In gearing up for a fantastic fall, finishing touches are swiftly coming together for the 79th Annual MAHPERD convention at the DCU Center in Worcester on November 17th and 18th. The MAHPERD leadership team is hard at work creating a dynamic and exciting convention! There will be a fantastic line-up of speakers, presenters, book-signing sessions, over 40 + exhibitors, a Red Cross Blood Drive, a MAHPERD Dance show case and of course, the famous MAHPERD Mania. Well, okay – there are a few surprises as well.

As we keep moving toward a Healthy Future, it is time to get excited about what we do again. In putting together the November conference, I believe we have a great one. There is something for everyone but it is up to YOU to take advantage of it!

Here is just a portion of the incredible line-up We are very excited to have 2 wonderful featured speakers to join us in November. Take a look below!

We are fortunate to have the award-winning journalist Christine Brennan join us. She is a USA Today sports columnist, author of the best-selling figure skating book Inside Edge and television sports analyst and is a leading voice on the Olympics, international sports, women's sports and other sports issues.

- Brennan's column in USA Today makes her the most widely-read female sports columnist in the nation. Her new sports memoir, Best Seat in the House: A Father, A Daughter, A Journey Through Sports, (Lisa Drew Books/Scribner) is the first father-daughter memoir written by a sports writer.
- Brennan is an on-air commentator for ABC News and ESPN, reporting for the networks from the Summer Olympics in Atlanta, Sydney and Athens, and the Winter Olympics in Nagano, Salt Lake City and Torino, as well as other sports venues. Brennan also is a commentator on NPR's Morning Edition. Her sports commentaries appear on-line at christinebrennan.com. She is currently reporting on her 13th Olympics from Beijing.
Dr. Michael Fowlin will be Tuesday's General Session Featured Speaker. His mission is to create an atmosphere of worldwide inclusion, not just tolerance, towards all people. He has worked extensively with all age groups in the United States and in other countries. His work has included peer mediation, diversity trainings, gender equity workshops, and violence prevention seminars.

He hopes that all audience members will leave his performance with that wonderful, awakening feeling of beauty: the beauty within one’s self and the beauty within others; the celebration of our differences, and the acceptance of our shared experiences.

Our featured presenters are outstanding professionals in their respective fields. All are passionate about what they and it shows. Please take advantage of their expertise and join in the workshops. They are as follows:

Dr. Joella Mehrhof is a distinguished and passionate presenter for the Elementary PE division. She is currently a Professor in Health and Physical Education at Emporia State University in Emporia, KS. She has authored more than 40 publications – Latest publications include *Never Play Leapfrog with a Unicorn* (book - 2007) and *Road Blocks to Quality Physical Education* (book - 2007). She has won three teaching awards including 1) Teachers College Instruction Award, 2) The Roe R. Cross Teaching Award, and 3) Kansas Outstanding Online Teaching Award, as well as several other professional awards.

Dr. Mehrhof has presented in more than 100 professional sessions at state, regional, and national level conferences, workshops, and in-services. She also has written and received almost two million dollars in grant money for curricular development and the improvement of physical education. Be prepared to attend one of her fabulous presentations and enjoy her incredible passion and enthusiasm.

Maggie Tieman-Montefelti is a dynamic and energetic speaker. She will be presenting for the PE division for both the middle and school and HS levels. Maggie is a Wellness teacher at Lewis S. Mills High School in Burlington, Connecticut. She has presented sessions on various topics related to adventure education, standards-based curriculum, functional fitness, heart rate monitors, and nutrition at the state, district, and national levels. She is currently the CTAHPERD Region VI Director - planning professional development for the northwest coner; Awards Chair for the CTAHPERD Outstanding High School Physical Education Student Award and a member of the 1st Cadre of Physical Education Teachers for the CT State Department of Education. Maggie is a Certified Physical Best Health Fitness Specialist, Certified Personal Trainer, Certified Nutritional Specialist, and Certified Strength and Conditioning Specialist. She is most recently named CTAHPERD's 2006 Secondary School...
Teacher of the Year, 2006 Class S Field Hockey Coach of the Year and NASPE’s 2007 Eastern District Secondary Teacher of the Year. You DO NOT want to miss her presentation!

Nancy RudGordon will be our features speaker for the APE Division. Nancy graduated with a physical education major from Luther College, Decorah, Iowa, and taught mainstream physical education. She finished her DAPE (Developmental Adapted Physical Education) Masters in the summer of 1987 at the University of Minnesota. She began her first DAPE teaching job in the Mounds View, Mn. Schools. In the fall of 2008, she began her 21st year teaching DAPE at Burnsville, Mn, working with early childhood special education students and also teaching DAPE in 3 elementary schools. In the spring of 2006, Nancy was chosen as the National APE Teacher of the Year, 2007, by the American Association for Physical Activity and Recreation (AAPAR). We are delighted that Nancy could be with us this year.

She’s back!! And MAHPERD could not be more delighted about Teresa Osborn’s return to Massachusetts. Teresa brings clarity, grace and a unique sense of movement to the Dance division. Please include the MAHPERD Dance Showcase as a must-see in November. She has held office as VP of Dance for the Eastern District Association and MAHPERD. She has worked with a number of school systems as a Dancer in Residence for the following districts. They include Westwood Public Schools, Watertown Public Schools, Pembroke Public Schools, Sharon Public Schools, Norwood Public Schools and Dedham Public Schools. She has been involved in teaching curriculum and instructing faculty for Professional Development workshops in the following districts: Westwood Public Schools, Duxbury Public Schools, Needham Public Schools, Medfield Public Schools, Reading Public Schools, Northborough/Southborough Public Schools, Springfield Public Schools, Foxborough Public Schools and Tantasqua Public Schools.

Her duties include staff training, tracking of students progress, goal setting for sales & productivity, closing of all sales for teachers, creating various promotions and organization for competitions, showcases & trips. Supervision of telemarketing program and guest program, handling all interviews, implementation of a children’s classes, corporate marketing program and other outside work. She is a highly sought-after professional and we are pleased to have her join us once again.

