have an adapted physical education program.					
2. No student with a disability is excused from physical education or adapted physical education because of participation in extraclass programs unless approved by the school's Committee on Special Education, physical education staff, and school administration.					
3. The frequency and duration of adapted physical education must be in accordance with Section 135.4 of the Commissioner's Regulations.					
4. Physical education instruction is made available to every student with a disability					
Section III - Attendance					
Adapted physical education is provided for students who exhibit unique physical education needs.					
Credit is provided for adapted physical education in accordance with regular physical education credit.					

RATING SCALE FOR ADAPTED PHYSICAL EDUCATION					
	Inadequate (1)	Poor (2)	Fair (3)	Good (4)	Excellent (5)
Section IV - Personnel					
Instruction in adapted physical education for students ages 5-21 is provided by a certified physical education teacher.					
 Physical educators teaching adapted physical education who have not completed at least 12 semester hours of formal higher education in adapted ed physical education have access to appropriate resource personnel. 					
3. Physical educators teaching adapted physical education for more than 50% of their teaching load have completed at least 12 semester hours of formal study in adapted physical education, or have a concentration in adapted physical education from an accredited college or university.					
4. Supervision and coordination of all phases of adapted physical educa- tion (instruction, intramurals, extra- class programs, interscholastic athlet- ics) is provided by a director, certified in physical education and administra- tive and supervisory services.					
 Extraclass activities are provided under the supervision of personnel meeting State requirements and approved by the Board of Education. 					
Aides, where appropriate, are provided for instructional classes in physical education.					
7. The qualifications of teacher assistants are in accordance with appropriate State regulations.					
 The school physician or family physician may submit suggestions for appropriate activities in which a student may participate when medical reasons are given to limit participation. 					

RATING SCALE FOR ADAPTED PHYSICAL EDUCATION						
	Inadequate	Poor	Fair	Good	Excellent	
 Teachers of physical education are involved in making recommendations for students with disabilities regarding adapted physical education. 						
Section V - Facilities						
Students receiving adapted physical education have equal access to facilities required to provide equal opportunity for programmatic benefits.						
Indoor facilities for adapted physical education:						
a. Have adequate clear activity space.	_					
b. Provide a safe environment for activity.						
c. Have appropriate flooring and satisfactory finish.						
d. Have adequate lighting.						
e. Have adequate acoustical conditions.						
f. Have protective padding on walls.						
g. Have sufficient ceiling clearance.						
h. Have adequate ventilation.						
 Equipment and supplies required for reasonable accommodations are provided. 						
 For students receiving adapted physi- cal education, the dressing, shower- ing, and drying areas include: 						
a. Adequate space for peak load periods.						
 b. Floors constructed to allow for accessibility and maintenance of safe and clean conditions. 						
c. Lockers of proper type and sufficient quantity.						
d. Sufficient number of shower heads.						
e. Adequate ventilation.						

RATING SCALE FOR ADAPTED PHYSICAL EDUCATION						
	Inadequate (1)	Poor (2)	Fair (3)	Good (4)	Excellent (5)	
f. Adequate lighting.						
g. Adequate heating.						
h. Adequate benches, mirrors, and toilets.						
i. All facilities are clean, sanitary, and in operable condition.						
 The outdoor adapted physical edu- cation facilities are designed for effective instruction and safety. They are: 						
a. Readily accessible.						
b. Free from safety hazards (glass, holes, stones).						
c. Properly fenced or enclosed for safety and efficient usage.						
d. Properly surfaced, graded, and drained.						
e. Laid out and marked for a variety of activities.						
f. Properly equipped (playground structures, backstops, physical fitness equipment, etc.).						
Section VI - Administrative Procedures						
Class sizes for students with disabilities receiving adapted physical education must be consistent with the IEP.						
 Teachers' aides for adapted physical education are provided in accor- dance with the student's IEP. 						
 The Committee on Special Education uses certified physical educators to assess physical education status for IEP development when unique physi- cal education needs are suspected. 						
 Students with disabilities are integrated into regular physical education classes to the maximum extent appropriate. 						
 Students with disabilities are provided reasonable accommoda- tions in physical education classes. 						

