

# WAHPERD

[www.wahperd.org](http://www.wahperd.org)

**Our mission ... is to provide members with professional development opportunities and be advocates for our profession.**

**WAHPERD**

**WISCONSIN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE  
VOLUME 38, ISSUE 2  
NEWSLETTER  
SUMMER 2009**



## President's Message

By Rosie Sylvester

*As I write this article it seems hard to believe that I am half way through my Presidency. I have been "on the road" attending many of the district workshops. Each one I attended was outstanding! The number of attendees made me happy and proud that we are meeting WAHPERD's mission. Thank you district coordinators for ALL of your efforts, you are appreciated. I learned a lot and had fun while connecting with others. I also had the opportunity to represent Wisconsin at the National AAHPERD Convention by attending the NASPE meeting, Midwest Caucus and the Alliance meeting. After having a total knee replacement in January it was great to get out and about in warm weather.*

*With my theme "Fueled and Fit for Life" I had quite an eye opener after my surgery. I think I take too many things for granted and have had to make a lot of adjustments. I had therapy 3 times a week, plus doing 3 stretching workouts every day, then having to ice my knee down. One positive thing – it was winter and there was no trouble having enough ice on hand. The hardest part was not being able to do little things for myself. Not too many calories were being burned while I was immobile. I appreciate the great job Dr. Grace did with the surgery and I'm thankful for the progress I have made in such a short time. Jessica Aubert (P.T.), Peter Cariveau (P.T. assist.) and Kyle Riser (intern) have helped me get back to walking 3 miles a day. They also provided me with exercises I do at home. It is a good feeling to get back into my workout routine.*

*Behind the scenes WAHPERD has been working with the D.P.I. on several projects. 1. Keith Bakken (Executive Director) and Colleen Evans (UWSP) are working on adopting the NASPE Standards vs. the State Standards. 2. Jan Kunert and Cheryl Gorski are developing a P.E. Certificate brochure similar to the Health Certificate some of our members have earned. 3. The Best Practices workshop will be held at UWSP on July 28-30. There are many great sessions planned and you can sign up for graduate credits. 4. Best of the Best Lessons are available on our web page. You can submit lessons or check out what other people have sent in. Thank you to Brenda Erdman, Sandy Hagenbach, Darci Mick, Janna Hillman and Lori Peterson for being reviewers. \*\*While you are on the web page take the time to (click) connect with your legislators*

*and advocate for our profession. \*\* We are still working out the final details for convention. The District coordinators and Division V.P.'s are to be commended for their work in bringing you another GREAT convention.*

*Some changes may be on the horizon. At the last Executive and Board meeting we discussed the possibilities of realigning the districts and having our divisions divided by grade levels rather than subject matter. We would like to see Board members serve a two year term. These three changes would allow for more efficiency. (see Realignment article). We would also like to try e-mailing one of our newsletters and having a master copy of the directory in the WAHPERD office, rather than sending one to each member. (WAHPERD's going GREEN) What do you think? I would love to hear from members.*

WAHPERD President Rosie Sylvester  
[phyedrosie@yahoo.com](mailto:phyedrosie@yahoo.com)  
715-757-3692



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# 2009 Convention ... October 28-30 ... Steven's Point

## Bill Collar ...

Bill was a social studies teacher and coach for 35 years, the last 29 at Seymour High School. He has been recognized as State Teacher of the Year and Wisconsin Football Coach of the Year. He coached state champions in football and track. A unique motivational speaker, Bill combines a rich treasure of motivational principles with common sense and humorous anecdotes. After speaking part-time for 20 years, Bill now shares his message with audiences throughout the Midwest.

Through the use of images and lessons from history, a meaningful story unfolds as Bill relates the process necessary for maintaining a great attitude. Bill's enthusiasm is contagious as he draws upon personal experiences and the lives of great Americans to tailor his presentation to the interests of the audience. His "All The Way with PMA!" theme applies to individuals in all walks of life. A recipient of the Dave McClain Distinguished Service Award for football in Wisconsin, Bill has spoken with groups ranging from the Wisconsin Badger Rose Bowl Champions to keynoting the State School Superintendent's Convention. WAHPERD looks forward to Bill's keynote at the General Assembly entitled, "Personal Motivation and Peak Performance".

## Carol Hanson ...

Carol Hanson continues to implement an elementary physical education program in the West Salem schools that stresses teaching the whole child through movement. As a teacher of kindergarten through fifth grade students, she integrates various concepts from the classroom into her physical education lessons, when appropriate. In 2006, Carol was named the Wisconsin Elementary Physical Education Teacher of the Year. She has presented at various workshops and conferences and enjoys sharing ideas with others. As a graduate of UW-La Crosse (B.S. 1975, M.S. 1992), she gives back to UW-L by having numerous student teachers and clinical students. Carol has authored, Active Games Active Brains, that integrates physical activity with classroom concepts. She welcomes the chance to share her ideas and encourages others to have a "passion" for teaching. Physical education class should be one of the best times of the day for an elementary student. Carol feels it is the teacher's job to make sure they are offering a quality education through worthwhile and innovative activities. Carol's physical education program is built on the foundation that encourages children to be active in a positive and non-threatening setting. Children are not humiliated, they are not afraid to come into the gym, and they genuinely enjoy using movement to learn. WAHPERD looks forward to Carol's presentations, "Bit and Pieces of Body Awareness" and "Learn to Move, Move to Learn".



**Did You Know ... You can now renew membership and register for the WAHPERD Convention online at [www.wahperd.org](http://www.wahperd.org)**

## Past President and Retirees Luncheon

**There will be a luncheon for all Past Presidents and retired WAHPERD members on Thurs., Oct. 29, 2009 at the Ramada of Stevens Point from 12:30-1:30 pm. A Past President's meeting will be held prior to the luncheon from 11:30 am-12:30 pm. Further information will be sent directly to individuals.**

## Dana Macalalad ...

Dana has attended Zumba Certification for Basic instruction and Zumba Gold (for active older adults and beginners). She currently teaches 3 classes per week to adults and taught elementary students during indoor recess option in winter. Her previous classes have included kickboxing and step aerobics. Currently, she also teaches Nautilus and free weight training at the Woodson YMCA in Wausau, WI and is also trained to teach Deep Water Aerobics.

"My future plans include further instructor training for Zumba Basic 2 and Zumba toning. I also plan to achieve certification in personal training. My goal is to always keep my exercise routine fresh and varied, that way I never get bored!"

## Andria Davisson

Andria has a degree in Biochemistry from the University of Wisconsin - Madison, a clinical massage therapy degree from Utah College of Massage Therapy, and an Advanced Pilates Certification from the Pilates Center of Austin. She is currently the co-owner of Adventure 212°, a wellness facility, in Stevens Point, Wisconsin. If you would have asked Andria ten years ago where she was going to be in ten years, she would have said in an Emergency Room as a Physician. However, she quickly learned that even the best laid roads have many curves. The death of a close friend and the lack of preventative focus in the healthcare industry at the time caused Andria to take a different road. She turned down medical school and pursued preventative health modalities. The journey has developed into a passion to understand the totality of wellness and its many facets, just one of which is emotional wellness and stress management. Andria is excited to share her insights, tools and techniques she has learned along the way.



## Holly Guntermann ...

Holly Guntermann has taught for the past 29 years at Idyllwild School in Idyllwild California where she teaches Kindergarten through eighth grade students Physical Education. She has also been responsible for coaching volleyball, basketball and softball at the school.



Holly was named the 1991 Elementary Physical Education Teacher of the Year from the California Association for Health, Physical Education, Recreation and Dance (CAHPERD). She has been the director of the Cal Poly Elementary Physical Education Workshop, San Luis Obispo twice and has presented there numerous times. Holly was appointed by State Superintendent of Education to serve on the writing committee for the California Model Content Standards for Physical Education in 2003. In 2004 Holly was named the Middle School Physical Education Teacher of the Year by CAHPERD and she was named the 2005 Southwest District Middle School Teacher of the Year.

Holly has presented at the AAHPERD conference, the Canadian AHPERD conference and for the European Alliance for Health, Physical Education, Recreation and Dance. She has also done presentations at the CAHPERD conferences and she does workshops for school districts on the physical education content standards. WAHPERD looks forward to Holly presenting two action packed sessions this fall.

## Again this year...

You have the option of purchasing a box lunch for Thursday and enjoy networking opportunities with other colleagues during an interactive luncheon.

