

WAHPERD

www.wahperd.org

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

WISCONSIN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE
VOLUME 38, ISSUE 1 **NEWSLETTER** WINTER 2009



President's Message

By Rosie Sylvester

In the span of less than two months, I have gone from being WAHPERD's Past-Past President, to President-Elect to becoming the President of this fine organization. This is the first time in the history of WAHPERD that someone has been

President twice. I thank Joanne for her confidence in appointing me to the position. It is an honor to serve as your President. My personal life has also gone through many changes the last couple of months. I officially retired from a thirty-four year career of teaching and coaching in the Green Bay Area School District, sold the house in Green Bay and moved to Crivitz. I am now a Northeast District WAHPERD member.

I would like to "THANK" the Stevens Point Convention Committee, Joanne Suomi, her Board of Directors and Representative Assembly for all of the hard work that occurred behind the scenes for the 2008 convention. The sessions that were provided for the professionals and future professionals were outstanding. One of the highlights of the convention for me was the thirty year Jump for Heart Celebration. (I've done two events each year for the last 19 years). Chris Zvara State JRFH Coordinator is a "shining" example of what great volunteers WAHPERD has! Her enthusiasm and creativity got everyone involved – from winning door prizes, eating cake, seeing fashions displayed or participating in the district jumping contest – it was fun for all. It was great to have Bill Budris along with Dave Braby (friend and former co-chair of the JRFH task force) come back to visit, plus Carolyn Taylor (Joint Projects) coming all the way from the AAHPERD offices. Thank you to Chris for all of her efforts which made the celebration so special!! Another thank you to all of the WAHPERD members that have done a Heart Event – it is appreciated.

It seems hard to believe that we are already in the process of planning next year's convention. My Presidential theme for the year is "Fueled and Fit for Life". My decision for this theme came after reading numerous articles and learning that:

- A. 1 in 3 Americans aged 20 – 74 are overweight
- B. 1 in 5 children and adolescents aged 6 – 17 are also overweight
- C. That being overweight and obese are risk factors for diabetes, heart disease, high blood pressure, gall bladder disease, arthritis, breathing problems and some forms of cancer.
- D. 300,000 deaths in our country are attributed to poor diet and inactivity.

This is unacceptable to me – we need to address these issues by teaching others how to be FUELED (good nutrition) by balancing their diets, doing things in moderation, and choosing healthier foods more often AND be FIT by promoting, encouraging and motivating others to be physically active.

Spread the message of being "Fueled and Fit for Life" by being a POSITIVE role model, PRACTICING what we preach and teach and ADVOCATING for our profession with students, families, colleagues, administrators and fellow WAHPERD members. Let's continue to make a difference for everyone in Wisconsin so the epidemic ceases. I appreciate your efforts and look forward to serving as your President.

In This Issue . . .

Convention Highlights	2-7
Points of Pride	8
District News	10-11
Future Professionals Leadership	14

2008 Convention Highlights

With many people to thank, this year's WAHPERD convention in Stevens Point was another success. Top notch presenters, and local volunteers teamed up to make sure the nearly 800 attendees had an outstanding experience. These photos are but a few of those taken that showed our members caught in the act of being very professional. Mark your calendars now to return to Stevens Point October 28-30, 2009.



WAHPERD Golf outing sponsored by the Retired Section.

**Pictured are from left to right:
Len Hill,
Mandi Hendricks
and Lori Balistrieri.**

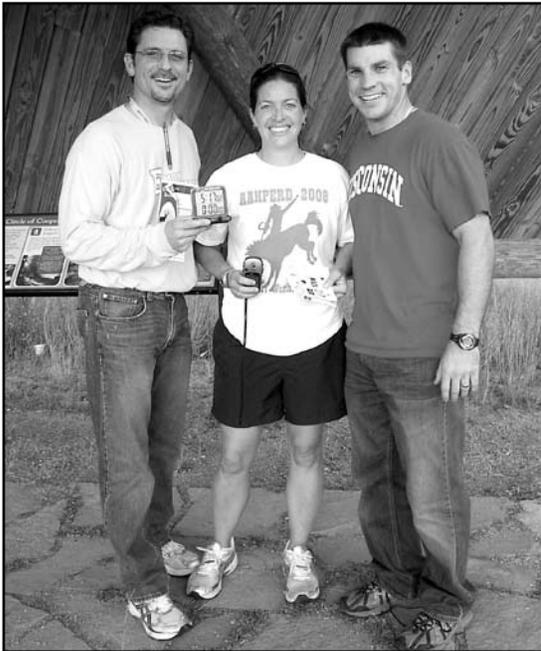
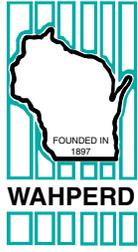
We enjoyed what turned out to be a very nice day at Sentry World Golf Course.





Thank You Steven's Point University Volunteers!!

**WAHPERD
PAST
PRESIDENTS**



**Geocaching
Winners,
Dave Ostanek,
Jo Bailey, and
Tyler Jahn.**



**Geocaching
2nd place finishers,
Kathleen Rosburg
and David Hack.**

30 Year JRFH Government Proclamation

During the Wednesday evening portion of the 30 Year JRFH Celebration, three WI State Legislative Governmental Official “30 Year Commemorative State Proclamations” were read by Keith Bakken, WAHPERD Executive Director and then presented to Caroline Taylor / AAHPERD Joint Projects, Tammy Rocker / AHA Regional VP of Milwaukee, and Chris Zvara / WI JRFH State Coordinator and WAHPERD President Suomi. These proclamations were the result of Kris Fritz, a WAHPERD Past President’s advocacy efforts with State Senators, Joe Leibham and Julie Lassa. It should be noted that Senator Leibham indicated he had participated in JRFH as he said, . . . “when I was a kid.” He likewise expressed fond memories of those events when talking to Kris while obtaining information for the preparation of the Proclamation. The AAHPERD proclamation will be displayed at headquarters in Reston, VA while Tammy Rocker indicated the AHA copy will be on display in the Milwaukee Regional Office. Tammy was most impressed that WAHPERD would include this as part of the 30 Year Celebration and even more so that a copy was presented to multiple cooperating agencies such as Heart and AAHPERD. The WAHPERD copy is currently on display circulating throughout the Convention host (Stevens Point) schools and will be returned to the WAHPERD Executive Office in LaCrosse at a later date. WAHPERD and JUMP are pleased Kris took the initiative to advocate and bring both WAHPERD and Heart to the attention of those in State government during the 30 Year JRFH Celebration.



Highlights of the JRFH Celebration at Convention

By Chris Zvara, State JRFH Coordinator

Amid the sounds of jump ropes turning and the sights of 'heart' balloons, WAHPERD kicked off what will undoubtedly be a memorable year of Jump Rope for Heart Celebrations across the States.

