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**Sport and Recreation Safety Consultant**  
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## **CURRICULUM VITAE**

### **EDUCATION**

Northeast Public High School, Philadelphia, PA, 1950-53.

West Chester State College, West Chester, PA, B.S., 1955-1959.

Temple University, Philadelphia, PA, M.S., 1961-1966.

Temple University, Ed.D., Philadelphia, PA 1969-1979.

Major area of concentration for doctorate in Administration, supervision and organization of physical education and athletics as well as the history of sport in America.

Extensive research in sport history and athletic administration, Yale University, 1975-79.

Attendance at numerous conferences, in-service meetings and seminars.

Certified Athletic Administrator certification, (C. A. A., 1986-2001)

Certified Master Athletic Administrator, (C. M. A. A. 2002-present)

Certified Playground Safety Inspector, (C. P. S. I., 1992 -2009)

Certified Pole Vault Safety Inspector, (2004 – 2008).

National Federation of High Schools (NFHS) Concussion Certification  
Bryn Mawr, PA (2010).

## **PROFESSIONAL POSITIONS AND COACHING**

### Watchung Hills Regional High School, Watchung Hills, NJ, 1959-1960

Instructor in Physical Education and health

Coaching: Varsity Football Line Coach

Varsity Wrestling Coach

Varsity Track Coach, assistant

### The Episcopal Academy, Merion, PA, 1960 -1993

Director of Physical Education: Developed first physical education program and curriculum in school's history. Also assisted in planning present gym complexes that included basketball courts, wrestling rooms, gymnastic areas, fields, tennis courts, locker facilities, offices, storage areas, a weight room and an aquatic area.

Physical Education Instructor for grades K-12, 1960-93.

Classroom health teacher, 1962-75.

Experience in teaching of almost all physical education activities over a 34-year career. Examples of these activities include, but are not limited to such activities as general games, aquatics, gymnastics, team handball, soccer, floor hockey, speedball, racket games, track and field, golf, softball, swimming and lifeguarding, rugby, frisbee and contact games.

Founder & Director of Episcopal Academy Summer Day Camp,  
1962-1982

Head Counselor in Athletics, Camp Susquehannock, PA 1965-1979

Helped developed the following programs:

- The Safety Evaluation Committee.
- The Rugby program.
- The Ice Hockey program.
- The Weight Training program.
- The Intramural program.
- The Recreational program.
- Various playground sites.
- The Swimming program.
- Various Junior Baseball and Soccer teams.
- The Summer Day Camp program
- Volleyball.
- The boys Lacrosse program
- The Gymnastic program.
- The Girl's Athletic program, which includes Softball, Squash, Track, Dance Aerobics, Swimming, Soccer, Gymnastics. Lacrosse, Karate, Basketball and Cross Country.
- Crew.
- Golf, J. V.
- Water Polo.
- Scuba Club.
- Rope Course/Project Adventure
- Self Defense Club

- The Independent Sport Study program.

Coaching:

- Varsity Football Line Coach, 1960-1963
- Head Football Coach, 1964-1976. Selected coach of the Main Line area, 1968. Selected to coach three all-star games.
- Middle School Football Coach, 1978-93
- Varsity Wrestling Coach, 1963-1970. Selected Coach of the Year, 1965, 1967.
- Jr. High and J.V. Wrestling Coach, 1960-1970.
- Jr. High Wrestling Coach, 1960-1989.
- Varsity Rugby Coach, 1966-1985
- Assistant Varsity Rugby Coach, 1985-88
- Assistant Track and Field Coach.
- Director of the Episcopal Rugby Tournament, 1967-1987.
- Director of the Episcopal Academy Wrestling Tournament (1961-71).
- Director/Assistant Director of The Track and Field Meet of Champions, Philadelphia, 1960-1972.
- Director/ Assistant Director of The Inter-Academic Track and Field Championship, 1960-1993.
- Coach of Junior Wrestling, Softball, Football, Basketball, elementary and junior high Soccer, Track and Field, Tennis, Swimming and Baseball, 1979-1993.
- Coach of various club sports such as basketball, intramural softball, floor hockey and volleyball.
- Developed Gymnastic curriculum and facility.
- Taught Gymnastics to grades K-12, 1962-1991.

- Taught Gymnastics at summer day camp, 1962 - 1974.
- Coach, Junior Girls Softball, 1989-92
- Coach of numerous other sports and recreational activities on a need basis 1963-1993.
- Director of Physical Education & Athletics, 1979-93

Other Coaching and Athletic Administration Experience:

- Director, Private School Wrestling Tournament of Philadelphia Area, 1960-75,1980-82
- Board of Directors, Pennsylvania State Private School Wrestling Tournament, 1983 - 1989.
- Director, Private School Jr. Wrestling Tournament, 1962-1993.
- Director, Episcopal Academy J.V. Wrestling and Novice Wrestling Tournament. 1980 to 1993.
- Co-Originator of Private School Basketball Tournament of Philadelphia. 1985
- Director, Inter-academic Athletic Association All-Star Basketball Game, 1990
- Wrestling Official, 1962-1979
- Director of various tournaments and athletic clinics over the past 33 years. These include, but are not limited to Basketball, Soccer, Wrestling, Floor Hockey, Track and Field, Field Hockey, Swimming and Squash.
- Founder, director of the Philadelphia High School Rugby Tournament, 1966-1988.
- Helped develop high school Rugby programs in Philadelphia area, 1966.

School committee's experiences include admissions, evaluation, executive, curriculum, facility, facility security and crowd control, general safety and security, Middle States and Independent School evaluation committees.

- Special Olympics Committee (Athletic program for handicapped children) 1976-1978, 1990.
- Treasurer, Inter-Academic Athletic Association, 1978-93.
- President, " " " , 1979, 1983, 1985, 1990.
- Director, Founder, Interacademic Athletic Association Sport & Safety Clinic, 1984-85.
- Board of Associate Editors, Athletic Director & Coach, 1986-1988.
- Board of Advisors, The Coach's Letter, 1992 -1995.
- Review Board, Pop Warner Youth Football Association, 1993-97.
- Founder of The Inter-Academic Athletic Association Award, 1993.
- Development of Pennsylvania Independent School Athletic Director Conference (in progress).
- Presenter - Athletic, Recreation and Physical Education Risk Management. 1980 –
- Evaluator - Athletic, Recreation and Physical Education programs.1993 –
- The Addis Group – Technical Sports Safety Consultant, 2002-
- Certified Playground Safety Inspector (CPSI)
- Certified Master Athletic Administrator (CMAA).

