

# HAPPY HOUR | Monday 4:00 - 5:00 pm | Exhibit Hall

Join us for happy hour on the exhibit hall floor! Enjoy food and refreshments while networking with the many exhibitors that can provide solutions to your department's needs.



# SOCIAL | Monday 8:00 pm | Lansdowne Irish Pub



Looking for the perfect way to cap off the evening? Choose from an assortment of beers on tap, enjoy a cocktail with friends at the bar, and relax in this amazing pub atmosphere. CRPA's social at Lansdowne Irish Pub & Music House is the ideal place to unwind with colleagues and new acquaintances after a long day at conference!

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# BREAKOUT SESSIONS: Tuesday, November 20<sup>th</sup>

## 8:00 - 9:00 am

(Prefunction Area)

### Stretch & De-Stress: Yoga in the Morning

**Lauren Bent**, Recreation Supervisor, South Windsor Parks & Recreation

**Category: PRG** (0.1 CEU)

Join us Tuesday morning for a 60 minute vinyasa yoga class focusing on the basics of incorporating a daily yoga practice into your life. This class will involve physical movement in addition to education about how yoga can help relieve stress in your life and in the workplace. You will learn yoga moves that you can practice in a studio or at home, but also simple movements, adjustments, and practices that you can bring right to your desk at work. There are proven benefits to corporate yoga classes including decline in stress-related sick days, increased happiness and energy with employees, better customer service, and an increase in general well-being which reduces employee turnover.



## 9:30 - 10:30 am

(Exhibit Hall)

### Latest & Greatest Industry Trends

**Category: MGT** (0.1 CEU)

Learn the latest and greatest trends within the park and recreation industry from vendors whose products and services may help solve the needs of your department. This session will be a question and answer session with five industry vendors moderated by a Parks and Recreation Professional.

## 10:40 - 11:40 am

### Incorporating STEM into Your Camp

**Andrew Fotta & Bryan Avery**, STEM Educators, Connecticut Science Center

**Category: PRG** (0.1 CEU)

STEM (science, technology, engineering, and math) is today's ultimate buzz word and is evolving in classrooms state-wide along with the idea of Inquiry Based Learning. Incorporating STEM in your camps can make them more marketable, appealing to your residents, and more fun for the campers! Engaging in hands-on science activities helps campers to develop a greater interest in science and science related fields. Your campers will discover how science can be fun! Through this workshop you will gain a basic understanding of inquiry based learning, learn simple ways to help keep your campers engaged and asking questions, and discover some fun new activities to incorporate in your camp. Come see how EASY it can be to run science activities at your camp!



# BREAKOUT SESSIONS: Tuesday, November 20<sup>th</sup>

## Telling Your Story:

### How to Speak so People Will Listen

**Neelay Bhatt**, Vice President, PROS Consulting, Inc.

**Category:** CUST (0.1 CEU)

Whether you are communicating to elected officials, your staff or colleagues, or even the community, how you deliver your message is critical to ensuring buy-in and support. Communication, or rather, effective communication, is a critical skill that can and should be honed and enhanced over time. The successful implementation of the best of ideas often comes down to how it is communicated. In today's times, with shrinking attention spans and a focus on simplicity that resonates, TED Talks have become the gold standard for how to deliver innovative ideas worth spreading. This session will share insights that will help attendees be better communicators and deliver 'their' TED talk. Learn how to 'tell your story' and deliver impactful messages through the personal experiences and techniques of a TEDx speaker and speaker coach.

## Pro-Active Planning for Success

**Teresa L. Penbrooke**, Researcher, Faculty, and Consultant, GP RED, NCSU, & GreenPlay, LLC

**Category:** FIN/MGT (0.1 CEU)

Now, more than ever, it is important to have a plan in place to help your agency move forward, even if that means making cuts. This session will give an overview of the different types of plans you can complete, when it is appropriate to use each one, and how to implement them successfully with the least amount of resource investment. Presented in a way that is applicable for all levels of staff and decision makers, participants will learn why there is no one single "Master Plan" template for agencies, how planning affects your revenue streams, and how to determine what you need done at different times. We will cover master and strategic plans, feasibility studies, needs assessments, relationship to CAPRA standards, a sustainable action planning template, and sample documents.

## Injecting Wilderness Programming into Your Summer Camp

**Ben Taylor**, Director of East Campus and Outdoor Programs, Springfield College

**Category:** PRG (0.1 CEU)

Join Ben Taylor, a National Outdoor Leadership School graduate, as he draws upon his six years of experience leading groups in the remote mountains of Montana and Wyoming to help you incorporate wilderness programming into your summer camps. Using examples from Camp Massasoit at Springfield College, where he is currently Director of East Campus and Outdoor Programs, he will guide you through a few interactive activities providing you a foundation for how wilderness programming can be integrated into your camps and benefit today's youth.