George Walker is our featured presenter for the Health division. Mr. Walker hails from Alabama and was honored with the Alabama Public Schools Teacher of the Year in 1998 and the Mobile County PTA Teacher of the Year in 2008. He has taught Health in both the middle school and high school levels and is a sought-after speaker on the local and national levels for AAHPERD and the Southern District in Georgia, Tennessee and Arkansas. We are very fortunate to have George present at MAHPERD this year.

Whew! What an incredible line-up! It is my sincere wish that as we move toward healthy future, we could start the creative energy flowing. By coming and joining MAHPERD in November, you’re welcome to grab onto that energy and move ahead!

See you in November!

Sincerely,

Toni Duval

Upcoming One Day MAHPERD Workshops!

Stay tuned on the website for specific dates, times and registration.

October 2008
School Health Index Workshop,
Springfield College

January 2009
Adapted Physical Education Workshop

March 2009
MAHPERD One Day Spring Conference, Salem State College
President Elect Message  

Donna Ruseckas

This is a very exciting time for me as President Elect for MAHPERD. As a recent MAHPERD Board member, I served as officer of Girls’ and Women’s Athletics beginning in 2005. It was an eye-opening experience serving on this board. Each month officers of each committee and the Executive board discuss important issues within each area that MAHPERD represents in order to provide programs, advocacy, and leadership.

In June as President-Elect, I and our Executive Director, Maria Melchionda represented MAHPERD at the AAHPERD Leadership Conference in Washington DC where president-elects from all but 3 states were present! Each representative was there to learn how to best serve at the state level; provide quality conventions and conferences and brainstorm ideas and strategies. Many contacts were made and resources made available. Most importantly, I met many great professionals who share the same passion for the physical education and health profession. Based on what I have learned, I am excited to plan the Spring Conference that will be hosted by Salem State College in March this year! Please stay tuned to the information about this event that will be made available to you via our State Convention and the new MAHPERD website. I am extremely honored to serve you and the Board as President-Elect and future President of MAHPERD.

As a member of MAHPERD, please don’t pass up the opportunity to attend workshops and conventions to learn new and exciting strategies and receive the tools necessary to be effective in your profession. Share your expertise by becoming a presenter! If you haven’t attended a MAHPERD Convention or conference in recent years, don’t miss out and make this year the time for you to be inspired and energized. As teaching professionals, we can never stop learning.

Be a part of something BIG!

MAHPERD Mania!

The Grand Finale! Tuesday

4:00 - 4:45 PM

Be There!

Cash and Prize Give-Aways!

You have to be a MAHPERD member and be present to win!!!
This summer I read a book entitled, “17 Essential Qualities of a Team Player” by John Maxwell. I’d like to share some of the quotes that struck me as vital to thinking as a leader:

“Always listen to experts. They’ll tell you what can’t be done and why. Then do it” – Robert Heinlein

“People will always move toward anyone who increases them and away from others who devalue them.” – John Maxwell

“Enthusiasm is contagious. It’s difficult to remain neutral or indifferent in the presence of a positive thinker.” – Denis Waitley

“To collaborative team members, completing one another is more important than competing with one another.” – John Maxwell

These quotes remind me of the hundreds of individuals in the HPERD professions who are totally devoted day after day to teaching students; spearheading projects; guiding /assisting staff and who never give up on ideal thinking. When we give up on ideals, then reality can never be achieved. So this year, enjoy each moment; take your program and run with it; savor the excitement of your students eager to learn from you and have a terrific start to a year full of promise!

Begin your year with a journey of two full professional development days by attending the MAHPERD Annual Convention: “Moving Towards a Healthy Future” on November 17 & 18, 2008. Your President Toni Duval and the MAHPERD Board has a wonderful line up of stars speaking to every aspect of wellness! Exhibitors; book signings; blood drive; Council for Future Professionals Raffle; Dance Showcase and of course to top it off, MAHPERD MANIA on Tuesday afternoon, promises cash prizes and many more gifts this year to give away! Please as always, do not hesitate to contact me with questions and concerns (508)794-1338.

See you in November!

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**Portion of proceeds donated to the Boys and Girls Club of Worcester, MA**

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**Monday 11:30-12:30**

**Foyer Level**

**Special Book Signing**

**Featured Author**

**Christine Brennan**
Looking at Your Leadership
Marc J. Alterio, MAHPERD  “E-Newsletter” Editor

In an effort to better acquaint our members with “all of the professional folks” who contribute to the health and wellness of the MAHPERD organization I will be “Looking at Your Leadership” in the upcoming editions of the E-Newsletter. Here, professional “snap shots” of elected and appointed members of your organization will be presented and their contributions and educational pursuits highlighted.

Active MAHPERD membership is the cornerstone of our organization. Efforts put forth by your leadership assist in program development, legislative/community support and in turn produces an “educational voice” for the health and wellbeing of all the students we serve across the Commonwealth.

Please feel free to express your interest in this venture.

MAHPERD 3rd Annual Student Summit

Sunday, October 5, 2008
Salem State College
12:00 PM - 4:00 PM

For details, contact: Dr. Karen Richardson (BSC); Dr. Bob Rausch (WSC); Dr. Ann Marie Gallo (SSC) and Professor Shannon Whalen (Springfield College)

Authors’ Day!
Tuesday 11:45-12:30
Foyer Level

Featured Authors

Jane Panicucci & Lisa Hunt~ Project Adventure
Achieving Fitness: An Adventure Activity Guide

Joella Mehrhof-Professor, Emporia State University
Never Play Leapfrog with a Unicorn * Roadblocks to Quality Physical Education

Sam Baumgarten-Professor, Bridgewater State College & Terry Langton, Hanover Public Schools
Elementary Physical Education: Building A Solid Movement Foundation

National Association for Sport & Physical Education
PE Metrics

Carol Goodnow, Kids Running.com Founding Editor
Kids Running: Have Fun, Get Faster & Go Farther

Come and have your book signed when you purchase these wonderful resources for your curriculum!!
BEST SEAT IN THE HOUSE
A Father, a Daughter, 
a Journey Through Sports
By Christine Brennan

From the most widely read woman sports columnist in the United States comes a remarkable memoir of a father and a daughter, the story of a girl who would turn her love for sports into a trailblazing career.