Wednesday evening was the start of the convention celebrations. The room was festively decorated with heart balloons and wearing apparel from years past also showcasing the long history and evolution of the event. There was a presentation of a JRFH Proclamation, and door prizes, lots of door prizes. During the program, Member and Honored Guest, Bill Budris, (former State JRFH Coordinator and Wizard Coach) shared with convention attendees how he had seen JRFH grow over the years and how it impacted many lives to date. Other special guests were Caroline Taylor (Joint Projects Committee, AAHPERD), and Barb Sheffield, Former State JRFH Coordinator. All who came that evening received a commemorative T-shirt marking that it all started in Milwaukee, WI. and were treated to celebration cake.

Thursday's event was a marathon JUMP, challenging Convention attendees from the seven WAHPERD Districts to jump and register the highest number of participants to have taken part throughout the day as they visited the Exhibits' Hall. Over 150 convention attendees took part in the Marathon, with SOUTHWEST DISTRICT having the honors of the highest number of participants. Way to go South west!!!! In addition, the Fond du Lac Wizards performed two demonstrations showcasing jump skills. Brightly colored "30 YR. Commemorative" T shirts were easily recognizable on Convention goers as they moved about and participated in the daily Convention activities. More cake was served and prizes were given to participants who stopped at either the WAHPERD JRFH or AHA booths during the day.

Following the Banquet, the Celebration continued with glow sticks and dancing and a challenge offered to members to conduct JRFH/Hoops events and to make the next 30 years as successful as the previous ones. It has been a great 30 years, may the next 30 be as or more successful.



WAHPERD Recognizes Members

The annual Banquet was a celebration of Past President, Joanne Suomi's theme: "Be Happy, Be Healthy, Be An Advocate." After reviewing nominations and forwarding candidates to the Executive Committee, the Award Committee culminated their work by presenting the following people awards for leadership, service, excellence in teaching and innovative practices:

Citation – Shelly Benck, Sheryl Gotts, Edith Schneider, Tammy Rocker, Bill Budris

Health Educator of the Year – Randy Green

JRFH/Hoops Educator of the Yr. – Kris Fritz, Patty Kestell, Dave Ostanek, Edith Schneider, Scott Sponholz, Brenda Wenzel

Student Leadership – Curt Koch

Promising Professional – Kelly Arps

Recognition Award – Clare Boyle

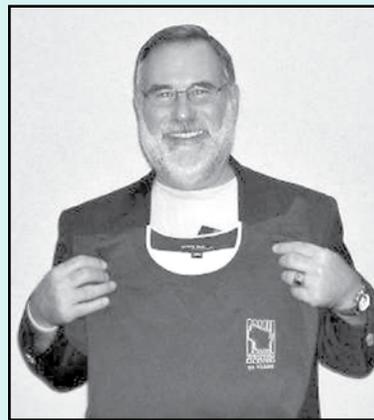
Teaching Honor – Karl Peters (Elem.), Cindy Forsythe (H.S.), Mary DeMunck (Univ.)

Award of Merit – Jeff Lindauer

Association Retirement Recognition awards

were given to: James Batesky, Dave Braby, Cheryl Kasuboski, Scott Sponholz and Fred Braby. Membership Longevity recognition went to: James Batesky, Elly Szalapski, Scott Frazier, Gail Grimsled, Debra Grundahl, Faye Perkins, Jill Schielke, Jeff Sikich, Kate Trnka, Jim Vils and Penny Wehrs.

President Suomi gave service awards to Scott Frazier and Jeff Lindauer and Student Scholarships were awarded to: Jeremy Clements, Eric Czechanski, Frank Fiordellisi and Lucas Rank.



Jeff Sikich



Kelly Arps



L-R: Dave Ostanek, Edith Schneider, Kris Fritz, Patty Kestell, Scott Sponholz, Bill Budris, Chris Zvara, Brenda Wenzel

WAHPERD congratulates all award winners and 'thanks' them for their efforts on behalf of WAHPERD and the HPERD profession. Likewise, the Association extends 'thanks' to this year's Award Committee: Kris Fritz, Mark Little, Lori Petersen and Chris Rumbelow for their service. All members are encouraged to check the Directory for a listing of previous award winners and the various criteria and to submit nominations of deserving colleagues to the WAHPERD Executive Office before Feb. 1, 2009.



Jim Batesky



Frank Fiordellisi, Erin Czechanski, Lucas Rank



Shelly Benck



Curtis Koch



Cindy Forsythe



Mary Demunck

On September 5, 2008 Past President and Lifetime member of WAHPERD, Doug Kane reached 401 pints at the Blood Center. Doug first donated blood in 1967, so this equals about 260 donations. Doug finds being a donor to be the most practical way of helping others. The sacrifice of the time and the minute amount of pain from a needle prick is well worth the feeling one gets from knowing that you have given something that money can't buy.





Sylvester Earns Prestigious Midwest Honor Award

Rosie Sylvester has been the consummate HPERD professional known to WAHPERD members for many years. Her influence in the profession has touched the lives of students and colleagues over a 34 year career.

Recently retired from the Green Bay Schools, Rosie has taught, presented, written professionally, obtained grants and given service and leadership and is easily recognizable within not only WAHPERD, but within the Midwest and AAHPERD across the country. For all her efforts, Rosie was presented with the Midwest Honor Award by MW President, Sue Long, and MW Award Chair, Kris Fritz, during the WAHPERD Banquet on Oct. 30, 2008. The Honor Award is one of Midwest's highest symbols of recognition, having been received by only five other WAHPERD members and signifying Service, Outstanding Teaching, Authorship and Previous Award Recognition within the profession at the State, MW District and AAHPERD levels.

WAHPERD joins with MW in congratulating Rosie and 'thanks' her for 'stepping up' to assume the role of WAHPERD President for a second term for the upcoming year.

WAHPERD Points of Pride...

Thanks to ...

Scott Frazier for serving as the local manager of the Stevens Point convention

Brad and Ann Hansen and Mary Kennedy from Illinois AHPERD for volunteering at convention

UWSP students for stuffing convention packets

Stevens Point area teachers for volunteering at the convention with registration, exhibits, AV, and banquet

The 2008-2009 Board of Directors for 100% attendance at the first meeting at convention

Congratulations to ...

Jamie Graper for being recognized as the Wisconsin Rapids Public Schools Teacher of the Year

Christine Zvara for a successful 30 Year JRFH Celebration at convention

Kris Fritz for a wonderful WAHPERD Awards banquet

A Member We Will Miss

Marjorie Spring, Professor Emerita at UW-Stevens Point passed away on August 1, 2008, she was 86. Marjorie was a member of WAHPERD since 1941 and was awarded the Life Membership Award in 1982.

