

FREDERICK H. KAISER IV

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CAREER OBJECTIVE:

A teaching position in the area of physical education, along with a wrestling coaching position, and the opportunity to coach in other areas.

EDUCATION:

MASTERS IN SCHOOL ADMINISTRATION - *Type 75 certification*

Northern Illinois University, DeKalb, Illinois – *January 1999 to December 2000*

BACHELOR OF SCIENCE IN EDUCATION - *Type 09 certification* (Grades 6-12)

Eastern Illinois University, Charleston, Illinois – *Graduated May 1989*

Major - Physical Education

Specialization in Coaching

Sports medicine/Athletic training background

GENERAL COURSE REQUIREMENTS

McHenry County College, Crystal Lake, Illinois - *August 1983 to May 1984*

CLIFFS & CABLE

Certified facilitator for high ropes course, team building, & climbing – *April 2010*

PROFESSIONAL ACCOMPLISHMENTS AND LEADERSHIP EXPERIENCE:

ADMINISTRATIVE INTERNSHIP, Lundahl Middle School, Crystal Lake, Illinois – *Fall 2000*

STUDENT TEACHING, Mattoon High School, Mattoon, Illinois – *Spring 1989*

TEAM COORDINATOR (2010-present)

COACHING POSITIONS:

WRESTLING (1989-2014) – McHenry and Crystal Lake. Three conference championships.

BASKETBALL (1989-1992) – McHenry 6th/7th grade, and co-developed 6th grade intramural program.

COOPERATING TEACHER (1997-2017) – Supervised ten student teachers. All were successful in finding prominent positions in the field of Physical Education.

RESEARCH AND DEVELOPMENT OF PHYSICAL EDUCATION UNITS:

TEAM BUILDING (1993) – Established unit of low to high level challenges and problem solving skills.

SELF DEFENSE I & II (1994) – Created hands on approach for real life situations.

LIFETIME ACTIVITIES (1997) – Developed units students can participate for life regardless of ability.

CABLE AND ROPES COURSE (1997) – Continued team building by building outside course. Lundahl Middle School is the only middle school in McHenry county to have one. Acquired donations for all materials and labor for the \$16,000 course.

WARRIOR TRAINING (1999) – Challenged students to reach ability levels they never thought possible.

ORIENTEERING (1999) – Implemented use of map and compass skills and applied them competitively.

CURRICULUM DEVELOPMENT (2009) – Rewrote physical education curriculum for District 47's Middle Schools as a committee.

NOODLE FACTORY (2012) - A high energy creative unit that only uses pool noodles to challenge students.

FRONTIER ADVENTURE (2013) - Utilizing the skills of the 1800's for games, challenges, and survival.

GRADING COMMITTEE (2015) - Physical Education team to reevaluate grading procedures and rubrics.

DISTRICT GRADING COMMITTEE (2015) - District team to reevaluating grading procedures and rubrics.

UNIQUE PROGRAMS IN FITNESS, LEADERSHIP, MOTIVATION AND COMMUNITY INVOLVEMENT:

FITNESS WALL OF FAME (1997 - Current) – Created display of names dedicated to those with high achievements in the Presidential Fitness testing.

LEADERSHIP ROPES COURSE (1998) – Presented to school staff on team building and multidisciplinary applications of ropes and cable course with staff participation.

24 HOUR CHALLENGE RUN (1999 - Current) – Developed activity on success, and how to achieve success through this challenge, with incredible parent, staff, and student involvement. Covered by *CBS 2 News Chicago* over seven broadcasts in 2005 and 2006.

POSTCARDS OF ACHIEVEMENT (2000 - Current) – Developed positive communication to parents and students through specialized postcard mailings.

FITNESS CHALLENGE MARATHON (2002 - Current) – Designed and implemented a 26.2 mile multi-event marathon in co-ed teams of four in competition. Designed to test their social, mental and physical limits. Phenomenal support by parents and staff, creating a fantastic learning experience. Lundahl Middle School is the only school in the U.S. to offer such a complex and multi-dimensional learning experience.

PRESIDENTIAL FITNESS TOKENS (2002 - Current) – Developed a motivational device to maintain high scores in the Presidential Fitness testing.

PUBLISHED AUTHOR (2016) – "The 24 Hour Run Experience" - A motivational and inspirational book about the event that has affected the lives of thousands of students. Published through "Wood N Barnes Publishing" (not self published) available on Amazon.com.