Join Skatetime & Baggo for our 1st annual Baggo Tournament. Baggo is the innovative, compact and portable bag toss game that will blow you away! The tourney will be Wednesday Night, October 28th as a Convention Kick Off. We'll be playing doubles so grab your partner, come up with a team name and we will see you there! All the games used in the tourney will be awarded as prizes to the winners! Check out [www.baggo.com](http://www.baggo.com) for more info about Baggo Games!

## 2009 WAHPERD

### Are you looking to EARN CREDIT?

Tired of attending conferences and not having the time or energy to put what you learned into action? The University of Wisconsin-La Crosse is trying to help you make the most out of the convention, by providing a convenient opportunity to earn a credit that requires you to apply it to your practice. So why not take advantage of earning continuing education credits while you are attending the conference in Stevens Point, WI on October 28-30, 2009. Call now for more information on HED 467/567: Experiential Learning.

Convention  
Credit  
Opportunity

### Contact Information

#### Registering Before the Convention:

Karen Hansen  
Continuing Education & Ext.  
608-785-6513

#### Registering On Site:

Marcie Wycoff-Horn  
Health Education/Health Prom  
608-785-8162 or 608-785-6786

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Check [www.scubainschool.com](http://www.scubainschool.com) for more information.

### Convention Hotel Information:

## Ramada Inn of Steven's Point

1501 North Point Dr.  
Stevens Point, WI 54481  
715-341-1340 or 800-998-2311

Rate: \$79.00 Single-Quad

Reservation deadline: October 7, 2009

# 2009 Convention Schedule of Events

## WEDNESDAY, OCTOBER 28, 2009

4:00-7:00 p.m. Exhibitor Set up at Ramada, Stevens Point

5:30-7:30 p.m. Registration at Ramada, Stevens Point

8:00-10:00 p.m. Social / Baggo Tournament

## THURSDAY, OCTOBER 29, 2009

7:00 a.m. - 3:00 p.m. Registration at Ramada, Stevens Point

9:00 a.m. - 4:30 p.m. Exhibits Open at Ramada, Stevens Point

### Session 1 > 8:00-9:00 a.m.

- 1 BOSU Training at its Best – *Gnewikow/Newmann*
- 2 Bits and Pieces of Body Awareness – *Hanson*
- 3 Training the Teenage Athlete – *Rice*
- 4 Crime Scene: Putting all the CSH pieces together – *Frank*
- 5 Holiday Dances – *Hagenbach*
- 6 Creating Health School Environments: The PE-Nut Model – *DeJong*

### 9:10-11:00 a.m. > General Assembly

#### Announcements/Elections

**Kenote Address** – Bill Collar - “Personal Motivation and PeAk Performance”

#### Division Rallies

### Session 2 > 11:10 a.m.-12:10 p.m.

- 1 Safe-Chi - Fundamentals of Self Defense – *Stasik*
- 2 A Super Hero for A Day ... Imagination Creation in Dance – *Mally*
- 3 Activities from the Arctic – *Gunterman*
- 4 Jump Ropes that Rock – *Petersen*
- 5 Team Building and Leadership Development – *Kenney*
- 6 New Tools for PE Program Evaluation – *Richardson*
- 7 Using Technology in APE – *M. Johnson/Olson*
- 8 Using Eval to Prove Effectiveness of game-based e-learning in Health – *Schafer*
- 9 Start a cmotion in your Physical Education classes – *Goodmanson*
- 10 Playing with Food: Enhancing Standards-based PE w/Nutrition – *DeJong*

**12:10-1:00** Convention Luncheon - Box lunch available for purchase

**12:10-1:00** Future Professional Lunch - Bill Collar, “Accept the Challenge of Leadership”

**11:30-12:30** Past President’s Meeting

**12:30-1:30 p.m.** Past President’s/Retirees Luncheon

### Session 3 > 1:10-2:10 p.m.

- 1 Inclusive Instant Activities – *E. Johnson*
- 2 Fitness Concepts for Elementary PE – *Hagenbach*
- 3 Favorite Elementary Folk Dances – *K. Erdman*
- 4 Get Your Students Climbing ther Walls – *Muchow*
- 5 Turning the Licensure Portfolio into Hiring Portfolio – *Ringenberg*
- 6 Family Fitness – *Watson*
- 7 Making Health Matter: Creating Engaging Lessons – *Furness*
- 8 Eating Disorders/Self Inflicted Violence - Real Issues/answers – *DeRosa/Stefanowski*
- 9 Science of Spin PE and Yo Yo – *Schulte*
- 10 Glow in the Dark Hoops and JRFH ... 5,4,3,2,1 Lights Out! – *Seering/Kestell*

### Session 4 > 2:20-3:20 p.m.

- 1 Hip Hop Heroes – *Sprain/UW-L stud*
- 2 You Call this Fitness? I Call this Fun! – *Gunterman*
- 3 Practical Strategies for Maximizing Your Fitness Development Time – *Meeteer/Ditter*
- 4 Coordinated Approach to Fitness Assess & Supporting Curriculum – *Klein*
- 5 Stress Management for Students and Teachers – *Wright*
- 6 Reverse Mainstreaming - Meeting Needs of Students w/Disabilities – *Gustafson/Roth*
- 7 Brain and Body Fitness: Helping Youth Reach Their Potential – *Norman*
- 8 Volley Tots – *Schuster/Johnson*
- 9 What you always wanted to know, but didn’t know who to ask? – *Kane/Fritz/Sylvester*

- 10 Closing the Gap: It starts with you: are you a role model? Part 1 – *Yengo*
- 11 Bowling for Fitness and Fun! – *Hildebrand*

### Session 5 > 3:30-4:30 p.m.

- 1 Dancing with SPARK Stars – *Frank*
- 2 Zumba Fitness: Ditch the Workout, Join the Party – *Macalalad*
- 3 Hindsight is 20/20: the PEP grant a year later! – *Welsh/Pankratz*
- 4 BOSUs in Physical Education – *Janesville*
- 5 Does Inner City Teaching Interest You? – *Fuller/Schuh*
- 6 Are You Fueled and Fit for Life? - Part 2 – *Yengo*
- 7 Eating Disorders and Athletes – *DeRosa/Stefanowski*
- 8 Transition Services - Bridging the Gap between schools and community – *M. Johnson*
- 9 Practical Strategies for Maximizing Your Fitness Devel (cont.) – *Meeteer/Ditter*
- 10 Biking in the K-6 Curriculum – *Evans*
- 11 See It, Believe It, Teach It - Sport Stacking w/Speed Stacks – *Metz*
- 12 In School Scuba – *Briggs*

### 4:40-5:40 “Healthy Activities for You”

Walk or Bike the Green Circle

Yoga is for Everyone

**6:00-7:00 p.m.** President Rosie Sylvester Reception

**7:00-9:00 p.m.** Award’s Banquet at Ramada, Stevens Point

**8:30-11:00 p.m.** All Convention Dance at Ramada, Stevens Point

## FRIDAY, OCTOBER 30, 2009

**7:00 a.m.** Brenda’s Board / RA at Ramada, Stevens Point

**7:30-10:00 a.m.** Registration at Ramada, Stevens Point

**9:00 a.m. - 12:00 p.m.** Exhibits Open at Ramada, Stevens Point

### Session 6 > 8:30-9:30 a.m.

- 1 Swing Dance – *Strutt*
- 2 Learn to Move, Move to Learn – *Hanson*
- 3 Team Building Across the Curriculum – *Greaves/Harris*
- 4 PE Football: Safe and fun for everyone – *Schultz*
- 5 Fast Food Blast – *Peloquin*
- 6 Think Tac Toe - Using Differentiated Instruction in the Classroom – *Cailleaux*
- 7 Fitness Stack - Sport Stacking with a Twist, Run and Jump! – *Metz*
- 8 Using Smart Board Technology in Adapted and General PD – *Felix/Tymeson*
- 9 Geocaching ... High Tech Hide and Seek – *Forsythe*

### Session 7 > 9:40-10:40 a.m.

- 1 Dance, Dance Inclusion – *Knitt*
- 2 Relaxation is for Everyone – *Davisson*
- 3 Fitness Craze – *Marshall/Massano*
- 4 Students Succeed with Nordic Walking – *Dau*
- 5 Turkey Calling Using Mouth Calls – *Kenney*
- 6 Nutritional Treatments for Americas Most Common Diseases – *Schmitt*
- 7 Discovery of Self for Better Teaching – *Timm*
- 8 Fit Now: Circuit Activities made fun and easy – *Powers*
- 9 Geocaching ... continued – *Forsythe*

### Session 8 > 10:50-11:50 a.m.

- 1 Flip Out on Health - Using Flip Video Camcorders in Classroom – *Cailleaux*
- 2 Keychain Self Defense – *Stasik*
- 3 Get Into Swing Things – *Dalberg*
- 4 Hoop It Up for Fun and Fitnes – *Pulak*
- 5 A Thrill to Dance – *Appleby/Erdman*
- 6 Cardioland - Kickboxing for Kids – *Thomae*
- 7 WAHPERD/JRFH Grants - Sharing Session – *King*
- 8 Water Safety - 09 Instructor Update – *Schuster*

# WAHPERD MEMBERSHIP

You must be a current member through 11/09 or return a new/renewal membership form with membership dues to preregister for the convention.