Christine Brennan grew up in Toledo, Ohio, spending her summers playing with the boys on her block, memorizing baseball statistics, accompanying her dad to countless baseball and football games, and falling in love with everything about sports. While other girls were playing with Barbie dolls, Chris was collecting baseball cards and could be found glued to the radio, listening to the play-by-play accounts of her favorite teams.

The eldest of four children, Chris was her father’s daughter from the beginning. For a girl growing up in the 1960s and ‘70s, in the days before Title IX changed the playing fields of America, there were few opportunities to play organized sports. But Jim Brennan encouraged his daughter to believe she could play anything she wanted to, and when she couldn’t be on the field, he was by her side in the stands — she always thought the seat next to her father was the best seat in the house — usually cheering for the underdog, and making certain that Chris knew there would always be a place for her in the world of sports.

In her warm and inspiring memoir, the first of its kind by a female sports journalist, Brennan takes readers from her neighborhood ball fields to the press boxes and locker rooms of stadiums around the world. Guided by her father’s unfailing sense of loyalty, honor, and fairness, she became the first female sportswriter at the Miami Herald at the age of twenty two, and the first woman to cover the Washington Redskins in 1985 as a staff writer at the Washington Post.

Over the past quarter century, Brennan has reported on many of the biggest stories in sports, including leading the coverage of the Tonya Harding-Nancy Kerrigan saga and breaking the news of the pairs figure skating scandal at the 2002 Salt Lake Olympics. Her USA Today Column on Augusta National Golf Club, home of the Masters, triggered a nationwide debate about the club’s lack of female members.

Told in the spirited, friendly voice that readers of her column have come to love, Best Seat in the House is the heartwarming chronicle of a girl who came of age as women’s sports were coming of age, encouraged every step of the way by her beloved father.

Christine Brennan, a USA Today columnist, has twice been named one of the nation’s Top 10 sports columnists by the Associated Press Sports Editors. She also is a commentator for ABC News, ESPN, and NPR. Her national best-seller Inside Edge was named one of the Top 100 sports books of all-time by Sports Illustrated. Brennan lives in Washington, D.C. Please visit her website, www.christinebrennan.com.

Advance praise for Christine Brennan’s Best Seat in the House:

“If we’re lucky, my daughter will turn out half as passionate about sports as Christine Brennan, and I’ll be half as wise as her dad.” —Rick Reilly, SI columnist

“Chris Brennan has always taken the tough stance. On a compass, she is our True North. As usual, she turns every double play in this remarkable trip through her childhood and award-winning career. It will make you wish you grew up in Toledo.” —Lesley Visser, CBS Sportscaster
Tuesday’s Featured Speaker

Dr. Michael Fowlin
Actor - Psychologist - Poet

Dr. Michael Fowlin (a.k.a. Mykee) has assembled exciting programs on the issues of race, discrimination, violence prevention and personal identity. His original and powerful presentations, now seen by over a million people, bring a heightened awareness of these issues to your students, faculty, administrators and parents. They also suggest SOLUTIONS. His programs combine both his professional acting talents and his psychological training. His mission is to create an atmosphere of worldwide inclusion, not just tolerance, towards all people. He has worked extensively with all age groups in the United States and in other countries. His work has included peer mediation, diversity trainings, gender equity workshops, and violence prevention seminars. Mykee will perform the classic “You Don’t Know Me Until You Know Me” for the MAHPERD General Session on Tuesday. (**Note: This is a 75 minute performance)

VP of Physical Education Bob Fitzpatrick

I hope you all had a fun and active summer. As we get ready for the new school year I was reflecting back on a workshop I had attended at the AAHPERD Convention in Ft. Worth, Texas last spring and realized the effect positive modeling has on our students. At the NASPE Town Hall meeting, physical educators and coaches gathered from across the country to discuss issues, which we all face during our teaching experiences. All agreed that our image as positive models for our students relative to physical fitness and living a physically active lifestyle, are powerful tools which we should utilize on a daily basis.

I would encourage all of us, and our classroom colleagues, to share with our students our personal fitness routines, our physical activity choices and how we use physical activity to increase the quality of our lives. In the past some have felt that taking a lunchtime run, or working out in the gym to have selfish motives. I feel that our students observing us working at our fitness routine serves not only to inspire their involvement in physical activity and to see a positive model for such but also offers our constituents an opportunity to see us working to stay fit. In a sense our students now see us having walked in their shoes. In other words, physical educators do not possess an innate ability when it comes to maintaining fitness. We have to work at it just like our students. What we do, does make a difference in the lives of our students! Our image is a powerful teaching tool, one that takes root sometimes without us even knowing it. Be that positive model for your students.

Your MAHPERD Board has put together a great platform of presenters for the fall convention. I hope you have the opportunity to take advantage of this professional development experience and I hope to see you all there! If I can be of any help to you during the coming year, please do not hesitate to call or email me. Have a great year and stay active.