RATING SCALE FOR ADAPTED PHYSICAL EDUCATION						
	Inadequate (1)	Poor (2)	Fair (3)	Good (4)	Excellent (5)	
All students with disabilities suspected of having unique needs in physical education are referred to the CSE.						
7. Physical education is included in the IEP of every student with a disability.						
8. Students are referred to the CSE and receive APE on the basis of objective criteria.						
 The physical education abilities of all students not participating in regular physical education are assessed by a physical educator. 						
10. Staff implementing adapted physical education are provided inservice education regarding adapted physical education.						
11. The annual budget request for adapted physical education is prepared on the basis of an inventory of needs specified in individualized education programs.						
12. The adapted physical education budget includes State and federal monies earmarked for instruction of students with disabilities.						
13. A variety of up-to-date reference materials are provided for teachers providing adapted physical education.						
14. The school district plan includes provisions for extracurricular programs for qualified students.						
15. Students with disabilities are provided assistive technology devices and services as appropriate.						

Note: This Rating Scale has been revised from: Winnick, J.P. (1995). *Adapted Physical Education and Sport* (2nd Edition) Champaign, IL: Human Kinetics.

SELECTED SPORTS ORGANIZATIONS AND FOUNDATIONS THAT SERVE INDIVIDUALS WITH DISABILITIES

Achilles Track Club

42 West 38 Street, 4th Floor New York, NY 10018 (212) 354-0300 Fax: (212) 354-3978

American Alliance for Health, Physical Education, Recreation, and Dance

1900 Association Drive Reston, VA 22091

American Diabetes Association

National Service Center 1660 Duke Street Alexandria, VA 22314

American Foundation for the Blind

15 West 16th Street New York, NY 10011

American Juvenile Arthritis Organization National Office

1330 West Peach Tree Atlanta, GA 30309 (404) 872-7100

Amputee Sports Association

PO Box 60129 Savannah, GA 31420-0129

Braille Sports Foundation

Room 301 730 Hennepin Avenue Minneapolis, MN 55402

Children with Attention Deficit Disorder

499 NW 70th Avenue, Suite 308 Plantation, FL 33317 (954) 587-3700

Council for Exceptional Children

1920 Association Drive Reston, VA 22091

Disabled Sports USA

451 Hungerford Dr., Suite 100 Rockville, MD 20850 (301) 217-0960

Epilepsy Foundation of America

4351 Garden City Drive Landover, MD 20785 (301) 459-3700

Learning Disabilities Association of New York State

90 South Swan Street Albany, NY 12210 (518) 436-4633

Muscular Dystrophy Association

810 Seventh Avenue New York, NY 10019

National Association of the Deaf

814 Thayer Avenue Silver Spring, MD 20910

National Association of the Physically Handicapped

1601 N College 71 Fort Collins, CO 80524

Autism Services Center

Prichard Building 605 9th Street PO Box 507 Huntington, WV 25710-0507 (304) 525-8014

National Hemophilia Foundation

The Soho Bldg. Room 406 110 Greene Street New York, NY 10002

National Spinal Cord Injury Association

8300 Colesville Road Suite 551 Silver Spring, MD 20910 (800) 962-9629

New York Special Olympics, Inc.

504 Balltown Road Building 12C Schenectady, NY 12304 (800) 836- NYSO

NYS Games for the Physically Challenged

SUNY Brockport 350 New Campus Drive Brockport, NY 14420-2993 (716) 395-5620

or

PO Box 247 Babylon, NY 11702 (516) 669-1000 ext 295

Special Olympics, Inc.

1325 G Street, NW Suite 500 Washington, DC 20005 (202) 628-3630

Tourette Syndrome Association, Inc.

42-40 Bell Boulevard Suite 205 Bayside, NY 11361-2820 (718) 224-2999

US Association of Blind Athletes

33 N Institute Street Colorado Springs, CO 80903 (719) 630-0422

Wheelchair Sports, USA/National Wheelchair Athletic Association

3595 E Fountain Blvd., Suite L1 Colorado Springs, CO 80910 (719) 574-1150

RESOURCES:

GENERAL ADAPTED PHYSICAL EDUCATION TEXTS

- Adapted Physical Education National Standards. (1995). Curry School of Education, University of Education. Charlottesville, VA.
- Auxter, D., Pyfer, J., & Heuttig, C. (1993). Principles and Methods of Adapted Physical Education and Recreation (7th ed.). St. Louis: Times Mirror/Mosby.