## **GENERAL AREAS OF EXPERIENCE IN RISK MANAGEMENT**

- Administration, organization and supervision of physical education, athletics. and recreation.
- Safety Consultant - Physical Education, Athletics, Fitness, Recreation,
- Aquatics
- Camping (day and overnight)
- General administration, organization and supervision.
- Crowd control and security supervision.
- Football - coaching and teaching.
- Wrestling - coaching and teaching.
- Rugby - coaching and teaching.
- Soccer - coaching and teaching.
- Softball - coaching and teaching.
- Baseball - coaching and teaching.
- Basketball - coaching and teaching.
- Track and Field - coaching and teaching.
- Teaching Physical Education & coaching-Nursery through 3rd grade, 4th through 8th, 9th through 12th. This includes, but not limited to activities such as team handball, floor hockey, lacrosse, tennis, soccer, squash, gymnastics, general physical education games, weight training, tennis and playgrounds.
- Aquatic organization, water safety instructor, and facility safety.
- Youth sports - coaching and administration.
- Physical education and athletic facilities.
- Physical Fitness Centers, Weight Training, programming and organizations

- Gymnastic fundamentals and safety.
- Sport history.
- History of Physical Education.
- History of football.
- Recreational games and activities.
- Playground safety audits. (Certified Playground Safety Inspector)
- Teaching, administration and supervision.
- Evaluation of equipment and facilities.
- Risk Management of facilities, equipment and fields.

## **WATER SAFETY EXPERIENCE**

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| 1953-1954 | Lifeguard - City of Philadelphia.  |
| 1955-1959 | Swimming & Water Safety Courses - West Chester State College.  |
| 1956-1957 | Private Swimming Lessons - West Chester, PA.   |
| 1956-1957 | Lifeguard - Wildwood Crest Beach Patrol.   |
| 1963-1966 | Sponsor of The Episcopal Academy Scuba Club.   |
| 1962-1993 | Water Safety Instructor at The Episcopal Academy.<br>Almost yearly experience in teaching at all levels of The American Red Cross Swimming Program. The Advanced Life Saving Course has been my major area of concentration. My experience has ranged from teaching 4 year old to 18 year old. |
| 1982.     | Director of the Summer Day Camp at Episcopal Academy. Developed and supervised the swimming program from 1962-1965.  |
| 1965-1979 | Camp Susquehannock - General instruction and supervision   |
| 1970-1985 | Director of Family Swim and Activities program.  |
| 1981      | Recipient of Red Cross Volunteer Award for Swimming Services.  |



- 1989 Member - Council for National Cooperation in Aquatics.  
Helped develop the Varsity Water Polo program.
- 1990 Coordinator of Private School Water Safety clinic.  
Coordinate Aquatic and pool facility as part of my responsibilities as Director of Athletics.
- 1991 to present Consultant for various law firms in the area of water safety.

## **PROFESSIONAL ORGANIZATIONS**

- American Alliance for Health, Physical Education and Recreation. (1957-2011).
- American Association for Leisure and Recreation. (1958-2013).
- Pennsylvania Association for Health, Physical Education and Recreation. (1959- approximately 2005).
- Eastern Physical Education Association. (1960-2000).
- North American Society for Sport History, 1973-1985 Charter member. Member and contributor of the NASSH Journal Survey Committee.
- Independent School Teachers Association, 1960-1993.
- Chairperson of the Physical Education Division, 1962-1972, 1974-1976, 1978-1980, 1982-84, 1986.
- Co-Founder of Private School Physical Education/Athletic Inter-League Association, 1984 – to approximately 2000).
- United States Gymnastics Safety Association. (1962- 2000).
- American Association of Cheerleading Coaches and Advisors (1972 to approximately 2003).
- Certified Playground Safety Inspector (Approximately from 1980 to 2005).

- National Sports and Physical Education Association. (1957- to approximately 2011).
- Athletic Directors Association of America. (1961 to approximately 2009).
- American Standards for Testing & Materials (ASTM). (1980 - 2017).
- National Institute on Park & Grounds. (1985-1992),
- National Recreation and Park Association. (1980 -2003).
- United States Youth Sport Institute. (1986 – to approximately 2004.)
- Professionals Against Fitness Fraud, (1980-1991).
- Coalition of Athletes to Protect Sports, (1986 – to approximately 2005)
- National Intramural-Recreational-Sport Association. (1990 -1998).
- C.C. Morris Cricket Library Association. (1978-93).
- National Strength & Conditioning Association. (1983 -1990, 1997-2000. 2007)
- Maxwell Football Club - Board member (Fight Against Drugs). (1985 -1990).
- Markward Basketball Club. (1979 -1993).
- Track and Field Coaches Association of Philadelphia and Vicinity. (1975-1993).
- The Safety Society. (AAHPERD), 1980-1995).
- The Society for the Study of Legal Aspects of Sport and Physical Activity. (SSLASPA). (1976-2001).
- The American Medical Soccer Association. (1975-1980).
- Recreation Safety Institute (1983-1992).
- American College of Sport Medicine. (ACSM). (1992-1995).
- Certified Master Athletic Administration (National Interscholastic

Athletic Association). (1965 to approximately 2005)

- Athletic Equipment Managers Association. (1989 - 1993).
- United States of American Football Rugby Association. Risk Management Chairman for 4 years. Committee member 1999- to approximately 2006).
- Eastern Pennsylvania Rugby Union. (1985-2005)
- Non-Profit Risk Management Center. (2000- to approximately 2003).
- National Youth Sport Safety Foundation (NYSSF). (1975-to approximately 1995).
- Association of School Curriculum and Directors (ASCD). (1980-to approximately 1999).
- The Pennsylvania State Athletic Director's Association (PSADA). (1965- 2010).
- National Institute for Sports Reform (NISR) 2000- to approximately 2003).
- Rails for Trails Biking Association (1994- 2003, 2013- to present)
- Technical Sports Safety Consultant for The Addis Group. King of Prussia, Pennsylvania, 2003- 2001).
- Certified Pole Vault instructor, 2004-2008, 2013).
- North Carolina Public Risk Management Association. (2012 – 2013, 2014).
- Community Emergency Response Team (C.E.R.T.) – certification, 2012 - present

## **PUBLICATIONS**

The following is a sample of my work related to physical education and athletics. It is not a complete list.

