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Embarking on my journey as a pedagogue and scholar nearly 20 years ago, I have traveled many paths to engage, inspire, and empower colleagues to make a difference in the health and physical education (HPE) profession. I am a passionate advocate and loyal to our invaluable practitioners in the trenches delivering quality HPE as a critical component in the well-rounded education of each child. The mantra *excellence is a journey* is my primary goal which includes the duty to serve the discipline and professional associations like SHAPE America.

Aside from my work as a university professor, I have also participated in many leadership roles including a two-year term as NYS AHPERD President (2019-2021) and appointment to the 2018 Leadership Team of the NYSED Physical Education Learning Standards Committee. This has resulted in new opportunities with SHAPE America including the National Physical Standards Task Force (2022-2024) and current co-authorship on the 4th edition of PE Metrics. Lastly, I am proud and honored that <a href="mailto:my contributions">my contributions</a> in the discipline are being noticed.