 This book provides comprehensive information about adapted physical education and advocates the task-specific approach. It also provides various approaches to task analysis and compares the developmental and task-specific approaches.
- Block, M. (1994). A Teacher's Guide to Including Students with Disabilities in Regular Physical Education. Baltimore: Paul H. Brooks.
- DePauw, Karen P. & Susan J. (1995). Disability and Sport. Champaign, IL: Human Kinetics.
- Dunn, J., & Fait, H. (1989). Special Physical Education: Adapted, Individualized, Developmental. Dubuque, IA: WCB Brown & Benchmark Publishers.
- Eichstaedt, C., & Lavay, B. (1992). *Physical Activity for Individuals with Mental Retardation: Infancy Through Adulthood.* Champaign, IL: Human Kinetics.
- Fay, T., Houston-Wilson. C. & Kowalski. E. (1995). New York State Association for Health, Physical Education, Recreation and Dance: Monograph Series: Volume 1. Latham, NY.
- French, R., Henderson, H., & Horvat, M. (1992). *Creative Approaches to Managing Student Behavior*. Park City, UT: Family Development Resources.
- Grosse, S. (Ed.). (1991). Sport Instruction for Individuals with Disabilities. Reston, VA: AAH-PERD Publications.
- Grosse, S., & Thompson, D. (1993). Play and Recreation for Individuals with Disabilities: Practical Pointers. Reston, VA: AAHPERD Publications.
- Klain, T. with Trader, B. & Wayne, L. (Eds.). (1994). *The Paralympics: An Overview of the Paralympic Games and the People Who Participate*. Reston, VA: AAHPERD Publications.
- Leiberman, L. & Cowart, J. (1996). *Games for People with Sensory Impairments*. Champaign, IL: Human Kinetics.
- Miller, P. (Ed.). (1995). Fitness Programming and Physical Disability.
- Paciorelc, Michael J. & Jones, Jeffrey A. (1994). *Sports and Recreation*. Carmel, IN: Cooper Publishing Group.

- Rappaport, L. (1989). *Creative Play Activities for Children with Disabilities*. Champaign, IL: Human Kinetics.
- Seaman, J. (Ed.) (1995). Physical Best and Individuals with Disabilities: A Handbook for Inclusion in Fitness Programs. Reston, VA: AAHPERD Publications.
- Seaman, J., & DePauw, K. (1989). *The New Adapted Physical Education: A Developmental Approach*. Mountain View, CA: Mayfield Publishing Co.
- Sherrill, C. (1993). Adapted Physical Activity, Recreation, and Sport: Crossdisciplinary and Lifespan (4th ed.). Madison, WI: Brown & Benchmark.

 Emphasizes coping with the increasing individual differences that confront all physical educators. Early childhood education is also included. The personnel roles for which undergraduate and graduate students can prepare, the tasks/services they are expected to perform in each role, and the competencies necessary to function as teachers
- Winnick, J.P. (1995). Adapted Physical Education and Sport (2nd Edition) Champaign, IL: Human Kinetics. (496 pp.)

and professional leaders are addressed.

Designed as a text and resource for present and future physical educators and coaches, Adapted Physical Education and Sport is a text for introductory adapted physical education courses, a resource for all physical education teachers of participants with special needs, and a reference for the physical part of therapeutic recreation.

JOURNALS/NEWSLETTERS

ADAPTED PHYSICAL ACTIVITY QUARTERLY

Provides a multidisciplinary examination of physical activity for special populations. Includes reports of practical case studies and techniques for adapting equipment facilities, methodology, and/or settings for special populations. Editorial comments and opinions, article abstracts, and book reviews also appear in APAQ. To order, see Human Kinetics Publishers Catalog, or write Human Kinetics, Inc., Box 507, Champaign, IL 61825-5076.

JOURNAL OF PHYSICAL EDUCATION, RECREATION AND DANCE

(Frances Ferguson Rowan, ed.) AAHPERD, 1900 Association Drive, Reston, VA 22091. Published nine times per year. JOPERD covers a wide variety of current general physical education topics.

JOURNAL OF TEACHING IN PHYSICAL EDUCATION

Provides a forum for discussion and research articles concerned with the teaching process and teacher education in physical education. Focusing on teacher and/or learning; each issue includes research articles based on classroom and laboratory studies. To order, see Human Kinetics Publishers Catalog.

TEACHING ELEMENTARY PHYSICAL EDUCATION

Bimonthly newsletter which provides elementary physical educators an exchange of information needed to facilitate their professional development, including:

- practical ideas for activities, teaching techniques, special events, curriculum planning, fitness;
- forum for elementary physical educators to voice their opinions on professional issues; and
 - motivation for elementary physical educators.

PALAESTRA: THE FORUM OF SPORT, PHYSICAL EDUCATION AND RECREATION FOR THE DISABLED

PALAESTRA, PO Box 508, Macomb, IL 61455

Provides practical information for equipment, facilities, methodologies, and/or settings for individuals with disabilities.

