

CENTRAL DISTRICT

# INSIGHT

March  
2012



Mark Your Calendars for the  
2013 Central District  
Convention at  
Snow King Resort  
in Jackson Hole,  
Wyoming!

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The Central District **INSIGHT** newsletter is published quarterly. Submissions should be sent to Gale Wiedow ( [gale.wiedow@dsu.edu](mailto:gale.wiedow@dsu.edu) ) prior to the end of the regular workday on the first Friday of February, May, August and November. Target distribution dates are March 1, June 1, September 1 and December 1.

**Letters to the Editor:**

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## President's Message

Scott Strohmeyer

University of Central Missouri

The excitement of AAHPERD! I look forward to this year's conference in Boston with great anticipation for what we can become. As with all change, there may be some trepidation. But, I firmly believe we will be a stronger, more viable group with unification.



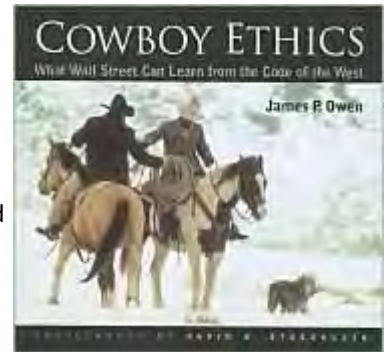
One exciting change will be greater strength (i.e., marketing, advocacy, programming, etc.) with a more defined focus. We should also be getting a new brand and acronym. I don't know about you, but for almost 30 years now I have had difficulty describing what AAHPERD stood for and represented. I am excited to see what sort changes we have in store and I am ready to support what I believe a new, more specific charge for the Districts. Ever the optimist, I believe the Districts will be stronger with Unification.

The theme of next years Central District Conference in Jackson Wyoming will be "Ride for the Brand". This theme was chosen for a variety of reasons. First, we may have a new National Association 'brand', and I will be signing on. As a life member, I am committed to the viability and longevity of the National Association, and I greatly value the National Association's efforts in advocacy and programming at every level (i.e., Nationally, Regionally, State and Local). The 'brand' may change, but the values and goals will not.

Second, the 'brand' of Central District is alive and well (you just have to attend one of our conferences to discover or reaffirm this. In my own professional life (dating back to 1981) I have spent just 4 years outside Central District. Why? Our core values all seem to mesh in this district. We believe in each other, support each other, cry with each other and rejoice together. Our 'brand' fits us. Finally, we all "Ride for the Brand" of healthy living. Whether, assisting children, adults, or special populations live healthy, active, quality filled lives or just helping ourselves to do the same, we live what we preach. The 'brand' requires that we do so, but look around at our conferences. We do it for love of the profession, not out of an assumed obligation to follow its tenets.

While I wish to get the message across that we need to "Ride for the Brand" (regardless of your interpretation), it is the passion we have for our profession and our region that has also led us (the convention planning committee) to use two books to guide our approach to next years conference. If you get a

chance, I encourage you to read "Cowboy Ethics" and "Cowboy Values" by James P. Owen (Stocklein Publishing). The books were published to get business folks to return to core values in their practices. That is, to use the "Code of the West" to govern their lives and actions. I use it them remind me of the core values we are taught in our part of the country, and they are a useful analogy to how I conduct myself in the profession. The books are an easy read (35-45 minutes each) and are full of terrific pictures. Even if you are not a cowboy, you will enjoy the simple approach to ethical behavior outlined in the texts.



We are working on plans to provide outdoor opportunities for your enjoyment (both pre-conference and post-conference) at "Ride for the Brand". There will be a live auction, a silent auction, a "vest" competition, and (I have heard) "Deal or No Deal" will be returning. February 21-23, 2013 should be in your planner, it will be a great time for professional growth, and to re-new/make friendships.

Spring is on the horizon, I've been able to work my dogs and prepare for the upcoming trapshooting competitions. My wife and I have dusted off the harness for sunset buggy rides. It is just a great time to be looking ahead. I hope you too can take the time to re-examine your commitment to healthy living. Spring is such a wonderful time to renew commitments. I strongly encourage you to renew your commitments to yourself, your organization and your profession.

For now, I will see (and look forward to it) many of you Boston. These are exciting times!

For more about the 2013 convention or for a program proposal form, go to the [Central District convention website](#).



Antler Arch—Jackson Hole, Wyoming

## President-Elect's Message

**Common sense** is defined by *Merriam-Webster* as, "sound and prudent judgment based on a simple perception of the situation or facts." Thus, "common sense" (in this view) equates to the knowledge and experience which most people already have, or which the person using the term believes that they do or should have. The *Cambridge Dictionary* defines it as, "the basic level of practical knowledge and judgment that we all need to help us live in a reasonable and safe way".



Whichever definition is used, identifying particular items of knowledge as "common sense" is difficult.

The problem is that what seems like common sense to me, might seem completely ridiculous to you. What is common in common sense? If we agree it is common sense. If we don't ..... well you see where this is going.

If AAHPERD's "common sense" message is to unite and move forward; to focus on our strengths, physical education and physical activity; then we need to make that belief common. We as members need to listen, share our own "common sense" beliefs and become the national leader in our field. Each of us can be a super hero in the area of physical education and physical activity. Together, we are a "superpower" no matter what our name is. Let's use common sense and move this idea forward!

I will start designing the cape.

Meggin DeMoss  
President-Elect

# Common Sense

So rare that it's a super power.

NASPE's website always includes valuable information for their members to advocate for their own programs at the local, school and district level. Check out the Teacher Toolbox at; <http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm>



## Be The One!

by  
Joyce Ellis  
Central District Past-President

I am the one. So many years ago when I participated in physical education classes I was the one. I was the one student who loved physical education more than any other class. I was the one student who was able to perform the motor skills with very little instruction or practice. I was the one who could win the races, throw the farthest and fastest. I was the one who would race to the centerline and grab those dodge balls before others could get to them. I was the one who would charge the centerline and throw with all my might at any student who might be in my line of fire. I was the one selected to be team captain and I was the one who would pick the strongest, fastest, most highly skilled students to be on my team. Yes, I was the one.



Not so many years ago I was the one who would roll out the dodge balls on Friday. Isn't it standard practice to play dodge ball every Friday? I was the one who would allow team captains to select team members from the class. I was the one who would laugh, joke around with and focus my attention on those in my class who were more highly skilled and physically talented. I was the one who would call out student names and expect them to report their fitness test score to me in front of the entire class. I was the one who would count the pushups and sit-ups being done and make a student do them over if they failed to do exactly the amount I had ordered. Yes, I was the one.

Then I became the one. I became the one who realized that what I was doing was wrong and that I needed to make some changes. I was the one who became active in my professional organization and began to learn about the new practices and the appropriate methods of teaching. I was the one who decided to make some professional changes in my life. I was the one who was finally beginning to see the big picture and understand the importance of developmentally appropriate activities and teaching methods. Yes, I was the one.

Over the past three years I have been the one who has made a concentrated effort to enhance my own personal fitness. I have dedicated myself to participating in a program called "Boot Camp". This fitness program has been wonderful for me...but as a participant I have become the one. Because I am older than most of the participants, I am now the one who is slowest and

(continued)

**Be The One** (continued)

often last to complete the required exercise. I am the one who struggles getting the required number of pushups or sit-ups completed. I am the one who can no longer run or jump as I once did. Sometimes on Fridays we play dodge ball. I am the one who is picked last. I am the one who is eliminated first. I am the one who is hiding the hurt associated with being “last”. Yes, I am the one.

Most importantly, I am the one who has now realized the pain that some students are forced to endure as children. I am the one who has fought to hold back the tears of disappointment and hurt. Now I am the one who has dedicated my life to changing the way physical education teachers are trained! I am the one who has decided to make a difference! I am the one who will make sure that every Physical Education Teacher Education student that I touch will understand the pain that so many children go through. I am the one who will step up and make a change.

