

# MICHAEL LOPES

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## EDUCATION

*Adelphi University* • Garden City, NY

**Bachelor of Science, Physical Education**, GPA 3.77, May 2024 (Magna cum Laude)  
National Honor Societies, Gamma Beta Phi and Tau Sigma • Dean's List (all semesters)

*Nassau Community College* • Garden City, NY

**Associate of Science, Physical Education**, GPA 3.82, May 2021 (Magna cum Laude)  
International Honor Society, Phi Theta Kappa • Dean's List (all semesters)

## CERTIFICATION

NYS Initial Teaching Certification: Physical Education, K – 12, July 2024

American Council on Exercise: Personal Trainer, Group Fitness Instructor, Updated

## AWARDS

Jack Kent Cooke Foundation Undergraduate Transfer Scholarship, 2021 (semifinalist)

Joseph Dondero Physical Education Scholarship, 2019 (recipient)

## TEACHING EXPERIENCE

*New Hyde Park-Garden City Park UFSD*, Hillside Grade School • New Hyde Park, NY

**Physical Education Teacher (.4)**, K - 6 (September 2024 – Present)

- ◇ Designed and implemented inclusive, culturally responsive physical education curricula for grades K-6, effectively engaging a diverse student population and promoting teamwork, coordination, and lifelong healthy habits.

*Bethpage UFSD*, Extended School Year Services • Bethpage, NY

**Physical Education Teacher**, K – 21 years of age (July 2024 – August 2024)

- ◇ Designed tailored physical education lessons and specialized equipment for special needs students, culminating the summer curriculum with a memorable Olympic Day event to celebrate their achievements and progress.

*Bethpage UFSD*, John F. Kennedy Middle School • Bethpage, NY

**Student Teacher**, 6 - 8 (March 2024 – May 2024)

- ◇ Designed and implemented a structured softball curriculum, emphasizing fundamental skills, strategy, and sportsmanship, resulting in enhanced student engagement and proficiency.

*Bethpage UFSD*, Central Boulevard Elementary School • Bethpage, NY

**Student Teacher**, K - 5 (January 2024 - March 2024)

- ◇ Led partnership with library media specialist to develop a digital library accessible to both students and staff with a collection dedicated to the mental and physical wellbeing of the school population.

*Uniondale UFSD*, Uniondale High School • Uniondale, NY

**Cooperative Student Observer**, 9 - 12 (October 2023 - December 2023)

- ◇ Conducted a fitness unit steering students to create a personalized weight training program including exercises, sets, reps, and rest periods aligned with their fitness goals.

*Uniondale UFSD*, Lawrence Road Middle School • Hempstead, NY

**Cooperative Student Observer**, 6 - 8 (September 2023 - October 2023)

- ◇ Drafted and awarded a grant for pickleball equipment.

*Floral Park-Bellerose UFSD*, Floral Park-Bellerose School • Floral Park, NY

**Cooperative Student Observer**, Pre-K- 6 (February - May 2023)

- ◇ Developed and led rhythms lessons incorporating the use of heart rate monitors and video games.
- ◇ Improvised a creative lesson based on the “movement & skill theme wheel.”

## COACHING EXPERIENCE

**Assistant Coach - 7<sup>th</sup> & 8<sup>th</sup> Grade Boys Lacrosse**

*Bethpage UFSD*, John F. Kennedy Middle School • Bethpage, NY (May 2024 - Present)

- ◇ Taught the fundamentals of modified lacrosse and how to implement them on the field.

**Strength & Conditioning Coach**

*Bethpage UFSD*, Bethpage High School • Bethpage, NY (June 2023 - Present)

*East Meadow UFSD*, East Meadow High School • East Meadow, NY (December 2007 - January 2020)

- ◇ Establish and program year-round training for the athletic department.
- ◇ Fuse tracking and video software to analyze athletes' progress and set goals.