STATE LEVEL CONTRIBUTIONS:

DISTRICT INSERVICE:

Crystal Lake Dist. 47 – Elementary school in-service for entire staff on team building (2018).
Woodstock CUSD 200 – ½ day in-service for physical education staff (2009).

IAHPERD WESTERN DISTRICT CONFERENCE:

"Is That the Best You Can Do? Prove It!" (2010)
"Self defense Programs for Physical Education Units" (2010)

NORTHEASTERN DISTRICT RETREAT – Seminars on self-defense and motivating students (2009).

SHAPE-UP ILLINOIS COMMITTEE FOR IAHPERD – Member of advocacy group who lobbies legislators (2008)

ILLINOIS STATE UNIVERSITY:

Physical Education-Teacher Education Advisory Council – three year term (2008-2010).
Guest speaker for upcoming professional in what is possible in physical education (2008).

COUNCIL OF FUTURE PROFESSIONALS STATE LEADERSHIP CONFERENCE:

"Team building ideas and/or planning and implementing activities" (2008).

ILLINOIS MID-STATE PE CONVENTION:

"Self defense Programs for Physical Education Units" (1997).

IAHPERD CONVENTION: (A Member of IAHPERD)

"Orienteering: Get Lost in Map & Compass Skills" (2017)
"Round Table of the Best Ideas in Teaching" (2017)
"The 24 Hour Run Experience the Event and now the Book" (2016)
"Team Building – Filling the Gap" (2016)
"What Makes You, Your Programs, and Your Students Successful?" (2015)
"Why Knot; Creative Skills" (2015)
"Do You Have the Skills to Survive?" (2014)
"World Eskimo-Indian Olympics (NYO Games)" (2014)
"24 Hour Runs, Multi Event Marathons, & Warrior Training" (2013)
"Texting vs. Team Building" (2013)
"Self defense programs for physical education units". (1998, 2000, 2001, 2003, 2005, 2007).
"24 Hour Challenge Run" (2000). "An Eco-Challenge Event" (2003). "Challenging your students to do unbelievable things" (2003, & 2005).
"How to Start New Programs" (2003).
"Achieve the Impossible" (2006).
"Multi-Event Team Marathon" (2006).
"Is That the Best You Can Do? Prove It!" (2007).
"Are You Crazy? Going Outside the Box" (2008).
"Concept to Reality – Getting Your Great Idea to Succeed" (2008).
"Juggling – From Scarves to Fire" (2009).
"Why Knot! Rope techniques used in the everyday classroom" (2009).
"24 Hour Runs – A How to Guide to the Impossible" (2010).
"Noodle Factory" (2010). "Not It! Tag! You're It!" (2011).
"Warrior Training" (2011).
"Balance to the Core" (2012).

“Can’t Participate in PE, Think Again” (2012).
SYMPOSIUM PRESENTER, Northern Illinois University:
“What it takes to be an administrator in the new millennium.” (1999).
PHYS. ED. / HEALTH CONFERENCE, Southern Illinois University:
“Motivation That Lasts All Year – An Incredible Event” (2005, 2006 & 2009).
“Is That the Best You Can Do? Prove It!” (2007 & 2008).
“Self defense programs for physical education units” (2007 - 2010).
“Noodle Factory” (2011)
“Warrior Training” (2012)
“Can’t Participate in P.E. - Think Again” (2012)
FIT FOR LIFE, Wheeling High School (2008 & 2009)

MIDWEST LEVEL CONTRIBUTIONS:

T.E.A.M., Teachers of Experiential and Adventure Methodology:
“Leadership and Risk Taking” (2002).
“Prove It! Show Me Team building Really Works and Has a Purpose!” (2007 with Tony Calabrese)
“Is That the Best You Can Do? Achieve the Impossible and Prove It!” (2009 & 2011)
WAHPERD CONVENTION:
“Challenging Students to Accomplish Unbelievable Things” (2008).
“Self Defense for Middle/High School” (2008).
OAHPERD CONVENTION:
“Is That the Best You Can Do? Prove it!” (2008).
“Self Defense for Middle/High School” (2008).

NATIONAL LEVEL CONTRIBUTIONS:

CAPITAL HILL WASHINGTON DC:
Met with Senators & Representatives to promote Physical Education in schools as part of the NASPE Teacher of the Year program (2008).
AAHPERD National Convention & Exposition:
“Day 1 – Day 180: Teachers Practicing What They Teach” (2009)
TEXAS – Wichita Falls: In-service for physical education department for entire district.

