

NATHALI B. JONES MS

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EDUCATION

- Master of Science: Physical Education Teaching** 2015
University of Wisconsin-La Crosse, La Crosse, WI
Concentration: Adventure Education & Outdoor Pursuits
Thesis: An Analysis of Prusik Climbing and Indoor Rock Climbing on Heart Rates
Project: Wildrose K-6 Physical Education Curriculum
Graduate Assistantship: Pedagogy Lab Coordinator
GPA: 3.92
- Bachelor of Science in Exercise and Sport Science: Physical Education & Health Education** 2013
University of Wisconsin-La Crosse, La Crosse, WI
License Areas: 74 910 (Health Education) & 74 530 (Physical Education)
Minor: University Honors
Second Language: Basic Conversational Spanish
GPA: 3.58

AWARDS

- Wisconsin High School Physical Education Teacher of the Year Award**, Wisconsin Health and Physical Education October 2022
Innovation Grant Recipient, Wisconsin Rapids Public Schools October 2022
Advocates for WRPS Education Grant Award Recipient, Advocated for WRPS Education Fund through Incentive September 2022
Boys Swim Co-Coach of the Year, Wisconsin Valley Conference January 2020

MEMBERSHIPS & CERTIFICATIONS

- National Board Certification**, National Board for Professional Teaching Standards
In Progress: Component 3, Component 4 December 2023 Completed: Component 1, Component 2, December 2022
- Wisconsin Interscholastic Coaches Association**, Member 2015 – 2017, 2021 - Present
- National Interscholastic Swimming Coaches Association**, Member 2021 - Present
- Wisconsin Health and Physical Education**, Member 2010 - Present
- Society of Physical Education and Health Education**, Member 2015 – 2016, 2022 – Present
- Youth Mental Health First Aid**, National Council for Mental Wellbeing Expiration Date: April 2025
- Non Violent Crisis Intervention**, Crisis Prevention Institute Expiration Date: August 2024
- Certified Lifeguard Instructor**, American Red Cross Expiration Date: December 2023
- Certified Lifeguard**, American Red Cross Expiration Date: December 2023
- Certified CPR, AED, and First Aid Professional**, American Red Cross Expiration Date: December 2023
- Certified Water Safety Instructor**, American Red Cross Expiration Date: June 2023
- American Challenge Course Technologies Level 1 Site Specific Certification**, ABEE Inc. Expiration Date: September 2023
- Blocksi Certified Educator Level 1**, Blocksi Academy Attained: September 2022
- RPR Coach Level 1**, Reflexive Performance Reset, ID Number: 1561 Attained: June 2017
- American Alliance of Health, Physical Education, Recreation, and Dance**, Member 2011-2015

SCHOLARLY ACTIVITY

- Lynsey Anderson, Nathali Jones “Adventure for All: Universal Adventure Activities for all Abilities” Future Presentation at Wisconsin Health and Physical Education Annual Convention, Wisconsin Dells, WI, October 2023
- Yoonsin Oh, Nathali Jones, Lynsey Anderson, Kopljen “Technology Use in Health and Physical Education” Future Presentation at Wisconsin Health and Physical Education Annual Convention, Wisconsin Dells, WI, October 2023
- Nathali Jones, Kurt Jensen “Raising the Relevance: Bringing Environmental Literature into Outdoor Education” Future Presentation at Wisconsin Health and Physical Education Annual Convention, Wisconsin Dells, WI, October 2023
- Nathali Jones “H2 Oh! An Aquatics in Physical Education Roundtable” Future Presentation at Wisconsin Health and Physical Education Annual Convention, Wisconsin Dells, WI, October 2023