## Wisconsin Association For Health, Physical Education, Recreation and Dance Membership Form.

### PRINT ALL INFORMATION

### CHECK APPROPRIATE BOX IN EACH SECTION

Month	2009 to Month	2010	Current <input type="checkbox"/>	New <input type="checkbox"/>	Renewal of Expired Membership <input type="checkbox"/>
LAST NAME _____	FIRST NAME _____		AREA		OFFICE USE ONLY
STREET _____	HOME PHONE (____) _____		<input type="checkbox"/> Health - H <input type="checkbox"/> General - G <input type="checkbox"/> Physical Education - P <input type="checkbox"/> Student - S <input type="checkbox"/> Sports & Athletics - A <input type="checkbox"/> Recreation - R <input type="checkbox"/> Dance - D		EXP. DATE _____
CITY _____	WORK PHONE (____) _____				Date Rec'd _____
COUNTY _____	STATE _____ ZIP _____				CK # _____
E-Mail Address: _____	Year: Fr So Jr Sr Grad				Amt. PD _____
*Students-School attending					
<b>TEACHING LEVEL</b> <input type="checkbox"/> E - Elementary <input type="checkbox"/> M - Middle <input type="checkbox"/> S - Secondary <input type="checkbox"/> U - University/College <input type="checkbox"/> O - Other					
Mail to: <b>WAHPERD</b> 24 Mitchell Hall • 1725 State St. La Crosse, WI 54601-3788  Makes Checks payable to: WAHPERD  For further information go to our website: <a href="http://www.wahperd.org">www.wahperd.org</a>					
<b>TYPE OF MEMBERSHIP</b> <input type="checkbox"/> Lifetime (\$400) <input type="checkbox"/> Professional (\$50) <input type="checkbox"/> JRFH/Hoops Coord. (\$25) <input type="checkbox"/> Associate (\$50) <input type="checkbox"/> Student (\$25) <input type="checkbox"/> Retired (\$20)					

## 2009 WAHPERD CONVENTION PRE-REGISTRATION

Deadline: October 8th, 2009

You must be a current member of WAHPERD through 11/09 or return a new/renewal membership form with membership dues to pre-register for the convention. COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW. You can verify your membership status by calling the WAHPERD office at 608-785-8175 or 800-441-4568.

### COMPLETE ALL INFORMATION AND CHECK ALL APPROPRIATE FEES BELOW

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Street: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_  
 Phone (Office): \_\_\_\_\_ Phone (Home): \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
 Student       Teacher       Other  
 University or School District: \_\_\_\_\_

**Is this your first WAHPERD convention?     Yes     No**

**WAHPERD District (check one):     NW     C     NE     SE     SC     SW     E**

### CLASSIFICATION (Check all that apply)

- |  |                      |          |
|--|----------------------|----------|
| <input type="checkbox"/> Professional.....                               | \$70.00 .....        | \$85.00  |
| <input type="checkbox"/> Retired.....                                    | \$0.00 .....         | \$0.00   |
| <input type="checkbox"/> Student (Lunch included).....                   | \$35.00 .....        | \$45.00  |
| <input type="checkbox"/> Non-member .....                                | \$130.00 .....       | \$140.00 |
| <input type="checkbox"/> One-day only - Professional .....               | \$50.00 .....        | \$60.00  |
| <input type="checkbox"/> Past President .....                            | \$0.00 .....         | \$0.00   |
| <input type="checkbox"/> Box Lunch (Thursday - Smoked Turkey Wrap) ..... | @ \$15.00 each ..... | n/a      |
| <input type="checkbox"/> Awards Banquet (Thursday evening) .....         | @ \$25.00 each ..... | n/a      |
| <input type="checkbox"/> Sponsor a student to awards banquet .....       | @ \$25.00 each ..... | n/a      |

### PRE-REGISTRATION (must be received by 10/8)

### ON-SITE

Total Enclosed: .....\$

Pre-registration fees do not include awards banquet tickets. Awards banquet tickets must be purchased separately.  
 No awards banquet tickets will be available for purchase on-site.

**Banquet Preference (check one):     Grilled Chicken Breast     Roasted Porkloin     Vegetarian Napoleon**

Complete and send this form along with a check for WAHPERD Convention Pre-Registration Fees to:  
 WAHPERD, 24 Mitchell Hall, UW-La Crosse, La Crosse, WI 54601. Call 800-441-4568 or 608-785-8175 for more information.

## **President-Elect's Message**

**By Brenda Erdman**



Fit and Fueled for Life! Wow, that has rung true for me this year. I have been fueled in so many ways this school year. First, I have become more fit and I feel great! I have lost 25 pounds and still counting... and it has not been easy (is that a sign of getting older, nah, can't be...I am still a spring chicken!) Time. That is the issue. With a young family that is very busy it is hard

to find guilt-free time for myself, but it can be done. And, of course, eating better makes a HUGE difference. I don't have any spare money for weight loss programs so a supportive family and practicing what I preach to my students has been the trick! I am enjoying my "need" to workout!

I have also been fueled with great conventions and workshops. The AAHPERD convention in Tampa was outstanding. I was given the opportunity to present this year at AAHPERD and what a great experience! I hope I get the chance to do it again someday, and I would invite you to consider presenting at a local workshop or WAHPERD. I have a feeling each of you do something really special in your classroom! If you didn't make it to the AAHPERD convention I have all the handouts from my session on my district website. Log on to [www.rsd.k12.wi.us](http://www.rsd.k12.wi.us) and click on Reedsburg School District, click on staff directory, and type in my name. ENJOY! I also attended and presented at the Southwest District Workshop. I presented challenges for a bouldering wall, and also have those handouts on my district website. It was a great workshop with great attendance – lots of "fueling" going on! Try to go to a conference or workshop when you can. We have a lot of great physical education and health teachers in our state and seeing their ideas and their handouts "in action" is always best.

Most of all, my students "fuel" me up everyday! They are so gracious and positive with the new stuff I try with them all the time. And of course all the old favorites too, especially celebrating Jump Rope for Heart's 30th anniversary and doing Movin' and Munchin' Schools. My students work hard on their fitness skills and have tried many new medicine ball and exercise band activities this year. It is inspiring to work out with my students and see them expecting more from themselves. It's not all roses all the time, but that's okay, it keeps life interesting! Do you inspire your students? Do your students inspire you? Is your classroom a fountain of youth? Use your students' energy to fuel you!

Still need to be fueled with a workshop? Check out the WAHPERD website for state workshops still coming up – they look to be outstanding! Be prepared for an awesome WAHPERD convention in October. The plans are under way for a lot of great sessions in Stevens Point. There are a lot of incredible presenters lined up just for YOU! Thank you to everyone who shared their thoughts on the WAHPERD convention survey. All of them were shared with the WAHPERD board. We appreciate your input.

WAHPERD offers great opportunities and support in leadership, workshops, conferences, advocacy, and grants. What else can WAHPERD do for you? I would like to know what you think. Whether you are a new teacher, experienced teacher or somewhere in-between...I would like to hear from you. I would also like to know one really EXCELLENT thing you did this past school year. Maybe it was in your classroom, a conference, coaching, etc. Please email me your thoughts at [berdman@rsd.k12.wi.us](mailto:berdman@rsd.k12.wi.us). I look forward to learning more about you!

### **Choose to be Fueled and Fit for Life!**

*Brenda Erdman*

*WAHPERD President Elect 08/09*

## **Past President Message**

**By Joanne Suomi**



The definition of the word "journey" – a trip, an act of traveling from one place to another. For those who anticipate a special trip usually the first question is "Are we there yet?" Reflecting back, I do remember the excitement of being WAHPERD president-elect. It was once in a lifetime opportunity of traveling to Washington D.C. for the leadership conference and meeting

people in our profession from around the country. Then the trip proceeded to being WAHPERD president...quite challenging but an overall rewarding leadership experience especially in the area of advocacy. And now as my trip as the past WAHPERD president is coming to the end, I am looking forward to moving on in other leadership capacities. For me, the trip professionally and personally with WAHPERD includes many fond memories. I strongly encourage any of

you who enjoy taking journeys to seriously consider being part of the trip as a leader for WAHPERD – you would truly walk away with lots of memories that would support our current president's, Rosie Sylvester, theme "Fit and Fueled for Life."

