



CONNECTICUT
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ASSOCIATION

63RD ANNUAL CONFERENCE & TRADESHOW

*Connecticut Recreation
& Parks Association*

**NOVEMBER 20 & 21ST
MOHEGAN SUN**

More opportunities to network & collaborate than ever before!
Five **engaging roundtables**, a **later keynote**, a midday **laugh & learn**, & a
new **team building challenge**...you don't want to miss this!

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Monday, November 20th

Room → ↓ Time	Schaghticoke	Abenaki	Oneida/Penobscot	Pequot	Paugussett
8:00 - 8:30 am	Registration				
Breakouts & Breakfast! Session 1 8:45 - 9:45 am	Drone Use for Planning & Decision Making (0.1)	Next Gen Navigators: YPN Roundtable (0.1) Director's Roundtable: Charting the Future of Parks and Recreation (0.1)	Pricing with a Purpose (0.1)	Managing Violence & Unruly Behavior at Public Pools (0.1)	Gaming for Everyone: Adaptive Gaming as Therapeutic Modality (0.1)
Keynote: 9:55 - 11:00 am	Synchronicity: Connecting Your Team Shannon McKain - Salon B (0.1)				
Session 2 11:10am-12:10pm	From 0-20: The Pickleball Takeover (0.1)	Elite Events & Fresh Ideas Roundtable (0.1)	Leadership Building Blocks (0.1)	Managing Stress & Anxiety (0.1)	
12:15 - 1:15 pm	Buffet Lunch & Annual Meeting - Salon B				
12:45 - 5:00 pm	Exhibit Hall Open (Dessert & Coffee)				
Laugh & Learn 2:50 - 3:50 pm	Experience Famine: Too Much Viewing, Not Enough Doing Jeff Wozer - Salon B - (0.1)				
4:00 - 5:00 pm	Happy Hour in the Exhibit Hall				
8:00 pm	Social - Lansdowne Irish Pub				

Tuesday, November 21st

Room → ↓ Time	Schaghticoke	Abenaki	Oneida/Penobscot	Pequot	Paugussett
8:00 - 8:30 am	Registration				
8:30 - 10:00 am	Breakfast in Exhibit Hall				
8:30 am - 12:00 pm	Exhibit Hall				
10:00 - 11:00 am	Crack-the-Code Exhibit Hall Team Building Challenge (0.1)				
Session 1 11:10am-12:10pm	Digital Distraction (0.1)	Limitless Possibilities: New Ideas in Programming Roundtable (0.1)	Writing a Business Plan (0.1)	Motivating Your Employees to Work Hard & Be Happy at Work (0.1)	Proper Seed Selection for Over Utilized Athletic Fields (sales session)
Session 2 12:20 - 1:20 pm	The Power of Color (0.1)	Community Collaboration in Youth Sports Roundtable (0.1)	Financing for Parks & Recreation (0.1)	DEEP: CT Trails & Greenways Grant Program (0.1)	Truly Inclusive & Adaptive Yoga Programming (0.1)
1:30 - 3:00 pm	Awards Luncheon				

MONDAY KEYNOTE

Monday 9:55 - 11:00 am
Salon B (0.1 CEU)

SYNCHRONICITY: CONNECTING YOUR TEAM

There's a **dysconnectivity** in **workplaces**, and you yourself might be wondering how to create better, more **cohesive teams**.

Look no further than **Shannon McKain**, here to present as the keynote speaker to lead teams to synchronization in every workplace.

You can expect to explore the plethora of **artificial intelligence**, **data**, and **analytics** everyone has at their fingertips in order to build more productive departments. **Leave as a leader of a connected team!**



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For more than a decade, workplace culture expert **Shannon McKain** has motivated audiences to make changes for the better in their professional and personal lives. Shannon is a former NFL cheerleader, 15-year executive recruiter, and is regularly seen on ABC, CBS, NBC, and Nickelodeon. Before becoming a full-time keynote speaker, she worked in parks and recreation for several years. With her experiences both on and off the field, she is frequently called on by organizations to help bring to the surface the complex issues standing between employees, teams, and success. Shannon earned a B.A. in communications and political science from William Jewell College, is a proud 4-H alum, and once lived on a canoe in the Florida Everglades.

EXPERIENCE FAMINE: TOO MUCH VIEWING, NOT ENOUGH DOING

Experiences color our lives with **authenticity**, **identity** and **perspective**. They bond us together through shared occurrences, **creating closer teams**.