Have you been the one? Are you the one? Will you be the one? You do not have to wait until you are as old, slow, and physically challenged as I am to understand the pain that goes with being identified as “the one”. I challenge you to become the one...become the one who will make a difference. Become the one who will stop these inappropriate practices and allow all children to participate at their own level. Become the one who will make physical education an enjoyable experience for every child...regardless of their individual physical characteristics. Become the one who will eliminate games such as dodge ball, stop allowing captains to choose teams, eliminate fitness testing in front of everyone, and eliminate the “one standard for every student” concept.

Be the one who gets involved in your professional organization. Be the one who sets the example for your students and their parents. Be the one who leads your fellow professionals. Be the one who is willing to learn new activities and try new things. Be the one who makes every child smile and feel competent. Be the one every other teacher in your building comes to when they are looking for activities they can integrate into their classroom. Be the one who accepts this challenge and shares it with others!

***I challenge you to “Be the one”!***

Please bookmark the Central District Website <http://www.aahperd.org/about/districts/central/index.cfm>. Join the Central District Facebook group @ <https://www.facebook.com/#!/groups/20609178090/>, and share them with your colleagues and check them often!


**Health Division**

Congratulations to Joyce Ellis and her planning committee for an AWESOME Central District Convention! Great sessions, good networking with other professionals, and we had snow!! Colorado members did a great job hosting and who couldn't get motivated by the tour at the Olympic Training Center.

Work has already begun for the 2013 Central District Convention and we would love for you to present. At the New Directions meeting, many who attended wanted more sessions that dealt with Health issues. Here is your chance to help. If you or you know someone who has a great idea or activity for a presentation, contact Julie Lueckenhoff at [JLueckenhoff@blairoaks.k12.mo.us](mailto:JLueckenhoff@blairoaks.k12.mo.us). I would be more than happy to send you the presentation proposal information and help you in any way possible.

At this time, I would like to thank Nicole Lindgren for her work as the Central District Vice President for the Health Division and welcome Wendy Frappier, from North Dakota, as the Vice President Elect for the Health Division.

**Julie A. Lueckenhoff**

Health Division Vice President

**Physical Activity and Recreation**

Another great convention has come and gone, and I would like to take just a moment to say thank you to Mike Bradley for all his hard work on the board over the last two years. Now it is time to introduce Scott Gorman, who is our new VP elect for Physical Activity and Recreation. This year at the future directions meeting there were several suggestions of presentations for this upcoming convention in Jackson Hole Wyoming. Some of the ideas we are currently working on are as follows: How to handle behavioral issues in physical activity settings, working with ESL students, helping new teachers overcome the fear of working with disabilities, and an Adaptive Think Tank session for those interested in adaptive issues to meet and discuss ideas, issues, and other topics.

Scott and I would like to hear from those interested in presenting next year. So please feel free to contact either one of us with your great ideas. We look forward to seeing some of you in Boston and we all know Wyoming is going to be another great convention with all the help from our wonderful members. Thanks for allowing Scott and I to be your representatives.

**Ken Bias**

VP for Physical Activity and Recreation

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# 2012 Central District Convention

As a whole, I'd like to say the convention went off without a hitch. I didn't realize that my preparation to be a Physical Education teacher was far greater than learning classroom management, cues, and how to break down skills. Really, being a physical education teacher requires one to learn how to think on their feet, how to juggle (literally and symbolically) and how to make the best of what you do or don't have.

This convention kindly reminded me that being a physical education teacher is more than what meets the eye. I am amazed at



Almost 400 people registered for the 2012 convention in Colorado Springs. Pre-convention workshops in archery, fly fishing, tennis and adapted physical education, as well as a tour of the Olympic Training Center, attracted over 150 participants. Breakout sessions were also very well attended, as was the annual awards banquet during which Central District recognized outstanding professional accomplishments of its members.



what "we" as physical educators can conquer and how we rise above and beyond the challenges that face us. Whether it was the Colorado snowy roads, imperfect space to play, or the knock out-drag out flu circulating around the convention ... "WE" rose.

Thank you to all that attended the 2012 Central District AAHPERD Conference in Colorado Springs. I applaud all of you for rising to the occasion, educating yourself and others, and for supporting our passion, our lives, and our careers.

We had over 350 attendees with 30+ exhibitors. Attendees came from over 12 states and 2 continents! We had a Paralympian, the CEO of AAHPERD, and numerous Teacher of the Year's join in this year's convention. YOU are what make conventions happen. Not the hotel, not the food, not the rooms, or the convention manager, BUT YOU!

Thank you for making this year's convention AWESOME! Some of the most meaningful words I keep close to my heart came from my grandfather. My grandfather lived an active, healthy life and lived to be 96 years old. His motto and a great one to follow "Just keep going."

Here's to all of us rising and continuing!

Best,  
Cori Kassib  
2012 Convention Manager

<b>Convention Registration</b>	
State Tallies	
Colorado	224
North Dakota	41
Kansas	28
Minnesota	20
Missouri	20
South Dakota	18
Iowa	11
Nebraska	11
Wyoming	10
California	1
Georgia	1
Maryland	1
Virginia	1
Korea	1
<b>Total Registered</b>	<b>387</b>

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## Sport and Physical Education

I would like to send a SHOUT OUT to all of you that made the 2012 Central District Convention such a great success! We had nearly 400 participants this year in Colorado Springs even with a major snow storm that hit the Denver area! I would also like to congratulate all the physical education teachers of the year and award winners that were recognized at this year's convention. The State elementary teachers were; Leann Hepburn (CO), Kathryn Szabo (IA), Jannell Robins-Gade (KS), Mary Cappel (MN), Debra Kaplan (NE), Thaddeus Trujillo (WY), and the elementary teacher representing Central District Mary Driemeyer (MO)\* The State middle school physical education teachers were; Jodi Larson (IA), Ann Landrum (MO), and representing Central District is Matt Monfre (CO)\*. At the high school level, Lori Pace (CO), Connie Ronnebaum (KS), and our District representative is Tracy Keutzer(MO). The Sport and Physical Education Division also recognized it's former Vice President Tracy Masterson from Kansas with the Central District Merit Award.

We had approximately 65 members participate in our Future Directions meeting on Friday February 3<sup>rd</sup>. Topics discussed in the meeting were the unification process of AAHPERD, the "Let's Move in School" initiative, NASPE's resources, advocacy efforts and upcoming events like "Speak-Out day March 29<sup>th</sup> and National Sport and Physical Education Week May 1-7. The group broke up into smaller groups to discuss how to implement these issues at the local level. Thank You to all that participated in these lively discussions.

We collected the notes from these various small group discussions. As I compiled the information, the Old Texas football coach in me came out. I believe there is no such thing as the "Status Quo". As an old football coach, I am constantly aware of "forward progress". Ask yourself this, what is the "state" of your physical education program? Is your program in a "state" of progress or a "state" of decay? Rather than asking what your professional organization can do for you, ask what you can do for your program by utilizing the GREAT resources available through AAHPERD and NASPE. Some famous US President said something similar to that once! If you are reading this, then you have already taken the first steps by being a member of Central District. The goal of "Let's Move in School is to get 10,000 schools to sign up and "DO SOMETHING" to get your communities and students moving! Have you signed your school up yet? <http://www.aahperd.org/letsmoveinschool/index.cfm>. This March 28th and 29th, NASPE is hosting their 4th Annual "Speak-Out" Lobby Day where Physical education teachers from across the country head to the US Capital to educate the decision makers about quality physical education. You can find more information at the following link; <http://www.aahperd.org/naspe/advocacy/events/LobbyDay.cfm>.