## **Necrologist Report**

If you become aware of the death of a WAHPERD member, please contact:

Necrologist  
c/o WAHPERD

24 Mitchell Hall 1725 State Street  
La Crosse, WI 54601

800-441-4568; 608-785-8175; [wahperd@uwlax.edu](mailto:wahperd@uwlax.edu)



## Lifetime member, Kris Fritz Receives AAHPERD Honor Award



Kris Fritz received AAHPERD's Honor Award at the National Convention in Tampa Bay. This award recognizes individuals who exemplify devoted service to our profession through outstanding contributions for the advancement of Health, Physical Education, Recreation and Dance.

Kris has served AAHPERD and WAHPERD for the past 40 years. She has "lead by example" as a teacher and coach. After retiring she initiated a Pre-K activity program and has returned to the 'gym'. It should be noted that she has served as WAHPERD's President, WIAA State Track Starter, served as WAHPERD and Midwest District's Awards Chair, NASPE Middle and High School P.E. Council Chair and is respected for publishing and presenting in our field. Kris also initiated a \$1.2 Million dollar P.E.P. grant, as well as procuring \$40,000 in other grants for her school district.

WAHPERD congratulates Kris for this well deserved award that recognizes her pursuit of excellence. We are proud of your accomplishments.



## 9th Annual **BEST PRACTICES 2009** IN PHYSICAL EDUCATION AND HEALTH

JULY 28-30, 2009, TUESDAY - THURSDAY, UNIVERSITY OF WISCONSIN - STEVENS POINT



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**Register online at:**  
[www.uwsp.edu/conted/conferences/](http://www.uwsp.edu/conted/conferences/)

Click on "Best Practices In Physical Education and Health"

# Tampa AAHPERD Highlights

AAHPERD President, Monica Mize, has repeatedly spoken all year asking members to be 'seen' and 'heard' while uniting "Many Voices . . . One Mission." WAHPERD members took full opportunity to participate into the 135 educational sessions and social networking activities which comprised the 124th Annual AAHPERD National Convention.

Wisconsin delegates Keith Bakken, Joanne Suomi, and Rosie Sylvester represented WAHPERD at the unusually lengthy Alliance meeting. President - Elect, Brenda Erdman, also attended the Alliance meeting after conducting her NASPE MS/HS session earlier that day. Chris Zvara presided for Brenda and also attended several Jump/Hoops meetings with Patty Kestell in their roles as Jump/Hoops Wisconsin Coordinators.

Several WAHPERD members presented the following sessions: Tonya Gnewikow and other Tomah staff(Fishing 4 All Seasons), Dr. Kristy Mally(Pipeline & NASPE Pre K Movement), Kristi Roth(Assessment for Individuals with Disabilities), Marcia Schmidt & Crystal Gorwitz(STARS schools multi session/ Lifetime Outdoor Activities) and retired member, Diane Corrigan, now residing in NV (two shared sessions for older adults).

Kris Fritz and Rosie Sylvester served on the TOY Selection Committee for the high school and elementary levels. Scott Frazier was involved as Midwest Past President and Mary DeMunck and Lori Petersen were engaged in assisting students and with higher education sessions.

Many WAHPERD members attended the National JRFH 30 Year Celebration on Wednesday evening and were clearly visible wearing their Wisconsin 30 Year, "It all started here" shirts. Coordinators received prizes for various years of service and social networking was the highlight of the evening.

Recognition was given to several Wisconsin former TOY's, STARS schools, PEP and other grant winners during the NASPE Celebration of Professional Excellence reception. Student Majors were also recognized with a special session. Kris Fritz received an AAHPERD Honor award at the AAHPERD Recognition and Award Ceremony and Jan Kunert was presented with the NAGWS Pathfinder Award to recognize her efforts in promoting sport opportunities for girls and women in Wisconsin.

President Sylvester indicated that she was extremely proud of the Wisconsin participation and representation in Tampa and added that she 'wished she could have brought the warm weather back to Wisconsin for all WAHPERD members to enjoy'.

## Members We Will Miss

*Florence Prybylowski, age 89 of Oshkosh passed away on January 28, 2009. As a youngster, she was an avid participant in Milwaukee's Parks and Recreation Department programs, and became a playground leader. This love for being active eventually led to Prybylowski attending the Wisconsin State University-La Crosse and earning her B.S. degree in Physical Education. She went on to get her master's degree and doctorate. She began her teaching career at UW-La Crosse in 1947 and joined the faculty of UW-Oshkosh in 1966 where she was known as "Dr. Pryb". She retired from UW-Oshkosh as Professor Emeritus in 1985. Prybylowski served as President of WAHPERD in 1973 and was awarded the Life membership in 1985. She also received the Teaching Honor award in 1980.*

*John Nevers, age 97 of Oshkosh passed away on March 16, 2009. Nevers was a member of WAHPERD since 1950 and was awarded Life membership in 1976. Nevers majored in physical education, and received a Bachelor's degree from UW-La Crosse and a Masters degree from the University of Iowa, Ames, Iowa. Nevers taught in a number of high schools in Wisconsin before settling in Oshkosh. He was keenly interested in athletics, especially football. Nevers served as Director for Health, Physical Education and Safety for the Oshkosh City Schools for 20 years.*

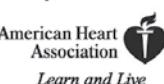
## Shoot Hoops, Have Fun and Help Save Lives

Students love the excitement of Hoops For Heart events, and schools love that students are learning healthy habits and community values. The benefits of physical activity, healthy eating, and staying away from tobacco are just a few topics that this educational program covers, all while raising funds to fight heart disease and stroke.



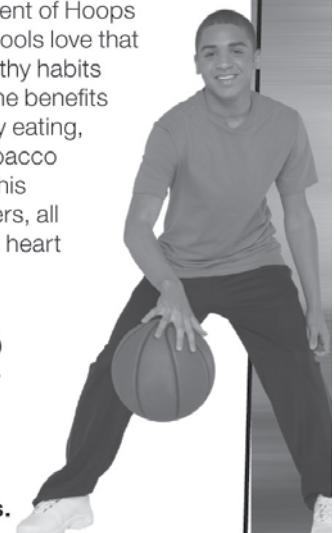
Learn how your school can support cardiovascular research and save lives.

Call 1-800-AHA-USA1 or visit [americanheart.org/hoops](http://americanheart.org/hoops)



American Heart Association

Learn and Live



# Jan Kunert Receives AAHPERD/NAGWS Pathfinder Award

AAHPERD/NAGWS Pathfinder was established in 1991 to give national recognition to those women (one from each state) who have demonstrated continuous dedication to the advocacy, recruitment and enhancement of opportunities for girls & women in sports while showing sport leadership within the state.

Jan Kunert, WAHPERD Secretary and retired Physical Educator/Administrator has spent a lifetime involved in the HPERD profession while advocating for girls and women to be provided sport opportunities. Jan worked primarily in small rural schools where she fought for the development of girls' sport programs during the early Title IX era. She has coached gymnastics, track, volleyball and basketball in addition to officiating many sports. After becoming an Administrator, Jan helped to facilitate scheduling of many athletic events and other opportunities that afforded young women avenues to develop physical sport skills while also acquiring personal leadership knowledge.

Currently residing in the Eau Claire area, Jan continues to pursue personal sport activities through walking, golf, and recreational officiating. As a substitute teacher, she is often found encouraging young women to

pursue sport involvement and likewise promotes such involvement among her adult peers. Jan has been awarded the WAHPERD Service, citation and Lifetime recognition awards and continues to serve on the Executive Committee while participating in related WAHPERD and DPI projects.



Ms Kunert is truly a worthy recipient of this National NAGWS award that recognizes her as a pioneer advocate and leader in the arena of sport for girls and women in Wisconsin. WAHPERD joins NAGWS in congratulating and thanking Jan for her service. We are proud to see she has received National recognition at the Pathfinder Award Ceremony in Tampa in April 2009. Likewise, WAHPERD is fortunate to claim Jan Kunert as one of our outstanding members and that she continues to share her expertise with our Association.