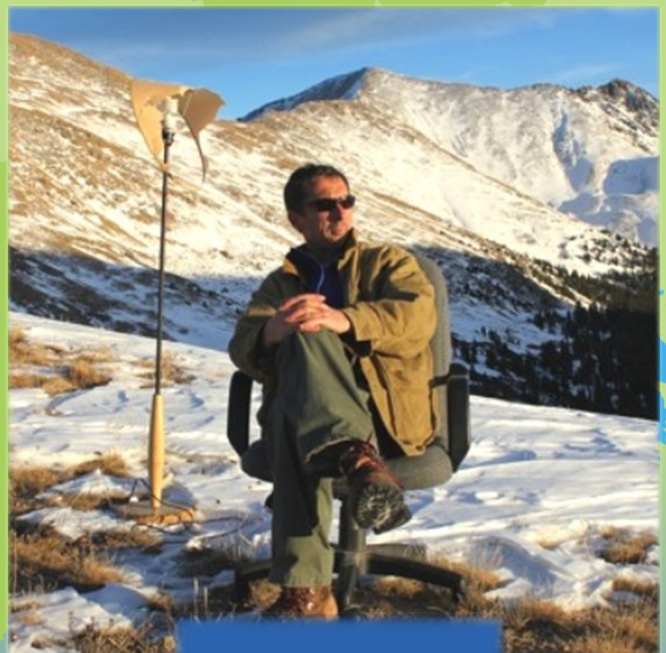
Today's screen obsessed world **replaces experiences** and promotes sedentary lifestyles, **killing connection**.

Join **Jeff Wozer** in his Keynote to help you understand what we're up against in getting individuals off their screens. Learn how to **pursue life-affirming experiences** rather than likes and shares.

MONDAY LAUGH & LEARN

Monday 2:50 - 3:50 pm Salon B (0.1 CEU)

Having toured nationally for 20-plus years on the comedy club and corporate circuit, performing with the likes of Martin Short, Jim Gaffigan and John Oliver, **Jeff Wozer** now pulls back the curtain on digital distraction, helping people, at both work and home, make better decisions with their screen-use time. Through keynotes and breakout sessions his engaging blend of insight and humor educates individuals on digital-balance practices so that they, not their devices, are controlling their attentions and, ultimately, their days. Jeff's insights, borne from his own screen-struggle story, has inspired audiences at conferences and business meetings across the continent. Some of his clients include the the Colorado Mortgage Lenders Association, Premera Health, BASF, IMA Financial Group, and the National Recreation and Park Association.



Jeff Wozer

SESSIONS AT A GLANCE:

Use this guide to find the sessions that best suit you!

AQUATICS (AQU)

- Managing Violence & Unruly Behavior at Public Pools

FINANCE (FIN)

- DEEP: CT Trails & Greenways Grant Program
- Financing for Parks & Recreation
- Pricing with a Purpose
- Writing a Business Plan

MANAGEMENT (MGT)

- Crack-the-Code Exhibit Hall Team Building Challenge
- Digital Distraction
- Directors Roundtable: Charting the Future of Parks and Recreation
- Drone Use for Planning & Decision Making

- Experience Famine: Too Much Viewing, Not Enough Doing
- Leadership Building Blocks
- Managing Stress & Anxiety
- Motivating Your Employees to Work Hard & Be Happy at Work
- Next Gen Navigators: YPN Roundtable
- Synchronicity: Connecting Your Team
- The Power of Color

THERAPUTIC REC (TR)

- Gaming for Everyone: Adaptive Gaming as Therapeutic Modality
- Truly Inclusive & Adaptive Yoga Programming

PARKS

- DEEP: CT Trails & Greenways Grant Program
- Drone Use for Planning & Decision Making
- The Power of Color

PROGRAMMING (PRG)

- Community Collaboration in Youth Sports Roundtable
- Elite Events & Fresh Ideas Roundtable
- Limitless Possibilities: New Ideas in Programming Roundtable
- The Pickleball Takeover

SALES SESSION

- Proper Seed Selection for Over Utilized Athletic Fields

BREAKOUT SESSIONS: Monday, November 20th

8:45 - 9:45 am

Drone Use for Planning & Decision Making

Stephan Bastrzycki, *Owner*, Planet Zero Gravity, LLC

Category: MGT/Parks (0.1 CEU)

Drone technology is being used by many industries to help save time and make informed decisions. In particular when it comes to aerial mapping, drones can collect data much faster than a person on the ground. In this presentation we will initially discuss current drone mapping technology, what the deliverables are, and how images captured by a drone compare to what can be found online. The second half of the presentation will focus on several potential use examples of drones for the recreation industry. Included will be how drones can capture data to create better site/trail maps, help visualize an area for conceptual planning, and create accurate orthomosaics from which various measurements can be taken from the convenience of a computer.