"He Ain't Heavy, Father; He's A Soccer Player, " *Soccer America*, March 1975.

"Abstracts and Surveys", *Journal of Sport History*, Winter, 1976.

"An Active Way to Celebrate The Bicentennial", *Early Years*, June, 1976.

"Another Use for Goal Posts", *Soccer America*, March, 1976.

"When You Can't Run", *Journal of Physical Education*, February, 1975.

"Personal Obstacles", *Running World*, October, 1974.

"Conditioning Ideas for Wrestling", *Athletic Journal*, October, 1974.

"Reflections on Sport as Mythology In Industrial Society", paper presented at *Third Canadian Symposium of History of Sport and Physical Education*, August, 1974, with Dr. Benjamin Lowe of Temple University.

"Towards the Study of Sport Folklore", *Sport Sociology Bulletin*, Spring, 1974.

"Conditioning in Soccer," *Youth Soccer*, 1974.

"Tackling in Football", *The Coaching Clinic*, August 1974.

"Leadership and Character in Rugby", *U.S. Army Take Command*, February, 1973.

"Americanized Team Handball", *Physical Education Newsletter*, November 1971.

"The Center", *Scholastic Coach*, June 1971 (How To).

"Rugby", *U.S.A. Rugby Log*, December 1970.

"Physical Education - *Where It's At...*" *Independent School Bulletin*, April 1970.

"Combative Games", *Journal of Health Physical Education and Recreation*, March, 1967.

"The Legal Responsibilities of a Coach", *Youth Sport Institute*, University. of Michigan, 1984.

"The Dilemma of Sport Injuries in Schools", *CIGNA Professional Liability Bulletin*, Fall, 1983.

"A Legal Survival Kit for Staying in the Gym", *Pennsylvania Journal of Health, Physical Education & Recreation*, Spring, 1983.

"The Duties of a Coach," *The Soccer Letter*, September 1984.

"To Be, Or Not To Be, That Is The (Legal) Question", *National Federation of High School Athletics*, Spring, 1985.

"A Mini-Course for the Youth Sport Coach on Legal Responsibilities," *NYSCA of Texas*, January 1985.

"A Coach Looks At Legal Responsibilities", Chapter in *Contemporary Issue In Sport Safety*, edited by Dr. Herb Appenzeller, Spring, 1985.

"The Three C's of Safety", *Coaches Legal Report*, Professional Publications, Atlanta, GA, Spring, 1985. 24 articles written for Coaches Legal Report from 1985 through 1988.

"A Coach's Legal Duties", *Athleticare*, Summer, 1986.

"Safety In Sports, *The Safety Society*, Spring, 1988.

"Just Be Responsible," *The First Aider*, Spring, 1988.

"Summer Swimming," *The Westender*, June 1988.

"The Hazard Manager," *Journal of Physical Education*, October 1989.

"Post Accident Care" *National Athletic Director*, January 1990.

"Officials and their Legal Duties," *Sportorials*, February 1990.

"Supervision," *Fitness Management*, June 1990.

"Hazard Control in Wrestling," *Wrestling, U.S.A.*, December 1990.

"Football Safety for Youth," *Pop Warner Football Newsletter*.

"Coaches Supervise Kids - A.D.'s Supervise Coaches," *Scholastic Coach*, September 1991.

"Supervision," *Scholastic Coach*, October 1991.

"Management of Safe Sports," *Scholastic Coach*, March 1992.

"A Checklist for Playground Safety," *Recreation and Leisure*, Spring, 1992.

"Signs of Safety," *Fitness Industry Trade Journal*, April 1992.

"Catholic Youth Organization," *Sport Safety Poster, Ontario, Canada*, June 1992 (Poster developed from my article entitled "Management of Safe Sports.")

"Supervision in Sports," *The Coach's Letter*, August 1992.

"Safety in Football," *Scholastic Coach*, July 1993.

"Emergency Cards for Sports," *The Coach's Letter*, August 1993.

"Parents Should Checkout Athletic Programs," *The Pocono Record* Newspaper, September 7, 1993.

"Youth Sport, Safe Sport," *The Main Line Times Newspaper*, September 16, 1993.

"Athletic Hazards to Avoid," *Athletic Management*, November 1993.

"Safety in Physical Education," *Physical Education Digest*, January 1994.

"Questions About Safety," *Pennsylvania Journal of Physical Education, Recreation and Dance*, April 1994.

"A Risk Management Program" Manuscript, University of Nevada at Las Vegas, 1994.

"It's A Matter of Duty," *Employment Service Management Magazine*, April 1994.

"Youth Soccer, Safe Soccer," *Pocono Record*, September 8, 1994.

"Safety and the Consultant," *Sport Lawyer Magazine*, November 1994.

"Waterproofing," *Main Line Times*, January 1995.

"Questions and Answers about Safety," *Athletic Management Magazine*, September 1995.

"A Playground Primer for Teachers," *Journal of Legal Aspects of Sport*, Spring, 1995.

"Supervision - the Key to Safety," *Athletic Management Magazine*, January 1996.

"The Key To Safety," *Rugby Magazine*, March 1996.

"The Principles of Supervision," *Athletic Management Magazine*, Feb-March, 1996.

"A Really New Game' *Totally for Teachers*, Spring, 1996.

"The Athletic Trainer - The Safety Coach," *National Athletic Trainer's Association*, November 1996.

"Coaches: The Key to Safety," *Keystone Collegiate Communicator*, A Publication of the Eastern Pennsylvania Rugby Union, (reprint), Fall, 1996.

"A Football Checklist for Safety" *Athletic Management*, November 1996.

"Football Safety and The Coach," *Safety in American Football, Chapter in American Standard and Test Measurement textbook*, 1997.

"Developing the Safety Checklist," *Athletic Management*, January 1997.

"Baseball and Safety," *Athletic Management*, April 1997.