A NEW and exciting resource out this spring is the NASPE Coaching Toolbox. There will be a Biggest Annual Coaching Education Day this year at the Boston Convention March 14<sup>th</sup> and a National

Coaching Conference in Indianapolis this June 19-21. What a great resource for you to get some of your coaching colleagues to get involved with the exciting changes taking place at AAHPERD. Of course, you can find more information at the following website; <http://www.aahperd.org/naspe/publications/teachingTools/coaching/index.cfm>.

I naturally encourage ALL physical education teachers host a Jump and or Hoops for Heart Event at your school! It is another great way to advocate and educate your community about your physical education program and these events benefit your State Associations.

There is an election of officers at the Representative Assembly which takes place on the Friday afternoon of the Convention. It is with GREAT pleasure that I introduce you to the new Vice President Elect for the Sport and Physical Education Division. Dr. Kristen M. Hetland is the department chair and an assistant professor of physical education and health pedagogy at Concordia College in Moorhead, Minnesota. Her academic preparation includes an undergraduate degree in Physical Education and Health (Concordia College, Moorhead, Minnesota), a master's degree in School Health Education (University of Wisconsin, La Crosse), and a Ph.D. in Human Development with an emphasis in Wellness (North Dakota State University). Dr. Hetland's professional experience includes five years of K-12 teaching physical education, health, and first aid along with a variety of coaching experiences. Additionally, she has seven years of experience in higher education including an assistant professor position at North Dakota State University and adjunct work at Minnesota State University, Moorhead.



If you are interested in getting involved with Central District or if you are interested in presenting at the next Convention which will be February 21-23, 2013 at the Snow King Resort in Jackson, WY, please fill out and mail the attached session proposal and/or contact me Clayton Ellis at [ceellis@aps.k12.co.us](mailto:ceellis@aps.k12.co.us). We are looking for presenters for everything related to Sport and Physical Education. The following topics that were suggested in Colorado Springs: Assessment, Advocacy, Basic Dance Activities that can be taught by Non-Dancers, Brain Activities, Technology (for example clickers, iPad apps, pedometers etc.) Let's Move in School Activities and how to get involved with Fuel up to Play 60.

I look forward to seeing some of you in Boston!! DO SOMETHING to finish the school year strong!!

Clayton Ellis  
VP for Sport and PE

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The 'New Board' for Central District met at the end of the District Convention In Colorado Springs. Pictured above: Back Row (L-R) John Zody, Deb Stephenson, Scott Strohmeier, Nancy Christensen, Meggin DeMoss, Scott Gorman, Gale Wiedow, Wendy Frappier and Ken Bias. Front Row (L-R) Vickie Deines, Joyce Ellis, Jamie Golden, Becky Gunderson and Donna Terbizan.

## Dance Division

Rebecca J Gunderson  
CDAAPERD VP Dance Elect  
Mayville State University  
Mayville, ND  
[becky.gunderson@mayvillestate.edu](mailto:becky.gunderson@mayvillestate.edu)

At the Future Directions meeting in Colorado Springs, those in attendance, all agreed that dance needs to be included in any PE curriculum. How best to keep it alive, is to make sure that there are dance sessions at our conventions. All of the dance sessions in Colorado Springs were very well attended. The changes that may be coming in AAHPERD may change how we do things at the District level. As long as there is a VP of Dance, there will be dance sessions



Photo: Becky Gunderson (L) and Lois Mauch (R)

at our conventions. The following were part of the discussion on ways to incorporate dance into PE curriculums:  
Teach dance once a week all year long instead of as a "unit"  
Use dance for an instant activity at the beginning of class  
Demonstrate how rhythm is used in all sport/activity movements  
Deb Stephenson, VP Dance, and myself would be more than willing to help you keep/incorporate dance into your curriculums.

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## ***Central District Recognizes Outstanding Service, Teaching and Contributions to the Profession***

Each year Central District recognizes outstanding contributions by selected members based on their performance in the classroom, their service in their respective disciplines, and in service to the profession as a whole. The following pages highlight the accomplishments of this year's honorees.

### **The Honor Awards Purpose and Tradition**

The presentation of the Honor Award provides our professional association an opportunity to recognize our fellow AAHPERD members for outstanding service. Criteria for this award includes: membership in AAHPERD, at least ten years of experience as a teacher, supervisor, or administrator in the field. The candidate must possess: high moral character and personal integrity, render service contributions through the association (state, district, national), have outstanding service as a teacher or administrator and illustration of meritorious service.

### **Patricia Morrison-Hughes**

Patricia has been an active member of Colorado AAHPERD as well as Central District AAAHPERD for many years. She has been section chair, president and currently Executive Director of COAHPERD. She was the convention manager of CDA-AAHPERD when the district convention was held in Broomfield and currently is the Awards and Recognition chair for CDA, having held this title for the last 3 years. I can honestly say that she has served this position with the respect and enthusiasm to make it one of the highlights of the CDA Convention.



Patricia's unwavering devotion to the profession of Physical Education, especially Adapted Physical Education is admirable. As an Adapted Physical Educator for over 27 years, she has been an invaluable asset to her students, the Physical Educators she has supported, and a true advocate for students of all abilities. Her hard work and devotion to students with special needs was rewarded when Pat was named the National Adapted Physical Education Teacher of the Year. Since this recognition she has been asked to serve as an expert consultant to improve countless programs in Colorado and the nation.

She is the epitome of what being a teacher is all about. Patricia is an exemplary member who has proven time and time again her devotion to our profession and is a valuable and noteworthy leader.

### **AAHE Health Educator of the Year K-12**

### **Dianne Loberg**



Dianne teaches health and physical education at Westside Elementary in West Fargo, North Dakota. She has been with the West Fargo public schools for 31 years. One of her favorite sayings is "With children.....gladness is magnified and laughter is more fun." It is her goal to greet everyone with a smile as it sets the tone of the day. In 2004 Dianne presented a proposal for the

implementation of an elementary Health curriculum, and in 2007 the proposal became a reality. When presenting lessons, Dianne breaks down complex ideas to make them simple and understandable so students are able to grasp the idea. Using real life situations as often as possible is key to successfully relating concrete ideas to life-long lessons. Establishing rapport and encouraging students to ask questions openly in class is an important tool that is utilized in her classroom, as is using a direct, open, honest, straight-forward approach in conversations on all subject matter. Each student develops a portfolio during the year, which includes pages dedicated to prevention and abuse ideas. Teaching students about disabilities, then dialoging on feelings related to hands on participation when simulating different disabilities has proven to be an important lesson. A parent/child activity or homework assignment is included with each unit taught. This helps parents know what is being taught and allows open communication in all areas. Dianne and her teaching partner are responsible for organizing and running the Westside Wildcat Walks Program, where most students walk every morning for 12 to 20 minutes.

Dianne is on the Westside Health Fair committee, has co-presented at the North Dakota AAHPERD convention and has served on the NDAHPERD executive board. She serves on the Physical Education Curriculum Analysis Tool Committee, where they have developed a physical education curriculum with common assessments which align with the Health curriculum. Currently she serves on the West Fargo School Health Education Curriculum Analysis Committee.

## NASPE Elementary Physical Education Teacher of the Year

### Mary Driemeyer



Mary has been the physical education teacher at Sappington Elementary in St. Louis, Missouri for the past 19 years. She feels blessed to have one of the most important roles in a child's life by teaching children how to take care of their most treasured resources; their body. New units begin with a fun bit of history to grab the students' attention, then she moves on to incorporate character develop-

ment, all while providing an environment of friendship, cooperation and inclusion. Components of fitness, healthy food choices and brain-based activities are covered, as well as using technology such as webcams, TiVo, document cameras and laptops for feedback and assessment. Giving choices and challenges that address individual skill level is evident in her classes, as her goal is quality practice and maximum participation for all students. Her students with disabilities are challenged and work together with all students where they learn to understand and appreciate each other. Class objectives, learning outcomes, opportunities in the community to stay active, school events and more are shared through the Sappington Physical Education Facebook page. She also created a Sappington PE website as a resource for families and as a place to blog and share ideas on fitness and exercise. Mary organized a group of teachers to take fitness classes together, and includes staff, students, and their families to be a part of the Cardio-Character Club and the Presidential Active Lifestyle Program.