Nasco Hands-On Health
The Health Teacher's Favorite Catalog 2008

1-800-558-9595
Shop online at www.eNasco.com/healtheducation

Nasco Physical Education - Health - Team Sports
2009 Catalog

1-800-558-9595
www.eNasco.com/physicaleducation

Nasco
Order your FREE Catalogs Today!
1-800-558-9595 www.eNasco.com/physicaleducation



Message from Your President-Elect

By Brenda Erdman

Hello WAHPERD members! I would like to send all of you a great big THANK YOU for your vote to elect me as the WAHPERD President-Elect at the WAHPERD convention. I look forward to this wonderful opportunity.

Our current President, Rosie Sylvester, has stepped up to the plate for the WAHPERD team by filling in the vacancy left by Ray Martinez as the next president of WAHPERD. We wish Ray all the best in his new job opportunity. And we should give thanks to Rosie for choosing to be the WAHPERD president for the second time! I consider Rosie's actions a true testament to her dedication to our profession and the valuable opportunities WAHPERD provides to its members. Thanks, Rosie!

Rosie's theme is Fueled and Fit for Life! Let's think about that...what is fueling you to keep you fit for life? What is fueling your students to keep them fit for life? What is fueling your family to keep them fit for life? What is fueling your teaching to keep it fit for life, or even fit for each day? Many of you chose to be fueled at the WAHPERD convention by going to many great sessions. Hopefully your teaching is more fit because you have applied some new ideas. Is your PE department fit? Fuel it by sharing what you learned at WAHPERD. Expose your colleagues to the "greatness" of the WAHPERD convention by talking about it and sharing ideas you have learned. What have you done

to fuel yourself...mentally, physically, and spiritually? Take care of you and others will benefit!

Another way to "fuel" yourself is to get involved. Kitty Erdman (no relation, just a great friend!) and I asked for many of you to volunteer for a WAHPERD position at the general assembly. WOW! What a response. Many of you stepped forward for future service to WAHPERD – thank you! If you did not get a chance please consider fueling yourself with being a volunteer for WAHPERD at next years convention. Another "fueling" opportunity is being a presenter. It is an experience that helps you share your ideas in a unique way and meet a lot of people! Do you know someone who would like to present or do you have an idea? You can fill out a presenter form, call the WAHPERD office, email Rosie, or email me. The WAHPERD board of directors is currently looking for presentation ideas for the 2009 WAHPERD convention. The ideas many of you shared at the general assembly will be shared with the WAHPERD board.

Fueled and Fit for Life! Share some ideas, try new lessons and activities, volunteer, exercise, show a colleague or family member some extra gratitude, and give yourself a pat on the back. Fuel your students' excitement for learning each day – keep them thinking and wanting more. Guide them to learn how to fuel themselves so they may be FIT FOR LIFE!

*Fueled and Fit,
Brenda Erdman*



Past President's Message

By Joanne Suomi

In the last newsletter as president of WAHPERD and throughout my term I talked about change being an inevitable part of life. Now as your past president embarking on another one more year journey as a board of directors volunteer, I would like to continue my thoughts on the concept of change. The idea of change on uncharted ground is not only happening for your organization, change has spread across our nation and world! The economic crisis, failing businesses, and increasing health care costs are all current real issues that are affecting many of us personally and professionally as they impact the families of students we teach every day.

The recent historic November election definitely adds to this idea of a new journey and of change. It

doesn't matter who you voted for, the elected legislators will soon be making decisions that will impact all aspects of our lives. As professionals in the fields of health, physical education, recreation, and dance, it will be our responsibility to practice diligently our incoming Rosie Sylvester president's theme "Fueled and Fit for Life". We need to become stronger as a state organization for our voice to be heard at the local, state and federal level that we can definitely be part of the education and health care solutions and not the problem when it comes to making our students and families understand the importance of how to live healthy lifestyles. We cannot sit back and wait for more results. Stay involved with WAHPERD and get others to join you...we need each other to make a difference in the upcoming journey.

DISTRICT NEWS

Southwest District News



By Renee Marshall, Coordinator

Hello, my name is Renee Marshall and I am your new SW District Coordinator. I am excited for this year and look forward to planning the district workshop. I have eleven years of Elementary Physical Education teaching experience in the Sparta School District. I am a proud mother of two, a four year old girl and one year old boy. I spend most of my time tending to their needs but

when I get spare time I like to swim, lift weights, go biking, walking, play volleyball and softball. As a family, my husband and I love to camp and ride on the ATV trails with our children.

Please mark your calendars for the SW District workshop scheduled for April 18, 2009 in Sparta at the Meadowview Schools. If you know of a PE teacher that is not a member of WAHPERD, please inform them of the date so they will also make plans to attend. Several people have offered to present sessions on archery, angler certification, student teaching tips, trends and issues in PE, outdoor education, geo-caching, traversing, heart rate monitors, elementary dance, adapted paddling, and Fishing Has No Boundaries. If you really want to see a specific area being presented send me an e-mail to make sure I put it in the schedule. If you want information on a topic that I don't have offered, let me know so I can find one.

If I can assist you with anything please feel free to e-mail me at rmrshall@spartan.org. Join the WAHPERD team in following this year's theme of "Fueled and Fit for Life".

Northeast District News

By Breana Wavrunek, Coordinator

I am excited to be the Northeast District Coordinator for a second term! I am currently teaching Health and Physical Education at Wausau West High School. Teaching is my passion and I not only love what I do, I do what I love. As an extension of my teaching I am looking forward to being the Northeast District Coordinator. We have been busy planning for the workshop that will be held on March 6, 2009 at D.C. Everest High School.



As in the past, we will be collaborating with the Central District and CWEA to bring you another great workshop.

We have more great presenters coming to the workshop. This year we have an opportunity that is really special for all Archery enthusiasts and/or beginners. We will be offering a Basic Archery Instructor Training in conjunction with the Central Wisconsin Educators Convention in Schofield, Wisconsin at the Greenheck Fieldhouse. Registration is limited and pre-registration is recommended to ensure your spot for certification. Fee for the archery training is \$60.00.

I am fortunate to have the opportunity to serve our district and help you in any way that I can. I believe it is important to offer the best opportunities at the workshop. If you have any ideas on topics to present at the workshop in the future I would love to hear your thoughts or if you are willing to present in the future I would be happy to speak with you.

As a Health and Physical Education teacher I am passionate about my job and feel it is important to be a good role model in the area that I teach. I hope we can all take part and become good advocates by attending teaching conventions and workshops that better all of us in the classroom.