Having said the above, MAHPERD is offering a monthly physical activity session for our membership. We will change the activity month to month and the locations will move around the state. See the MAHPERD web site for dates and particulars. Come and join us for a hike, bike, kayak, or your favorite activity. Fall dates will be (all Saturdays): September 13 (Newton-Kayak on the Charles River); October 18th (Northampton Bike path-bike/roller blade); November 22 (Mt Wachusett-hike).
MAHPERD CONVENTION

9:15-10:15 (APE/FS-49) FEATURED SPEAKER South Ballroom
America’s Children — Strikingly
Welcome to a session demonstrating a progression of three lessons in a striking unit for early childhood and elementary special education. Each of the lessons includes a natural progression of skill difficulty and involves a cooperative component as well. In addition, witness strategies for opening and closing a lesson. The second part of the session includes a demonstration of six favorite activities for elementary and early childhood.
Presenter: Nancy RudGordon, M.S., 2007 National APE Teacher of the Year, American Association for Physical Activity and Recreation

9:15-10:15 (ATH-27) Feedback and Motivation: What are you serving in your “Feedback Sandwich”? Room A
Expanding upon the classic “feedback sandwich” and building self-esteem through positive reinforcement, the type of feedback used by teachers and coaches will be explored. Guided by the work of Dr. Carol Dweck, professor of psychology at Stanford University, the concept of a growth mindset vs. a fixed mindset views their talents and abilities as being set, of “fixed”. Their fate is to go through life avoiding challenge and potential failure. Individuals with a growth mindset see their talents and abilities as being fluid, malleable, and a work in progress. Their fate involves growth and approaching challenges as opportunities for success. Your feedback as an educator is a contributing factor in how your students’ possess. Strategies for facilitating the development of a growth mindset in sport settings, as well as in physical education and health classrooms, will be introduced and discussed.
Presenter: Jennifer Mead, M.S., Ph.D. in Physical Education candidate, Springfield College

9:15-10:15 (H/FS-32) FEATURED SPEAKER Room B
Gender Feud Comes to Massachusetts
Presenter: George Walker, Alabama Public Schools Teacher of the Year in 1998; Mobile County PTA Teacher of the Year in 2008. He has taught Health in both the middle school and high school levels. Renowned speaker on the local and national levels for AAHPERD and the Southern District in Georgia, Tennessee and Arkansas

9:15-10:15 (ATH-51) Separating Fat from Fiction: Exploring the Myth of Calorie Counting Room C
Myths, Realities and Assumptions
This session reviews research done in the field of obesity and consequently challenges some of the commonly held beliefs regarding obesity and its relationship to mortality and health. The efforts of dieting are examined as it relates to physiology, psychology, and health. A review of how exercise relates to health and longevity is discussed. This session supports the concept of HAES (Health At Every Size) and suggests the focus should be shifted from weight to the more attainable objective goals of a healthier diet and physical activity.
Presenter: Eileen D. Pirella, M.S., ATC; LAT, CSCS; Head Athletic Trainer/Senior Faculty, Mount Holyoke College

9:15-10:15 (H-79) Who You Gonna Call? and other stories Room D
Safety Instruction Ideas for Grades K-6
Attendees will leave this session with ideas for interactive ways to instruct a variety of health topics to elementary aged (K-6) students. A special emphasis will be given to personal safety. Handouts will be provided.
Presenter: Dr. Patricia L. McDermid, Ed.D., Assistant Professor, Springfield College Nicole Hanewich, B.S., Springfield College graduate student and teaching fellow Group of pre-service educators from Springfield College

9:15-10:15 (D-15) Back to the 70’s Junior Ballroom
Fun, easy 70’s dance routine that can be used as a line dance or even a doubles using miming or opposites. Go back in time to the popular music and moves of this era and have a blast teaching it to your classes.
Presenter: Teresa Osborn, National, Regional and State renowned speaker, VP of Dance for the Eastern District Association and Past VP of Dance of MAHPERD. Dancer in Residence for Westwood Public Schools, Watertown Public Schools, Pembroke Public Schools, Sharon Public Schools, Norwood Public Schools and Dedham Public Schools. F.I.S.T.D.

10:30-11:30 GENERAL SESSION Ballroom
Speaker: Christine Brennan, Nationally known author
Topic: Best Seat in the House
A father, a daughter, and journey through sports. Christine Brennan, a USA Today columnist, has twice been named one of the nation’s Top 10 sports columnists by the Associated Press Sports Editors. She is a commentator for ABC News, ESPN, and NPR.

11:30-12:30 LUNCH — MAHPERD CAFE

FOYER EVENTS:
• Council for Future Professionals Raffle
• Nationally Recognized Author, Christine Brennan - Book Signings (portion of proceeds will be donated to the Boys and Girls Clubs of Worcester, MA)
• Blood Drive - American Red Cross
• MAHPERD Student “Poster Sessions”

The MAHPERD Poster Session is an opportunity to discuss a topic with peers in an informal setting. Attendees of the sessions will explore and discuss visual presentations of research (completed or in progress), a project, or best practice with undergraduate students, graduate students in or in-service educators/professionals in any of the Association’s disciplines: health, physical education, recreation or dance.

12:30-1:30 (CE-55) Xavix Flaghouse Convention Exhibitor Activity Area 1
Presenter: John Smith, NASPE Teacher of the Year

12:30-1:30 (CE-12) Super Balls, Super Games Convention Exhibitor Activity Area 2
This session will present games and activities to develop skills and team spirit; stimulant activities with six balls, six colors, 6 teams at the same time; manipulation, collective games, strategy, coordination are involved; New games in team with big ball, “Super Ball” ideal to enhance abilities to kick, pass and run. Activities with large basketball excellent to learn the basic skills and strategies with more accessible balls.
Presenter: Teresa Osborn, National, Regional, and State renowned speaker. VP of MAHPERD, Dancer in Residence for Westwood Public Schools, Pembroke Public Schools, Sharon Public Schools, Watertown Public Schools, Norwood Public Schools and Dedham Public Schools.