- Nathali Jones “H2 Oh! Teaching in an Aquatic Environment” Presentation at Best Practices in Health Equity, Wisconsin Department of Public Instruction, Stevens Point, WI, July, 2023
- Marney Shirly, Diane Hicks-Hughes, Eve Julian, Tamara Bretting, & Nathali B. Jones “Women in Coaching Panel” Presentation at National Interscholastic Swimming Coaches Association National Conference, Knoxville, TN, March 2023
- Nathali Jones, “Low to No Equipment Adventure Education” Presentation at Wisconsin Health and Physical Education Professional Development Workshop, Sun Prairie, WI March 2023
- Hannah Elmer, Christopher Jones, Nathali B. Jones “Appropriate Sequencing of Adventure Education” Presentation at the Society of Health and Physical Education America National Conference, Seattle, WA, March 2023
- Nathali Jones, Lynsey Anderson, Tara Putman “Using Adventure to Navigate a Positive Classroom Environment” Presentation at Wisconsin Health and Physical Education Annual Convention, Wisconsin Dells, WI, October 2022
- Jones, N. (2023). Casting for Candy. *Wisconsin Health and Physical Education Newsletter*, 52(1), 7.
- Jones, N. (2022). Using Human Bingo for Inclusion. *Wisconsin Health and Physical Education Newsletter*, 51(3), 9.
- Jones, N. (2022). Nat in the Nat(atorium): How to Teach Swim Lessons as Part of Physical Education. *Wisconsin Health and Physical Education Newsletter*, 51(2), 9.
- Jones, N. (2022). Longboarding for Physical Education. *Wisconsin Health and Physical Education Newsletter*, 51(1), 13.
- Niedorowski, N., Jin, J., Steffen, J., & Reineke, D. (2020) Prusik Climbing to Promote Moderate to Vigorous Physical Activity for Youths. *Research in Dance and Physical Activity*, 4(2), pp 29-39
- Nathali B. Niedorowski, Jeffrey Steffen, Jooyon Jin, & David Reineke. “An Analysis of Prusik Climbing and Indoor Rock Climbing on Heart Rates.” Presentation at the Society of Health and Physical Education America National Conference, Minneapolis, MN, March 2016.
- Nathali B. Niedorowski & Carl C. Foster. “The Rate of Reproducibility of Session RPE in Steady State Training.” Presentation at American College of Sports Medicine National Conference, Indianapolis, IN, May 2013.
- Nathali B. Niedorowski & Carl C. Foster. “The Rate of Reproducibility of Session RPE in Steady State Training.” Presentation at National Conference of Undergraduate Research, La Crosse, WI, April 2013.
- Niedorowski, N. (2013). Future Professional News. *Wisconsin Health and Physical Education Newsletter*, 42(2), 7.
- Niedorowski, N. (2012). Highlights from the 2011 WHPE Convention. *Wisconsin Health and Physical Education Newsletter*, 41(1), 10.

PEDAGOGICAL EXPERIENCE

Associate Lecturer

August 2023 – Present

University of Wisconsin – Eau Claire

- Courses Taught
 - KINS 101: Water Safety and Instruction
 - KINS 290: Introduction to Physical Education
 - KINS 300: Planning, Implementation, and Assessment Invasion Games
 - KINS 327: Movement Education for Elementary Grades
 - KINS 493: Practicum in Adapted Physical Education
 - KINS 496: Capstone - Teaching Physical Education
- Supervisor for Student Teachers

Physical Education Teacher

August 2015 – May 2023

Lincoln High School, Wisconsin Rapids, WI

- Created and co-teach Environmental Literature in the Outdoors – an English and Physical Education hybrid class focusing on cross curricular objectives and authentic assessment
- Created and teach Winter Outdoor Education- including, snowshoeing, cross country skiing, and winter shelters
- Teaching Outdoor Education with planning field trips on the Wisconsin River and contains backpacking, rock climbing, and canoeing units
- Teaching Life Responders, coordinates with the American Red Cross to teach Lifeguarding and Water Safety Instructor certifications for credit
- Taught Individual and Dual Lifetime Sports with a focus on net-wall and target activities and coordinating field trips within the community, such as curling, self-defense, and bowling
- Taught Mobility, Fitness, and Nutrition – a remedial physical education class for students where a traditional physical education setting does not meet their needs, use student centered approach to create units to meet needs of students in the class

- Uses Skyward, Canvas, and Blackboard as Learning Management System
- Uses data from formative and summative assessments to guide teaching practices to meet the needs of students
- Participated in over 350 hours of itemized professional development

Graduate Assistant**June 2013 – May 2014**

University of Wisconsin – La Crosse, La Crosse, WI

- Pedagogy Lab Coordinator
 - Held appropriate office hours to assist in student needs
 - Assisted Physical Education professors with data collection in research projects
- Teaching Assistant
 - Perform required course administration including development of syllabi, grading, assessment, reporting tasks, and risk management plans.
 - Courses Taught:
 - ESS 100: Broom Ball – Activity Course
 - ESS 100: Backpacking – Activity Course
 - ESS 100: Caving – Activity Course
 - ESS 112: Fundamentals of Movement – Teaching Assistant