Northwest District News

By Tracy Yengo, Coordinator

Hello from UW-Eau Claire and the northwest part of WI! As I walked around the WAHPERD conference in October, I couldn't help but reminisce a bit. It has only been three years since I started teaching at UWEC and attending the convention. I vividly remember feeling so "out of place" and overwhelmed. It is remarkable what happens over the course of three years! I now feel so connected and welcome. I enjoy all the friendly familiar faces, and of course the terrific sessions. In the northwest, we had our annual NWEA mini-conference at Delong Middle School highlighting Physical Education. Murray Banks (WAHPERD keynote2007) was the keynote and I believe the conference was informative and worthwhile for all those who attended. I challenge the



PE/Health majors at UWEC, and my colleagues to lead by example in our national quest for healthier lifestyles. As Rosie Sylvester takes the helm, she challenges us as well to live the lifestyles we teach. On a personal note, I recently finished the Nike Women's Marathon in San Francisco, CA. Marathons are such a mental battle, and perhaps epitomize our profession: the first third of the race you need to run with your head and be patient, the second third you need to trust your training and the last third is run with heart. As we teach lifelong skills, we need to be patient and knowledgeable, we need to have skills to work with others, and we need to go the extra mile to reach as many people we can. As educators you may never see the finish line because you cannot measure the lives you touch. I hope you never stop training. Enjoy the holiday season with family and friends and please contact me if I could be of any assistance: santante@uwec.edu

Southeast District News

By Kristi Hansen, Coordinator



Hello everyone! My name is Kristi Hansen and I am the new Southeast District Coordinator. I currently teach Physical Education and Adapted Physical Education at Nathan Hale High School in West Allis. I am also a coach at the high school. I am the assistant girls cross country coach and the head girls track coach. This is my second year working in the West Allis/West Milwaukee School District.

I am excited about the upcoming Southeast district workshop. I have some great presenters lined up! Mark your calendars for Thursday March 5th. It's a great time and it is FREE!! We will have a dinner before the workshop and then move into 4 great speakers. This year we will have presenters talking about self defense, anorexia/cutting, teaching STOMP to elementary age students, and hoops for heart! I will be sending out more information as the workshop approaches. Last year we had a great turn out and I look forward to seeing many of you there!

DISTRICT NEWS

Central District News

By Kristi Roth, Coordinator

Hi! My name is Kristi Roth and I am the Central District Coordinator for 2008-2009. I am excited to serve on the WAHPERD Board this year and assisting where possible. This is my fifth year living in Wisconsin and I love it! The people are very kind, active, and family oriented. I am an assistant professor of adapted physical education at the University of Wisconsin Stevens Point. I have been teaching in the physical education field for 16 years. I have taught general physical education on the high school, middle school, and elementary levels. I have also taught at a separate school for children with disabilities. In addition, I was an adapted physical education consultant for 8 different school districts for five years. I am passionate about staying active and love to hike, fish, camp, snowboard, and snowshoe. I also love to play the piano. I live in Wausau with my husband Matt and my children Timmy (12) and Daniel (9).



My goals as central district coordinator include prompt response and attentive listening to member concerns and suggestions in our area; advocacy of our field through acceptance of invited presentations and collaboration with other districts and state level personnel; assistance in the completion of planning for 2009 CWEA physical education workshop; and development of a meaningful 2010 CWEA workshop. I am excited about the presentations we have in store for the 2009 CWEA workshop! Please mark your calendars for Friday, March 6, 2009. We will be offering the National Archery in the School Program (NASP) certification. The pre-registration deadline for the NASP certification is February 16th. The registration fee for the training is \$60 with an additional \$16 required for the CWE conference attendance. Please note this \$16 is an advanced fee. The cost 'at the door' is \$19. Please email me if you are interested in registering for this! kr Roth@uwsp.edu We will have a few other great sessions, and everyone who attends will be eligible for a door prize!

In my efforts to advocate for your needs, please do not hesitate to contact me if you have concerns or suggestions you would like for me to share with the board. I am aware of the phenomenal physical education programs in our area and would love to brag. If you have an event or accomplishment you would like to share about your program, please email me! I hope to see you in March!

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



Eastern District News

By Mandi Hendricks, Coordinator

My name is Mandi Hendricks and I would like to introduce myself. I am the new Eastern District Coordinator. I am very pleased and excited about serving WAHPERD in this capacity. Eastern District has combined with AAPHERD Midwest Dance to put together a workshop on Feb. 21, 2009. This workshop will feature Leann Haggard, Dance Teacher of the year 2006. Leann will open our workshop with some ice breaker/energizers. Some of the other presentations will include Swing Dance, Double Dutch Jump rope, Wheel Chair Basketball and Wheelchair Dance. The workshop will be held at Lourdes High School in Oshkosh WI. You may park in the back of the building and enter the doors on the North East side of the building. I will put a ribbon on the doors to make it easier. On-site registration will be at 9:00 a.m. and the Workshop will start at 9:30 a.m. You may preregister by sending your Name and your payment to Mandi Hendricks 110 N. Sawyer St. Oshkosh, WI 54902. Cost is \$10 for Future Professionals and \$20.00 for Professional WAHPERD members. All Non-members are \$30.00. This includes Lunch.

I look forward serving you as the Eastern District Coordinator and hope to see you at the workshop.



South Central District News

By Deb Grundahl, Coordinator



Hi my name is Debra Grundahl and I am your South Central District Coordinator. I have been involved in WAHPERD for 20 years. I have been on WAHPERD committees for quite a few times for a variety of positions. I have enjoyed every minute of it. It keeps me involved, educated, motivated and inspired which is what we strive to do for our students.

I am planning an evening workshop in 2009. If you have any topics or issues you would like to see at this workshop please let me know. If you would like to be a presenter I would love to hear from you.

As our WAHPERD president Rosie Sylvester would say "Stay fit and fueled for life".

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

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.

NEWS from the VP of PE



By Jamie Graper, VP

It's me, Jamie Graper, still on your Board of Directors just not directing in Central Wisconsin. My title has changed to Vice President of Physical Education and please note my email address has changed, Jamie.graper@wrps.org !! Using the correct email will be the best and least frustrating way to get a hold of me!! ☺

So.....Happy New Year!!! How's that resolution coming?! You don't make a

resolution? Could it be that maybe it's just that you don't call it a resolution? What if it was called a promise?.....or a pledge?.....or a guarantee? How about a mission?

Whatever your resolution – your promise – your pledgeit is still hard to put into practice. Hence, the reason so many of them are not kept or broken before the end of the first day! Hectic lives can become so overwhelming that we compromise the resolution – the promise – the pledge - and go back to the “old” ways? Not that what we know is any easier - it is just familiar.