12:30-2:00 (FS-5) Thinking in Teams North Ballroom
Get your students thinking in the gym! With these team building activities, students can be active, make cognitive connections and address the national standards at the same time.
Presenter: Maggie Montefeltro, M.S., CSCS, 2007 EDANASPE Secondary Teacher of the Year; 2006 CT Secondary Physical Education/Teacher of the Year; 2006 CT Field Hockey Coach of the Year

12:30-1:30 (ATH-62) Team Building Exercises: Central Ballroom
Creating Positive Connections
Sharing activities to foster team unity.
Presenter: Christine A. Lee, M.S., Senior Lecturer and Head Cross Country and Outdoor Track and Field Coach, Mount Holyoke College

12:30-1:30 (APE/FS-64) FEATURED SPEAKER South Ballroom
From the Midwest — Minnesota Dept. of Adapted Physical Education: What and How?
In addition to discussion of Adapted Physical Education issues within the state of Minnesota, experience seasonal games that you can use this very year for early childhood and elementary students as well. Come and see!
Presenter: Diane Krol, RD, LDN, Nutrition Specialist, New England Dairy and Food Council

12:30-1:30 (H-19) Germs: Stopping the Spread Room A
Two health education interventions designed to stop the spread of disease through basic hygienic practices. One intervention addresses handwashing and the other addresses cleaning gym/fitness center equipment. Both interventions were successful in getting individuals to engage in healthier behaviors.
Presenter: Maggie Montefeltro, M.S., CSCS, 2007 EDANASPE Secondary Teacher of the Year; 2006 CT Secondary Physical Education/Teacher of the Year; 2006 CT Field Hockey Coach of the Year

12:30-1:30 (CE-37) Game On! Join the Revolution for a Healthier School Room B
New England Dairy and Food Council
Convention Exhibitor

Game On! Join the Revolution for a Healthier School
Learn how you and your school can take a stand for a healthier future with this hands-on presentation. Be a leader in the wellness revolution and discover new tools, like Dairy Council’s new multi-year initiative, that are available to help students make positive changes when it comes to their eating and exercise habits. Discover how you can achieve your school’s wellness goals by teaching about the Food Groups to Encourage and Implementing the Action of Healthy Kids’ exciting new program, Game On! The Ultimate Wellness Challenge.
Presenter: Diane Krol, RD, LDN, Nutrition Specialist, New England Dairy and Food Council

12:30-1:30 (PE-22) The Road Less Traveled — Teaching College Room C
And Graduate Level Physical Education and Health Education Courses OnLine
An introduction to the world of cyberspace and teaching and learning online. What does it mean to teach online? How does one develop an online class? How do you really teach online? What are the differences from online learning and traditional learning? Learn the meaning of words like “web based environment”, “synchronous versus asynchronous learning”, and “discussion forums” and leave with a sound understanding of how online teaching and learning fits into the lifelong learning in the 21st century.
Presenter: Eileen C. Sullivan, Ed.D., Program Coordinator for PE/Health/Coaching Programs, Boston University
1:45-2:45 (CE-57) Bay State Games: Health, Recreation, Room A
Activities that deal with mental, family of nutritional health.

**Presenter:**
George Walker, Alabama Public Schools Teacher of the Year in 1998; Mobile County PTA Teacher of the Year in 2008. He has taught Health in both the middle school and high school levels Renowned speaker on the local and national levels for MAHPERD and the Southern District in Georgia, Tennessee and Arkansas.

12:30-1:30 (ATH-77) College Athletics 101, Room E
A high school coach's guide to preparing their athletes for participation at the next level.

**Presenter:**
Robert J. Rausch, Jr., Ph.D., Professor David A. Laring, M.S., Associate Professor both from Department of Movement Science, Sport, and Leisure Studies, Western State College

12:30-1:30 (PE-7) Friluftsliv (Outdoor Recreation), Junior Ballroom
Friluftsliv is a Norwegian term with a variety of meanings: "open air, outdoor life" or "outdoor recreation". Friluftsliv is a Norwegian practice benefiting people in three ways: physically, mentally and socially. Friluftsliv encourages people to develop and maintain a lifelong commitment to physical activity. Our presentation will include our 13 day trek in Norway; how we experienced Friluftsliv there and how we incorporated Friluftsliv into our own school community. The presentation will also include a leisure walk around Worcester Common Park.

**Presenters:**
Cindy Coughlin, B.S., Physical Education/Health teacher Sandra Collins, M.S., Student Adjustment Counselor both from Alice B. Keal Elementary School, Springfield

1:45-2:45 FOYER EVENTS:

**• MAHPERD "Poster Sessions"**
The MAHPERD Poster Session is an opportunity to discuss a topic with peers in an informal setting. Attendees of the sessions will explore and discuss visual presentations of research (completed or in progress), a project, or best practice with undergraduate students, graduate students or in-service educators/professionals in any of the Association’s disciplines: health, physical education, recreation or dance.

1:45-2:45 (CE-38) Birdieball, Inc., Activity Area 2
Convention Exhibitor

**Presenter:**
Joella Mehrhof, Professor in Health and Physical Education at Emporia State University in Emporia, KS. Author of more than 40 publications – Latest publications include Never Play Leapfrog with a Unicorn (book - 2007) and Road Blocks to Quality Physical Education (book - 2007). Teachers College Instruction Award; The Roe R. Cross Teaching Award; The Outstanding Physical Educator of All Ages and Athletic Programs for Participants Of All Ages

1:45-2:45 (CE-53) Physical Education and Activity Area 1

**Presenter:**
Sandra Collins, M.S., Student Adjustment Counselor from Alice B. Keal Elementary School, Springfield

1:45-2:45 (PE-23) Teaching and Assessing for Decision-Making Competency in Game Play

**Presenter:**
Karen P. Richardson, Ed.D., Assistant Professor, Movement Arts, Health, Promotions, Leisure Studies Dept., Bridgewater State College

1:45-2:45 (FS-10) FEATURED SPEAKER, Central Ballroom
The NEW Middle School Logic: Exercise Only on the Days You Eat

**Presenter:**
Joella Mehrhof, Professor in Health and Physical Education at Emporia State University in Emporia, KS. Author of more than 40 publications – Latest publications include Never Play Leapfrog with a Unicorn (book - 2007) and Road Blocks to Quality Physical Education (book - 2007). Teachers College Instruction Award; The Roe R. Cross Teaching Award; The Kansas Outstanding Online Teaching Award.

1:45-2:45 (H-90) Wellness As A Way of Life, Room D
Creating a curriculum to inspire and motivate.