## MyRec.com Sales Session:

### Software that Will Simplify Your Recreation Management

**Carla Bearup**, On-boarding Coordinator & **Tracey Cooper**, Marketing Strategist, MyRec.Com

**Category:** (No CEU's)

the MyRec.com recreation software including online registration, program management, facility reservation, memberships, and point of sale. We will highlight our newest features including custom forms, activity simplification, POS add on items, advanced activities, and our facility approval process. Come with your questions and suggestions and let us show you how the right software makes all the difference. (For current MyRec.com clients and also for those with interest).

## 11:50 am-12:50 pm

### An Insider's Look at the 2019 Legislative Session & Connecticut's Continuing Fiscal Crisis

**M. Randall Collins, Jr.**, Advocacy Manager, CT Conference of Municipalities & **Michael Rell**, Associate Lobbyist, International Governmental Strategies

**Category:** FIN/MGT (0.1 CEU)

The State of Connecticut has been saddled with budget deficits ranging from \$4-6 billion over the last several years. Every two years the legislature convenes to contemplate ways to mitigate this shortfall. Last budget cycle, this came to a head when proposed cuts and cost shifts to municipalities totaled hundreds of millions. Representatives from CCM and IGS, CRPA's lobbying firm, will provide an overview of what the new Administration and Legislature will look like, how the Governor and Legislature will address another budget deficit, what that means for state and municipal budgets, and CRPA specific issues. Come learn why advocacy matters now more than ever and why if you are not at the table you will be on the menu.

## Aquatics Roundtable: Trends and Standards

**Courtney Hewett**, Director, Canton Parks & Recreation & **Bailey Dailey**, Recreation Supervisor, Winding Trails

**Category:** AQU (0.1 CEU)

The world of aquatics is ever-changing. With all of the new trends and standards, how is your facility or organization measuring up? Join us for a lively roundtable discussion facilitated by Connecticut's top aquatics professionals on topics such as: aquatic special events, new programming and facility trends, state and national standards for aquatics, and much more!

## Financial Stability for Thriving Agencies

**Teresa L. Penbrooke**, Researcher, Faculty, and Consultant, GP RED, NCSU, & GreenPlay, LLC

**Category:** FIN/MGT (0.1 CEU)

Agencies are expected to offer a greater variety of services to growing and diversifying populations, all the while maintaining high quality standards. This session will explore economic and political environments, highlighting the importance of positioning our agencies to be successful. An introduction to a useful and progressive approach leading to financial sustainability includes the importance of analyzing the community's values and the agency's vision, an intensive assessment of the agency's current services to determine those

that are core to those values and vision, and the development of a cost recovery and subsidy allocation philosophy.

## Terrier Tough Obstacle Challenge

**Mario Almeida**, Principal, Rocky Hill Public Schools

**Category:** PRG (0.1 CEU)

Community involvement in events is not always the easiest thing to attain. By examining the model of the Terrier Tough Competition we will discuss how Rocky Hill High School designed and implemented an event that fostered involvement between the community and school system resulting in a hugely popular (and philanthropic) annual competition. In its fourth year, Terrier Tough saw nearly 460 participants complete the course of 28+ obstacles, and it is now the primary fundraiser for Rocky Hill High School's annual student service and education trip to New Orleans. This session will demonstrate the positive effects of teamwork, while showcasing how to plan, organize, and implement a community backed event in your town!

## CT Sun Sales Session:

### Maximize Your Opportunity with Professional Sports

**Jen Fusci**, Manager, Sales & Service & **Amber Cox**, Vice President, CT Sun & NE Black Wolves

**Category:** (No CEU's)

Learn about how your organization can partner with two professional sports teams, including setting up clinics, Camp Day, unique and fun ways to fundraise, and much more!

## 2:40 - 3:40 pm

### Customer Service... No Problem?

**Lee J. deLisle**, Professor, SCSU

**Category:** CUST (0.1 CEU)

Customer service is perhaps the most critical and memorable interaction clients have with an organization. But have things changed given our current world of virtual connections? What is the role of personal contact in creating excellent customer service in today's online world? This session is an opportunity to learn what research has revealed regarding current trends in customer service and to share our own experiences and discuss best practices in this changing environment.

## Outdoor Fitness: An Urban Trend for the Health & Wellness of Residents

**Ken Dobyns**, Business Development Manager, Specification, Kompan North America

**Category:** Parks (0.1 CEU)

Adopting an active lifestyle and can have countless benefits; however, establishing and maintaining an active community, especially in an urban setting, can prove to be a challenge. This session will take an in-depth look at outdoor fitness installations in urban communities and the impact they have on the health and wellness of residents. Using case studies and empirical research, presenters will show how a well-designed outdoor fitness area in an optimal location can have an immediate and positive impact on the urban residents who use the area.