"SPORTS 'N SPOKES": THE JOURNAL FOR WHEELCHAIR SPORTS AND RECREATION

Bimonthly journal covering wheelchair competitive sports and recreation primarily for individuals with spinal cord injury, spina bifida, amputation, and some congenital defects. Sports 'N Spokes, 520 N. 19th Ave., Suite 111, Phoenix, AZ 85015, (602) 246-9426.

PRODUCT AND EDUCATIONAL MATERIALS CATALOGS

Human Kinetics Publishers Catalog, Human Kinetics Publishers, Inc., Box 507, Champaign, IL 61825-5076.

Offers large assortment of the latest publications organized into the following categories: fields of study, professions, sports/activities, and journals.

Human Kinetics Publishers, Inc., Divisions:

Offers:

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- YMCA of the USA.

To order, call: 1 (800) 747-4457; FAX: 1 (217) 351-2674.

PRO-ED Catalog, Pro-Ed, 8700 Shoal Creek Blvd., Austin, TX 78758.

Contains large selection of tests, curricular materials, books, journals, and material. Offers:

- Tests for adapted behavior/functional living skills
- Curricular materials for adapted physical education, recreation, and leisure
- Books about assessment and learning, learning disabilities, behavioral and emotional disturbance, mental retardation, and rehabilitation
- Journals.

For more information, call: 1 (512) 451-3246; FAX: 1 (800) 397-7633.

Kimbo Educational Catalog, Dept. P., PO Box 477, Long Branch, NJ 07740-0477 and from Educational Activities, PO Box 87, Baldwin, NY 11510, 1 (800) 631-2187.

Offers cassettes, records, filmstrips, video, and compact disks related to perceptual-motor development.

AAHPERD Publications, Products, and Services, AAHPERD, 1900 Association Drive, Reston, VA 22091-1599, 1 (800) 321-0789.

Offers materials, resources, and manuals that are updated annually.

SOFTWARE

Cooper Institute for Aerobics Research. (1993). PERSONAL FITNESSGRAM [Computer program]. 12330 Preston Road, Dallas, TX 75230.

This software provides a program that will generate fitness report cards on each student in the class using the Prudential Fitness Gram health-related, criterion-referenced physical fitness test.

Kelly, L.E. (1987). Physical education management system. Hubbard Scientific. PO. Box 104, Northbrook, IL 60065.

This computer software program will manage data on up to 15 teacher-specified objectives for each class. Summarizes data for individual students or specific classes.

America On Line. Computer on-line services with access to Internet and various organizations that promote and advocate for persons with disabilities. Modem needed. 1 (800) 827-3338.

NEW YORK STATE EDUCATION DEPARTMENT

Office of Vocational and Educational Services for Individuals with Disabilities New York State Education Department Regional Offices

OSES WESTERN
REGIONAL OFFICE
Richmond Ave.
Batavia, New York 14020
(716) 344-2112

OSES EASTERN
REGIONAL OFFICE
1624 OCP
Albany, New York 12234
(518) 486-6366

OSES HUDSON VALLEY REGIONAL OFFICE 1950 Edgewater Street Yorktown Heights, New York 10598 (914) 245-0010 OSES LONG ISLAND REGIONAL OFFICE The Kellum Educational Center 887 Kellum Street Lindenhurst, New York 11746 (516) 884-8530

OSES NYC REGIONAL OFFICE Room 545 55 Hanson Place Brooklyn, New York 11217 (718) 722-4544

New York State Education Department Personnel

Colleen C. Canorro
Associate in Physical Education
Office for Curriculum, Instruction, and
Assessment, EMSC
New York State Education Department
Room 681 EBA
Albany, New York 12234
(518) 474-5820

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New York City SETRC Manhattan High School Office 122 Amsterdam Avenue Rm. 389-A New York, NY 10023 (212) 501-1178 David Connor

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Rm. 304
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Dianne Hayden

NYC Region III SETRC 360 36th Street Brooklyn, NY 11232 (718) 965-6000 Cherly Richardson Donna Roberts Lorri Gumanow

NYC Region IV SETRC 8814 Foster Avenue Room 114 Brooklyn, NY 11236 (718) 272-4843 Helen Bindell Joyce Klein Sandy Lenon Gloria Wilkins

NYC Region V SETRC Queens Regional 80-51 261st Street Floral Park, NY 11004 (718) 470-9167 Jane Beaulieu Ellen Sonkin Howard Rotterdam Ellen Spund Arlene Stettin NYC Region VI P.S. 31 55 Layton Avenue Staten Island, NY 10301 (718) 727-9355 Susan Goldberg Beverly Adams Sylvia Weinberg

