



Interview with Teacher of the Month

Mr. Michael DeSimone

October 2011

Q: In what ways has CSEE instilled a love for teaching in you?

Seeing the students excited about being in school and looking forward to physical education class is what is most important to me. CSEE is more than just a building where learning takes place. It is a dynamic environment for teaching and for learning. We are all lifelong learners. As a faculty member, I have the privilege of working with inspiring co-workers in all academic disciplines, and the opportunity to interact and embrace diversity of all kinds with students and the curriculum. I learn something new every day!

Q: What do you want our school community to know about you that we do not know?

I am currently in the process of getting my Master's degree in Elementary Special Education. I feel that this degree will give me the opportunity to learn more teaching methodologies in order to meet the needs of all students in my program, regardless of skill level or ability.

One of my favorite hobbies outside of school is being a professional competitive power lifter. Ever since I graduated high school I have been traveling all over the world to compete in National and World competitions in the sport of power lifting. I have competed in the Mr. Olympia Invitational and World Power Lifting Championships in Las Vegas, Nevada. I won for five consecutive years. I currently hold two world records in the Bench Press and Dead Lift categories in my 148lb weight class. I credit sports for giving me important life skills such as discipline, determination, and the will to be the best at what I do. I take these qualities with me into my teaching.

Q: What motivated you to become a teacher?

There are two main reasons why I have decided to become a lifelong educator and learner. The first is my love and passion for working with children and adolescent teens. Aside from my job as a physical education and health teacher here at CSEE, I am also a youth strength and conditioning coach and personal trainer. I also run a 6-week summer physical education program for students in my community between the ages of 6-15. For as long as I can remember, I have constantly been engaged in something relating to physical education or health. I have a passion for these two areas. Whether I was playing sports in high school or playing lacrosse in college, in some way, I have surrounded myself in the fitness industry. I know how important it is for our youth to learn the importance of physical activity and living a healthy lifestyle. The combination of my passion for working with children and my love for what I teach, allows me to be the best teacher I can be to my students.

Q: What inspires you to come to CSEE and work as hard as you do every day?

I consider myself very lucky. I went to college to become a health and physical education teacher so that I could one day have the chance to work in a place like CSEE and do what I love. I come to school every morning with a positive attitude and look forward to teaching about the importance of staying healthy. I enjoy integrating activities in my lessons that build character, teamwork, respect, and sportsmanship. I think the key to success when it comes to physical education and health is providing students an atmosphere of challenge and fun. A positive environment for learning allows students of all abilities to participate and take risks. Seeing your students succeed is the ultimate reward as an educator and is the number one reason why I come to CSEE every day and work as hard as I do.