## WAHPERD Points of Pride...

1. WAHPERD friends helping each other! Thank you to Marcia Schmidt, Patty Kestell and Chris Zvara for helping Brenda Erdman's presentation run so smoothly at AAHPERD.
2. Chris Zvara for her 30 years of dedication to JRFH, and to Patty Kestell and Neil Seering for stepping up to the plate and taking on the challenge of our new state HFH and JRFH coordinators.
3. Congrats Sandy Hagenbach on writing a children's book with Human Kinetics.
4. Kristi Mally for being part of the NASPE/AAPAR \$12 million Head Start Grant oversight team.
5. Doug Kane for volunteering with the Special Olympics event in Milwaukee.
6. Scott Frazier for arranging WAHPERD meeting rooms.
7. Jamie Graper for her advocacy work.

## Living Legacy

At a Midwest meeting that I attended AAHPERD President Dana Brooks talked about how he had donated \$500.00 dollars to Midwest for its 125th year celebration. He challenged the other Past Presidents to do the same. Other people in attendance liked his idea and soon were contributing to the cause. I came up with the idea of having the Future Professionals Scholarship being a special project so I created the "Living Legacy". The money donated would provide scholarship funding - what a wonderful way to give back to an association that has given so much! Letters were sent out to our Past Presidents and retirees asking if they wanted to contribute to the fund. A special "thank you" to the following for their contributions during this first annual drive:

**Jim and Martha Schuh, Anna Jane Ellis,  
Kristine Fritz, Jan Kunert, Neil Koeneman,  
Scott Frazier, E. John Rabe, Mary Kennedy,  
Rosie Sylvester, Keith Bakken, Shirley White**

After some discussion at the last WAHPERD Board meeting it was decided that for the second and subsequent years any member should be able to contribute to the fund. Some people might want to donate "In Honor of" or "In Memory of" a special person (please make a notation on your check). Remember this can be used as a tax-deduction. Checks should be sent to the WAHPERD office. The scholarship winners will be recognized at the Past Presidents luncheon and at the Awards Banquet. If you have any further questions, please contact me. Thank you for your consideration.

**Rosie Sylvester, WAHPERD President  
Fit and Fueled for Life  
phyedrosie@yahoo.com - 715-757-3692**

# DISTRICT NEWS

## Northeast District News

*By Breana Wavrunek, Coordinator*

Wow! Mother Nature really liked winter this year! The sun has finally started to appear along with the green grass and the birds a chirping. I do love cross country skiing, broomball, and the snow shoe unit, but I am excited when we can get back outside when it is warm outside! When the snow melts I finally can stop dressing like a snow bunny!



As in the past, we collaborated with the Central District and CWEA to bring you another great workshop. The workshop this year was a SUCCESS with big numbers! It was great to see educators come out and learn new things! The presenters were great and the participants did even better. We had over fifty people at each section. Relaxation technique's was one of our sections that brought a huge turn out of teachers! We all know that being a teacher can be demanding and it is important to learn healthy ways we can relieve our stress that we have on a daily basis. Zumba was another section that was offered at the workshop and it was great to see so many people moving to the music! We had many participants and let's just say we learned how to shake our booties! We also had an additional opportunity for people to receive Archery Certification on an offsite facility. We had many people registered and participate in this event. If you are interested in learning more about this topic keep on the look out during the WAHPERD Convention next fall because they are planning to have a section their too!

As your Northeast District Coordinator I would greatly appreciate your feed back on presenters you would like to see for next years workshop. If you are willing to present I would love to hear your ideas too! I teach Physical/Health Education at Wausau West High School and if you would like to contact me, my e-mail is bwavrune@wausau.k12.wi.us. My Phone number is 715-261-0850 x34177.

This school year already is coming to an end and it feels like it just started. As our President Rosie Sylvester would say, "Be Fueled and Fit For Life!"

## Southwest District News



*By Renee Marshall, Coordinator*

The end of the school year is fast approaching! As we are busy tying up loose ends at work don't forget to get fueled and fit in the process. Remember to always take time for yourself!

A special thanks to everyone that presented and volunteered their time to help make the SW district workshop a success. We had 60 people in attendance and 25 were from the University of Wisconsin-La Crosse. Thank you to the graduate students who were the largest group represented at the workshop along with the Onalaska and Sparta teaching staff. Sessions were offered for angular education, archery, geo-caching, dance, traverse walls, and outdoor

education. There were many opportunities to network and enhance your knowledge level.

Next year the convention will be held at the Sparta High School on April 17, 2010. We will be contacting the University of Wisconsin La Crosse to see if individuals can earn continuing education credit for attending the workshop. The SW district elect-coordinator, Samantha Massano will be organizing the event according to survey results from this year's workshop. Some ideas that were provided for breakout sessions were elementary assessment, dance, outdoor education, climbing wall, biking, fitness activities, yoga for kids, tumbling, and camping. If you have an outstanding unit that you would be willing to present please contact us at rmarshall@spartan.org or smassano@spartan.org.

Finally, I would like to recommend that more individuals become involved in the WAHPERD board of directors at least one time in their professional career. It has been very informative learning about how the organization works, budget, leadership, professional development and so much more. In closing, we are looking for someone to become the SW district elect-coordinator to follow Samantha Massano after she completes her term. It's time to step up to the plate!



## Central District News

By Kristi Roth, Coordinator

We always have exciting times in the Central District! I am always so impressed when I visit schools in our area. So many programs use Best Practice to help our students get hooked on physical activity. I recently watched a wonderful DDR lesson at Roosevelt Elementary School and saw an impressive homemade mini-golf course at Rothschild Elementary School. I was excited to hear about students who are mountain biking at DC Everest Middle school and was fascinated to learn about the unicycle program in Mosinee. I have listened to wonderful stories about the adventure education programs at SPASH and DC Everest High School. I have watched my own child become a confident swimmer through the wonderful program at John Muir Middle School in Wausau and my youngest son enjoy participating in Jump Rope for Heart at South Mountain Elementary School. I also have been impressed with the number of schools integrating Geocaching, heart rate monitors, and pedometers into their programs. It makes such a difference to evaluate students on veritable participation.

In March I was lucky enough to volunteer with the Fit Kids program in Stevens Point. It was fun to see families come to



the university and participate in swimming, climbing, jump roping, Wii sports, scooter hockey, parachute, and many more fun activities. They all left knowing how good staying active together feels.

We had a successful Central District workshop in March. We offered sessions on Zumba and massage/stress management and a half-day workshop for NASP certification. All of the offerings were very well attended. Our participants left well-informed and hopefully fueled by the information they received. We are in the early stages of planning our next workshop and preliminary ideas include Letterboxing, Health Activities, and Adventure Education.

As always, if you have an event happening in our district and would like support or just want to share, please contact me! I also am eager to listen if you have concerns or are seeking advice. I may not have the answers, but I certainly will know someone who will! Have a great rest of the school year!



## Editor's Note:

If you have any news, upcoming events, outstanding achievements, professional articles, etc... you would like to share with our members, please submit a typewritten copy of these newsworthy items (include photos when possible) to:

**Keith Bakken • 24 Mitchell Hall • UW-La Crosse • 1725 State St. •  
La Crosse, WI 54601 • 800-441-4568; 608-785-8175  
[wahperd@uwlax.edu](mailto:wahperd@uwlax.edu)**

Deadlines for publication are: Dec 15 for the Winter issue; May 1 for the summer issue; August 1 for the Fall issue.

It is important that everyone adhere to these deadlines to ensure that all newsworthy items may be included in each newsletter in a timely fashion.

## “The Board hard at work”



# DISTRICT NEWS

## Southeast District News



**By Kristi Hansen, Coordinator**

The Southeast District workshop was a great success this year. We had about 50 people in attendance and four great presenters. There were two tracks for those who attended to choose from, an elementary or a secondary track. In the elementary track we had two wonderful presenters on two great topics. Joel Nellis brought in some dance with teaching 4th and 5th graders STOMP. All that attended had a great time! Patty Kestell came with a great presentation about hoops for heart glow in the dark. In the secondary track we had hands on great presentation about self-defense from DiAnn Satsik, who will be replacing me as Southeast District Coordinator for next year. We also had a great health session on eating disorders. Those who attended not only had fun but were also able to take away something new to try in their classrooms.

## NEWS from the VP of PE



**By Jamie Graper, VP**

It's been a long cold winter you had plenty of time to fuel up.....now it's time to get back into a fit mode! Get out get some fresh air and get fit.