Brooklyn High School Superintendent Office Room 270 1600 Avenue L Brooklyn, NY 11230 (718) 338-9703 Rochelle Marten-Weston

Basis High School 715 Ocean Terrace, Building A Staten Island, NY 10301 (718) 390-1556 **Myra Aidlen**

Queens High School Newtown Annex High School 105-25 Horace Harding Expressway Corona, NY 11368 (718) 281-7500 Janet Solomon

Oneida-Herkimer-Madison BOCES SETRC Box 70-Middle Settlement Road New Hartford, NY 13413 (315) 793-8614 or 793-8686 **Susan Collver**

Onondaga-Cortland-Madison BOCES SETRC P.O. Box 4774 Syracuse, NY 13221 (315) 433-2645 Lynn Radicello Ontario-Seneca-Yates-Cayuga-Wayne BOCES SETRC 22 Teft Street Clifton Springs, NY 14432 (315) 462-5056 Patricia Anderson Janet LeRoux

Orange-Ulster BOCES SETRC RD #2 Gibson Road Goshen, NY 10924 (914) 294-2284 or 294-2293

Agnes Saffoury

Orleans-Niagara BOCES SETRC Kenan Site 195 Beattle Avenue Lockport, NY 14094 (716) 439-4328 Patricia Kelly Kathleen Donner Fred Robinson

Oswego BOCES SETRC County Route 64 Mexico, NY 13114 (315) 963-4320 Stephanie Borgert Teri Marks

Otsego-Northern Catskills BOCES SETRC Cyr Center Stamford, NY 12167 (607) 652-1240 Mary Catherine Jackson

Putnam-No. Westchester BOCES SETRC 200 BOCES Drive Yorktown Heights, NY 10598 (914) 248-2290 Judy Spalding Irene Ross Questar III BOCES SETRC 1943 Brookview Road Castleton, NY 12033 (518) 732-4474 Diane Cornell Don Finelli Debra Spilfogel Ellen Chernoff

Rochester City SETRC
Central Administrative Offices
131 West Broad Street
Rochester, NY 14614
(716) 262-8710 or 262-8711
Lourdes Odell
Elizabeth Osta
John Schiess

Rockland BOCES SETRC 131 Midlands Avenue North Nyack, NY 10960 (914) 348-3616 Barbara Fuchs

Kimberly Ganley

St. Lawrence-Lewis BOCES SETRC Learning Resource Center 7229 State Highway 56 Norwood, NY 13668 (315) 353-6175 **Gerry Swalnick**

Schuyler-Chemung-Tioga BOCES SETRC Instructional Support Center 459 Philo Road Elmira, NY 14903 (607) 739-3581 Ext. 455 Jean Papandrea Nancy Roth Steuben-Allegany BOCES SETRC 6666 Babcock Hollow Road Bath, NY 14810 (607) 324-7058 John Burdick Cindy Hamilton Hildreth Rose David Brewer

Eastern Suffolk BOCES SETRC School Services Center Winganhauppauge Road Islip, NY 11751 (516) 277-7403 Rose Reilley

Sullivan BOCES SETRC 85 Ferndale Loomis Road Liberty, NY 12754 (914) 292-0082 Bradford Paddock

Syracuse City SETRC Teacher Center 501 Park Street Syracuse, NY 13203 (315) 435-4685 Barbara Bauersfeld Chris Johns Kirby Vince Sgambati David Zawadski

Irene Calabrese

Tompkins-Seneca-Tioga BOCES SETRC 555 South Warren Road Ithaca, NY 14850 (607) 257-1551 Ext. 276 Trisha Flaccus Ulster BOCES SETRC 175 Route 32 North New Paltz, NY 12561 (914) 255-1400 Myrna Calabrese

Washington-Saratoga-Warren-Hamilton-Essex BOCES SETRC School #4 112 Spring Street Saratoga Springs, NY 12866 (518) 581-3730 **Dorothea Meldrum**

Westchester 2 BOCES SETRC
Instructional Services Department
2 Westchester Plaza
Elmsford, NY 10523
(914) 345-8500
Roger Berman
Denise Jaffe
Martha Rabson
Alison Telsey

Yonkers City SETRC Administrative Annex John Burroughs Junior High School 150 Rockland Avenue - Rm. 4031 Yonkers, NY 10710 (914) 376-8208 Ext. 272 Samuel Brown