**Presenter:**
Susanne Maurer-Starks

1:45-2:45 (H-88) Facilitating Health Promoting Behavior, Room E

**Presenter:**
Shannon Whalen, MAHPERD Vice President Health Division; Professor of Health Education, Springfield College

1:45-4:00 (D-4) Traditional Barn Dances With Calls and Fiddling, Junior Ballroom
Dancing to live fiddling and calling, participants will learn dances they can teach at schools, all levels. Circles, squares and longways dances taught will include Le Papillon, Comin’ Round the Mountain, Low Backed Car, Polka Conry, Sir Roger de Coverly, Nelly Bly, Brandy Sherrbrooke and others. Teaching and calling dance methods with variations for children-adults included along with history and culture. Teachers practice calling, interdisciplinary collaborations with music teachers are explained. Questions and answers at end.

**Presenters:**
Dudley Laufman, self-employed fiddler and dance caller; Past Vice-President, Dance; NAHPERD Jacqueline Laufman, self-employed fiddler. Past Vice-President, Dance, NAHPERD

3:00-4:00 (H-91) Preparing Future Professionals, Room A

**Presenter:**
Kimberly Wise

3:00-4:00 (CE-85) Jurassic SPARK, Activity Area 2

**Presenter:**
Julie Frank, MPH, CHES; Director of Operations and Special Projects for SPARK - Sports, Play and Active Recreation for Kids

3:00-4:00 (CE-13) Girl Chat: Act to Prevent, Central Ballroom

**Presenter:**
Deana’s Educational Theater actors: Stacy Fisher, Amie Brehm and Meaghan Willis. The performance and discussion will be moderated by Sher Quaday, M.Ed., Executive Director of Deana’s Educational Theater.

3:00-4:00 (D-43) Creating Dances with Stories, South Ballroom

**Presenter:**
Katrina McClain, MAHPERD Vice President, Dance

3:00-4:00 (H-91) Preparing Future Professionals for the Workforce, Room A

**Presenter:**
Kimberly Wise

**Resolution Skills in the Classroom**

**Presenter:**
Shannon Whalen, MAHPERD Vice President Health Division; Professor of Health Education, Springfield College

3:00-4:00 (H-91) Preparing Future Professionals for the Workforce, Room A

**Presenter:**
Kimberly Wise

3:00-4:00 (CE-13) Girl Chat: Act to Prevent, Central Ballroom

**Presenter:**
Deana’s Educational Theater actors: Stacy Fisher, Amie Brehm and Meaghan Willis. The performance and discussion will be moderated by Sher Quaday, M.Ed., Executive Director of Deana’s Educational Theater.

3:00-4:00 (CE-85) Jurassic SPARK, Activity Area 2

**Presenter:**
Julie Frank, MPH, CHES; Director of Operations and Special Projects for SPARK - Sports, Play and Active Recreation for Kids

3:00-4:00 (CE-53) Physical Education and Social and Emotional Learning, Activity Area 1

**Presenter:**
Lisa Hunt and Jane Panici, Project Adventure
Remember to have Monday Certificate of Attendance STAMPED at the MAHPERD Booth before leaving today.

3:00-4:00 (CE-50) Health Education: Where Do We Find the Time? Room B

Children's Health Market Convention Exhibitor

Are you looking for a current health education program that does not overwhelm the classroom teacher? If so, this session is for you! The Great Body Shop is a research-based, substance abuse prevention curriculum for children in grades PreK-8th. Designed for classroom teachers, students and their families, The Great Body Shop is a motivational, fun hands-on approach to teaching life long health and critical thinking skills in just one lesson per week. Participants will enjoy a lively, interactive session which will overview the curriculum and engage participants in activities.

Presenter: Barbara Burditt, CHES, Program Consultant, The Children’s Health Market

3:00-4:00 (CE-59) Your Student’s Heart Health – Room C

Knowing the Facts can save young lives!

Heart Screen America Convention Exhibitor

In this session, attendees will learn about the prevaiveness of Cardiac Arrhythmia Syndromes and Sudden Cardiac Arrest (SCA). Topics that will be covered are the basic facts about SCA and how prevalent it truly is in this country, emergency action plans to implement in schools, AED/CPR usage and preventive heart screenings for early detection. Attendees will learn how they can take a proactive approach to reducing the risks associated with SCA as well as dealing with SCA in an emergency situation. Attendees will get the opportunity to hear first hand how SCA can affect your life from different points of view. Heart Screen America’s (HSA) mobile screening program will be introduced as an option for preventive planning. HSA is currently collaborating on public education programs, alerting athletic directors, coaches, parents and young adults to the risks of Sudden Cardiac Arrest and the need for preventive heart screening to potentially save young lives.

Presenter: Richard Butterworth

3:00-4:00 (MG-10) Teaching Health Literacy: Room D

Lessons designed to change behavior in secondary students

Presenter: Marc Asselin

3:00-4:00 (PE-99) Using Technology in Your Physical Education Curriculum Room E

This session will focus on 1. how to use and integrate Polar Heart Rate monitors into your curriculum; and 2. using technology in your class management, assessment, and fitness testing.

Presenter: Richard Butterworth
10:30-11:45 GENERAL SESSION
North Ballroom
Michael Fowlin, Actor, Psychologist, Poet; Nationally Renowned Speaker
Featured Performance: “You Don’t Know Me Until You Know Me”
Dr. Michael Fowlin (a.k.a. Mykee) has assembled exciting programs on the issues of race, discrimination, violence prevention and personal identity. His original and powerful presentations, now seen by over a million people, bring a heightened awareness of these issues to your students, faculty, administrators and parents. They also suggest SOLUTIONS. (75 minute session)

11:30-12:30 LUNCH — MAHPERD CAFE

11:45-12:30 BOOK SIGNINGS IN THE FOYER

12:30-1:30 (CE-76) Out in the Locker Room, Gym and Sports Room B
PFLAG Convention Exhibitor
Coaches and Out athletes will share personal experiences. Learn effective strategies for creating safe space for all athletes and students to be who they are without fear of harassment. Discuss successful ways to address anti-gay name calling and bullying.