It is also important energize yourself and your teaching practice by taking a few classes or workshops. If you haven't been to Stevens Point's Best Practices in Physical Education register for the 2009 Summer Best Practices, July 28-30. You won't regret it.

### **Keynote address:**

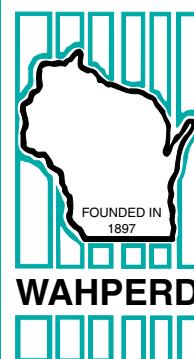
**We Touch Students' Lives by Bill Sanders**

- Elementary, Secondary and Health Tracks with topics including:
- Exploring Virtual Fitness and Exergaming
- Brain Based Learning in the Physical Education Environment
- Crime Scene-Putting all the School Health Initiatives Together
- ½ Day Physical Best Training
- Zumba
- Health Lessons that Make a Difference with Students
- Annual Geocaching Contest-the winning team gets free registration to the 2010 Symposium
- Annual Picnic Sponsored by Sportime.
- Also mark your calendars for the WAHPERD Convention - October 28-30!

Join the fun! And....See you soon! Have a great summer! Get fit and fueled for each and everyday!



Tracy Yengo, Northwest District Coordinator, and family are "Fueled and Fit for Life".



**WAHPERD**



## WAHPERD/ JRFH/HFH Grants Available

If you are involved in a project which promotes fitness and heart health, and will benefit a general population rather than just those affiliated with WAHPERD, you might be interested in funding through a WAHPERD/JRFH/HFH grant. Grant guidelines have been set for those who wish to apply. The guidelines include proposal specifications and timelines. The deadline for the grant cycle are February 1, 2010. You may contact the WAHPERD office for more information or check out the grant guidelines on the WAHPERD web page at [www.wahperd.org](http://www.wahperd.org).

## FUTURE PROFESSIONALS DIVISION NEWS



**By Amie Heinzelman, VP**

Wow, this semester has flown by and I am happy to say that summer is soon approaching. The Future Professionals Conference was held on March 6-7, 2009 at the University of Wisconsin-Oshkosh. I am proud to say that we had over 60 participants attend this year. The conference began on Friday night with a Triangleball tournament. Saturday was opened with an introduction by Rosie Sylvester and Kris Fritz. They discussed the importance and benefits of being a WAHPERD member. Activities throughout the day included Hula Hut Throwdown, Goalball, wheelchair dance, and geocaching. Guest speakers included motivational speaker Randy Marsh and Eileen Hare. Hare's presentation informed students on how to incorporate New PE into a curriculum. Overall, I have heard good things about the conference and I hope that the CD will come in handy. If anyone is interested in running for Future Professionals VP-Elect, feel free to email me at: [heinza88@uwosh.edu](mailto:heinza88@uwosh.edu). Have a safe and happy summer!



## HEALTH DIVISION NEWS

**By Russel Peloquin, VP**



Health Division News  
By Russel Peloquin

Health sessions are looking good for this fall's convention. The topics range all the way from Stress Management for teachers and students to Self Defense. So, like last year, there will be a good variety of health topics for you to choose from. Thanks to all of you who submitted proposals.

## Wisconsin Celebrates National Girls' & Women in Sports Day

Wisconsin celebrated "Look Who's Playing", the theme for the 23<sup>rd</sup> NAGWS Day with the 19<sup>th</sup> annual Women's Sports Advocates of WI Banquet in Milwaukee on February 7, 2009.

Approximately 500 guests attended a sit down dinner where female recipients from over 200 Wisconsin high schools received the Award of Excellence signifying athletic, academic and citizenship achievements.

WSAW President, Wendy Young, presided over the event recognizing these young women with a Certificate of Excellence and a specially die-struck medal presented by five former adult Lifetime achievement Award winners. Award recipients, parents, friends, coaches, WSAW members and previous Lifetime Award winners socialized earlier during a raffle prize package viewing event. Many also attended a free sports' medicine seminar presented by Dr. Craig Jordan, a local chiropractor and former Milwaukee Bucks trainer.

The program continued with former UW – Whitewater Head Women's Volleyball coach, Kristin Russell, being awarded the 2009 WSAW Lifetime Achievement Award. During her acceptance remarks, Kris thanked the many individuals and athletes with whom she had worked during her long and productive career. She reminded the high school athletes to continue to lead active lifestyles, to make connections, to work hard at whatever endeavor they so chose and 'to surround themselves with good people' while seeking success.

The evening was concluded with the awarding of the raffle prize packages and the presentation of twelve \$ 500 scholarships to several fortunate student athletes. WSAW has given out over \$ 31,000 in scholarships since 2001 when this practice was added to the Banquet event.

Wendy Young and her all volunteer group deserve recognition for conducting this Wisconsin NAGWS Day event for nineteen years. They have recognized thousands of high school female Award of Excellence winners while also honoring nineteen of the state's most recognizable adults with the Lifetime Achievement Award – all in an effort to promote opportunities in sport for Girls & Women in Wisconsin.

# ADVOCACY CORNER

**Sen. Harkin, Reps. Kind, Wamp, Inslee Reintroduce  
FIT Kids Act, Calling for More P.E. in Schools**

**Members Join with NFL Players, American Heart Association, NASPE to  
Highlight Importance of Including P.E. in Education Reform Efforts**

**WASHINGTON, DC** – With work on education reform expected this year, U.S. Senator Tom Harkin (D-IA), and U.S. Reps. Ron Kind (D-WI), Zach Wamp (R-TN), and Jay Inslee (D-WA) today reintroduced the Fitness Integrated with Teaching Kids Act (Fit Kids Act) which would combat childhood obesity by strengthening physical education programs throughout the country. They were joined at an event on Capitol Hill by NFL players from the Baltimore Ravens and Washington Redskins, Atlanta Falcons owner Arthur Blank, obesity expert Dr. Kenneth Cooper, Jamie Dukes of NFL Network and DC-area students.

The Fit Kids Act would engage parents and the public by requiring all schools, districts and states to report on students' physical activity, including the amount of time spent in required physical education in relation to the recommended national standard. The Act would further ensure appropriate professional development for health and physical education teachers. And it would fund research to examine the link between children's health and their academic achievement, and recommend effective ways to combat childhood obesity and improve healthy living and physical activity.

"Preventing disease today means healthier, more active and engaged kids tomorrow," said Senator Harkin (D-IA). "This legislation takes action to combat rising rates of childhood obesity and diabetes, a public health crisis that we cannot ignore. As every parent knows, engaging children in physical activity throughout the day improves fitness, burns off excess energy and boosts concentration in the classroom. I hope this bill will empower our schools and parents to help improve our kids' health."

"This bill gets to the simple truth: in order to develop healthy minds, you need healthy bodies," said U.S. Rep. Ron Kind (D-WI) who is a co-chair of the Congressional Fitness Caucus. "Providing increased physical education in public schools will give every child an opportunity – regardless of their background – to learn healthy habits and get moving. We will see the benefits in their math and reading test scores, get to the root of the obesity epidemic, and get kids on a healthy path early in life."

"The statistics on childhood obesity are staggering, and we need to get them going in the other direction," said U.S. Rep. Zach Wamp (R-TN), founder and member of the Congressional Fitness Caucus. "Research shows that healthy children learn more effectively and achieve more academically. The FIT Kids Act would give physical education a strong emphasis to help bolster academic performance and provide students with the physical activity and education to lead healthy lifestyles."

"A University of Washington study showed that nearly a quarter of the Evergreen State's eighth-, 10th- and 12th-graders are overweight or obese," said U.S. Rep. Jay Inslee (D-WA). "And in the face of those statistics, it's shocking that Washington state has been ranked as having one of the lowest youth obesity rates nationwide. We can and must do better for our kids. As Congress works to reauthorize No Child Left Behind, we need to include provisions to ensure every child has a fair chance at health, just like the law now aims to give all children a fair chance at learning."

"With the alarming increase of childhood obesity in our nation, physical education needs to be a priority in all schools," said Robert DiBianco, M.D., cardiologist at Washington Adventist Hospital and American Heart Association spokesperson. "While the challenge we face in reversing this national health crisis is a shared responsibility, Congress has the power to take immediate action with the FIT Kids Act. We must increase quality physical education to reduce each child's risk for heart disease and stroke later in life and boost their potential for academic achievement and general well being."

"The NFL is proud to be playing a role in today's event to reintroduce the Fit Kids Act," said Arthur M. Blank, owner & CEO of the Atlanta Falcons, who spoke at today's event. "Major steps need to be taken to curb the trend of childhood obesity, and through initiatives like NFL PLAY 60 the league is playing its role in the fight."

