



CENTRAL FLORIDA EDUCATION MEETING

Hosted by Citrus County Parks and Recreation

Various Topics

April 5, 2024

9:00 a.m. – 2:00 p.m. (.4 CEUs)

Location information

**Central Ridge
Community Center**

**77 Civic Circle
Beverly Hills, FL 34465**

OUR SPEAKERS

Mike Bridges, Communications
Manager/PIO, Citrus County Board
of County Commissioners

Micheal Jones, The Jones Coaching
Firm, LLC

Dawn M. Dewees-Crane Aquatics
Supervisor, Citrus County Parks &
Recreation

Alice Mary Herden, Recreation
Program Specialist, Citrus County
Parks & Recreation

8:30-9am: Check in

9-10a: Sports Focus and Concentration: Mental Performance
This session will feature exercises in how to get teams and individuals to focus and concentrate during competitive adversities. We will explore learning how to work with others with limited information and how to develop focus and concentration.

10-11am: Adaptable Aquatics for Activity Inclusion
Tips, tricks and ideas for including people with physical limitations in water aerobics and other aquatic exercise programs.

11-12pm: Birds, Bugs and Blooms
Utilizing outdoor space to create nature-related programs and events. Learn simple ways to produce informal educational programs. Talk about how to create relationships with State Agencies to help further environmental education.

12-1p: Lunch & Roundtable Discussion

1-2p: Basic Anatomy of Press Coverage
This session will outline the basics of writing press releases for traditional media, as well as websites, intranet and social media. Write sample press releases for news stories and event announcements, and learn how to become BFFs with your Communications Staff.

Registration Form

April 5, 2024 | Central Ridge Community Center

Name		
Title		
Agency		
Email		
Address		
Phone		
Special Diet Needs:		

Registration Fee: *Gold & Silver Agency Members may register non-member individuals at the member rate by using this form and returning to charla@frpa.org .*		
Is this your First Time Attending an FRPA Meeting?	Yes	No
Send in registration on or before March 28, 2024 and receive a \$15 discount!		
Member \$45	Non-Member \$60	
Regular registration on or after March 29, 2024		
Member \$60	Non-Member \$75	

Method of Payment:			
Visa	Mastercard	Check	Florida Recreation and Park Association charla@frpa.org www.frpa.org
Discover	American Express		
Credit Card #			
Expiration Date		CVV#	
Name as appears on card			
Signature			

Registration Policy - A Registration form must be completed for each individual registrant. A Meeting Receipt will be emailed to each individual registrant. Please print the receipt for your records and return to your finance department if required to do so. You can also log onto www.frpa.org and generate receipts under your profile. We are unable to generate receipts after the meeting has occurred. **Cancellation Policy** - All refund requests must be made in writing. Full refunds will be made for Requests received prior to the early rate cutoff date. Requests received between the regular rate date and one week prior to the workshop date will be eligible for a 50% refund. No refunds will be available for requests made within one week of the workshop or after the workshop occurs. Refunds will not be available for weather related cancellation. **Other Policies** - The Florida Recreation and Park Association recognizes the diversity that exists within our profession, our membership, and those attending FRPA events. As a participant, we want you to enjoy your time at this event. We ask that you join us in encouraging and maintaining the highest professional standards possible at all functions within this event. Attendees, presenters, vendors, and staff at FRPA events are expected to conduct themselves at all times in a courteous, professional, and respectful manner. Attendees are required to abstain from behavior that reflects poorly on their agency, the Florida Recreation and Park Association, and the membership. Such conduct includes, but is not limited to, actions disrupting the businesslike atmosphere, harassment, discrimination, inappropriate language, failing to comply with all local, state, and federal laws, and activities that endanger self and others. While we do not anticipate these challenges, we do want to be transparent regarding our commitment to assuring a safe and enjoyable environment for all event participants and let you know that misconduct will be addressed with you individually and/or with your employer. Attendees, presenters, vendors, and staff who do not comply with this code of conduct at any event may be removed from said event and barred from attending all future FRPA sponsored or co-sponsored events. For more information please review the following webpage: frpa.org/conduct. By registering for this event/activity/workshop, I give permission and consent to allow photographs and video to be taken during activities sponsored by the Florida Recreation and Park Association (FRPA). I further give permission and consent that any such media may be published and used by FRPA and its agents, to illustrate and promote the association and its programs. I understand that it is my responsibility to communicate with FRPA if I do not wish to be photographed or videoed.