Health and Physical Education Teacher**March 2014 – June 2014**

Washington High School, Milwaukee, WI

- Taught Lifetime Sports to 11th and 12th grade students to enhance their lifelong physical health
- Taught Comprehensive Physical Education to 9th grade students to introduce students to a variety of team, lifetime activities, and basic fitness principles
- Taught a comprehensive Senior Health class addressing school specific needs and state mandates
- Assisted in live broadcasts of athletic events
- Coordinated with school social worker to assist student development and suspension reduction
- Participated in pilot Restorative Justice training for educators

Substitute Teacher**January 2014 – March 2014**

Onalaska School District, Onalaska, WI

West Salem School District, West Salem, WI

- Taught in Kindergarten, 4th grade, elementary Emotional and Behavioral pull-out, 6th-8th grade art
- Followed lesson plans and maintained student safety
- Met student needs and able to adapt to schedule changes in short notice

School Age Care Teacher**September 2011 – March 2014**

La Crosse Area YMCA, La Crosse, WI

- Provide a safe and positive atmosphere for elementary ages students at Northern Hills Elementary school
- Assisted students with homework and created a variety of physical activities to keep children active.

Health and Physical Education Student Teacher**November 2013 – January 2014**

West Salem Middle School, West Salem, WI

- Health – taught comprehensive age appropriate human sexuality and nutrition for grades 6th-8th
- Physical Education – taught archery, volleyball, fitness, yoga, and basketball

La Crescent-Hokah Elementary, La Crescent, MN

- Physical Education – Fundamental Movement Skills, striking, throwing, and utilizing short handled implements for Kindergarten – 2nd grade. Assisted in individual Adapted Physical Education for students in Pre-K through 5th grade.

La Crescent High School, La Crescent, MN

- Health Education – Created lessons focused on Mental/Emotional Health, and Death and Dying based on *Tuesdays with Morey*

Health Education Clinical Experience

University of Wisconsin-La Crosse, La Crosse, WI

Longfellow Middle School, La Crosse, WI

April 2013

- Created and executed Emotional Health Lessons for students with a variety of Intellectual Disabilities

State Road Elementary School, La Crosse, WI

February 2013

- Created and executed lessons on dental health for kindergarten and 1st grade students focusing on impact of different types of food, brushing, and flossing

Boys and Girls Club, La Crosse, WI

October 2012 – November 2012

- Created and executed lessons Emotional Health Lessons using different stress management techniques for 4th and 5th grade students

Physical Education Clinical Experience

University of Wisconsin-La Crosse, La Crosse, WI

Coulee Christian School, West Salem, WI

February 2012 – May 2012

- Created and executed lesson plans focusing on cardiovascular fitness while teaching students about the human skeleton, major muscle groups, and the cardiovascular system through gamification
- La Crosse Central High School, La Crosse, WI September 2011 – November 2011
- Assisted and implemented cardiovascular endurance lessons through stations and muscular strength lessons through the weightroom

LEADERSHIP EXPERIENCE

Academic Advisor **August 2023 - Present**
The Warrior Collective

WHPE Equity, Diversity, and Inclusion Representative **March 2023 – Present**
SHAPE America Midwest District

Wisconsin Interscholastic Coaches Association **August 2022 - Present**
District 2 Representative

Central District Coordinator **October 2021 – Present**
Wisconsin Health and Physical Education

- Connect with current regional members and recruit new/old members
- Offer professional development opportunities through webinars and presentations
- Assist in problem-solving with other professionals across the state

Equity Committee **September 2020 – May 2023**
Wisconsin Rapids Public Schools, WI

- Assisting in coordinating staff and administration dialogue remediation of DPI assessed disproportionality in identification of African American and Latinx students for IEP services
- Assessing district data regarding student involvement for marginalized groups
- Assisting in outlining district needs from an Equity, Diversity, and Inclusion Coordinator
- Serving on the Disproportionality sub-committee
- Served on the hiring committee for an Equity, Diversity, and Inclusion Coordinator in February of 2020

Head Coach for High School Boys Swim and Dive **November 2019 – May 2023**
Wisconsin Rapids Public Schools, Wisconsin Rapids, WI

- Analysis of competition through Meet Manager and Team Manager
- Created developmentally appropriate practice plans for the weight room as well as the pool for both swimmers and divers
- Guided individual swimmers and divers to accomplish personal and team goals
- Creating a 4-year strategic practice plan to assist in peaking athletes over the course of their high school career
- Revived competitive diving program