"The National Association for Sport and Physical Education (NASPE) envisions a society in which all individuals are physically educated and participate in lifelong physical activity," said Executive Director Charlene R. Burgeson. "We advocate for quality physical education for all students because the goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity."

The FIT Kids Act has been endorsed by the following organizations: The American Heart Association, American Stroke Association, National Association for Sport and Physical Education, Afterschool Alliance, American Association for Physical Activity and Recreation, American School Health Association, Healthy Schools Campaign, National Association of Health Education Centers, National Association for County and City Health Officials, National Recreation and Park Association, Obesity Action Coalition, Researchers Against Inactivity-related Disorders, SPARK, Shaping America's Health, Trust for America's Health, American College of Sports Medicine, and the YMCA.

## **ADVOCACY CORNER *continued***

Childhood obesity in the United States has reached epidemic proportions. Currently 25 million children in America are obese. The childhood obesity rate has tripled since 1980, and continues to rise. It is estimated that by 2010, twenty percent of children in the U.S. will be obese.

Researchers suggest that the childhood obesity epidemic is largely due to a decline in regular physical activity and a diet high in empty and fat-laden calories. A lack of regular physical activity not only hurts a child's health, it can also affect his/her academic development, as research also shows that healthy children learn more effectively and are higher academic achievers.

Increasing physical activity is the most important component of any initiative to combat childhood obesity and promote the health of students. Unfortunately, many schools are being forced to cut back on P.E. programs because of lack of resources and competing academic demands and testing. Between 1991 and 2003, enrollment of high school students in daily PE classes fell from 41.6% to 28.4%.

***Editors Note: Dr. Manny Felix of UW-La Crosse met with Congressman Ron Kind regarding this issue in June of 2004. Thanks for your advocacy efforts Manny!***

## **WAHPERD and AHA Advocate for Second Year at WASB Convention**

A delegation composed of WAHPERD Executive Director, Keith Bakken; American Heart Association Midwest Affiliate VP, Tammy Rocker; DPI Health / PE Consultant, Jon Hisgen; WAHPERD Secretary and former Administrator, Jan Kunert; former Midwest District TOY's, Kris Fritz and Doug Kane and other AHA employees staffed a joint WAHPERD / AHA Booth for two days from which representatives of the delegation spoke to administrators and school board members about obesity, State/ NASPE standards and assessments, involvement in JUMP / Hoops and the availability of grants for Physical Education program improvement. This group made over 50 contacts with members of various school districts around the state on Wednesday and followed it up with approximately 50 more on Thursday. Printed materials illustrating "What Constitutes Quality PE?" and how to quickly assess program strengths and weaknesses were handed out along with AHA materials, WAHPERD Newsletters and WAHPERD cd's containing session lesson plans and other items from the October 2008 WAHPERD convention.

Members of the delegation focused on advocating to convention attendees by emphasizing standards and assessments that should be implemented to drive curriculum by illustrating how Physical Education and Health connect to academics. Since the WAHPERD delegation was composed of participants from the State's major geographic regions who personally knew many administrators and board members, it was easy to build relationships with them while delivering the message. Tammy Rocker and American Heart Association staff provided information on fundraising/incentives and grants which kept most administrators engaged in conversation in hope of finding solutions to overcome financial obstacles facing them for upcoming budget shortfalls.

DPI Consultant, Jon Hisgen, moved between the WAHPERD / AHA Booth and his DPI booth, where he and former Olympians, Suzy Favor Hamilton and Casey FitzRandolph showcased the DPI "Movin' & Munchin' Schools Program" which promotes exercise and healthy lifestyles for Wisconsin Public school children, families and employees while offering grant money to those who participate to help them improve their physical education programs within their schools.

On Friday, Jon spoke to an audience of more than 50 administrators and board members on current physical education issues, curriculum and assessments, AHA, and the inter-relationships to be developed in the fight against obesity. The reaction of those who chose to attend this session was overwhelmingly enthusiastic and positive, offering yet another reason for WAHPERD, the American Heart Association and DPI to collaborate to participate in this convention again in the future.





## A Message from Patty Kestell, State Hoops for Heart Coordinator



Hello WAHPERD members and educators,

It is amazing how fast this school year has gone... Wow, May is already here! With the last chilly days gradually giving way to warmer weather, many of us are grateful for the chance to do more with our students outdoors. I know I am! So much to teach and so little time left! Enjoy these last few weeks of the school year!

### Hoops for Heart Update:

This year's Hoops for Heart and JRFH events at my elementary school highlighted some powerful connections between the educational piece of Hoops for Heart and JRFH, the messages we share about heart disease and stroke, and the impact it had on my student's personal lives...

- A 1st grade boy jumped in honor of his 5th grade sister who had heart surgery when she was young
- A father offered to come in and explain in simple first grade language what was wrong with his heart and thanked the students for their efforts to participate in JRFH/HFH
- A first grade student shared with me that her grandfather was a part of American Heart Association 30 years ago when Jump Rope for Heart first began
- A parent volunteer came to help out wearing her 15th year Jump Rope for Heart T-shirt
- Former students and Varsity basketball athletes continue to volunteer their time for this worthy cause and are great role models for my students

All of these connections continue to reaffirm my goal to keep sharing Hoops for Heart and JRFH with my students. The positive health messages and personal connections the students can gain from participating in an event doesn't get much more real and meaningful than that!

What connections did your students make from participating this year?

Feel free to contact me if you have any questions about Hoops for Heart! pkestell@cedarburg.k12.wi.us.

**Thank you to all the coordinators who hosted Hoops for Heart or JRFH events this year!**

### Spotlight on Valders Middle School Hoops for Heart Event - Mike Arendt, Hoops for Heart Coordinator

Students at Valders Middle School participated in their first-ever Hoops for Heart event through the American Heart Association in March, 2009. The 5th and 6th grade students played lightning, horse, and had a free throw shoot around. The 7th and 8th grade students played a 3-on-3 tournament, lightning, horse, and also had a free throw shoot around.

Mike Arendt, Physical Education and Health teacher, and WAHPERD member, wanted to participate in the event, because "heart disease and stroke are the top killers in the country, and a lot of people that the students and families know have been or are affected by these diseases. It is great to get the students informed about these types of things and go out into the community and ask for some help while informing them about the need to find cures for these diseases." He hopes the students learned about heart disease and stroke and how prevalent these two diseases are, not only in the US and Wisconsin, but also in their own homes. He also hopes the students learned that every bit makes a difference and when you work as a team, you can accomplish your goal.

Speaking of goals, Arendt set the school goal at \$2000. When the event completed, the school raised more than \$4200! He promoted the event by having separate assemblies with the 5th-6th grades and 7th-8th grades. He also hung up posters throughout the school. There were daily heart fact announcements and an article was put in the school newsletter prior to the event. Of course, Arendt mentioned that the opportunity to attend a Bucks game and to watch professional athletes perform was an added bonus.

Arendt felt the event was a success and plans to continue to participate in Hoops for Heart. Arendt said, "I think how the kids pulled together and worked towards a common goal was a huge success. I also think that these students became more familiar with what the American Heart Association is all about and what their goals are, and it really drove the kids more to help other people out!"

**Congratulations Mike Arendt and Valders Middle School for hosting a successful Hoops for Heart event!**

### Congratulations!!! Jeff Grotenhuis

Jeff Grotenhuis, from Kewaskum School District, won the \$100 US Games Certificate for hosting his first Hoops for Heart event this year.





## Celebrating 30 Years of JRFH Success

**By Christine Zvara, State JRFH Coordinator**

On a National level, Wisconsin was fortunate to have three individuals out of 15 selected as AAHPERD JRFH/HFH Grant Program recipients. They are Heather Hibner at St. Mary of the Immaculate Conception, Portage, and Deb Sellers at Underwood Elementary, Wauwatosa, and Deb Miller at Theodore Robinson Intermediate, Evansville, WI. Congratulations to you and your school. WAHPERD and the AHA appreciate all you do as Coordinators. Keep up the good work.

As recipients of this award, they receive a \$1200 US GAMES certificate to purchase new equipment for their school, and an all expense paid trip to the AAHPERD National Convention and Exposition in Tampa, FL. All grant winners were recognized as a group at the AAHPERD Awards Ceremony followed by a dinner that evening.

For more information about this award check out the Website of AAHPERD National grants program, current and past award winners at: <http://www.aahperd.org/jointprojects.html>.