"Supervision in the Weight Room," *Fitness Management*. June 1997.

"Insiders' Advice," *Athletic Management*, Fall, 1997.

"The Principles of Supervision in Athletics," *CAPS Newsletter*, Winter, 1997.



"Rugby Coaches and Their Duty to Supervise," *Rugby Press*, November 1997.

"Rugby Coaches and Good Supervision, Part II," *Rugby Press*, February 1998.

"Shared Responsibility in Sports," *Athletic Management Magazine*, March 1998.

"Track and Field - Safe Sport and High Risk Sport," *Athletic Management Magazine*, April, 1998

"Building Strength Safely," *Athletic Management Magazine*, June 1998.

"A Wish List for the Team Doctor," *Physician and Sportsmedicine Magazine*, September 1998.

"College Rugby, At the Crossroads," *Rugby Press*, August 1998.

"Equal Competition," *Athletic Management Magazine*, September 1998.

"Preventing the Big Hurt," *Athletic Management Magazine*, January 1999.

"A checklist for Weight Rooms," *Bigger, Faster, Stronger*, Spring, 1999.

"A Safety Checklist for Swimming," *Aquatic International*, 1999.

"Equipment and Signage: The Fundamentals of Safety," *Aquatic International*, March/April, 1999.

"Follow This Checklist To Make Volleyball Safer," *Managing School Athletics*, May 1999.

“Avoiding the Gavel,” *ESD 112 Insurance Chronicle*, Spring, 1999.  
Reprinted from *Athletic Management Magazine*, October 1993.

“Why Campers Get Hurt and Camps Get Sued,” *Pocono Parent Magazine* May, 1999.

“Talk To Them, The Duty to Warn and Inform,” *New York Journal of Health, Physical Education, Recreation and Dance*, Spring, 1999

“Safety in Weight Training,” *Fitness Management*, June 1999

“Parents and Playgrounds,” *Pocono Parent Magazine*, June 1999.

“Home Field Safety,” *Athletic Management Magazine*, June/July, 1999.

“Signs of Safety,” *Managing School Athletics*, August 1999.

“Safe Soccer for Youth,” *Pocono Parent Magazine*, August 1999.

“Post Care Principles,” *Athletic Management Magazine*,  
September 1999.

"Shared Responsibility in Sports, " *New York Interscholastic Athletic Association Journal*, reprinted from the *Athletic Management Magazine*.

“Supervision, 101 – Instruct your Coaches about the Techniques of Supervision,” *Managing School Athletics*, October 1999.

"Walking for Fun and Fitness," *Pocono Parents*, October, 1999.

“Supervision Equals Proper Safety,” *Managing School Athletics*,  
November 1999.

"Major Safety Problems in Popular Sports," *Athletic Management*,

January, 2000

"Safety Hints," *Managing School Athletics*, January, 2000

"Rugby Hazard Management," *Keystone Rugby Communicator*, Eastern Pennsylvania Rugby Union web site, February 2000

"Give em Room - Safety Zones," *Athletic Management Magazine*, March, 2000

"Strokes of Safety - The sport of rowing," *Athletic Management Magazine*, April-May, 2000

"The Rugby Safety Checklist," *EPRU.com*, April, 2000

"What To Do After a Rugby Injury," *EPRU.com*, June, 2000

"Fair Warning," *Athletic Management Magazine*," June, 2000

"Cross-Country Safety Consideration," *Athletic Management*, July, 2000

"The Duties of a Rugby Coach," *EPRU.com*, October, 2000

"Signage and Safety in the Weight Room," *Bigger, Faster, Stronger Magazine*, October, 2000

"Safe Equipment equals Safe Participants," National Interscholastic Athletic Association Magazine, November, 2000

"Episcopal Athletics - An Informal Review," *Episcopal Academy Athletic Hall of Fame Program*, November, 2000

"The Duties of a Volunteer Coach," *Athletic Management Magazine*, Winter 2000

“Scooter Safety, *Pocono Parents Magazine*, January, 2001

“Instruction in Rugby,” Eastern Pennsylvania Rugby Union, February, 2001

“Giant on the Field,” *Athletic Management*, March 2001.

“Senior Citizens and Fitness Centers, *Fitness Management*, April, 2001

“Safety in Soccer,” *Athletic Management*, June, 2001

“A Good Supervisor Does More Than Watch From the Sideline”  
*Managing School Athletics*, July 2001.

“In-service Meetings for Safety,” *Fitness Management*, (e-magazine)  
September, 2001

“Developing an Athletic Manual,” *Managing School Athletics*,”  
September, 2001

“Hurt on Contact,” *Athletic Management*, Winter 2001

“Hazard Management in Rugby,” *U.S.A. Rugby Club eNewsletter*,  
October 2001.

“Youth Safety in Winter Sports, “*Delaware Valley Parent’s Magazine*,  
November, 2001.

“Youth Safety in Winter Sports,” *Philadelphia Health and Fitness Magazine*, (Reprint), December 2001.

Safety and the Personal Trainer, *Personal Fitness Professional Magazine*, December 2001.

“Take Duty to Offer Appropriate Equipment Seriously,” *Managing*

*School Athletics*, January, 2002

“Who Needs Wiper Blades?” *Athletic Management Magazine*,  
*February/March*, 2002

“Coaching Rugby, Warn and Inform,” *Eastern Pennsylvania Rugby Union* (web-magazine) March, 2002

“Athletic Standards and Guidelines,” *Athletic Management*, June/July,  
2002

“Ready or not. . . here comes another new school year,” *Managing School Athletics*, August, 2002

“A Rugby Safety Check It Out List,” *Eastern Pennsylvania Rugby Union* (web-magazine), September 2002)

“Spice Up Safety,” *Athletic Management*, November, 2002

“Making Rugby Safer,” with Steve Cohen, et al, *Eastern Pennsylvania Rugby Union*, November, 2002

“Lawsuits, Just A Misstep Away,” *Managing School Athletics*,  
December 2002

A Safety Checklist for Personal Trainers, *Fitness Management*,  
December 2002

“Keeping you out of the Courtroom,” *Personal Fitness Professional*,  
February, 2003

“Safety in Rugby,” *Rugby*, December, 2002, (Contributor as a member  
of the Eastern Pennsylvania Rugby Union Risk Management  
Committee.)