One of her biggest passions is taking care of the environment. Her motto is "take care of the environment so that we will have a place to play and exercise." She started a school-wide "Green Team", and students donate used school supplies and athletic equipment which is given to students who need them.

A passion for learning is evident in that Mary is a National Board Certified Teacher. She participates in many workshops and trainings and gives back to the profession by giving presentations. She also learns a great deal from collaboration with classroom teachers, Physical and Occupational therapists and fellow physical education teachers.



## NASPE Middle School Physical Education Teacher of the Year

### Matthew Monfre



Matt has spent the last 14 years of his career teaching at Sierra Middle School in Parker, Colorado. It is here that students in the Conditioning and Wellness class become independent learners for the future. Through Matt's excitement and passion for teaching he looks to draw students to the importance of being in charge of their physical, mental and social health. Matt brings in local fire department

firefighters to work on fitness training with the students and to talk about the importance of being physically fit. Students also walk a mile to a local farmer's market store to learn first-hand about the health benefits of fruits and vegetables, and of course taste samples of new foods. Weeks later students were still going back to the market, but this time with family members and friends, sharing their knowledge and helping others make positive healthy choices. His students track their eating habits and physical activity minutes weekly and use tracking information to help set goals and make changes in their lifestyle for healthy eating and being physically active. Last year his students entered 39 videos on promoting healthy eating and physical activity and won National recognition for their work.

Matt demonstrates his passion to educate the community on health and wellness by being the coordinator for the Family/Community Wellness Nights. He also created a Staff Fitness Challenge program, and has held a 5K walk/run for the last 8 years. Money generated from the run helps purchase fitness equipment, and a portion was donated to the American Heart Association. He was instrumental in adding cross-country to the middle school sports program, and over 500 athletes participated in this event this past year. Matt is the District coordinator for track and cross-country, and coaches numerous sports including Unified sports for students with special needs. He is also a planning member of the school/community garden which will be in operation in 2012.

Matt is a National Board Certified teacher. He is a current board member of Colorado AAHPERD and has served his district as the PE lead, was a department chair and organized PE in-service days for the 200 district PE teachers. Matt is a Fuel Up to Play 60 Program Advisor. His school is a pilot school for Coordinated School Health in Colorado.

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## NASPE High School Physical Education Teacher of the Year

### Tracy Keutzer



Tracy has had the privilege of creating physically fit, lifelong learners for the past 25 years at Lamar R-1 School District High School in Lamar, Missouri. It is here that she presents options of lifetime activities so that her students can choose the activities they want to incorporate into their daily routine. She utilizes the community bowling alley, archery range, golf course and swimming pool to show her students what the community has to offer them. Tracy teaches exercise units like Zumba, kickboxing, Pilates and body sculpting. Her Team Sports and Lifetime Sports classes allow her students to delve deeper into the strategies of specific sports, while her dance classes explore the complexities of learning a variety of dance forms and compiling a routine to perform at a public event. After receiving two Carol M. White Physical Education Program (PEP) grants, a cardio-fitness lab /Wellness class were added to the curriculum choices, allowing for a well-rounded physical education program able to meet the needs of all students. The TriFit diagnostic fitness testing machine has allowed the students to take health risk appraisals and create nutrition and exercise workouts conducive to their needs and taking an active role in their health and fitness. Tracy creates a positive classroom environment focused on boosting her students' self-esteem and self-confidence. The word "Can't" is not allowed in her classroom. She provides unconditional acceptance, encouraging words, and respect to show her students they are of value to her. Through modeling positive behaviors she teaches students to view challenges as opportunities to better themselves.

Implementing adult fitness and nutrition classes is just one way Tracy promotes community and parental involvement. Assisting in organizing the "Family Fitness Day" and teaching swimming lessons is something she has done for 27 years. She also helped initiate a "Lose to Win" program as part of a Wellness Program for the district. Tracy gives back to the profession by presenting at the local, state, district, national and international levels. Presenting keeps her grounded, focused and humbled on her journey to stress the benefits of physical activity and living a healthy lifestyle. She is an active member of the Missouri and national AAHPERD, mentors teachers in her district and serves as her department chair.



## AAPAR Adapted Physical Education Teacher of the Year

### Margery Thompson



Margery has been a teacher for 23 years, and 13 of those years have found her as the Adapted Physical Education Teacher for the Leavenworth County Special Education COOP in Tonganoxie, Kansas. It is here that she works to include hundreds of students with disABILITIES in the general physical education environment. She states that it is a monumental task to keep everyone moving,

succeeding, and developing physically and socially, and she loves having the opportunity to do so! Margery's ultimate goal is to educate her students for a lifetime of moving and learning, and she does this by using bell balls, adapted bicycles, bowling ramps, utilizing community skiing and adapted aquatics programs and helping facilitate inclusion in Field Days, music and after school programs. Many students with disABILITIES are included into the general P.E. Strength and Conditioning classes, and she helped develop a Unified PE program where students in the general education programs are paired with students with special needs in the Physical Education class. Working with paraprofessionals is important, and one of the philosophies she teaches is for the paraprofessional to be able to assist when necessary and to "back away" when the students is able to participate independently. She encourages general education students and staff to look at ability – not disability, and to make personal connections with students with special needs.

Margery is involved in outside organizations and has participated in events sponsored by Autism Speaks and Special Olympics. She is active in the Adapt-Talk section of Sportime, is certified in Archery, has been trained in SPARK and in the Schools and Challenge Options (climbing wall and climbing apparatus). Margery provides in-service training for teachers and students and has published articles in Great Activities Newspaper.

### Need Assistance with a Grant?

Central District has contracted with Scott Klungseth, Grants Consultant/Owner of *Achieve Grants Development*, and the Executive Director of South Dakota AHPERD, to assist in the identification, development and submission of grant proposals.

If you need assistance, please feel free to contact Scott at 605-228-3540 or by email [achievegrants@gmail.com](mailto:achievegrants@gmail.com).

## Mark L. Harvey Legacy Recognition Award

Dr. Mark L. Harvey enriched the lives of countless people. The recipients of the Mark L. Harvey Legacy Recognition Award demonstrate the qualities that were a part of Mark's character—friend, teacher, gentleman, leader, and more. Criteria for this award includes: current member of AAHPERD and state AHPERD, have experience as a full-time teacher, supervisor or administrator in the field of HPERD for a minimum of ten years. Demonstrated accomplishments in the following areas: mentor, courage, leadership and stewardship.



**Scott Gorman**



**Missy Parker**

As individuals and as a team Scott and Missy teach, mentor, prepare, and provide learning opportunities for students throughout our profession and beyond. They are like the Double Mint Gum Commercial when dealing with programs and service for future professionals. You rarely find one involved in those activities without the other. Students look forward to and anticipate Missy and Scott's yearly presentations on leadership, job interviewing, and the current issues facing the profession. They have served eight National AAHPERD Presidents with activities at the Leadership Development Conference and the State, District, and National Student Leadership Conferences. They collectively have service in more than thirty (30) service positions in the state, district, and national associations in roles from President to Parliamentarian and Awards to Nominations. They have received state, district, and national honor awards and are both scholars in their respective fields. Missy and Scott's professional and personal characteristics represent the essence and spirit of Dr. Mark L. Harvey's legacy.