Well.....NEW YEAR, new WAHPERD “again a president”, Rosie Sylvester has a plan. It's time to get serious about life!!! Her platform is Fueled and Fit for Life!!! A motto that is not just for that first few weeks after the holidays. It is a resolution – a promise – a pledge - a whatever – you can make to yourself, your family, your colleagues, your students and your community to always be looking to make change in something that you do AND to make it better than before!

So....continue to attend your local workshops and the state convention to keep your mission of providing the best physical education programs to your students a reality. Be loud and let your voice be heard by advocating for more before, during and afterschool PE programming. Try cooking healthier meals for your family or if you are the next Food Network startry teaching your colleagues how to cook healthier meals!!

☺ **Together we can start a revolution out of this resolution** ☺

I am looking forward to many emails containing your healthy recipes and programming ideas. If you have anything that you would really like to see at the next convention email me ASAP Jamie.graper@wrps.org !!! Planning is in the works and there are great things a foot!

Enjoy the winter! ~ Ski ya!!! ~ Jamie Graper

RETIRED CHAIR NEWS

By Len Hill, Chair

Hi, I'm Len Hill and will be serving as the Retired Chair. I retired from the University of Wisconsin-Stevens Point in 2005 after a 21 year tenure there as an Elementary/Early Childhood and Adaptive Physical Education Specialist. I was also the head Women's Cross Country and Track and Field Coach. I have logged 10 years as a teacher/coach in Kansas, Louisiana, Illinois and Missouri in addition to my 28 years in Wisconsin. I earned a B.S. from UW-Whitewater (Math), a M.S. from Emporia State University, Kansas (Physical Education) and an Ed.D. from Louisiana State University (Physical Education).

I previously have served WAHPERD in the position of Vice President of Physical Education and Vice President of Sports and Recreation. I have also served as treasurer for the convention. I have had the pleasure of presenting programs at convention as well.

I would like to welcome all retirees to come and join us at the 2009 convention in Stevens Point. I know what interests me, but I need to hear from you to find out what would be of interest to you at convention. Come to the convention, visit with fellow WAHPERD members and let's have some fun “playing” retired. You can contact me at len.hill@uwsp.edu.



MIDDLE SCHOOL PHY ED NEWS

By Krista Braun, Chair

Hello WAHPERD members! My name is Krista Braun and I will be serving as the middle school physical education chair this year. Born and raised in Reedsburg, Wisconsin, I have been active and have been involved in education all of my life. With my father being a teacher, I grew-up in the gym and ever since early on in my high school days, I have wanted to teach physical education. With my passion for working with kids and my love of athletics and teaching students of all ages the importance of living a healthy and active lifestyle, teaching physical education has been the perfect career choice for me. After graduating in 2006 from the University of Wisconsin-La Crosse with my degree in physical education and special physical education, I began teaching for the Appleton Area School District in the fall of 2006. My first two years of teaching I taught at Wilson Middle School as a regular physical education teacher and this year am teaching elementary physical education at Johnston Elementary School and special physical education for the Appleton Area School District. I am also the Varsity Volleyball Coach for Appleton East High School and the 14-1's club volleyball coach for Appleton Excel Volleyball Club. When I'm not teaching or coaching, I love wakeboarding, anything out in the sun, photography and traveling all over the world!

I am very excited to be the middle school physical education chair for this year and if you have any suggestions, sessions you would like to add for the WAHPERD convention or any questions, please e-mail me: braunkrista@aasd.k12.wi.us Thank you!



ADAPTED PE NEWS



By Vicky Olson, Chair

Vicky Olson has worked for C.E.S.A. 7 in the Chilton School District for 20 years. She began her Adaptive Physical Education career working out of Chilton in six school districts with students ages 3-21 years old. She continues to work in the Adaptive Physical Education profession but is currently working in two districts with students 3-21 years of age. She is married with 2 grown daughters. Vicky loves to keep active, enjoys traveling, sewing, biking, stamping and chocolate!

COLLEGE PE/PROF PREP NEWS

By Kristi Mally, Chair

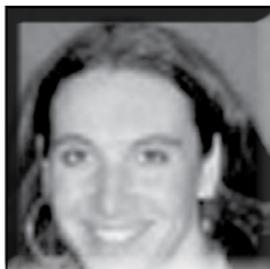
My name is Kristi Mally and I currently am the Director of the Physical Education Teacher Education program at the University of Wisconsin-La Crosse. I have a PhD in Developmental Kinesiology and my interests include teacher preparation, specifically elementary methods and assessment, motor development and motor learning, and curriculum. I am excited to serve you during the upcoming year. I can be reached at mally.kris@uwlax.edu.



DANCE DIVISION NEWS

By Melissa Sprain, VP

Gotta Dance! Gotta Dance! Gotta Dance! What movie is that line from; it is a classic (Gene Kelly was in it)? That is the tune I sing on every Tuesday and Thursday, at the University of Wisconsin La Crosse where I teach in the Physical Education Teacher Education department, as I prepare for my Teaching dance course. I am very excited to be representing the WAHPERD Dance division as your Vice-President. I have been teaching for six years, in that time I have taught all levels, Kindergarten through higher education, and at every one dance was a part of my curriculum. As we approach the New Year, I challenge you all to get out and find your dancing shoes, get active and get dancing! The movie is "Singing in the Rain," great music and great dancing in that show.



FUTURE PROFESSIONALS DIVISION NEWS



By Amie Heinzelman, VP

I would like to congratulate all of the future professionals for the outstanding turnout we had at the 2008 WAHPERD State Convention in Stevens Point, WI. It was great to see the interest that our future professionals have in gaining knowledge and improving skills to become quality teachers. Taking over this year as the Vice-President of the Future Professionals Division, I would like to tell you about myself. I am a senior attending the University of Wisconsin-Oshkosh. I spend a majority of my time playing softball for our university but also enjoy weekly volunteering in Adapted Physical Education classes at a local high school, performing work study through the Human Kinetics and Health Education Department, and being active in my free time such as rollerblading or playing tennis. Also, this is my second year as the treasurer for the Health, Physical Education, and Recreation club through our university.

With spring approaching fast, I have been working to develop a Future Professionals Conference for everyone's interest. The conference will be held at the University of Wisconsin-Oshkosh, March 6-7, 2009. It will include a keynote speaker, Lucinda Adams, who is a past-president of AAHPERD, along with ways to incorporate technology in the classroom, and innovative activities to motivate students. Activities will include wheelchair basketball, goalball, wheelchair dance, trangleball, as well as a game that is new to the United States, Dodgebee. Sign-up to experience a weekend where you will learn new activities and share ideas with students from different universities. If you have any questions about the conference or would like to share ideas feel free to email me at: heinza88@uwosh.edu. I look forward to seeing you in the spring and good luck with the rest of your semester.