Head Coach for High School Girls Swim and Dive **August 2015 – May 2023**
Wisconsin Rapids Public Schools, Wisconsin Rapids, WI

- Analysis of competition through Meet Manager and Team Manager
- Created developmentally appropriate practice plans for the weight room as well as the pool for both swimmers and divers
- Guided individual swimmers and divers to accomplish personal and team goals
- Creating a 4-year strategic practice plan to assist in peaking athletes over the course of their high school career
- Revived competitive diving program
- Coached 3 WIAA individual state appearances
- Coached 5 future NCAA Division 1 – Division 3 athletes
- Coached 1 school record breaking athlete

Aquatics Director **August 2015 – June 2023**
Wisconsin Rapids Public Schools

- Assisted in the planning and design of the Natatorium located at the high school
- Creates and coordinates community programming
- Coordinates facility usage for community, high school, middle school/high school athletic programs
- Organizes staffing for all programming
- Responsible for training and in-service for lifeguard and water safety instructional staff
- Coordinates registration, staffing, and curriculum for swim lessons serving the greater community and 1,200+ students annually
- Organizing and running a staff Indoor Ironman Challenge

Behavior and Mental Health Committee **April 2016 – May 2020**
Wisconsin Rapids Public Schools, WI

- Assisted in the creation and review of student services offered to non 504 or IEP students based on a 3 Tier Model
- Served on the Professional Development Sub Committee and as a committee secured Paul Gorski as a keynote speaker for our

district wide professional development in 2017

- Serving on our Equity Sub Committee and working with Great Lakes Equity and WRPS to improve our practices and knowledge

Suicide Prevention and Awareness Committee

May 2019 – October 2019

Wisconsin Rapids Public Schools, WI

- Served as Secretary
- Assisted in the screening and preliminary roll out of the Signs of Suicide Screener for 6th – 12th grade students

Wellness Committee

August 2018 – May 2019

Wisconsin Rapids Public Schools, WI

- Co-Organizing the Staff 5k Walk/Run Club

Advisor

September 2017 - December 2019

Mayor's Youth Council, Wisconsin Rapids, WI

- Served as Aquatics specialist to advise Wisconsin Rapids teens in the input of the development of the Community Aquatic Center
- Assisted teen leaders in fundraising for the construction of the Community Aquatic Center
- Facilitated teen driven design development and budgeting of an endowment fund for the Rapids Municipal Zoo

Vice President of Future Professionals

October 2012-October 2013

Wisconsin Health and Physical Education

- Organized and acquired donations for the Future Professional's booth at the WHPE annual convention
- Organized, strategized, budgeted, and hosted the 2013 Future Professional's Conference at the University of Wisconsin – La Crosse to assist in the professional development of future physical educators in the state of Wisconsin

Assistant Director

May 2013 – August 2013

Teen Voyager Camp, Schaumburg, IL

- Create and executed weekly and daily lesson plans for students aged 11-14 to provide students with a positive and safe environment for summer

Student Delegate and Presenter

April 2013

American Alliance of Health, Physical Education, Recreation, and Dance National Convention, Charlotte, NC

- Presented at the Future Professionals Welcome and Keynote reflection
- Student Delegate Member: voted to unify our organization and change the by laws governing our organization

Student Representative

March 2012 – April 2013

American Alliance of Health, Physical Education, Recreating, and Dance

- Student representative on the Student Services Committee
- Assist in planning AAHPERD 2013 National Convention for Future Professional sessions

Ropes Course Director/Senior Staff

June 2012 -August 2012

Chippewa Ranch Camp for Girls, Eagle River, WI

- Inspected harness, helmets, and ropes course weekly for safety concerns
- Created routes and challenges for campers to explore and push their personal boundaries in a low risk environment
- Coordinated team of 15 staff members between the rock wall and the high ropes course
- Directly responsible for 3 junior staff and 12 campers

PROFESSIONAL DEVELOPMENT

Attendee

March 2023

NISCA National Conference, Knoxville, TN

Attendee

2010-2013, 2019, 2021-2022

Annual Wisconsin Health and Physical Education State Conference, Wisconsin Dells, WI

Attendee

November 2022

Rethinking Team Leadership & Captains, BSN Sports Webinar

Attendee

November 2022

Developing & Maintaining the Coaching Staff; What Leadership Looks Like in 2022, BSN Sports Webinar