12:30-1:30 (CE-59) Your Student's Heart Health — Room D
Knowing the Facts can save young lives!
Heart Screen America Convention Exhibitor
Learn about the prevalence of Cardiac Arrhythmia Syndromes and Sudden Cardiac Arrest (SCA). Topics that will be covered: the prevalence of SCA in this country, emergency action plans to implement in schools, AED/CPR usage and preventive heart screenings for early detection. Learn how you can take a proactive approach to reducing risks associated with SCA as well as dealing with SCA in an emergency situation. Get the opportunity to hear first hand how SCA can affect your life from different points of view. Heart Screen America’s (HSA) mobile screening program will be introduced as an option for preventive planning. HSA is currently collaborating on public education programs, alerting athletic directors, coaches, parents and young adults to the risks of Sudden Cardiac Arrest and the need for preventive heart screening to potentially save young lives.

12:30-1:30 (ST-57) Communicate and Collaborate Pre-Service and In-Service teachers Working Together Room E
and PFLAG teachers to increase effective communication and collaboration.

12:30-1:30 (CE-70) Room C
American Lung Association Convention Exhibitor

12:30-1:30 (D-2) Dancing for Life: Stretching, Junior Ballroom
Introduction to basic formats for centering, balance, alignment, release, breathing, then progress into medium and high energy movements and “across the floor” combinations of movements; it will be compilation of ballet, jazz, modern, Afro-Caribbean and Pilates, with engaging music.

12:30-1:30 (PE-39) Implementing a School Wide Project Adventure Convention Exhibitor
Program
Learn how Harvard Elementary School recently added Project Adventure to their school wide curriculum. This session will focus on the benefits of Project Adventure using a team teaching approach (Physical Education teacher and Guidance Counselor). Project Adventure games and debriefing activities will also be included.

12:30-1:30 (FS-25) FEATURED SPEAKER Central Ballroom
Active Life-Style: The Truth About Functional Fitness
Find out what muscle integration is all about. This session will introduce the participants to exercises using kettlebells and stability balls. Kettlebells and stability ball workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular systems with dynamic, total body movements.

Presenter: Maggie Montefeltro, M.S., CSCS; 2007 EDA/NASPE Secondary Teacher of the Year; 2006 CT Secondary Physical Educator of the Year; 2006 CT Secondary Physical Education classroom.

12:30-1:30 (FS-34) FEATURED SPEAKER Room E
Wheels, Ice Water and Straw...Oh My!
Awareness activities in the areas of alcohol, tobacco and drugs.

Presenter: George Walker, Alabama Public Schools Teacher of the Year in 1998; Mobile County PTA Teacher of the Year in 2008. He has taught Health in both the middle school and high school levels Renowned speaker on the local and national levels for AAHPERD and the Southern District in Georgia, Tennessee and Arkansas

12:30-1:30 (CE-52) Achieving Fitness Activity Area 2
Project Adventure Convention Exhibitor
Mandated minutes per week? Heart rate monitors? Cardio equipment? All these tools are great for advancing the fitness levels of engaged, motivated, and skilled children and youth. But how do you reach all students? How do you tap into the intrinsic motivation of the disengaged? How to remediate basic skills and confidence simultaneously? Achieving Fitness! This session is active, fun and will introduce you to how the best of adventure teaching and learning blends with the foundations of fitness to get every student participating, laughing and increasing their health-related fitness. You will learn activities you can use to immediately, understand the foundational concepts behind Achieving Fitness and the connection to traditional fitness units.

Presenter: Lisa Hunt and Jane Panicucci

12:30-1:30 (D-16) Dancing Like the Stars South Ballroom
How would your students like to experience surfing, skiing, cycling, skate boarding, in-line skating, kayaking and more? No water — No snow — No problem! See how functional strength, balance, and motor skills can increase student confidence.

Presenter: Teresa Osborne, National, Regional and State renowned speaker. VP of Dance for the Eastern District Association and Past VP of Dance of MAHPERD. Dancer in Residence for Westwood Public Schools, Watertown Public Schools, Pembroke Public Schools, Sharon Public Schools, Norwood Public Schools and Duxbury Public Schools.

12:30-1:30 (HF/S-35) FEATURED SPEAKER Room A
To Bed or Not to Bed
Can’t miss activities for HIV/AIDS.

Presenter: George Walker, Alabama Public Schools Teacher of the Year in 1998; Mobile County PTA Teacher of the Year in 2008. He has taught Health in both the middle school and high school levels Renowned speaker on the local and national levels for AAHPERD and the Southern District in Georgia, Tennessee and Arkansas

1:45-2:45 (CE-66) Acronym Scamkronym Activity Area 1
SPARK Convention Exhibitor
SPARK (Sports, Play, and Acve Recreation for Kids) has created new activities for elementary students called ASAP’s (Active Soon As Possible) and PACE (Physically Active Choices to Enjoy). Learn these and more at an active session designed to decode and demystify.

Rates MA (Mature Activities Only)

Presenter: Julie Frank, MPH, CHES; Director of Operations and Special Projects for SPARK - Sports, Play and Active Recreation for Kids
1:45-2:45 (H-94) Student Perspectives on Social Justice Room A

Presenters: Suzanne Maurer-Starks and Shannon Whalen

1:45-2:45 (SR-20) National Senior Games — Senior Olympics: The World’s Largest Sporting Event for Those Over Fifty Room B

Fun, fitness and fellowship! History and purpose, variety of sporting events, how to qualify for the National Senior Olympics, competition format, new professional opportunities in your future, and some experiences by other Senior Olympians on their challenges and benefits from participation.