Next Gen Navigators: Young Professional Network Roundtable

Molly Keays, *Director*, South Windsor Parks & Recreation

Category: MGT (0.1 CEU)

In this session, you will have the opportunity to network with fellow young or new professionals and discuss topics pertaining to young professionals in the parks and recreation field such as career growth, trends in recreation, tips for working and/or transitioning into the field, and managing work-life balance. This session will also include a "catch-all" roundtable dedicated to sharing success and failure stories, current challenges, and ideas/resources to help mitigate challenges. Whether you are a student, new to the profession, young in the

profession, or a seasoned professional looking to meet CT YPs and share insight... we hope you will join us and leave with new connections, new ideas, and new motivation to do good work!

Director's Roundtable: Charting the Future of Parks and Recreation

Josh Medeiros, *Superintendent of Parks, Recreation, Youth, and Community Services*, City of Bristol

Category: MGT (0.1 CEU)

Join fellow directors for a high-level roundtable discussion on the issues impacting the future of parks and recreation field such as resource constraints, political infusion, homelessness, inequities, employee retention and an evolving work culture. The session will be an opportunity to share challenges, discuss opportunities, and workshop solutions with likeminded department heads from across the state. Session will be moderated by Dr. Josh Medeiros, Superintendent of Parks, Recreation, Youth & Community Services with the City of Bristol.

Pricing with a Purpose

Bill Tschirhart, *Chief of Administration*, Five Rivers MetroParks, Dayton, OH

Category: FIN (0.1 CEU)

Just how do we set prices for recreation and parks services? That's a question that often gets answered with a shrug. While we all have our methods, often we are unaware of many factors that should come into play. In this session, you will learn about the various aspects that should be considered in setting prices - demand, value, politics, psychology, and the marketing role. Recognizing the different factors will lead professionals to better and fairer prices. The pricing session is the natural follow-up of cost recovery considerations.

Managing Violence & Unruly Behavior at Public Pools

Jaimie Clout, *Aquatics Supervisor*, City of Bristol Recreation, Youth and Community Services

Category: AQU (0.1 CEU)

Join Jaimie Clout, Aquatics Supervisor for Bristol Parks and Recreation, as she explores the critical topic of managing violence at pools. Pools are often seen as spaces for relaxation and recreation, but they can also be susceptible to incidents of violence that can compromise the safety and well-being of both staff and patrons. This presentation will delve into key strategies, best practices, and practical approaches for effectively managing and preventing violence at pools. Participants will be equipped with the knowledge and tools necessary to create a secure and enjoyable environment for all pool users, knowing the potential risk factors and triggers that can lead to violent incidents at pools. The session will also take a deep dive into effective communication techniques to de-escalate tense situations, diffusing conflicts successfully. Participants will also learn from real-life case studies and examples of successful violence management strategies employed at different pools.

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BREAKOUT SESSIONS: Monday, November 20th

Gaming for Everyone: Adaptive Gaming as Therapeutic Modality

Mary Archambault, Associate Professor & Coordinator of Recreational Therapy Programs, Southern Connecticut University, **Terri Larson**, Certified Therapeutic Recreation Specialist, Autism Families CONNECTicut

Category: TR (0.1 CEU)

Video games appeal to individuals of all ages and can be used as a therapeutic recreation intervention to address a variety of needs including social, cognitive, emotional and/or educational. Gaming is also a popular form of entertainment and can be played solo or with others. Unfortunately, for individuals with upper body impairment, video gaming can be inaccessible. Come learn how the Xbox Adaptive Controller and various hardware can be used to increase accessibility in gaming.

11:10 am - 12:10 pm

From 0-20:

The Pickleball Takeover

Noreen Wilpiseski, Recreation Program Manager, Trumbull Parks and Recreation

Category: PRG (0.1 CEU)

The Town of Trumbull has gone from 0 pickleball courts to 20 in 3 short years! Learn HOW we did this, what problems we've faced, and what

management strategies we are using to control the different user groups. This session will include opportunities for a short discussion about issues and successes others have faced.