HEALTH DIVISION NEWS

By Russel Peloquin, VP



My name is Russel Peloquin and I will be serving as your Health Division Vice President this year. I am looking forward to serving WAPHERD in this position. I currently work at UWEC as a Physical Education and Wellness Lecturer as well as Assistant Wrestling Coach. My e-mail address is peloqurs@uwec.edu Feel free to contact me at anytime with any questions.

Also, let me know if you have any ideas or suggestions, related to Health for the 2009 Convention.

Unified Dues Option No Longer Offered

After a two year trial period, the WAHPERD Board of Directors has decided to discontinue the AAHPERD/WAHPERD unified dues option. Effective January 1st, 2009 your membership in WAHPERD and AAHPERD must be renewed separately. If you have any questions, you can call Keith Bakken at 1-800-441-4568.

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



©2008, American Heart Association.
Also known as the Heart Fund.

6/08LS1787

Campus map

To view a campus map, log on to the link below:
<http://admissions.uwosh.edu/pdfs/map.pdf>

Parking

Parking will be available free of charge from Friday at 6pm until Monday at 12am. Feel free to park in the Kolf Sports Center lot, which is located on High Avenue. High Avenue is a one way street and Kolf Sports Center will be located on your right. You can also park in the Blackhawk Commons parking lot which is located on High Avenue. After you pass Kolf Sports Center, you will take the first left into the parking lot.



Contact Information

Amie Heinzleman
608.214.5212
heinza88@uwosh.edu



Brian Marx
262.707.2009
marxB@wawm.k12.wi.us

March 6-7, 2009

WAHPERD Future Professionals Leadership Conference



We are the future...

Name _____
Address _____
Phone Number _____
E-Mail Address _____
T-shirt size (circle one) S M L XL
*Must be registered by February 20, 2009

Amount due:
\$10 for WAHPERD members
\$15 for Non-members
Checks payable to WAHPERD

Send registration to: Amie Heinzleman
612 Frederick Street
Oshkosh, WI 54901

Directions

Traveling from the North

Take highway 41 south and exit 119 (Highway 21). Follow Highway 21 east, (Oshkosh Avenue) until High Avenue. Take a right onto High Avenue and continue to follow until you see Kolf Sports Center on the right.



Traveling from the South

Take highway 41 north to exit 119 (Highway 21). Follow Highway 21 east (Oshkosh Avenue) until you reach High Avenue. Take a right onto High Avenue and continue to follow until you see Kolf Sports Center on the right.

Traveling from the West

Take highway 21 east/Oshkosh Avenue. Once you enter Oshkosh, continue to follow Oshkosh Avenue until High Avenue. Take a right onto High Avenue and continue to follow until you see Kolf Sports Center on the right.

Hotel Information

I have reserved a block of 15 rooms (\$59.00 + tax per room) at the La Quinta Inn right off of Highway 21 Exit 119, Omro road. If you would like to reserve a room for Friday night, simply call the hotel and identify yourself as part of the WAHPERD Future Professional's conference. Please reserve your rooms by February 6th. If rooms are not reserved by this date, the hotel will make the rooms available to the public. The hotel is located a few minutes from the conference.

Besides reserving rooms at the LaQuinta, I have also reserved 15 rooms at the Gruenhagen Conference Center located on campus. If you would like to book a room, it will be \$25.00 per night. When you call, state that you are part of the WAHPERD Future Professionals Conference.

If there are any problems, feel free to use my contact information and I will do anything I can to help you with your accommodations. Information for the hotel is listed below:



Gruenhagen
Conference Center
208 Osceola St
Oshkosh, WI 54901
920.424.1106

La Quinta Inn
1950 Omro Road
Oshkosh, WI 54901
920.233.4190

About the Conference

WAHPERD Future Professionals is an organization for future Health, Physical Education, and Dance teachers. This conference is held annually at one of the universities in the state of Wisconsin. The 2009 leadership conference will be held in Oshkosh, WI Friday March 6th and Saturday the 7th. There will be a social on Friday night at 8:00pm held at Kolf Sports Center and will include learning Trangleball as well as playing a tournament. The conference will be held Saturday at Albee Hall. Registration begins Saturday at 7:00am with breakfast provided. All who pre-register will receive a t-shirt and the first session starts at 8:00am. Lunch will be provided for all who are registered and the conference will conclude at 4:00pm.



Topics covered will include speakers in our related field of study including AAHPERD Past-President Lucinda Adams, incorporating technology into the classroom, innovative activities to intrigue students including Adapted Physical Education games, geocaching and Dodgebee, a first time presentation in the US. Bring warm clothes because we will be going outside for geocaching!!

ADVOCACY CORNER

by Joanne Suomi

At our past convention in Stevens Point, attendees had the honorable opportunity to have Senator Lassa kick off our convention. Senator Lassa spoke about her own personal experiences in physical education as well as about the importance of quality physical education for our children in Wisconsin. She also signed a proclamation with Senator Leibham in support of the Jump Rope for Heart Fundraising event that has been so successful in Wisconsin. Then Mariah Burton Nelson, Executive Director from American Association for Physical Activity and Recreation, took the stage to discuss how to build relationships with your audience when you have a message to make...the audience could be other teachers, your students, parents, school board members and/or legislators. Then the cheer at Friday's morning keynote session, "Lean to the left, lean to the right, sit down, stand up Fight! Fight! These were the words spoken by a powerful and motivating woman from the University of Alabama, Sandra Sims. All these individuals were part of the grassroots effort to bring advocacy to the forefront of the convention and WAHPERD.

In the last newsletter, this new section called "Advocacy Corner" was introduced. It is my goal as your current past president and lifetime member of WAHPERD to keep this important part of the mission going strong. The current members on the advocacy committee are Sandy Hagenbach (DePere), Darci Mick Beversdorf (Wausau), Cheryl Gorski (Marshfield), new recruit Jamie Graper (Wisconsin Rapids), Keith Bakken and I.

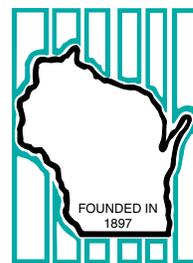
To keep going strong and for our voices to be heard, we need you...If you are interested please contact the WAHPERD office...or if you have a grassroots story to share about your advocacy efforts with your school district we want you to brag and let WAHPERD know. Here are two examples of advocacy efforts by real teachers that made a difference at the grassroots level.