RESEARCH AND DEVELOPMENT OF SCHOOL DISTRICT’S COMPUTER PROGRAMS:

FITNESS PRO (1997) – Fitness testing program for physical education department throughout the district.
FITNESS REPORTER (1998) – Updated program for use on new computer systems.
GRADE QUICK (1998) – District wide networked grading program.
CUSTOM GRADE PROGRAM (2006-2013) – File Maker Pro. based program, team development.

AWARDS

EDUCATIONAL YOUTH LEADER – (2004) Presented by the Crystal Lake Jaycees
TEACHER OF THE MONTH – (October 2005) Nominated by students and presented by Star 105.5
NORTHEASTERN DISTRICT – (April 2007) Illinois Middle School Physical Education Teacher of the Year Award
STATE OF ILLINOIS – (May 2007) Illinois Middle School Physical Education Teacher of the Year Award
MIDWEST REGION – (September 2007) Middle School Physical Education Teacher of the Year Award
NATIONAL – (August 2008) Finalist for Middle School Physical Education Teacher of the Year Award
EVERYDAY HERO’S AWARD – (2014) A yearly award presented by the Northwest Herald and Home State Bank

UNION MEMBER (Active 1989 – present)

Financial Training (2003)
Trained in Interest Based Bargaining (2003)
Delegate to IEA Representative Assembly (2006)
Union negotiator (2004 and 2007)

WORK BACKGROUND:

LUNDAHL MIDDLE SCHOOL, District 47, Crystal Lake, Illinois - *August 1993 to Present*
Physical Education teacher for the 6th, 7th and 8th grades. Health teacher for 7th grade.

THINK INK Inc. Screen Printing, Crystal Lake, Illinois - *August 1986 to Present*

Founded successful screen printing business while in college for wearing apparel.

Responsibilities:

Company decisions
Production manager

ENDORPHIN ADVENTURES INC. – June 2012 - 2017

Founded business with fellow teacher to promote what is physically and emotionally possible when given the chance.

Developed the “Rundezvous – Frontier Adventure Race”.

Speaking engagements for motivation and/or teambuilding for educators and businesses.

McHENRY JUNIOR HIGH SCHOOL, District 15, McHenry, Illinois - *August 1989 to August 1993.*

Physical Education teacher for the 6th, 7th, and 8th grades

VOLUNTEER WORK EXPERIENCE:

SELF DEFENSE WORKSHOPS, High school girl’s sports teams.

CRYSTAL LAKE SOUTH HIGH SCHOOL, District 155, Crystal Lake, Illinois - 1993-94

Assistant wrestling coach for the varsity team.

COMPUTER PROGRAMS RESEARCH AND DEVELOPMENT

VIDEOTAPING/EDITING – Special events and sporting events

FUNDRAISING/SPONSORSHIPS – Special events

WOMEN IN THE OUTDOORS – Seminar on hatchet throwing, lassoing, and knot skills

NORGE SKI CLUB – Board member and club member

ACTIVITIES/INTERESTS:

MARTIAL ARTS – Certified black belt instructor, 6th degree

JUJITSU GROUND FIGHTING – 1996 Wisconsin state champion

SCREEN PRINTING BUSINESS – Owner / President

ROCK WALL CLIMBING – 1997 and 1998 Corporate Challenge Champion

SCUBA DIVING – Certified open water diver

WOOD WORKING – Furniture, 335 sq. ft. dedicated shop

CAMPING – Rocky Mountains

ADVENTURE RACING – Participant and organizer

VIDEO EDITING and PRODUCTION

WATER SPORTS – Skiing, boating, and diving

ORDAINED MINISTER – Performed wedding ceremonies

REFERENCES:

Placement and academic file is being sent to your office. References:

Rick Carlstedt
Principal (retired)
Lundahl Middle School
(815) 459-5971

Suzie Johanneson
Physical Education Teacher
Lundahl Middle School
(815) 459-5971

Brian Schweitzer
Physical Education Teacher
McHenry Middle School
(815) 385-2522

Tony Calabrese
Southern Illinois University Professor
(618) 893-2211

Dan Creely
Northeastern Illinois University Professor (retired)
(312) 590-8763

CREDENTIALS:

Available on request from: Career Planning and Placement Center, Northern Illinois University, DeKalb,

Illinois 60115-2859; Telephone (815) 753-1641 Fax (815) 753-7200.