

# Complacency Gets You No Where

By: Marc Lachance

In order to be in the field of education, you must have a love for learning. Education changes constantly with new technologies and new methods of learning. I consider myself to be a lifelong learner and plan to improve myself as a teacher even after I retire in a million years. My short term learning goals are to learn more about adaptive PE, learn how to become a better hockey coach and have a wide network of colleagues to collaborate with. There are three ways that I plan on continuing my learning after I finish my Master of Arts in Education (MAED) degree at Michigan State University: taking courses in the physical education field, attaining a higher level of coaching certification and through professional development opportunities. These three future learning goals are important to me because I always want to be the best teacher or coach for my students. I do not want to be complacent and stop learning just because I have finished my degree. To quote Chris Sale this past week after not pitching a complete game, he said “when you start settling, you get complacent. When you get complacent, you suck.” Those words might be a little harsh but he is on the right track. Stopping my education now would be settling. Not only would I be hurting myself as a teacher but also my students.

Being a student takes commitment. I plan on continuing taking sport coaching and leadership courses at [Michigan State University](#) (MSU) and physical education based courses at [Fresno Pacific University](#) (FPU) . I found out about Fresno Pacific University through other physical education teachers in the district. What is different about FPU, is that their kinesiology department has special courses focusing on adaptive physical education. I took a course in adaptive P.E as an undergrad student at Westfield State University. The course came with 20 observation hours and that was the only exposure that I had for the topic. I do not work with students with severe disabilities but do have several students who have moderate disabilities in my classes. I am hoping that by taking these courses

that I would be able to learn different techniques to help meet their educational needs. There are still four courses that I can take through the coaching program at MSU that will benefit me as a hockey coach.

The second area that I would like to learn more about is how to become a Level 5 USA Hockey coach. I have been associated with USA Hockey organization since I first became head coach of the Westfield State University club hockey team. The American Collegiate Hockey Association or ACHA, is implementing a rule that all coaches must be a Level 4 USA Hockey coach in order to coach in the league. The ACHA is the organization that runs over 300 club hockey teams all over the United States and is similar to the NCAA. I would like to know if my Graduate Certification from MSU meets the requirements of USA Hockey. The remaining courses offered at MSU all will benefit my coaching experience. These course will focus on the stages of skill development in athletes, injury control and promoting positive development. I plan on gaining more information through my league representative and by attending the [Level 5 symposium](#) hosted each year by the Boston Bruins.

Attending professional development opportunities is a great way to learn and connect with peers. This past year I have attended many workshops specializing in special education. These sessions are very informative and help with my goal of gaining more knowledge in the adaptive field. I am a member of [MAHPERD](#) (Massachusetts Association for Health, Physical Education, Recreation & Dance) and plan to attend the state conference this year in Worcester, MA. During the convention they have national physical education teachers of the year speak, activity zones to try and learn new games and vendors selling health programs and products. Other physical education programs that I will seek out is the SPARK program based out of California. I will be listing professional development sessions that I have attended this past year in my portfolios third piece of flare.

In conclusion, as I put my finishing touches on my portfolio for my last class before I receive my MAED degree, I know that it's not goodbye but a see you soon to continuing ed classes. I value the information that I receive through courses, symposiums and conferences. The moment I become

complacent, I know I will receive a curve ball. Through my experiences as a teacher in Millbury and a student at MSU, I know I'll be able to hit it right out of the park.