One of our WAHPERD members is an elementary physical education teacher in a local school district. She has recently become an active member by volunteering to be part of the board of directors. Last year her school district was going through budget cuts for physical education and thinking of ways to realign the curriculum. She contacted Keith Bakken, our executive director, who provided a wealth of resources for her concerns. This individual is also a parent of school aged children who then presented this material to her school board. The outcome was extremely positive... budget cuts didn't happen and her decision makers have become more aware and supportive of understanding quality physical education programs. At our recent

convention, this individual also invited one of the school board members to attend. This is a great example of a grassroots advocate.

The other story also includes parents that are WAHPERD members and teachers who have school aged children. These parents have been actively advocating at the grassroots level by attending parent meetings, school board meetings, and administrators meetings discussing and raising awareness about the Wisconsin School Districts Physical Education State Statute 121 Standard J, K, L, P (this information was in the last newsletter Advocacy Corner). Parents have seen changes happening in this district with aligning and developing an updated curriculum as well as offering 1.5 credits of physical education for 9-12 students over three separate years. The parents took it upon themselves to do some grassroots advocacy due to the lack of monitoring of physical education programs at the state level.

As members of WAHPERD, you should be pleased to know that other grassroots advocacy efforts are happening at the state level by specific active individuals from AHA (American Heart Association) and WIPAN (Wisconsin Physical Activity and Nutrition Coalition). Yet it appears that no new policy initiatives in Wisconsin will be happening for physical education in the near future. That is why we need you to become active with WAHPERD advocacy efforts for quality health and physical education programs just ask how and we will be happy to show you the way. Keep in touch.



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, 2009. You may contact the WAHPERD office for more information or check out the grant guidelines on the WAHPERD web page at www.wahperd.org.



A Message from Patty Kestell, State Hoops for Heart Coordinator

Hello WAHPERD members and educators,

It was great to meet so many new, promising future professionals during the "Glow in the Dark" Hoops for Heart session at this past fall's WAHPERD convention in Stevens Point. Convention time has always been a great opportunity for me to catch up with my colleagues/good friends and to learn from the best! I hope you came away from the 2008 WAHPERD convention with lots of great ideas to help make your PE programs stronger and vital for kids!



Many of you will be hosting Hoops for Heart or JRFH events soon! *Have a great time at your events with your students!* Your efforts to promote heart health education through one of the AHA events are truly appreciated. This past fall American Heart Association presented WAHPERD with a check for **\$82,690**, as a result of the HFH/JRFH events that were held last school year!

Thank you for those coordinators who have made a difference for WAHPERD and their students this past school year, and thank you to all of you who will be hosting a Hoops for Heart or JRFH event this year!



TOP TEN HOOPS for HEART/JUMP ROPE for HEART TIPS- *Promoting and Implementing a Fun, Educational Event*

10) Decide how you would like to organize your event this year.

During school/after school/on a Saturday? What activities? Contests? Celebrities/Honorees? Class/school incentives? Prizes?

9) Invite community members to be a part of your event!

School board members, staff members, parents, community service students, high school athletes, former students

8) Promote the event at least a month ahead of time.

Build up the anticipation of the event...

Let students feel the energy of JRFH or HFH...make it a culminating activity for their basketball and jump rope units in PE.

7) Set up a timeline in preparation for Hoops for Heart/Jump Rope for Heart.

Have a plan for sharing information with students, when to hand out the letters/packets, inviting volunteers and other members of the community, setting up activities for your event, equipment needed, music, etc...

6) Promote your event in many ways.

Promote your event in the school newspaper.

Post the names of students who are jumping in honor or in memory of loved ones, and who they're jumping for.

Create a bulletin board promoting the event.

Invite the local newspaper editor/photographer to your event ...promote positive educational news for your school.

5) Invite the Wizards to your school/Set up a Hot Shots basketball team!

Invite a Jump Rope Wizards team to present an assembly for your students to get them pumped up for their event!

Are you curious about setting up a Hot Shot basketball team at your school? We would love to have some "Hot Shots" teams perform, much like the Wizards do. Showcase your students' talents! ***(Let me know if you are interested!)***

4) Incorporate the educational resources that American Heart Association/AAHPERD provides coordinators each year.

Make the event and your heart health education lessons connect with students on a personal level...

3) Consider visiting other HFH/JRFH Coordinators' events.

Learn from your colleagues. Share new ideas. Learn "tricks of the trade" from sharing info with each other.

2) Recognize and thank your students, your volunteers and all that are involved with your event.

Share your appreciation for people's time and efforts.

Acknowledge exceptional efforts...recognize improvement of students' skills, fundraising, volunteering, participation, etc

1) **Have Fun!** Create a fun event that students will remember and be excited to be a part of.

Veteran coordinator? Add new, creative ideas to your existing HFH or JRFH event to keep it exciting for your students!

Rookie coordinator? Start off with a simple and fun, yet manageable event that you and your students will feel successful with!



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



Celebrating 30 Years of JRFH Success

By Christine Zvara, State JRFH Coordinator



Congratulations Coordinators!! Once again you have made Wisconsin among the leaders in the AHA Greater Midwest Affiliate. Of the eight states that comprise the Affiliate, we rank 2nd for total income from Jump and Hoops Events. WAHPERD accepted a check for \$82,690.41 from AHA, which is 5% of the net income of both events. For 30 years Coordinators have done a fantastic job of relaying the heart message and raise an incredible amount of money to help fight heart disease and stroke. Convention was a great way to Kick-off the Anniversary year. (see separate article for details). As we celebrate the longevity of JRFH this year, its success is directly related to the dedication and great volunteerism of coordinators and students who are directly involved. Keep up the great work, This year is off to a wonderful start already.

I want to take this time to express my appreciation to all of the AHA JRFH/HFH youth market directors for the wonderful job they did at convention this year and helping us celebrate the 30th Anniversary. My appreciation and thanks also goes out to Bill Budris, Dave Braby, Linda Hanson, Barb Sheffield, Gail Grimsled, Rod Gehrig, Doug Kane, Kris Fritz, Rosie Sylvester, Martha Schuh, Lori Peterson, Jamie Graper, and Caroline Taylor who helped me with the celebration activities or gathered door prizes.

Bill Budris, our member and Honored Guest, had the honor of presenting awards to this year's recipients of the JRFH/HFH Educator Award. They were the following individuals: Kris Fritz, Patty Kestell, Dan Ostanek, Edith Schneider, Scott Sponholz and Brenda Wenzel. Their combined service devoted to conducting events and advocating for AHA totals eighty one years.

The Awards Committee is looking for nominations for this next year's award. Deadline for submission of nominations is February 1, 2006. You can go to our web site:

<http://www.wahperd.org/awards.htm> and download the nomination form very easily from there. This award was created to honor Bill Budris for his outstanding accomplishments in JRFH. The purpose of the award is to recognize individuals who have demonstrated exemplary involvement and support for JRFH. The criteria are: A current WAHPERD member; a history of several years of professional involvement with WAHPERD and JRFH, it is suggested that the minimum be five years of WAHPERD membership and five years with JRFH; recognition by peers for excellence in teaching; and has unselfishly devoted extra time, energy and interest to the health of children.