Elite Events & Fresh Ideas Roundtable

Erik Barbieri, Director of Parks, Recreation & Community Services & **Matt Scofield**, Recreation Services Coordinator, New Britain Parks, Recreation & Community, **Craig Bowman**, Director of Parks and Recreation, Rocky Hill Parks and Recreation Department

Category: PRG (0.1 CEU)

Join Erik Barbieri, Matt Scofield, and Craig Bowman for a special events roundtable discussion! Learn tips and tricks from these seasoned professionals that churn out highly successful elite events. Discussion will cover a variety of factors including: budgeting strategies, public private partnerships, attracting top dollar sponsors, innovative marketing techniques in today's social media climate, emergency management requirements, and how staffing impacts the perception of events. This is a roundtable discussion so come prepared to learn from fellow recreation professionals, share information, ask questions, and brainstorm how to make events more exciting and popular among residents!

Leadership Building Blocks

Shannon McKain, Motivational Speaker

Category: MGT (0.1 CEU)

Sharing both her successes and failures including living on a canoe for two weeks (studying Situational Leadership), Shannon McKain integrates how Four Pillars of Leadership can make or break any organization. Using interactive and fun communication exercises, this millennial knows how to successfully facilitate an effective Leadership Academy for your group!

Managing Stress & Anxiety

Diane Lang, Owner, DL Counseling

Category: MGT (0.1 CEU)

This workshop is designed to help create a balanced lifestyle, join us to learn healthy coping mechanisms for your stress and anxiety. Recognize the signs of "Burnout" and lessen the stress and anxiety on your body. Find ways to simplify your life: using realistic, simple techniques/tips that can help you feel less stressed, more balanced, and optimistic. Leave feeling more empowered, motivated and healthier.

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 who can provide solutions to your department's needs.



LATE NIGHT SOCIAL | Monday 8:00 pm



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 atmosphere. CRPA's late night social is the ideal place to unwind with colleagues and new acquaintances after a long day at conference!

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2023 AWARDS & SCHOLARSHIP PROGRAM

Presented at the Annual Awards Luncheon - Tuesday, November 21st



NOMINATE SOMEONE TODAY!

CRPA is now accepting nominations for the 2023 Awards & Scholarship Program. This is your chance to recognize individuals who have made outstanding contributions to the parks and recreation profession!

Please take the time to participate in this worthwhile program and submit a nomination for consideration.

Nomination forms can be found online at:
crpa.com/awards/nomination-forms

Please return completed nomination forms to:
CRPA

135 Day St. 2nd Floor, 2H,
Newington, CT 06111

or by email to: val@crpa.com

Nominations must be submitted by 9/1/23

BREAKOUT SESSIONS: Tuesday, November 21st

10:00 - 11:00 am

(Exhibit Hall)

Crack-the-Code Exhibit Hall Team Building Challenge

Category: MGT (0.1 CEU)

Attendees will work collaboratively in small teams to solve various puzzle/riddle-style challenges that will be set-up throughout the exhibit hall. Teams must think creatively, communicate effectively, and problem-solve efficiently to complete the challenges! You do not need to come as a team.

11:10 am - 12:10 pm

Digital Distraction

Jeff Wozer, Comedian & Speaker, Digital Balance

Category: MGT (0.1 CEU)

The inability to work while at work is a major complaint with employees. The need to respond to emails and instant messages is constant. Even when away from work. This in turn leads to frustration, and ultimately, burnout. This presentation addresses digital distraction in general and initiatives offices can take in improving workplace digital practices.

Limitless Possibilities: New Ideas in Programming Roundtable

Liz Gambacorta, Recreation Supervisor, Town of Glastonbury Parks & Recreation

Category: PRG (0.1 CEU)

Looking for fun, innovative, and new ideas to bring to your community? This roundtable is for you! Join fellow professionals to engage with and learn more about new programs, special events, initiatives and campaigns happening around the state and in communities near you. Hear about some do's and don'ts, out-of-the-box and new ideas, and more. Discussions will touch on ideas through all walks of life, from preschoolers to seniors. You will walk out of this roundtable feeling energized, motivated, and ready to bring new programs to your community!

Writing a Business Plan

Bill Tschirhart, Chief of Administration, Five Rivers MetroParks, Dayton, OH

Category: FIN (0.1 CEU)

Frequently, stakeholders ask questions regarding the feasibility and need for new facilities, services and projects. Participants will discuss the common elements of a business plan including market analysis, organizational assessment, service or product line, marketing approach, funding request and finally the financial projections. Participants will review a sample business plan and evaluate feasibility based on established criteria.

Motivating Your Employees to Work Hard & Be Happy at Work

Diane Lang, Owner, DL Counseling

Category: MGT (0.1 CEU)

Motivating employees is not just about giving raises. Believe it or not money is not the best motivator. But what is? Join us to find out the best ways to motivate employees and keep them happy in the workplace.

