

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 Red Cross: Adult and Child First Aid/CPR/AED, October 2024 – October 2026

TEACHING EXPERIENCE

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

Physical Education Teacher, K–6 (September 2024 – June 2026)

- ◇ Design and deliver K-6 physical education lessons focused on skill development, fitness, and meeting the needs of diverse learners.
- ◇ Assumed full teaching responsibilities during extended leave, independently planning and instructing all K-6 general and adapted PE classes.
- ◇ Collaborate with co-teacher to plan lessons and lead school-wide events including Field Day and Empire Games,
- ◇ Build positive relationships with students while promoting physical fitness, teamwork, and accountability.
- ◇ Serve on school committees supporting events including Buddy Day and the Turkey Trot

Bethpage UFSD, Extended School Year Services • Bethpage, NY

Physical Education Teacher, K–21 (July 2024 – August 2024)

- ◇ Designed and adapted physical education instruction for students ages 5-21 receiving special services.
- ◇ Built and modified equipment and activities to meet diverse learning needs and abilities.
- ◇ Led a culminating Olympic Day event to celebrate student progress.

STUDENT TEACHING

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

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

- ◇ Designed and taught floor hockey and softball units focused on skill development, teamwork, and game strategy.

Bethpage UFSD, Central Boulevard Elementary School • Bethpage, NY

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

- ◇ Collaborated with library media specialist to develop a digital library supporting student mental and physical wellness.

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

- ◇ Attended annually (2022–2026).
- ◇ Presiding: March 2024, March 2023

COACHING EXPERIENCE

Assistant Coach – Middle School Football

Plainedge UFSD, Plainedge Middle School • North Massapequa, NY (Fall 2026)

Head Coach – Junior Varsity Lacrosse

East Williston UFSD, The Wheatley School • Old Westbury, NY (March 2026–Present)

- ◇ Lead all aspects of the JV program including practice planning, player development, and game strategy.

Assistant Coach – 7th & 8th Grade Football

Carle Place UFSD, Carle Place Middle/High School • Carle Place, NY (September 2025–November 2025)

- ◇ Teach fundamentals and support player development in a modified football program.

Assistant Coach – Junior Varsity Girls Flag Football

Bethpage UFSD, Bethpage High School • Bethpage, NY (March 2025–May 2025)

- ◇ Assisted in launching inaugural JV program, supporting practice planning and team development.
- ◇ Fostered a positive, inclusive environment focused on skill development, teamwork, and sportsmanship.

Strength & Conditioning Coach

Bethpage UFSD, Bethpage High School • Bethpage, NY (June 2023–June 2025)

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

- ◇ Designed and implemented year-round training programs for student-athletes.
- ◇ Used performance tracking tools to monitor progress and set goals.

Assistant Coach - Varsity Football

Bethpage UFSD, Bethpage High School • Bethpage, NY (August 2021–November 2024)

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

- ◇ Coordinated special team units, focusing on execution and game strategy.
- ◇ Developed offensive and defensive linemen through technical instruction.
- ◇ Supported the recruitment process for college-bound student-athletes.

Assistant Coach - 7th & 8th Grade Boys Lacrosse

Bethpage UFSD, John F. Kennedy Middle School • Bethpage, NY (May 2024–June 2024)

- ◇ Supported instruction and development of foundational lacrosse skills.

Assistant Coach - Junior Varsity Football

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

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

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

Field Day • Bethpage, NY

Central Boulevard Elementary Field Day (May 2024)

American Foundation for Suicide Prevention • Wantagh, NY

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

Olympic Day • Floral Park, NY

Floral Park-Bellerose Field Day (June 2023)