In 1978-79 Wisconsin reported two school sites conducting a JRFH event, with a total of 165 students raising a total of \$6,964. Thirty years later, in 2008, our State JRFH events raised \$2,433,412.58 and had 792 schools participate. What a fantastic job Wis. has done. Can you

imagine what the future has in store!!! This celebration year AHA has a new incentives for adding Hoops for Heart to your JRFH event. Now for those already doing a JRFH event know that if you double your event from last year, or the last time your school participated AHA will DOUBLE YOUR US GAMES CERTIFICATE. So if you raised \$5000 (\$300 in US GAMES) last year and raise \$10000 (normally \$500 back) this year, you will get \$1000 back!

With new incentives and a celebration year, this is the time to join in if you have not done a Hoops or Jump event. Be part of the banner year. All of your efforts do make a difference. You can contact me or your area AHA Youth Market Director.

Please share your exciting and unique events with other WAHPERD member. Email me your information. Hope to hear from you. czvara@gibraltar.k12.wi.us.

Have a heart- healthy New Year

Here are just a few of your ideas!

- ♥ Use the JRFH stickers to remind your students to show mom and dad the envelope and tell them about online donations. Stick them on their shirts the day they get their envelopes.
- ♥ Hang a "birthday cake" in the gym for each grade or each class. For every \$30 a student collects in donations, they can put a candle on their class or grade's cake. The grade/class with the most candles gets a free choice PE day.
- ♥ Have thirty jump club. Have a sheet of roll paper at one of your stations during the event. Every student who completed 30 jumps in a row gets to sign their name to the paper!
- ♥ Have a birthday themed kick-off assembly. I'll be glad to help you with this and also have a few giant 32' ropes if anyone would like to borrow them for assemblies or your events.
- ♥ Run DVD or have picture boards of past events held at your school. This would be fun for schools who have done the event 15 or more years.
- ♥ Invite community members and former students to join in the celebration event.
- ♥ Have an online class contest. Extra recess jump ropes to the class that has the most online fundraising participants.
- ♥ Have classes prepare jump rope routines and demonstrate to other classes.

What Being an AAHPERD / WAHPERD Member Means

As an Emeritus AAHPERD and Lifetime WAHPERD member, I have literally “grown up with” and “grown into” the profession over a 37 yr. teaching/coaching career. Being recently retired from my 9 – 12 high school position, I am still learning and growing with both associations as I have initiated a Pre K physical activity program for my district and serve as its primary facilitator.

I joined AAHPERD as a student majoring in Physical Education in 1968 resultant of the encouragement of a University of LaCrosse professor. Upon graduation and after entering the teaching profession, I also joined WAHPERD.

During my years of teaching I have come to view this dual association membership as a source of pride offering me professional development opportunities which have most definitely enhanced my teaching/coaching and what I have been able to offer my students. Reflection upon many years of membership brings me to the realization that it has provided me with such things as focus, vision and innovation. It helped me persevere and meet challenges over a long career. AAHPERD / WAHPERD have given me avenues to network with colleagues and through collaborative teamwork solve problems and explore new possibilities. Likewise, through membership in these professional organizations, I have been afforded opportunities to develop personal leadership skills, travel and strive for excellence. Most important are the people with whom I have had the good fortune to interact. Many have become friends and we share a special bond - even though we may only see each other once a year at the National Convention. Teaching is a stressful job that often gives its practioners a sense of isolation and frustration. Affiliation with AAHPERD / WAHPERD has been a long lasting source of strength and encouragement during such experiences. Membership has also offered opportunities to share and celebrate the successes that come with teaching.

Membership has helped to sustain my spirit and allowed me to ‘Move to Improve’, ‘Build Bridges to the Future’ and ‘Connect, Communicate and Collaborate’ for many years. It has truly been like my State Presidential theme, “We Accomplish in Proportion to What We Attempt.”

Join your state and national associations to receive these and other benefits as well as to realize what you have to offer our profession.

New WAHPERD Membership Rates Effective Jan 1st, 2009

Professional	\$50.00
Jump/Hoops Coordinators	\$25.00
Associate	\$50.00
Full-time Student	\$25.00
Retirees	\$20.00
Paid up for Life	\$400.00

Note: Graduating seniors may join or renew their membership at the student rate up to 12 months following graduation.

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.

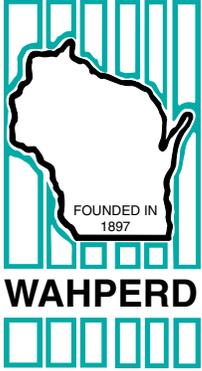
Call 1-800-AHA-USA1 or visit americanheart.org/jump

30th Anniversary JUMP ROPE FOR HEART

American Alliance for Health, Physical Education, Recreation and Dance

American Heart Association
Learn and Live

©2008, American Heart Association. Also known as the Heart Fund. 6/08LS1787



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

Non-Profit
Organization
U.S. Postage
PAID
La Crosse, WI
PERMIT NO. 175

Executive Directors Report

Warmest winter greetings from the basement of Mitchell Hall.

Did you know that we had 225 college students at this year's convention? This is something to celebrate. These younger members can guarantee the future of WAHPERD. All we have to do is listen to them and occasionally adjust our services to make sure that their professional needs are met. If you are one of these future professionals, your WAHPERD leaders need to hear from you. Amie Heinzelman from UW-Oshkosh represents you on the WAHPERD Board of Directors. Depending on where you live, you are also represented by one of seven District Coordinators. For example, if you live in Central Wisconsin, Kristi Roth from UW-Stevens Point also represents you. Rest assured, you will always have at least 2 voices speaking for you at Board meetings. Please make sure they hear from you.

A lot of good people gave their time and talent to make this year's convention another success story. Thanks to SPASH for allowing us to use their gymnasium and to Scott Frazier and his committee of volunteers. Our 30-year celebration of Jump Rope for Heart never would have happened without the hundreds of volunteers that have kept this valuable program jumping. If you have any suggestions to improve for next year, give us a call anytime at 1-800-441-4568.

On January 21st, and 22nd, WAHPERD, the American Heart Association, and DPI will team up in Milwaukee at the Wisconsin Education Convention. We will have two days to speak to school board members, principals and administrators. Our message will be simple.....The obesity epidemic is real and we need quality health and physical education programs in our schools now more than ever. WAHPERD's District Workshops are getting ready to start. Check the WAHPERD web page for details or contact your District Coordinator.



*Peace and Health to All
Keith*