We all want our employees to be loyal, professional, and hardworking, to be their best every day. If we treat our employees well this can go a long way and help them to be motivated and hardworking which will improve absenteeism, productivity, and turnover rates.

Everyone can motivate their employees. Whether you're a small business owner or municipality that can't afford many perks such as job sharing or big bonuses or a mid-size to large company, there are many ways to motivate your employees to work hard and be happy at work.

Proper Seed Selection for Over Utilized Athletic Fields

Peter Gorman, Technical Representative, Atlantic Golf & Turf

Category: Sales Session

Managing high use athletic fields is one of the greatest challenges municipal turf managers face, especially on k-8 fields where access to pesticides is prohibited. This session will identify strategies for proper

seed selection, planting timing and techniques, and fertilization to maximize turf cover and the return on the financial and labor resources invested in maintaining your athletic fields.

12:20 - 1:20 pm

The Power of Color

Scott Roschi, Creative Director, Landscape Structures

Category: MGT/Parks (0.1 CEU)

Color is vital to the human experience. Through color, we feel; we communicate; we heal. In advertising it is used to sell products; in our lives, in our schools and offices we use it to increase productivity. When it comes to communication, color is unbeatable. Unconscious or otherwise, color can evoke emotions, inspire reactions, and change modes of thinking. It can excite or soothe your mood, raise, or lower your blood pressure, and even whet your appetite! Whether it's innate or learned, it's undeniable that color has a vital impact on how we go about our lives. It can affect the way we feel, how we think, how we interact with one another, and whether we buy a specific item. Color is a subtle yet powerful communication tool, and it informs the way we see and how we feel about the world.

Community Collaboration in Youth Sports Roundtable

Peter Leclerc, Director of Community Services, Town of Suffield

Category: PRG (0.1 CEU)

Do you want your department to work better with other youth sport organizations in your community? What are the first steps to achieving this goal? Collaboration is the key to providing better youth sports programs in your community. We will discuss why many youth sport organizations do not work as well as they could with parks and recreation departments, and the best practices of how we all can work together to build a comprehensive youth sports program for children and families in your community. We will conclude with a roundtable to share and learn from each other.

BREAKOUT SESSIONS: Tuesday, November 21st

Financing for Parks & Recreation

Bill Tschirhart, *Chief of Administration*, Five Rivers MetroParks, Dayton, OH

Category: MGT (0.1 CEU)

Financing is simply raising or providing funds for business activities or capital expenditures. Most often, this is equated with some type of debt instrument such as bonds, certificates of participation or leases. But why would an agency want to take on debt for a project? Wouldn't it be better to use cash reserves if available? This session will explore the reasons agencies will assume debt for projects and the best debt instrument for the project. This session will also review case studies of successful bond issue projects and how the agencies communicated the value before, during and after the projects.

DEEP: CT Trails & Greenways Grant Program

Kimberly Bradley, *Connecticut Trails and Greenways Coordinator*, CT DEEP Bureau of Outdoor Recreation/Division of State Parks and Public Outreach

Category: Parks/FIN (0.1 CEU)

Trails and greenways positively impact individuals and improve communities by providing not only recreation and transportation opportunities, but also by influencing economic and community development. The Connecticut Department of Energy and Environmental Protection Trails and Greenways Program provides opportunities for collaboration, funding, and education through coordination with the Greenways Council and the Recreational Trails Grant Programs. Join Kimberly Bradley from the State DEEP and learn more about how this benefits your community!

Truly Inclusive & Adaptive Yoga Programming

Rebecca Smith, *Director of Therapeutic Recreation*, The Guilford House

Category: TR (0.1 CEU)

Yoga is an evidence-based, clinically proven recreational intervention that has been indicated to improve many aspects of wellness, in theory. In practice, yoga classes often exclude many individuals, and "inclusive" classes are specialized to one population at a time. This model works, but with limited space and resources in so many programs, increasing who has access to existing yoga offerings makes far more sense. With simple adjustments, parks & rec, clinical setting, and community settings can widely expand who can attend and ENJOY yoga to glean the benefits. Join Rebecca for this presentation on the proven benefits, considerations for facilities and teachers, and a demonstration of simple adjustments in action.

Join us for the 63RD ANNUAL CONFERENCE & TRADESHOW!

Where there are more opportunities to network & collaborate than ever before! From five engaging roundtables, to a later keynote, a midday laugh & learn, & a new team building challenge you don't want to miss out!

November 20 & 21, 2023
Mohegan Sun Hotel & Convention Center

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SESSIONS



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