“Enhancing Safety in Youth Rugby” Rugby, February/March, 2003,  
(Contributor as a member of the United States Rugby Medical and Risk  
Management Committee.)

“Fastest Game on Two Feet”, *Athletic Management*, March, 2003

“Enhancing Safety in Youth Rugby,” *USA Rugby*, March 2003,  
(contributing writer)

“Safety and Rugby,” *Texas Rugby Union*, [www.Texasrugbyunion.com](http://www.Texasrugbyunion.com)  
(reprint)

“Student Injury and Liability,” *Health and Safety Bulletin, CIF/Sport  
Care*, March 2003, (reprint)

“Safe at Home, the Dugout and Everywhere Else,” [www.Webball.com](http://www.Webball.com)  
March 2003

“The Athletic Hall of Shame,” *Athletic Management*, September, 2003

“Is Your Kid’s Coach a 10?” *Pennsylvania State Athletic Directors  
Association*, September, 2003

“Is Your Hotel Fitness Room Fit?” *Fitness On Site*, Fall, 2003

“The Risk Management Defensive Game Plan for Coaches, ” Risk  
management Matters, *ESD112*, Fall, 2003

“Setting Up Safety,” *Coaching Management*, 2003 post season edition.

“Safety Through Supervision,” *Risk management Matters, ESD112*,  
Winter, 2004

“The Fitness Center Hazard Manager”, *Fitness on Site*, Winter 2004.

“The EAP or Emergency Action Plan,” *Athletic Management*, February 2004.

Locker Room Safety, *Athletic Management*, April-May 2004

Keep Sport Safety Boring, *The Head’s Letter, Educational Directions Inc.*, April 2004

“Safe Landing,” *Coaching Management*, Postseason, 2004.

“Reducing the Risks,” *Coaching Management*, Preseason, 2004

“Athletic Administration,” *Scholastic Coach & Athletic Director Magazine*, August, 2004

“Three Seasons of Safety,” *Athletic Management*, August/September, 2004.

“Safety in the Sport Areas,” *Fitness Management*, Winter, 2004.

“The Athletic Hall of Shame,” (reprint) *Pennsylvania State Athletic Director’s Association Newsletter*, December, 2004.

“The Fitness Center Hall of Shame,” *Fit Commerce* (emagazine), December, 2004.

“The Daily Dozen Safety Checklist “*Scholastic Coach and Athletic Director*, January, 2005.

“Give a Cheer for Cheerleading Safety,” *Athletic Management*, March, 2005

“Spinning & Safety,” *Fitness Management*, March 2005

“Keeping X’s and O’s on the Field,” *Gridiron Newsletter*, April, 2005

“Keeping Group Activity Safe,” *Fitness Management*, April, 2005

“A Gym Bag of Risk Management Questions and Answers, *Athletic Management*, 2005

“Safety Guidelines for Racquetball,” *Fitness Management*, November, 2005

“Athletic Supervision Revisited,” *Athletic Management*, Dec. 2005

“Cheerleading Safety Checklist,” (Reprint), *Coordinator for the Sport of Cheerleading in the state of Georgia*, January 2006

“Three Seasons of Safety,”

“The Risk Factor,”

“Strokes of Safety,”

“Safe Landing,”

“Reducing the Risks,”

Caution, Soccer Ahead,” (Reprints). *The National Center for Sport Safety*, January, 2006.

“Before You Pack,” *Athletic Management*, Feb-March, 2006

“Full Court Press,” *Athletic Management*, April-May 2006

“Preparing A Duty of Care Game Plan for Football Coaches,” *Gridiron Strategies*, April-May, 2006

“Tightening the Belt,” (Safety Guidelines for Wrestling), *Athletic Management*, September, 2006

“Turning Good Facilities into Bad Facilities, *Athletic Management*, October, 2006



“Straight Talk: Gym Safety,” *Athletic Management*,” (e-edition, contributing editor), November, 2006

“The Football Hall of Shame,” *Gridiron Newsletter*, December, 2006.

“Safe at Home - Celebration Injuries,” *Athletic Management*, April/May 2007.

“Drilling for Safety,” *Athletic Management*, August-September, 2007

“Football Coaching Supervision,” *Gridiron Magazine*, December, 2007.

Physical Education and Sport Science by Dr. Robert C. France, *Delmar Cengage Learning Publications, Contribution chapter*, 2008.

Consultant for the *National Wrestling Coaching Association’s Risk Management Manual*, 2007

*National Center for Sports Safety*, Kathryn Gwaitney, Director of Operations (six article reprints), 2007 and March, 2008.

“Keep Players Healthy by Following Duties of Care,” *Winning Hoops*, March/April 2008.

“Caution, Peel Ahead, What I Didn’t Learn in Sport Safety 101”,” *Athletic Management*, April, 2008.

“Spicing up Safety – It’s Not Rocket Science,” (reprint). *EPRU Safety Newsletter*, August, 2008.

“Watching the Warm Up,” *Athletic Management*, September, 2008.

“Junior Baseball Safety Checklist, *Junior Baseball*, June, 2008.

“Signs of the Times,” *Athletic Management*, April 2009.

“One Month at a Time,” A Risk Management Monthly Calendar, *Athletic Management*, August, 2009.

“A Safe Landing,” National *Center for Sports Safety Web Site*, (reprint)

“A Closer Look,” *Athletic Management*, April, May, 2010

“Twenty Three Points for a Defensive Game Plan,” (reprint). CIF Lacrosse Spring Booklet, 2010.

Targeting Safety (Track and Field Safety, *Coaching Management*, Post Season Edition, 2010).

Cross Country Safety, *Coaching Management*, September, 2010).

Safety Before Walking on the Field, *Athletic Management*, March 2011.

Sports Graphics Incorporated, *Safety and Image Resource for Schools*, <http://wallpadding.blogspot.com/> (reprint)

Drills from Hell, *Athletic Management*, March, 2012.

Step by Step, *Athletic Management*, September, 2012.

More Answers, *Athletic Management*, April/May, 2013.

After School Options, *Athletic Management*, October/November, 2013.

The Risk Management Checklist, *Athletic Management*, April 2014

All Eyes on Deck, *Athletic Management*, June/July, 2014.