**COACHING  
EXPERIENCE**

**Assistant Coach - Varsity Football**

*Bethpage UFSD*, Bethpage High School • Bethpage, NY (August 2021 - Present)

*East Meadow UFSD*, East Meadow High School • East Meadow, NY (August 2017 - November 2019)

- ◇ Instruct offensive and defensive linemen on proper technique and skill execution.
- ◇ Coordinated recruitment process for college-bound athletes.
- ◇ Developed and maintain team website, as well as social media utilizing Adobe photoshop.

**Assistant Coach - Junior Varsity Football**

*East Meadow UFSD*, East Meadow High School • East Meadow, NY (August 2014 - November 2016)

- ◇ Mentored and built strong rapport with athletes year-round.
- ◇ Structured practice and game schedules

**Volunteer Assistant Coach - 7<sup>th</sup> & 8<sup>th</sup> Grade Wrestling**

*East Meadow UFSD*, Woodland Middle School • East Meadow, NY (January 2009 - March 2014)

**Volunteer Assistant Coach - 7<sup>th</sup> & 8<sup>th</sup> Grade Football**

*East Meadow UFSD*, Woodland Middle School • East Meadow, NY (September 2006 - October 2013)

**MEMBERSHIPS**

**National:**

- Society of Health and Physical Educators America (November 2023 - Present)

**New York State:**

- Association for Health, Physical Education, Recreation and Dance (April 2023 - Present)
- High School Football Coaches Association (April 2023 - Present)

**CONFERENCES**

**New York State Association for Health, Physical Education, Recreation and Dance Zone Level**

- ◇ Attendance: March 2024, November 2023, March 2023, November 2022
- ◇ Presiding: March 2024, March 2023

**VOLUNTEER  
EXPERIENCE**

**Field Day • Bethpage, NY**

Central Boulevard Elementary Field Day (May 2024)

**Camp Abilities Long Island • Garden City, NY**

Long Island Sports Camp for Children with Visual Impairments (July 2023 - Present)

**American Foundation for Suicide Prevention • Wantagh, NY**

Out of the Darkness: Long Island Walk (2012 - Present)

**American Red Cross • East Meadow, NY**

Blood Donor (2006 - Present)

**Olympic Day • Floral Park, NY**

Floral Park-Bellerose Field Day (June 2023)

**Adelphi University Physical Education Majors Club • Garden City, NY**

Badminton Tournament Fundraiser (April 2023)

**George McVey Elementary • East Meadow, NY**

Veronica O'Donnell Memorial 5K & Fun Run (Fall 2014 - Fall 2019)

**Special Olympics of New York • Albany, NY**

Powerlifting Event Assistant Coach (Fall 2009 - Spring 2015)

## REFERENCES

**Mr. John Franchi**, *Director of Athletics, Physical Education, & Health*  
Bethpage UFSD  
Office: (516) 644-4070

**Mrs. Julianne Inghiterra**, *Principal of Charles Campagne Elementary School*  
Bethpage UFSD  
Mobile: (516) 587-3871

**Mr. Martin J. Voigt**, *Physical Education Chairperson & Athletic Coordinator (Retired)*  
Massapequa High School  
Mobile: (516) 445-6728

**Mr. Kevin O'Reilly**, *Director of Physical Education, Health & Athletics (Retired)*  
Brentwood UFSD  
Mobile: (516) 982-4245

**Ms. Allison Robb**, *Principal of Bethpage UFSD Extended School Year Program*  
Bethpage UFSD  
Mobile: (516) 652-3763

**Mr. Frank Thomas**, *Physical Education Teacher/Cooperating Teacher, Floral Park-Bellerose School*  
Floral Park-Bellerose UFSD  
Mobile: (516) 448-5753

**Mrs. Nicole Agovino**, *Physical Education Teacher/Cooperating Teacher, Central Boulevard Elementary*  
Bethpage UFSD  
Mobile: (516) 578-2130