**Planning ahead?** Use this URL to find out more information about the 2013 Central District Convention in Jackson Hole:  
<http://www.aahperd.org/about/districts/central/convention.cfm>

## Kathleen Kinderfather Award

This award is to recognize a group or organization (not an individual) who may or may not be members of the Alliance but who, through their work in HPERD and/or Sport Education, has contributed significantly to The District and/or state Associations that Comprise the District. This year's recipient is the

### **National Sports Center for the Disabled, Winter Park, Colorado**

Founded in 1970, the National Sports Center for the Disabled's (NSCD) mission is to positively impact the lives of people with any physical or mental challenge through quality adaptive recreation programs in over 20 sports. Over 23,000 lessons are provided annually. NSCD does amazing things for students with disabilities and Beth and Jim made it all "happen" for our students in Aurora. Beth secured funding for a Nordic program for students on the Autism spectrum and Jim coordinated the volunteers and made sure all of the students had a successful experience.

One teacher shares that, "The students develop skills and techniques required for independent mastery of skiing. NSCD has allowed the students to be independent and safe and accomplished in a skill they are motivated to do. National Sports Center for the Disabled assembles a top notch group of volunteers, many of which are the driving force behind my student's success in skiing. The majority of volunteers have returned year after year and have developed compassionate relationships with each of the students. Some of the students are encountering the mountains for the first time in their life. Others have left their parents supervision for the first time in their lives, to develop a sense of liberation, where they are free to be who they are, to immerse themselves in the pursuit of happiness, which is found with the support of the National Sports Center for the Disabled. NSCD has changed the lives of many of my students."



Accepting on behalf of the National Sports Center for the Disabled were Beth Fox and Jim O'Connor.



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## Division Merit Awards

### Health Division, *Barb Bjorum, ND*

Barb is a veteran teacher in the Valley City School system. She is a master teacher whose leadership has made the health program a model for effective teaching and learning. Barb has been a certified HIV Prevention Trainer for 15 plus years for the DPI. She is also involved at the state level as a writer for two curriculums. The strength Barb is most widely known for is her passion for youth and their health and safety.



### Sport/Physical Education Division, *Tracy Masterson, KS*

Tracy is the physical education teacher for USD259 at Clark Elementary. He loves working with children and has always been interested in physical fitness. He is involved with KAHPERD, and is currently on the AHA committee and has been the elementary chair. Tracy also held a position in Central District for the Sport and Physical Education Division. His contributions to CDA and KAHPERD demonstrate his willingness to serve.



### Dr. Sue Barnd

## District Scholar

Dr. Barnd is an associate professor at Metropolitan State College of Denver. She works with the K-12 physical education majors and specializes in elementary physical education pedagogy. She also supervises student teachers and is the co advisor for the Physical Education Teaching Majors Club. Dr. Barnd is starting her 26<sup>th</sup> year in education as she has taught elementary, middle school and college physical education and has coached numerous athletic teams. Dr. Barnd has published over 30 articles and has served on numerous local, state and national physical education committees. She recently served as the Colorado Association of Health, Physical Education, Recreation and Dance President.



**The District Scholar Committee is accepting candidates for our 2013 District Scholar. The spring deadline will be April 15<sup>th</sup> to get a complete application packet to Chair Scott Gorman. Please send all materials to [sgorman@pittstate.edu](mailto:sgorman@pittstate.edu) .**

#### Criteria for Selection of the Scholar

Criteria used in the selection of the District Scholar shall include but not be limited to the following:

1. The individual selected should have a scholarly/creative record as evidenced by publications and scholarly/artistic presentations.
2. The individual should be an active scholar/creative artist in his/her discipline.
3. The individual selected should provide evidence of in-depth study in a specific area of Alliance/District concern.
4. The individual selected must be a member of the Alliance.
5. The individual selected should be capable of communicating to groups in the various disciplines.



#### Nomination Format

Sponsor's Statement (importance of scholarly work) (1/2 page)

Personal Data (1/4 page)

Education (1/4 page)

Professional Experience (1/2 page)

Honors (international, national, state, etc.) (1/2 page)

Publications (provide a summary before listing under separate categories: (I) books or monographs; (II) refereed articles; (III) abstracts; (IV) chapters in books, etc.; (V) non-refereed articles (maximum limit of six (6) pages)

Creative Activities (choreography, dance presentations, literary works, artistic media productions, etc.)

Invited Presentations (limit to the fifteen most important and summarize as to level – e.g. "national" (maximum of one (1) page)

Professional Organizations and Activities (indicate membership, offices held, and years of service (maximum of one (1)

**NOTE:** The entire submission should not exceed ten (10) pages.

# Presidential Citations

are offered at the discretion of the Central District President as a means of providing special recognition to persons who have made significant contributions during the President's term in office. Citations by Joyce Ellis honor the following individuals:

## Bobbie Harris



As I look back over my teaching career, it is very clear to me that my involvement in the Physical Focus Curriculum project allowed me to move from the path of mediocrity to a higher level of professionalism. Bobbie not only secured over a million dollars in grant money for this project, but also assisted in selecting those who would become part of the pilot project and ultimately lead trainers throughout the state.

Thank you for selecting me to be a part of your program, for your guidance and friendship.

## Dr. Vicki Worrell



Dr. Worrell been instrumental in my development as both a professional and a person. I can so clearly remember how frightened I was as I sat in my first KAHPERD council meeting. As the KAHPERD Executive Director, she made me feel welcome and valued. Her belief in me was evident when she asked a simple middle school physical education teacher to step up and serve as the middle school section chair-elect at the Central District level. I am certain she knew what she was doing,

as that was the beginning of my journey to where I am now.

## Dr. John Zody



Only a few short years ago I sat in Dr. Zody's Statistics class, unsure of my abilities and wondering what I was doing going back to school. Dr. Zody challenged me and gave me the confidence needed to succeed. What I value most about John is that he never gave me the answer to any of my questions...but rather encouraged and guided me through the process of finding it myself. John has planted the seeds of leadership and nurtured me as I have grown professionally to where I am today.

# State Teachers of the Year

## AAPAR Adapted Physical Education Teacher of the Year

Margery Thompson (KS)\*  
Shane Tweeter (WY)

## AAHE Health Educator of the Year (K-12)

Dianne Loberg (ND)\*

## NASPE Elementary Physical Education Teacher of the Year

Leann Hepburn (CO)  
Kathryn Szabo (IA)  
Jannell Robins-Gade (KS)  
Mary Cappel (MN)  
Mary Driemeyer (MO)\*  
Debra Kaplan (NE)  
Thaddeus Trujillo (WY)

## NASPE Middle School Physical Education Teacher of the Year

Matt Monfre (CO)\*  
Jodi Larson (IA)  
Ann Landrum (MO)

## NASPE High School Physical Education Teacher of the Year

Lori Pace (CO)  
Connie Ronnebaum (KS)  
Tracy Keutzer (MO)\*

*\*2012 Central District Award Winner*

## 2011-2012 Central District AAHPERD Recognition Committee

Patricia Morrison-Hughes, Chair  
Kathleen Kinkema (CO)  
Debby Eldred (IA)  
Kathy Wagner (KS)  
Nancy Christensen (MN)  
Melanie Zerr (MO)  
Megan Adkins (NE)  
Mary Ann Donnay (ND)  
Patty Hacker (SD)  
Gay Hughes (WY)

# Advocacy in Central District

Jack Olwell (MN)  
Sarah Jo Heath (KS)

Charles Dickens may have been thinking of 21<sup>st</sup> century Physical Educators when he wrote, "It was the best of times; it was the worst of times." All across the country PE is under attack. The obsession with increasing test scores has marginalized our profession (as well as others). Districts across the nation have cut staff. Several Superintendents have publicly lamented the fact they must pay us what they pay science and math teachers. Many states have eliminated graduation requirements and have reduced offerings at all levels. That is the bad news. The good news is with each passing week there is more research that demonstrates the indispensable value of quality Physical Education. PE has been shown to lower obesity (by nearly 30%), increase fitness levels, reduce absenteeism, raise academic performance AND standardized test scores, and change the culture and behavior of schools.