Be Your Child’s Sport Agent, *Carolina Parent*, October 2014,

Sport Safety Redux –*Winning Hoops*, Sep./Oct. 2014

Columnist- Coaches Legal Report Magazine, 1985-87,  
Athletic Director & Coach, 1987-88,  
National Athletic Director, 1988-1990,  
The Coach's Letter, 1992-1995,  
The Athletic Management Magazine, 1995-present.  
Managing School Athletics, contributor, 1999 – 2002.  
Fitness Management, 2000 - 2005

Athletic Management Magazine – Reviewer for their 25th year of publication. (September, 2014)

Sport Safety Redux, *Scholastic Coach and AD* (2014)

Books -

*Sport Safety in Schools and Fitness*, J. Weston Walch Publishing Co. Portland, 1991,

*The School Sport Safety Handbook*, LRP Publications, Horsham, 1998.

*The Athletic Director's Schedule Book*. LRP Publications, Horsham, 2001.

*Coaching for Safety, A Risk Management Manual for Coaches*, Washington State, June 2003.

*Putting Prevention Into Practice, A Risk Management Primer for Physical Education Teachers*, 112ESD Publications, January, 2009)

*Game Plan for Sport Safety*, Momentum Media, March, 2012

## Current projects and future publications

Physical Education and Sport Risk Management Curriculum for Physical Education Central.

Sport and Recreation Safety Manual.

*Facility Safety*, Scholastic Coach and Athletic Director - (2017)

## **PRESENTATIONS**

The following is a sample of my presentations, workshops and seminar related to physical activity safety.

Philadelphia Television, The Pete Retzlaf Show, High School Wrestling, 1972.

Pop Warner Football Association, Fundamentals of Football, Philadelphia, 1980.

Pop Warner Football Association, Safety in Football, Philadelphia, 1981.

Villanova Writer's Workshop, Keys to Part-time Writing, Villanova University, 1981.

Eastern Rugby Conference, Development of High School Rugby, Philadelphia Osteopathy Hospital, 1981.

Philadelphia Television, Channel 10, WCAU, Sports and Kids, Speaker, 1981.

Northeast Philadelphia Athletic Association, How to Coach Young People, Philadelphia, 1982.

Frankford Youth Athletic Association, Defensive Football, Philadelphia, 1982.

Episcopal Academy Football Conference, Conditioning a Player, Merion, Pennsylvania, 1982.

American Trial Lawyers Convention, The Role of the Expert Witness, Atlantic City, NJ 1984.

Speaker & Development of League Safety Clinic, Inter-Academic Athletic Association, 1983.

CIGNA Sport Safety Workshops, A Coaches Legal Responsibilities, Philadelphia, 1983.

CIGNA Sport Safety Seminar, A Defensive Game Plan, Albany, New York, 1983.

CIGNA Sport Safety Seminar, How to Beat the Full Court (Legal) Press, Boston, 1984.

CIGNA Sport Safety Seminar, Safety in Sports, East Lansing, Michigan, 1984.

Richmond, Virginia School District, Sport Safety Seminar, Safe Sports, 1984.

CIGNA Sport Safety Seminar, Offensive Game Plans, Defensive Game Plans, and now Legal Game Plans, Cherry Hill, New Jersey, January, 1985.

CIGNA Sport Safety Seminar, Safety in High School Sports,

Boston, January 1985.

CIGNA Sport Safety Seminar, Safety in Team Sports, East Lansing, Michigan, March 1985.

Plymouth-Whitemarsh Sport Safety Seminar, A Defensive Game Plan for Safety, Plymouth-Meeting, PA. April 1985.

Sport & Law Summer Conference, Guilford College, North Carolina, The Three C's of Safety, 1985.

Cherry Hill Sport Safety Conference, How to Keep Coaches on the Court and out of the Legal Court, Cherry Hill, NJ, May 1985.

Independent School Management Physical Education Seminar, The Athletic Director's Duties, Washington College, Maryland, July, 1985.

Sport Safety Seminar, Play Safe, Germantown Academy, Fort Washington, PA, September 1986.

Episcopal Academy Physical Education Athletic Administration Conference, How to Coach Coaches, and Current Trends in Sport Safety, October 1986.

Sport Safety Seminar, Coaching, Education Department, Villanova University, Villanova, Pennsylvania, November, 1986.

Catholic League Men's Athletic Director's Meeting, Our New Arch Rival in Sports, Avalon, New Jersey, 1986.

Catholic Girl's Athletic Director's Meeting, A Safe Way to Coach, Philadelphia, Pennsylvania, 1986.

Catholic League Coaching Conference, A Legal Game Plan for

Coaches, Philadelphia, Pennsylvania, 1986.

Athletic Director's of Maryland, Safety for Players and Coaches, Ocean City, Maryland, February 1986.

Marple-Newtown High School In-Service Conference, What Coaches Need to Know About Safety, February 1986.

Inter-Academic Athletic Association - Girls, Safety in Women's Sports, March 1986.

Independent School Management Physical Education Seminar, The Athletic Director's Duties, Washington College, Maryland, July, 1986.

Eastern Pennsylvania Physical Education Convention, Professional Against Fitness Fraud, Lancaster, PA, March 1986.

Calvert Public Schools Physical Education Conference, Play Fair and Safe, Calvert, Maryland, January 1987.

California Interscholastic Federation Conference, Safety in Sports is a Full Time Job, Anaheim, CA, February 1987.

Binghamton School District Conference, A Legal Game Plan for Coaches, Binghamton, NY, March, 1987.

Villanova University Sport Law, Safety in Sport, A Practical View, Villanova, PA May 1987.

Howard School District Coaches Conference, How To Beat The Full Court (Legal) Press, Howard School District, Maryland, June, 1987.

Maryland Athletic Directors Conference, What's New in Sport Safety, Arundel, MY, September 1987.

Lawrence Risk Management Services, Practical Ideas for Safety in Physical Education Classes, San Diego, California, 1989.

National Physical Education Convention, How To Keep the Coach on the Playing Court and out of the Legal Court, Boston, 1989.

Sport Safety Seminar, Will Hopscotch Be Our Next National Pastime? Chaffy School District. Ontario, California, - 1989.