Attendee

November 2022

Butterfly Drills, Technique Advice and Tips with World Record Holder Regan Smith, BSN Sports & Speedo Swim Webinar

Attendee

August 2022

The 4 C's of an Interactive Classroom, WRPS Professional Development, Wisconsin Rapids, WI

Attendee

August 2022

Improve Your Start in 30 Minutes!, Swim Like A. Fish, Webinar

Attendee

March 2022

Sprint Freestyle & Supporting Female Athletes, BSN Sport & Speedo Swim Webinar

Attendee

March 2022

Question & Answer with Olympic Gold Medalist Lydia Jacoby, BSN Sport & Speedo Swim Webinar

Attendee	February 2022	Attendee	September 2019
The Benefits and Struggles of Being a Female Athlete; Celebrating National Girls & Women in Sport Day, BSN Sport Webinar		Educator Effectiveness, WRPS Professional Development, Wisconsin Rapids, WI	
Attendee	2022	Attendee	January 2019
Trends in Social Emotional Learning, WRPS Professional Development, Wisconsin Rapids, WI		Trauma Sensitive Training, WRPS Professional Development, Wisconsin Rapids, WI	
Attendee	December 2021	Attendee	April 2019
The Challenges & rewards of Coaching Female Athletes, BSN Sport & Under Armour Webinar		Wisconsin Indian Education Association Conference, Wisconsin Rapids, WI	
Attendee	July 2021	Co-Presenter	October 2018
Understanding Trauma, WRPS Professional Development, Wisconsin Rapids, WI		LGBT+ in K-12 Education, WRPS Professional Development , Wisconsin Rapids, WI	
Attendee	June 2021	Attendee	June 2018
What College Coaches Look for in Recruiting High School Swimmers with Northwestern's Men's and Women's Head Coach Katie Robinson, BSN Sport Webinar		Best Practices in Physical Education, Stevens Point, WI	
Attendee	June 2021	Attendee	March 2018
Backstroke Technique with Olympian Natalie Coughlin, BSN Sport Swim Webinar		National Interscholastic Swim Coaches Clinic, Minneapolis, MN	
Attendee	March 2021	Attendee	March 2018
US2 Series on Bias, WRPS Professional Development, Wisconsin Rapids, WI		Beyond Diversity Training, Green Bay, WI	
Attendee	January 2021	Attendee	January 2018
Racial Equity Book Study, WRPS Professional Development, Wisconsin Rapids, WI		Understanding Conscious Discipline, WRPS Professional Development, Wisconsin Rapids, WI	
Co-Host	2021	Attendee	August 2017
<i>How to be Antiracist</i> Book Study, WRPS Professional Development, Wisconsin Rapids WI		WRPS Summer Institute, WRPS Professional Development, Wisconsin Rapids, WI	
Attendee	November 2020	Attendee	March 2017
The Fundamentals of Sprinting with Cullen Jones, BSN Sport Webinar		Paper Tigers Workshop, WRPS Professional Development, Wisconsin Rapids, WI	
Attendee	April 2020	Attendee	March 2017
Free Swim Webinar with Jessica Hardy, BSN Sport Webinar		Writing a Professional Development Plan, WRPS Professional Development, Wisconsin Rapids, WI	
Attendee	April 2020	Attendee	2017
Dryland In Home, Ritter Sports Performance Webinar		Google Classroom Training, WRPS Professional Development, Wisconsin Rapids, WI	
Co-Host	2020	Attendee	2015-2017
<i>Biased</i> Book Study, WRPS Professional Development, Wisconsin Rapids WI		Annual Wisconsin Interscholastic Swim Coaches Clinic, Waukesha, WI	
Attendee	August 2019	Attendee	2016
5 Simple Ways to IMPROVE Your Freestyle Kick!, Swim Like A. Fish, Virtual		Society of Health and Physical Education America National Convention, Minneapolis, MN	
Attendee	2019	Attendee	November 2013
<i>Onward</i> Book Study, WRPS Professional Development, Wisconsin Rapids WI		ME-PD November Workshop, La Crosse, WI	
Participant	October 2019	Attendee	2012, 2013
Disproportionality Work Group, WRPS Pupil Services, Wisconsin Rapids WI		AAHPERD National Convention , Boston, MA. Charlotte, NC	
		Attendee	September 2010
		Midwest AAHPERD Leadership Conference, Pokagon, IN	