The *Minnesota Promise* (where I teach) whose vision is "A World-Class Future for Minnesota's Schools" is a partnership of 25 organizations including MN Association of School Administrators, MN School Boards Association, MN Rural Education Association, MN Elementary School Principals' Association, and Education Minnesota (state teacher's union). Strategy #6 is "Use data and research to improve teaching and learning every day... we must base students' education on proven practices and solid evidence. We should expand what works and stop doing what doesn't." We have that data at our fingertips only do our policy makers know these facts?

In a recent meeting with legislators one lawmaker confessed the Senate subcommittee on Education had been considering returning to the basics and eliminating all non-core subjects. (Iowa currently has a bill sent by the governor and Department of Education adding Physical Education to its core subjects.) After hearing the research he said, "Shame on us if we do nothing about this." And shame on us as teachers if we do nothing to spread the word.

As the new co-chair of the Central District Advocacy Committee with Sarah Jo Heath (of Kansas) I would like to alert you to some upcoming advocacy tools that our teachers can feel comfortable using when meeting with stakeholders and decision makers. They will include power points with current research and data. These will be targeted at different groups. For instance, health groups will want to know what evidence exists that supports PE as an intervention in the obesity crisis, school boards and principals will want to know what increasing PE will do for test scores, counselors want to know how activity changes behaviors, PTO's who may be the most important agent for change will want to know all of it.

If you would like further information please contact us, Jack Olwell, at [jolwell@farmington.k12.mn.us](mailto:jolwell@farmington.k12.mn.us) or Sarah Jo Heath at [sheath@usd266.com](mailto:sheath@usd266.com).

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American Heart Association    
Learn and Live

Hoops For Heart is a national event sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. Students have fun playing basketball while becoming empowered to improve their health and help other kids with heart health issues.

Hoops For Heart helps students:

- Learn the value of community service and contribute to their community's welfare
- Develop heart-healthy habits while being physically active
- Learn basketball skills they can use for the rest of their lives
- Earn gift certificates for free school P.E. equipment from U.S. Games

With your support, we can help protect and improve children's health. Your efforts to educate your students and raise funds for research and outreach are vital to improving kids' lives.

**WE JUMP. WE SHOOT. WE SAVE.**

Call **1-800-AHA-USA1** or visit **heart.org/hoops** to get your school involved.

 American Alliance for Health, Physical Education, Recreation and Dance  
AAHPERD is a proud program partner of Hoops For Heart.

©2010, American Heart Association. Also known as the Heart Fund. 6/10DS3766



## Iowa Update

It is with great pleasure I write this message to you. I moved to Iowa with my family 8+ years ago and have loved being a part of the IAHPERD team. I feel grateful to work in a state with such great professionals and awesome initiatives regarding our profession. Every year I attend convention I am so impressed with the caliber of presenters and speakers coming from within our own state.

This year's convention will be in Spirit Lake, IA. It will be the first time it has been in this area of the state. Hopefully this will bring new members, presenters, and even families to this destination convention. We are 10 miles from the Minnesota border and 60 from the South Dakota and Nebraska borders if you'd like to attend. We'd love to see good CD representation. If you and your family have never visited the Great Lakes of Iowa this convention will be a great chance to test the waters. It is the number one tourist destination in Iowa and has plenty of recreational opportunities for all ages.

The theme for this year's convention is, '**Re-cre-a-ting, rec-re-a-ting**'. This theme was inspired while attending a Wyoming state AHPERD convention. A couple, who had biked 6 continents, presented on various physical activities they observed from different cultures and regions of the world. One photo had a large impact on me. It was a boy fishing from a dock in the forefront and a blurry commercial fishing boat out in the horizon. The boy's father worked on the boat. When they talked to the boy he said, "I want to be a fisherman just like my dad when I grow up". The boy later admitted his dad didn't take him fishing anymore because when he came home from work, the last thing he wanted to do was go out and fish. The photo and words touched me because we do make an impression on our youth by what we model and expose them to.

I'm curious to when that threshold takes place where recreation is replaced by work and we no longer seek it out. Does this sometimes happen to you with the profession we're in? After a day spent in the gym the last thing you want to do is workout! We live in a great time where recreational opportunities are abundant. Seeking these out and exposing our life-long learners, the students, to these opportunities is vital to their overall and future wellness.

While '**R**', from our monstrous **AHPERD** acronym, is being well represented in the theme for this convention, fear not, the '**H**', '**PE**' and '**D**' will also be represented. Whether you're attending as a presenter or a professional mark your calendar for October 6 & 7, 2012. Please feel free to contact me or visit our website: [www.iowaahperd.org](http://www.iowaahperd.org) if you're interested in presenting or if you know of a presentation you'd like to see. It is an honor to serve you in this presidential position. See you in the Great Lakes!

Tim O'Hagan, 2012 IAHPERD President  
[tohagan@spirit-lake.k12.ia.us](mailto:tohagan@spirit-lake.k12.ia.us) / [www.iowaahperd.org](http://www.iowaahperd.org)



## Greetings from Minnesota!

We are now well into the "winter" season, but where is the snow?! I never thought I would complain about a lack of snow, but as an elementary PE teacher, I know how much the kids are missing their Minnesota snow fun!



Minnesota Association of Health, Physical Education, Recreation and Dance (MNAHPERD) continues our goal of providing quality programs, products and services to Minnesota students and professionals. We held our second board meeting on January 21st, 2012, which continued the focus on board development. NASPE President Dennis Docheff led us through the beginning process of developing a Strategic Plan for MNAHPERD, giving us a direction for the next 3-5 years. Subsequent meetings will see us expand the work on our strategic plan, and also begin planning for our MNAHPERD Fall Conference in October of 2012.

Several Regional Workshops have been held around the state, bringing members together to share great activities to bring back to their classrooms. Members of our MNAHPERD Board of Directors continue to advocate for quality PE in legislative workgroups, at School Board Association meetings, and are working to partner with various organizations in the state to bring our message to a wider audience. We continue to utilize our list serve, organization website and social media to keep our membership connected and informed. (Check out MNAHPERD on Facebook!)

Minnesota was well represented at the Central District Conference in Colorado Springs with 20 members in attendance— student members, K-12 teachers and university professors! We enjoyed many excellent sessions, (including presenters we may invite to our own conference!) networking with professionals from the 9 state area, sharing ideas, stories, questions and concerns. Advocacy, Let's Move in School, and the potential unification of AAHPERD were hot topics!

We look forward to the AAHPERD convention in Boston from March 12-17, 2012. Conferences are a great way to learn from excellent presenters and network with other professionals from across the country. I hope to see many of you there!

Mary Cappel  
 MNAHPERD President  
[mary.cappel@winona.k12.mn.us](mailto:mary.cappel@winona.k12.mn.us)

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## 2012 SDAHPERD Convention

### Join us in Deadwood, SD Nov. 7-9



The 2012 SDAHPERD Convention will be held at "The Lodge" in Deadwood, SD November 7-9 next fall. The theme for the convention is "Get Connected!" The "Get Connected!" theme demonstrates 2012 President Breon Schroeder's focus on helping health, physical education, administrators, and classroom teachers to understand the connection between cognitive learning and physical fitness. The convention will be keynoted by Jean Blaydes Madigan. Jean is the co-creator of the Action-Based Learning Lab and Action-Based Learning Program.