Lawrence Risk Management, Super Supervision, Lake Placid, New York, 1989

Widener University Sport Safety Seminar, Safety in Sports for Players and Coaches, Chester, Pennsylvania, 1989.

Physical Education and Safety Seminar, Play Hard, Play Fair, Play Safety, Weidner College, Chester, Pennsylvania, 1989.

Seven Sister's College Conference, Safety in Sports and Clubs, Bryn Mawr College, Bryn Mawr, Pennsylvania, 1989.

College Athletic Conference, The Legal Duties of a Coach are also your Coaching Duties, Haverford College, Haverford, Pennsylvania, 1989.

St. Petersburg In-Service Day Conference, Athletics and Safety, St. Petersburg School District, St. Petersburg, Florida, - 1990.

Ontario School District, How to Meet Your Legal Duties, Ontario, CA, May 1989.

Philadelphia Private School Athletic Conference, Safety in Sports, Episcopal Academy, Merion, Pennsylvania, 1990.



Lawrence Insurance Company Risk Management Seminar, Facilities - Friend or Foe, New Orleans, Louisiana, 1990.

Lawrence Risk Management Seminar, Facilities - Friend or Foe, Lake Placid, New York, 1990.

Haverford High School Program and Safety Audit and Evaluation, Havertown, PA, February 1991.

Lawrence Risk Management Seminar, Supervision in Athletics and Physical Education, San Diego, California - February, 1991.

Philadelphia Independent School Conference, The Role of the Coach in Independent Schools, LaSalle College, Philadelphia, March, 1991.

Wellness Conference, The Coach and the Law, Bryn Mawr College, Bryn Mawr, Pennsylvania, March 1991.

Coalition of Americans to Protect Sports Risk Management Conference, Consultant, Chicago, November 1991.

Villanova University Writer's Shop, How to Write When You Have No Time, Villanova, Pennsylvania, November, 1991.

Rotary Club of Bala Cynwyd, Sports in Our Society, Bala Cynwyd, Pennsylvania, January 1992.

West Chester University Sport Management Program, What A Young Coach Needs to Know About Safety, April, 1992.

Elevations Physical Fitness Center, The Duties of Fitness Center Instructors, Scot Run, PA, May 1992.

Physical Education and Athletic Program Evaluation, Inter-

Academic Athletic Association, May 1992.

Friends Council Seminar, What You Don't know Can Hurt You!  
Philadelphia, PA January 12, 1993.

Utica Insurance Company Risk Management Seminars, Safety in Sports.

March 2, Syracuse, New York

March 3, Utica, New York

March 4, Binghamton, New York

March 5, Saratoga, New York

March 9, Batavia, New York

March 10, Pittsburgh, PA

March 11, Allentown, PA

March 12, Jamesburg, PA

Pop Warner Clinic, Safety in Youth Football, Andover, Mass, July 30, 1993.

Friends Council Seminar, The Legal Responsibilities of the Independent School Coach, Philadelphia, PA, January 12, 1993.

Coalition of Athletes to Protect Sports Seminar, Safety in Youth Football, Hanover, NJ - April 16, 1994.

St. Margaret's School, Playground Safety Audit, Narberth, PA, April 18, 1994.

Collegiate School, Athletic and Physical Education Program and Safety Audit, Sport Safety Seminar, Mary 1-3, 1994.

Presbyterian Children's Village, Playground Safety Audit, Rosemont, PA, August 25, 1994.

Hill School, Safety in Sports, Pottstown, PA, September 1994.

The First National Football Safety Conference, The Coach and Safety, Phoenix, Arizona, December 6-9, 1994.

Elwyn School, Inc., Playground Safety Audit, Elwyn, PA, January 1995.

Haverford College, Haverford, PA, Sport Safety in High School Athletics, January 10, 1995.

National Independent School's Association, Safety in the Classroom, Gym and Playground, Rosemont School, Rosemont, PA, February 23, 1995.

West Chester University, What A Teacher/Coach Needs to Know About Safety, West Chester, PA, March 9, 1995.

Swain School, Allentown, PA, Safety and Program Audit, April 6, 1995.

New York Athletic Director's Conference, New Paltz, New York, April 24-25, 1995.

Utica Insurance Company Risk Management Seminars, Safety in Sports. - March 6, 1995, New Hampshire.

Trial Lawyers of West Virginia, Safety in Sports, June 15-17, 1995, Martinsburg, West Virginia.

Montgomery Country Day School, What Teachers Need to Know about Safety, Chester County, PA, September 7, 1995.

Quaker School Athletic Conference, Play Well, Play Safe, Haverford College, March 1995.

Athletic Director's Conference, Athletic Administration, Ocean City, New Jersey - May 7, 1996.

Playground Safety Evaluations, Windsor Avenue and Essex Avenue Playgrounds, Narberth, PA, July, 1996, August, 1998, August, 2000, June, 2002.

Sanford School, Hockisson, Delaware, The Coach and the Physical Education Teacher's Responsibilities, December 3, 1996.

St. David's Nursery School, Devon, PA, Playground Safety Evaluation, February, 1997.

Camp Tecumseh, Center Harbor, NH, June 1997.

Camp Susequehannock, Brackney, PA, June 1997.

Professional Underwriters, An Athletic Administrator View of Sport Safety, Bath, New York, March 1998.

The Hill School, Pottstown, PA, Safety is a Faculty Project, September 1998.

Germantown Academy, Ft. Washington, PA, Safety Evaluation of Indoor Facilities, October, 1998

The Agnes Irwin School, Rosemont, PA, Safety Evaluation, November 5-6, 1998

Weidner University, The Role of the School Nurse in Athletic Safety, Chester, PA, February, 1999

Lower Merion School District, A Sport Safety Update, March, 1999

Vancouver School District, Sport Safety, Washington, March 1999

Independent Schools of Southeastern Pennsylvania, (ISTA), Risk Management and the Coach, April 1999.

Eighth Annual National SEAK Seminar, Organization and Administration, Sheraton Hyannis Resort, Cape Cod, Mass., June 17-18, 1999

Health and Physical Education, Physical Education and Safety, Weidner University, July 1999

Athletic Business Conference, Current Strategies in Risk Management, Florida, December, 1999.

