



Coach Parker
Health and PE

My Health and PE classroom is meant to teach critical elements of both subjects that students can use for a lifetime. For Health the focus is to teach students how to make intelligent and informed decisions for their own well being. While in PE class we are learning how to stay active through many different sports, activities, and games. By the time students leave the PE classroom they should have the right tools to stay fit on their own.

About Me:

I graduated from Syracuse University with a Bachelor's Degree in Physical Education, before that I attended Sage College of Albany for two years and then transferred to SU. At Syracuse University I was on the Club Baseball Team for three years. I have also attended and presented at the New York State Conference for PE in Verona NY.

Outside of school I enjoy staying active with different sports and working out. Family and friends are also very important to me, I try and spend as much of my free time with both of those groups.

Over the summer I work at the JMU 4 kids camp at the Saint Gregory's site. It is a great way to spend the summers!

Favorite things:

Sport: Baseball

Sports Team: St. Louis Cardinals (baseball), Cleveland Cavaliers (basketball)

Food: Sushi

TV Show: The Office

Movie: Any Star Wars