Jean will be leading several workshops throughout the convention, including one for area "classroom" teachers that will supply them with simple, quick, interactive lessons that reinforce academics through movement. The concepts in the Action Based Learning™ Lab are based on the brain research that supports the link of movement and physical activity to increased academic performance. The concepts in the Action Based Learning™ Lab are based on the brain research that supports the link of movement and physical activity to increased academic performance. Research has shown that students engaged in Action Based Learning™ improve memory retention, reinforce academic concepts, balance brain chemicals while experiencing whole-brain, whole-body learning. Educational research suggests that about 85% of school age students are predominantly kinesthetic learners.

Later this spring we will be sending our proposal forms for anyone interested in presenting at the convention or if there is simply a specific topic you would like to see presented at the convention just contact Breon or Scott with any thoughts or ideas.

Breon Schroeder, SDAHPERD President

[Breon.schroeder@k12.sd.us](mailto:Breon.schroeder@k12.sd.us)

Scott Klungseth, SDAHPERD Executive Director

[Scott.klungseth@k12.sd.us](mailto:Scott.klungseth@k12.sd.us)

**2013 will be here before we know it!** Planning for the SDAHPERD 2013 Convention is underway! We want to know how the convention can better serve you, that being said, what do you want to see or know more about? What are the latest and greatest pieces of equipment, technology, physical education curriculum, health and wellness ideas available? What have you seen that has been great and we should share at SDAHPERD? We are gathering ideas for presenters and pre-convention workshops, so please notify us if you have a great idea for a speaker, presenter, or topic! Or if there is a Physical Education or Health Education topic you would love to learn more about. We are here to serve you, please feel free to contact a board member with your ideas.

Tracy Nelson, SDAHPERD President-Elect

[Tracy.nelson@sdstate.edu](mailto:Tracy.nelson@sdstate.edu)

Don't forget to "LIKE" [SDAHPERD](#) on Facebook!

Congratulations to Colorado for a wonderful Central District in Colorado Springs. Everything was very well done. I would like offer Joyce Ellis my personal congratulation on a job well done. I enjoyed working with you this past year. You have been very inspirational. I would like to give Meggin DeMoss my heartfelt congratulations on being voted in as President-Elect for Central District. I know you will do a wonderful job. Wyoming is excited about working with Central District's new President Dr. Strohmeyer in hosting Central District at Jackson Wyoming in 2013. We have ordered plenty of snow for you skiers and snowmobilers and promise that Wyoming's wild life (nature and human) will be in their glory. President Strohmeyer's theme, "Ride for the Brand" is from Cowboy Ethics—What Wall Street Can Learn from the Code of the West- by James P. Owen The rules of the range were really about character, values and principles. As AAHPERD moves through a structural change to better serve members while being responsive to a more contemporary environment to facilitate advocacy and enhance collaboration, stay true to AAHPERD's brand and let's ride for the brand together.

The work for 2013 has already begun. Nancy Raso-Eklund, Gay Hughes and Mike Bradley will be our convention managers. If you have an idea that you feel will make your Central District experience more educational and enjoyable please contact us by e-mail and we will make every effort make your idea a reality. As silent auction and live auction chairman, I would like to ask anyone to be on the lookout for any item that could be auctioned at these events. If you know of someone who might donate items for the auctions please forward their contact information to me I will be truly grateful.

See you all in 2013

Rick Brundage, President  
WAHPERD

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[mbradley@fremont25.k12.wy.us](mailto:mbradley@fremont25.k12.wy.us)



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Insight Newsletter

**NDAHPERD**

Rebecca Gunderson, Co ED

[becky.gunderson@mayvillestate.edu](mailto:becky.gunderson@mayvillestate.edu)

Rachel Johnson Krug, President

[rakrug@umary.edu](mailto:rakrug@umary.edu)



NDAHPERD is very proud of Diane Loberg who was named CDAHPERD AAHE K-12 Health Education Professional of the Year.

Minot State University student Kelsey Bryantt was selected to represent NDAHPERD at the Student LDC in Boston.

Vicky Bender, NDAHPERD's LMIS coordinator will be encouraging schools to hold a special LMIS event during NASPE's Sport & PE week in May.

Jaimie McMullen, President-Elect, is looking forward to Green Bay and meeting the other state's President-Elects.

Jaimie & Amy Heuer will be attending the Central District's Summit in July.

NDAHPERD is gearing up for the state conference on September 12 in Bismarck. We are going to be looking at our neighboring states to see if any presenters would like to come and share their knowledge. This was a message from CD to try to work on the collaborative efforts with the neighboring states. So if anyone from SD or MN would like to present please get a hold of us in ND!

**Colorado AHPERD**

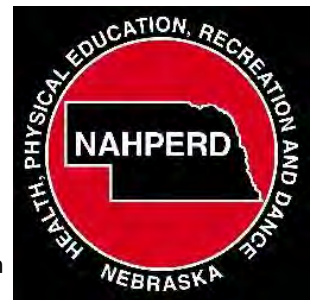
It was our pleasure to host the Central District convention in beautiful Colorado Springs, Colorado. Joyce and Cori sure know how to put together a great time. We also want to thank our board for all of their hard work. Looking out at Pikes Peak during every meal, going for morning runs, visiting the Olympic Training Center....and participating in so many wonderful sessions, life just doesn't get any better! And the fact that we kept the snow away while the storm hit Denver, now that was just perfect on our part, don't you think. We hope you have had time to use our Colorado Dip packages that you received at lunch, and that on your next run, walk, hike or bike ride you are able to use the Duct tape ID holders, or business card holders if you want to get fancy about it.

We would also like to thank all of you who purchased items at our Silent Auction. You raised \$1581.00 for the Colorado Junior Wheelchair Sports Camp. This will mark the 29<sup>th</sup> year for this free, week-long day camp, where over 100 children who use wheelchairs participate in sports for the whole week. Their counselors and sport instructors are adults who also use wheelchairs, and guide them in fun and skill development in such sports as sled hockey, tennis, basketball, archery, swimming, rugby, fencing, bocce, hand-cycling and more! Thank you, thank you more than we can express.

**Nebraska Association For Health, Physical Education, Recreation and Dance**

NAHPERD is excited to be hosting the third annual Student Conference for pre-professional students in Nebraska. This Student Conference will be held April 12<sup>th</sup> and 13<sup>th</sup> at the University of Nebraska at Omaha. Student pre-professionals from all colleges around Nebraska will be in attendance. The planning and development of this conference includes pre-professional students and the NAHPERD Board. Presentations at the conference revolve around the students' interests and include sessions on interviewing, classroom management, technology, job searching, professional development and interactive sessions on physical education and recreation activities. We appreciate the time and effort of Dr. Mike Messerole and student pre-professionals Steve Stutzman and Cressey Yuetter in organizing this conference.

At this time NAHPERD is in the process of developing a summer workshop program for professionals at Hastings College in Nebraska with Dr. JoAnne Owens Nausler. We are also looking at an organizational collaboration meeting with like organizations in Nebraska to generate inertia in Nebraska to push physical activity.



Stan Erickson  
NAHPERD President

Besides working on the CDA convention, as a board we have been creating a Strategic Plan for COAHPERD, following the examples presented at the CDA Leadership Summit this past summer. We have been able to develop a clear plan to: Increase Membership, Advocacy, Non-dues Revenue, Collaboration with Other Organizations and State Associations, Provide an Array of Programs/Products/Services Directly Related to COAHPERD, and Create and Maintain an Efficient/Responsive Organization.

Just as we finish one convention, we are already planning for our fall convention at the Embassy Suites in Loveland, CO. Please feel free to join us October 18 – 20<sup>th</sup>. Check our web site for more detailed information.

COAHPERD Board



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## Missouri AHPERD Reflections

With March already here and April soon to follow, the temperatures will be warming and flowers will spring – and with it will soon be coming the finish of the school year.