Our tough economy has made this year a big challenge. Coordinators around the state did a terrific job of

continuing the fight against heart disease and childhood obesity. Some coordinators had a great year of fundraising and surpassed last year's amount. Thanks to all the First timers who chose to do an event or added HFH to your Jump event. Every effort and monies raised is greatly appreciated. Your dedication and volunteerism is outstanding. A big thank you goes to the veteran Coordinators who have stayed with the program over the years. There are so many lives you have touched in such a positive way. All of you make a difference.

It has truly been a pleasure to have served as your JRFH Coordinator these past few years. I have enjoyed meeting many of you at convention and workshops. Keep up the great work you do. Thanks again to all who helped make this a special year as we celebrated our 30th anniversary.

Neil Seering will be taking over as JRFH Coordinator as of June 1. It has been a pleasure working with him as his mentor. Thanks for stepping up to the plate for this volunteer position. We are glad to have you aboard.

Have an active, heart-healthy summer.



JRFH event  
at Westside  
Elementary,  
Reedsburg

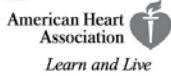


### Jump Rope, Have Fun and Help Save Lives

Students love the excitement of Jump Rope For Heart events, and schools love that students are learning healthy habits and community values. The benefits of physical activity, healthy eating, and staying away from tobacco are just a few topics that this educational program covers, all while raising funds to fight heart disease and stroke.

**Learn how your school can support cardiovascular research and save lives.**

Call 1-800-AHA-USA1  
or visit [americanheart.org/jump](http://americanheart.org/jump)



# WAHPERD Realignment

The Board of Directors is considering realigning the current WAHPERD divisions and districts in order to serve our members more efficiently. The Board feels that five districts will be able to represent all members. A member can attend any district workshop that they choose, regardless of what district they live in. Each level of teaching will be represented by the new division classifications. It is felt that most people find it easier to identify with a colleague that teaches at the same level rather than a specific discipline.

There will still be chairs serving under each division to represent specific disciplines, such as health, physical education, dance and APE.

This will be discussed at the General Assembly at convention and also at the division rallies to get feedback from the membership. When the Board meets, they will vote on implementing the change according to the wishes of the members.

WAHPERD  
Divisions

Elementary  
2 yr term

Middle  
2 yr term

Secondary  
2 yr term

College/  
University  
2 yr term

Future  
Professionals  
1 yr term

WAHPERD  
Districts

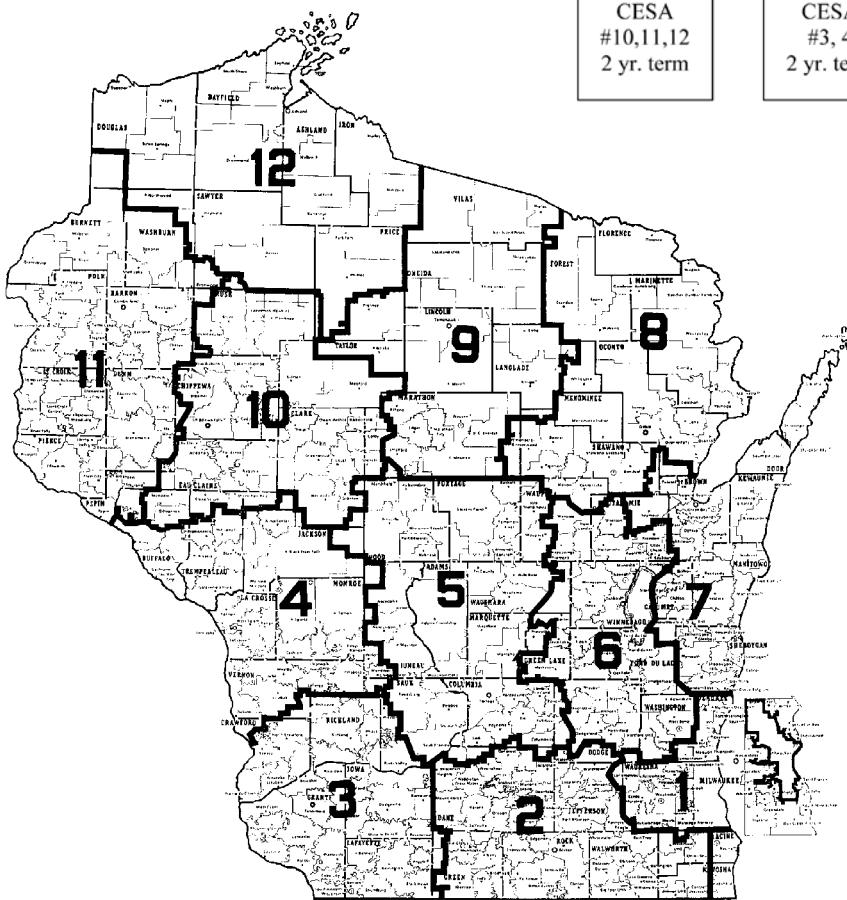
Northwest  
CESA  
#10,11,12  
2 yr. term

Southwest  
CESA  
#3, 4  
2 yr. term

Northeast  
CESA  
#8,9  
2 yr. term

Central  
CESA  
#5,6,7  
2 yr. term

Southeast  
CESA  
#1,2  
2 yr. term



## Current WAHPERD DISTRICTS

(By CESA Alignment)

CESA 1 - Southeast District

CESA 2 - South Central District

CESA's 3 & 4 - Southwest District

CESA 5 - Central District

CESA's 6 & 7 - Eastern District

CESA's 8 & 9 - Northeast District

CESA's 10, 11 & 12 - Northwest District

October 8-9, 2009

Delong Middle  
School

6th Annual

EAU CLAIRE AREA SCHOOL DISTRICT

# Physical Education/Health NWEA Mini-Conference

In partnership with



Tickets now reduced: only \$30 for  
two days! Purchase at the door.



## Thursday, October 8, 2009

8:00 -8:30 a.m. Ticket sales, refreshments, vendors (Door#1)

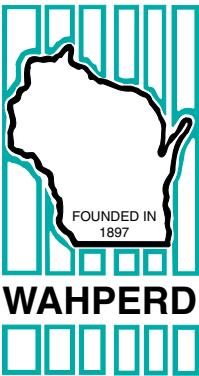
8:00—9:20 a.m.	Debra Begotka YMCA Activities without equipment		
9:30—10:50 a.m.			
11:00— Noon	Keynote Speaker Tom Kidd Teacher Rejuvenation		
Noon—1:00 p.m.	Lunch On Your Own		
1:15—2:35 p.m.			
2:45—3:45 p.m.			
4:00	Conclude		

## Friday, October 9, 2009

8:00 -8:30 a.m. Ticket sales, refreshments, vendors (Door#1)

8:30—9:45 a.m.			
9:55—11:05 a.m.	Don Glover Large group games K-12	Brenda Erdman The Great Race K-12	
10:15—12:15		Brenda Erdman Elem PE	
12:30	Conclude		

For more information, visit the NWEA website at  
<http://www.nwea-ec.org>



Wisconsin Association for Health, Physical Education, Recreation and Dance  
24 Mitchell Hall  
1725 State Street  
La Crosse, WI 54601  
FOUNDED IN 1897

Non-Profit  
Organization  
U.S. Postage  
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PERMIT NO. 175

## ***Executive Directors Report***

Pay it forward. What a great idea to make the world a better place. When you pay it forward, you give something to someone who never pays you back but instead gives something to the next person. Hence, Pay It Forward. This year we have an example of paying it forward. Led by our past-presidents and retirees, individual WAHPERD members have stepped up with their checkbooks to keep our WAHPERD scholarships alive in a fiscal year where balancing the budget won't be easy. Thanks to these generous members, three future professionals will receive a \$1,000.00 WAHPERD scholarship next year. We fully expect that the winners will someday pay it forward by helping the next generation of young professionals. Thanks to all who donated in a fashion started by the Lowell Johnson family several years ago.

On a personal note, I was recently elected to the Mt. Horeb Area School Board. In my first few weeks I have been reminded that it is not always easy for teachers to talk directly with board members. I sincerely hope that this new chapter will give me yet another perspective of how we can best accomplish our mission. It has already given me a chance to communicate with other school board members across the state. I welcome your comments and advice on how we can improve communications between our front line teachers and our decision makers.

My second personal note is a note of thanks. Thank you, Nicole, Jeff Steffen, and other WAHPERD leaders who covered for me when I was recuperating from a shoulder injury. I will never be able to pay it back but maybe I can pay it forward.

*Keith*



*My Grandkids, keeping me fueled and fit!*