



Professor Al J. Heraghty, MSE, CPSI  
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Professor Heraghty currently serves as Chair of Health, Physical Education and Sport Management at State University of New York (SUNY) College at Suffolk, in Brentwood, New York. Prior to this role he was the Fitness & Aquatics Director and Head Lacrosse Coach. He is a Certified Playground Safety Inspector (CPSI) credentialed by the National Recreation and Park Association and is also certified by the National Program for Playground Safety. He currently serves on the Sports Equipment, Playing Surfaces, and Facilities committee with American Society for Testing and Materials International (ASTM).

**SPECIALITY FOCUS:**

Sports, Recreation, Playground Equipment & Supervision, Physical Education, Athletic/Sport Facilities, Fitness Instruction, Coaching Safety, Sport Event Management, Risk Management Planning, Supervision.

**EDUCATION:**

Masters of Science in Education – Physical Education  
State University of New York College at Cortland - May 1999

Bachelor of Science in Education – Physical Education  
State University of New York College at Cortland - May 1997

**PROFESSIONAL EXPERIENCE:**

State University of New York College at Suffolk, Brentwood, New York  
Professor / Academic Chair – Health, Physical Education & Sport Management – August 1999 – Present

- Teaching various Physical Education & Health courses
- Assuming full responsibility for classroom organization and management.
- Supervise faculty, program leaders and support staff in departmental unit.
- Designing academic class schedules and teaching assignments.
- Evaluating program viability through on-going review of existing courses and curricula.
- Recruiting and assisting in the selection of new full-time and adjunct faculty.
- Evaluating faculty and making recommendations to the Office of the Executive Dean.
- Providing for daily operation of the department by scheduling meetings, safety procedures.
- Preparing and managing the department's operating budget and assisting in facility improvements.
- Arranging for the readiness of facilities specifically assigned to the department.



State University of New York College at Suffolk, Brentwood, New York  
Fitness & Aquatics Director - July 2000 – August 2003

- Oversaw the maintenance, scheduled personnel and operation of the fitness & aquatics facility.
- Developed and implemented safety standards and guidelines for the fitness and aquatics facility.
- Interviewed and hired staff for the fitness & aquatics facility.
- Trained and supervised all lifeguards and fitness monitors.
- Worked with Suffolk County Department of Health Services in aquatics facility.
- Implemented and promoted programs for the fitness and aquatics facility.

### **COACHING EXPERIENCE:**

#### **NORTHPORT YOUTH LACROSSE**

Head Lacrosse Coach – May 2009 – July 2012

- Organized practice sessions, one-on-one coaching and conditioning.
- Organized game day preparation, sideline management and game day supervision.
- Designed and implemented play designs for offense, defense and special teams.
- Implemented safety procedures for all practices and games (First Aid, CPR, AED).

State University of New York College at Suffolk

Head Lacrosse Coach - April 2001 – May 2006

- Successfully started new program at the College.
- Managed recruiting efforts for future student athletes, including on-campus presentations and interviews.
- Managed fundraising efforts and related financial record keeping.
- Prepared budget and scheduling for upcoming season.
- Monitored student athletes academic progress (study halls, progress reports)
- Led program to the 2006 NJCAA National Championship game.

State University of New York College at Cortland

Assistant Lacrosse Coach - August 1997 – May 1999

- Oversaw student athlete physical conditioning, including design of conditioning programs.
- Assisted in fundraising efforts and related financial record keeping.
- Directly supervised student athletes' academic performance.
- Analyzed game films of competition and disseminates critical findings to appropriate team members.
- Assisted head coach in organization of practice; one-on-one coaching.
- Assisted head coach in planning of itinerary; play design, and game day supervision.

## **PROFESSIONAL CERTIFICATES:**

- Certified Playground Safety Inspector – The National Recreation and Park Association
- Certified Supervisor for Outdoor Environments – National Program for Playground Safety
- Certified Interscholastic Coach - National Federation of State High School Associations
- CPR & First Aid, American Red Cross

## **WORKSHOPS / SPECIAL TRAINING**

- Playground Maintenance Technician Course – Eppley Institute
- Park Management and Liability Issues – Rutgers University
- Athletic Field Maintenance and Construction – Rutgers University
- U101 Fundamentals of Gymnastics Instruction Course – USA Gymnastics
- U101 Safety & Risk Management Course – USA Gymnastics
- Project Adventure Workshop
- Playground Safety Inspector Course – The National Recreation and Park Association

## **MEMBERSHIPS ON COMMITTEES**

- American Society for Testing and Materials International (ASTM) **Voting Status Granted**
  - ASTM F08 Sports Equipment, Playing Surfaces, and Facilities
    - F08.63 Playground Surfacing Systems
  - ASTM F15 Consumer Products
    - F15.29 Playground Equipment for Public Use
  - ASTM F24 Amusement Rides and Devices
    - F24.61 Trampoline Court Task Group
    - F24.30 Maintenance and Inspection

## **MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS**

- National Strength and Conditioning Association (NSCA)
- SHAPE America - Society of Health and Physical Education
- The National Recreation and Park Association (NRPA)

## **AWARDS / HONORS**

- United States Intercollegiate Lacrosse All-American – State University of New York College at Cortland

## **PROFESSIONAL PRESENTATIONS**

### Safety Strategies and Risk Management in Physical Education and Sports

- Massapequa High School Workshop – December 2015

### Playground Safety: Keeping Kids Safe at Play / Risk Management in Physical Education

- Nassau BOCES Physical Education Consortium Workshop – November 2015 & 2016

### Safety Strategies in Physical Education & Sports

- Garden City High School Department of Physical Education & Athletics – September 2015

### Risk Management in Physical Education & Athletics

- Nassau County Council of Administrators Workshop – May 2015

### Risk Management Planning in Physical Education & Playgrounds

- Nassau BOCES Physical Education Consortium – April 2015

### Negligence & Liability in Physical Education & Athletics

- Nassau Zone AAHPERD Conference – February 2015

### Playground Risk Management & Safety

- Suffolk Zone AAHPERD Conference – November 2014

### Playground Safety: Keeping Kids Safe at Play

- Eastern District AAHPERD Conference - February 2014

### Risk Management in Physical Education, Sports & Playgrounds

- NYS AHPERD Conference - November 2013

### Effective Lacrosse Drills for High School and College Coaches

- NYS AHPERD Conference – November 2012