



Mark Friedrich

Presenter:

**Adventure Education
Icebreakers, Team Builders & More**

Tuesday, February 27th 10:30-11:30am

**2018 NJAHPERD Annual Convention
Long Branch, NJ**



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Mark Friedrich
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Mark Friedrich Adventure Ed Guy

About your Presenter:

Mark Friedrich

Mark Friedrich began his professional teaching career as an elementary school physical education teacher in the South Orange/Maplewood School District in 1995. Mark would remain in that position for eight years until he accepted the challenge of starting an Adventure Education program at Millburn High School in 2004. Mark has been teaching Health and Physical Education at Millburn High School for the past 14 years where he is primarily utilized as an Adventure Education Teacher three marking periods out of the school year. Mark has had extensive technical skill training and serves as a certified Challenge Course Manager for Millburn High School. Under Mark's direction, two grants have been written over the past ten years enabling the Adventure Challenge Course to expand from 6 High Elements in 2005 to the current 19 High Elements in 2017. Mark has created an experiential education environment at Millburn High School that ranks among the favorite courses offered to the students.

In addition to teaching, Mark served the school community as the Freshmen boys lacrosse coach for 14 years and as the faculty advisor for the SAVE Warriors Club for 3 years. Mark's lacrosse teams have raised over \$20,000 combined the last 4 seasons for Breast Cancer and Pediatric Brain Tumor Research. Mark served as Lead Teacher for the Health and Physical Education Department for 6 years. Mark's responsibilities as Lead Teacher included student scheduling, course offerings, curriculum, and all yearly budgeting for equipment.

Mark is a 1995 Graduate of Montclair State University and received his Masters Degree in Educational Leadership from Kean University in 2009. Currently Mark is completing his second Masters Degree in Adventure Education from Plymouth State University in New Hampshire. Mark is the 2016 NJAHPERD Secondary Physical Education Teacher of the Year for his work in Adventure Education.

Mark has presented Adventure Education workshops at NJAHPERD Conventions on a regular basis for the past 5 years. This is Mark's first time presenting at The SHAPE America Eastern District Conference.

Mark and his wife Donna met while teaching together in South Orange/Maplewood and have been married since 2001. They reside in Union Twp. with their three children Emma (12), Julia (9), Ryan (6) and their dog "Jedi". Mark spends his summer as a High Ropes Specialist for Camp Riverbend in Warren, NJ.



2018 NJAHPERD Annual Convention

Adventure Education

Icebreakers, Team Builders & More

Giant Jenga

Wah Master

Midnight Treasures/Climby Awards

Map Quest

Fine Thanks!

Swiper

Identity Crisis

Head, Shoulders, Knees, Toes (RPS Variations)

52 Fathoms

*** This presentation and activities will be recorded and placed on my YouTube Channel within a week. Come PLAY. When is the last time you did something for the first time?**



Mark Friedrich Adventure Ed Guy

Check out more ideas/activities on my YouTube Channel. SUBSCRIBE and be part of the Adventure.

- **SHAPE America Eastern District “Icebreakers, Team Builders & MORE” with Mark Friedrich**
- **PSAHPERD 2017 “Trust Builders that Work” with Mark Friedrich**
- **PSAHPERD 2017 “Icebreakers, Team Builders and MORE” with Mark Friedrich**
- **NJAHPERD 2017 Lake Conference “Trust Builders” with Mark Friedrich**
- **NJAHPERD 2017 Lake Conference “Icebreakers” with Mark Friedrich**
- **NJAHPERD Convention 2016 “Winning Activities” with Mark Friedrich**
- **Teaneck Public Schools 2016 “Adventure Activities for All Ages” with Mark Friedrich**
- **The Millburn Adventure Process**

Mark Friedrich will be representing Millburn High School Adventure Education and Camp Riverbend High Ropes at the following conferences & conventions this school year.

NJAHPERD Lake Conference 2017

- Icebreakers, Team Builders & More
- Trust Builders That Work

PSAHPERD Conference 2017

- Icebreakers, Team Builders & More
- Trust Builders That Work

Eastern District Conference 2018

- Icebreakers, Team Builders & More

NJAHPERD Conference 2018

- Icebreakers, Team Builders & More

SHAPE America Convention 2018

- Trust Builders That Work



A person wearing a harness and helmet is ziplining over a lush green forest. They are holding onto a red handle attached to a rope. The background is a clear blue sky with some green foliage visible on the left.

When was the last time

**you did something
for the first time?**

Five students are standing in a line on a grassy field. From left to right: a girl with blonde hair, a girl with dark hair and glasses, a girl with dark hair, a girl with brown hair in a red shirt, and a girl with short blue hair. They are all wearing harnesses and holding onto a rope. The background is a green field.

UBUNTU:

**I Am Because
We Are**



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