Lower Merion School District, Coaching Clinic, March, 2000

Site Evaluation, Lower Merion Rowing Team, March, 2000

Ursinus College, Pennsylvania, Risk Management for the new coach, March 2000

Villanova University, Writing, April 28, 2000

Pennsylvania Independent School Teachers Association, Plymouth-Meeting, Playgrounds and Players, November 8, 2000

Central League Coaching Association, Coaching Risk Management, February 2001.

West Chester University, Athletic Administration November 2001.

District One Coaching Workshop, New Coaches and Risk Management, February 2002.

“Counselors and Risk Management,” Camp Tecumseh, Center Harbor, New Hampshire, 2001.

Howard Country (Maryland) Physical Education Conference, August 2002.

“Athletic Director’s Conference, “Friend’s League, (Pennsylvania) November, 2002.

Site Evaluation, Miss Annette’s Nursery Playground, Media, PA, April, 2003.

Washington State Athletic Conference, June 2003.

Miss Annette’s Nursery School, Playground Safety, February 2005.

Hatboro-Horsham School District. “Physical Education Risk Management,” August 2005.

National Public Radio, Playground Safety, November, 2006 broadcast. Philadelphia.

Goddard Schools in the Philadelphia and suburban area for inspections and safety reviews. June – September, 2008.

(Enola, Horsham, Montgomeryville, Royersford, Schwenksville, Skippack, Collegeville, King of Prussia, Jaminson, Newtown, West Goshen, Wyomissing and Strafford, Pennsylvania).

Legacy for Life Program, Radio, Dr. Hellen Greenblatt, Chief Science Officer, October 12, 2010

Strath-Haven School District, Neither Providence, PA, December, 2011.

## **HONORS/RECOGNITIONS**

1. Who's Who in American Colleges, 1958-59.
2. Outstanding Physical Education Student Award, West Chester University, 1959
3. The Cum Laude Society, Episcopal Academy Chapter, 1979.
4. Certificate of Appreciation, The American Red Cross, April, 1981.
5. Coach of the Year, Football and Wrestling. Several times.
6. Elected to Hall of Fame (West Chester University) 1988.
7. Nominee for the Northeast Public High School "Centennial Award," recognizing the outstanding graduate of each decade. 1991.
8. Elected to "Who's Who's in American Education, 1992.
9. First active Episcopal Academy teacher to receive Bishop William White Award (The Outstanding Teacher who also contributes beyond the classroom)
10. Athletic Director of the Month, Athletic Director Magazine, August, 1989
11. Recognized as a Certified Athletic Administrator by the National Interscholastic Athletic Administrator.
12. Winner of the Keegen Award, for coaching at the Episcopal Academy. 1993.
13. Appreciation Award from the Inter-Academic Athletic Association for Girls, 1993.
14. The first recipient of the "Richard P. Borkowski" Award, which will be presented yearly to an Episcopal Academy coach, for outstanding service, 1993
15. Appreciation Award from the Inter-Academic Athletic Association for Boys, 1993.
16. Elected to the Northeast High School Wall of Fame. Presented to alumni for distinguished work in their chosen field, 1994.

17. Episcopal Academy Crew boat named in my honor, May, 1995.
18. U. S. Rugby Coaching Certification, Duke University, August 25, 26, 27, 1995.
19. United States of America Rugby Football Union - Chairman of Safety and Risk Management Committee, 1996 -2000 - Appreciation Award.
20. Interacademic Athletic Association Person of the Year Award, 1998.
21. Certified Playground Safety Inspector.
22. The Episcopal Academy Athletic Hall of Fame, 2002
23. Recognized as a Certified Master Athletic Administrator by the National Interscholastic Athletic Administrator, 2003.
24. The Episcopal Academy Alumni Service Award, 2004.
25. West Chester University Distinguished Alumni Award,
26. Inducted into the Pennsylvania Sport Hall of Fame, 2010.
27. Recipient of a Pennsylvania State Proclamation, 2010.
28. Inducted into The Sturzebecker Hall of Fame, West Chester University, October 23, 2010.
29. Recipient of the 2011 International Academy for Educational Entrepreneurship Person of the Year.
30. Recipient of Military Veteran's Salute recognition, North Carolina USO, 2013.

## **GENERAL**

1. Board of Trustees, Kensington Community Corporation Individual Dignity, Philadelphia, 1988-present. Vice President, 1996-
2. Voyage House, (Home for Runaway Children), Philadelphia, 1774-78.
3. Board of Trustees, Nicetown Boy's and Girl's Club, Philadelphia, 1975-84.
4. Board of Trustees, A Better Chance in Lower Merion, 1983-89.



5. Advisor, Philadelphia Playground Emergency Coalition, 1992-1994.
6. Library Committee of Narberth, Narberth, Pennsylvania, Various years.
7. Special Olympics, various years.
8. Coalition of Athletics to Protect Sports Academic Advisory Committee of Educators. (1985-1996)
9. Recreation Board of Narberth, Narberth, Pennsylvania. 1989-2005.
10. Lighthouse Preservation Society, 1991-present.
11. National Board of Trustees, Pop Warner Youth Football Association, 1993 – 2001).
12. Rails to Trails Conservancy, 1995-present.
13. Inglis House (Wheelchair community) Committee, 1998-present.
14. Barrymore Awards Committee (Philadelphia Theater), 1997, 1999.
15. West Chester University Collage 500 Committee, 1999-2004.
16. Blind Athletics Volunteer, 2000-2004.
17. Champions of Caring (Youth organization), 2004-06).
18. National Trust for Historic Preservation, 2005 – 2013
19. National Library Company, 2006 – 2012.
20. Rosenbach Research Library, 2000 –2012
21. Curtis Institute, 2000 – 2012.
22. University of Pennsylvania Museum. 2004 - 2013.
23. Philadelphia Museum of Art, 1999 – 2012
24. Delaware Museum of Art, 2006 – 2012
25. Michener Museum of Art, 2006 – 2013
26. International Military Alumni Committee of West Chester University, 2009 – 2013
27. Russell Sturzebecker Committee of West Chester University, 2011 – 2013
- 28, Veteran’s Committee, Carolina Preserve, Cary, NC., 2013
- 29, Certified Emergency Rescue Trainer, Cary, NC , 2013 - present.

30. Wake Country Library Volunteer, 2013-2016.