The Missouri Association of Health, Physical Education, Recreation, and Dance (MOAHPERD) has already had a very busy and productive school year. Last fall, MOAHPERD celebrated its 75<sup>th</sup> Anniversary Convention. The theme was “Building on the Past, Shaping the Future” and featured many great presentations from among others, AAHPERD President Brad Strand and Emporia State University’s (KS) Joella Mehrhof. This year’s 2012 MOAHPERD convention promises to be a high-energy event. In fact, Stacey Bryant (President-Elect and 2012 Convention Planner) has selected “Charge! Electrify Energy!” as this year’s convention theme. The 2012 MOAHPERD Representative Assembly is already in full gear with convention planning, and our February planning meeting was a productive one. In other areas, our state-wide Quality Health and Physical Education workshops have begun and have been well-attended. Missouri now also has a new Supervisor of Health Services, who will handle Health and Physical Education for the Department of Elementary and Secondary Education.

On a more somber note, Kathleen Kinderfather was recently involved in a hit-and-run accident in the St. Louis area. She is currently recovering in a St. Louis hospital and all of our thoughts and prayers are with her and her family. Kathy’s family has begun a Caring Bridge site on which updates are available (<http://www.caringbridge.org/visit/KathleenKinderfather>). Friends are encouraged to visit the site and post messages of support as this will help her with the healing process. The “Show Me” state contingency was shown a great time in Colorado Springs and experienced a great 2012 Central District Convention. Congratulations to a job well done! We are looking forward to AAHPERD in Boston and are already actively planning for MOAHPERD’s involvement in the 2014 AAHPERD National Convention in St. Louis!

I hope everyone has a strong finish to the end of the school year and has a chance to enjoy the warmer Spring weather ahead. See you soon!

Shape the Future,  
Bill

William Russell  
MOAHPERD President  
[wrussell@missouriwestern.edu](mailto:wrussell@missouriwestern.edu)



## Tucker Dupree

Tucker Dupree provided the keynote address at the Central District Awards Banquet in Colorado Springs.

Tucker is 22 years old, visually impaired athlete who has excelled in the sport of swimming. At the age of 17, Tucker began to lose his vision and was diagnosed with a rare disease called Leber’s Hereditary Optic Neuropathy (LHON). In a short period of time, Tucker lost 70% – 80% of his central vision in both eyes. Determined not to let this disability define his life, Tucker continues to become a stronger swimmer while inspiring others with his positive outlook on life.

Tucker, a gold medalist and world record holder, is one of the top blind swimmers in America holding a World Record in the 50m and 100m Butterfly, 36 American Records and 7 Pan-American Records.

Tucker continues to inspire everyone with his positive attitude and outlook on life. He is a very determined athlete who focuses on his ability and not his disability as he strives to achieve his goals.

Tucker Dupree represented the United States at the 2008 Paralympic Games in Beijing, China, the 2009 World Championships in Rio de Janeiro, Brazil and the 2010 IPC Swimming World Championships in Eindhoven, Netherlands.



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Office Use Only

DAY \_\_\_\_\_

TIME \_\_\_\_\_

ROOM \_\_\_\_\_

## Proposal Form

### 2013 Central District Association Convention

Central District Association AAHPERD Convention 2013 - In Conjunction with Wyoming AHPERD

**February 21-23, 2013**

Snow King Resort, Jackson Hole, WY

**ALL PROPOSALS MUST BE RECEIVED NO LATER THAN June 15, 2012**

The program committee requests that potential presenters focus presentations on the topics of networking, collaboration, leadership, research, advocacy, technology, assessment, and teaching in the areas of aquatics, dance, health, physical education, adapted physical education, sport, physical activity, recreation, retirees, or future professionals.

To propose a presentation for the 2013 Central District Association Convention, please complete this form in its entirety. Those selected will be notified by October 15, 2012. **All presenters must register for the Central District Association Convention in Jackson Hole.**

**PRESENTERS:** For *each* presenter include the following information. Click on the boxed areas and type. Send completed proposal electronically to the appropriate person at the bottom of this form. **Presenters are allowed a maximum of two presentations inclusive of secondary presentations. Presenters must be members of AAHPERD or Wyoming AHPERD.**

Primary Presenter:	AAHPERD Number or check box if Wyoming AHPERD Member:	Expiration Date:
Presenter 2:	AAHPERD Number or check box if Wyoming AHPERD Member:	Expiration Date:
Presenter 3:	AAHPERD Number or check box if Wyoming AHPERD Member:	Expiration Date:
Primary Presenter Mailing Address:	School/Organization:	
City, State, Zip:	OFFICE Phone Number:	HOME Phone Number:
CELL Phone Number:	Email:	Fax:

**Title of Proposed Presentation: (max 10 words)**

Central District **INSIGHT**

**Brief Description of presentation for use in printed program:** (max 80 words)

**Mode of Presentation:** Check all that apply

<input type="checkbox"/> Lecture	<input type="checkbox"/> Panel	<input type="checkbox"/> Activity/Participation	<input type="checkbox"/> Pool
<b>Type of surface needed</b>	<input type="checkbox"/> Carpet	<input type="checkbox"/> Wood	<input type="checkbox"/> Either
<b>Intended Audience:</b>	<input type="checkbox"/> Elementary <input type="checkbox"/> Middle school <input type="checkbox"/> Secondary <input type="checkbox"/> Future professional <input type="checkbox"/> Higher ed. <input type="checkbox"/> Adapted <input type="checkbox"/> Dance <input type="checkbox"/> Health <input type="checkbox"/> Recreation <input type="checkbox"/> Other _____		
<b>Length of Session</b>			
	<input type="checkbox"/> Single Session (50 minutes)		
	<input type="checkbox"/> Extended Session (80 minutes)		
<b>Audio / Visual:</b> Please check equipment needed: LCD Projectors will not be provided.			
<input type="checkbox"/> Microphone <input type="checkbox"/> Screen <input type="checkbox"/> Other _____			
<b>Will you be part of the CD Representative Assembly?</b>		<input type="checkbox"/> Yes	<input type="checkbox"/> No
<b>Please rate each day/time slot in order of your preference</b> (1 = most preferred, 4 = least preferred):			
Thursday Pre-Conference _____ Friday AM _____ Friday PM _____ Saturday AM _____ Saturday PM _____			

**Very important information for all presenters:**

- 1) CDAAHPERD **does not provide laptops or LCD projectors (we are however working on projectors)**. You will need to provide your own if you need either for your presentation.
- 2) CDAAHPERD **will provide the following in every room:** Table in front, screen, power strip, and an extension cord.
- 4) CDAAHPERD **does not** provide balls, nets, standards, goals, or any other activity equipment.
- 5) CDAAHPERD will have access to multiple outdoor areas (remember, however, it is winter in Wyoming), but you should contact one of your Executive Board representatives for clarifications and available venues.

**Send program proposal**, according to the content, to one of the following, by **June 15, 2012**:

<b>Sport &amp; PE</b> Clayton Ellis 3559 S. Rifle Street Aurora, CO 80013 <a href="mailto:ceellis@aps.k12.co.us">ceellis@aps.k12.co.us</a>	<b>Physical Activity and Recreation</b> Ken Bias University of Central MO, M161 Warrensburg, MO 64093 <a href="mailto:bias@ucmo.edu">bias@ucmo.edu</a>	<b>Dance</b> Deb Stephenson 100 N. Avenue Council Bluffs, IA 51503 <a href="mailto:dstephenson@cbcsc.org">dstephenson@cbcsc.org</a>
<b>Health</b> Julie Lueckenhoff Blair Oaks R-11 6124 Falcon Lane Jefferson City, MO 65101 <a href="mailto:jlueckenhoff@blairoaks.k12.mo.us">jlueckenhoff@blairoaks.k12.mo.us</a>		<b>Central District President</b> Scott Strohmeier University of Central MO, M126 Warrensburg, MO 64093 <a href="mailto:strohmeier@ucmo.edu">strohmeier@ucmo.edu</a>