Presenter: Amy Hicks, M.Ed., (retired), MAHPERD Board Member, Necrology/Senior Fitness Chair

1:45-2:45 (H-36) Teaching Content Through Skills Room C

This presentation will include a brief overview of the National Health Education Standards and how to teach health content through the skills of analyzing influences, accessing information, interpersonal communication, decision making, goal setting, practicing health-enhancing behaviors, and advocacy.

Presenter: Mary-Connolly, CAGS, Health Education Consultant; Professor, Cambridge Elizabeth Curry College

1:45-2:45 (H-93) Spirituality and Health: Teaching, Not Preaching Room D

Presenter: Ron Burke

1:45-2:45 (PE-14) Exercise Psychology for the Physical Educator Room E

The presentation will entail current information about the psychological aspects associated with exercise and physical activity. Issues related to adherence such as perceived barriers to exercise, social support, and perceived exertion will be discussed. In addition, the presentation will teach physical educators how to integrate psychological components to increase motivation, self-efficacy, and enjoyment of physical activity.

Presenters: Kate McLaren, doctoral student, Springfield College Matthew Stenson, doctoral student, Springfield College Elizabeth Mullin, doctoral student, Springfield College Abbey Lade, doctoral student, Springfield College Ryan Peterson, doctoral student, Springfield College Jennifer Ellisworth, doctoral student, Springfield College (all presenters are Ph.D. candidates in Physical Education with concentrations in Sport and Exercise Psychology or Teaching and Administration)

1:45-2:45 (D-44) West African Dance Junior Ballroom

Explore dance by learning a traditional West African Dance from Senegal. The workshop will explore music and movement. Great for educators who teach grades K-12.

Presenter: Fatou-Carol Sylla

3:00-4:00 (PE-29) Putting: The Personalized System of Instruction (PSI) and the Psychology Behind It Activity Area 2

The presenters will provide an introduction of the Personalized System of Instruction (PSI) physical education teaching model and how high school and college-aged students would use the workbook in a realistic setting. Topics of discussion will be: What is the PSI Model? How and when can the PSI model be implemented? How is the PSI model beneficial? All presenters will receive a PSI golf workbook designed by Michelle R. Bongiovanni and will engage in the golf workbook activities. A summary/debriefing session will occur following the end of the golf session to discuss modifications for various age levels, those with disabilities, various physical education units, etc., and to answer questions individuals may have regarding the PSI model and/or the Golf Workbook. Given an understanding of the PSI Model, a discussion of the psychological obstacles faced in physical education classes will be presented. The presenters will provide suggested solutions to maintaining the interest of students of all abilities and personality types enrolled in the class and how to provide coaching for an individual system of teaching.

Presenters: Michelle R. Bongiovanni, B.S., Sports and Movement Sciences; M.S. candidate, Springfield College Elizabeth A. Mullin, B.A., Psychology; M.S. and Ph.D. candidate, Springfield College

3:00-4:00 (CE-82) Adventure Innovations Central Ballroom

Join us for an adventure games activity session featuring the latest innovations from Project Adventure. You will leave this high energy, dynamic and interactive workshop with new activities (or variations) that you can use in your Physical Education classes tomorrow. Be ready to learn by doing in a fun and safe environment. Activities will be presented in a sequence that is logical for most classes. Specifically designed for the teacher who has minimal props and space and large class sizes (30+).

Presenters: Lisa Hunt and Ryan McCormack

3:00-4:00 (D-45B) Line Dances South Ballroom

This session will explore various line dances, which can be used for a variety of ages and abilities.

Presenters: Donna Desmond

3:00-4:00 (H-81) Alliance for a Healthier Generation Room A

The Alliance for a Healthier Generation is a joint initiative between the American Heart Association and the William J. Clinton Foundation with the sole mission of decreasing the rate of childhood obesity in the United States by 2015. Specifically for this session, attendees will receive an explanation of the Healthy Schools Program, a free national program for schools that assists them to become healthier places to learn, work, eat and play by addressing topics such as staff wellness, school nutrition, physical activity as well as health and physical education.

Presenter: Jordan Parks, Northeast Regional Outreach Manager, Alliance for a Healthier Generation

3:00-4:00 (H-95) Integrating Diversity into your Health Education and Physical Education Curriculum Room B

Using cultural holidays to increase cultural competence.

Presenter: Segismund Shelby Sharpe

3:00-4:00 (APE-31) Access Sport America Room C

Access Sport America, a national non-profit organization, inspires higher function and fitness for children and adults of all disabilities through high challenge sports. We will discuss the high challenge sports along with all aspects of the program.

Presenters: Rev. Ross Lilley, Executive Director/Founder, Access Sport America Peter Halby, Program Director, Access Sport America Susan Brophy, Adapted Physical Education teacher, Chelsea Public Schools

3:00-4:00 (H-96) Be Active, Be Alive, Be Boisterous Room D

Making your health education classroom come alive!

Presenter: Dom Splendorio

3:00-4:00 (H-97) Service Learning and It’s Application in Health Education Room E

Presenter: Emily Dooling

3:00-4:00 (D-48) Hip Hop Dance Junior Ballroom

Presenter: Erika Reichart
A Special overnight room rate has been reserved for you during the MAHPERD Convention at the beautiful Crowne Plaza Hotel, just two blocks from the DCU Center. Your special MAHPERD rate is $95.00 single/double occupancy and $105.00 for triple and $115 quad. Use the form below or call the Crowne Plaza at 508-791-1600 to make your room reservations. To be guaranteed the MAHPERD Convention rate, your reservation must be received at the Crowne Plaza Hotel no later than OCTOBER 27, 2008.

RESERVATION FORM (please print all information)

Name ____________________________________________________ Group/Convention ____________________________________________

Dates _________________________________________________ Rates __________________________ Cut-off Date _______________

Address _______________________________________________ City/State/Zip ________________________________________________

Phone # ____________________________ Number of Rooms ____________________________ Departure Day/Date _______________

Arrival Day/Date ____________________________ Sharing with ____________________________________________ Special Requests ____________________________________________

Guarantee (credit card type) _____________________________________________________________________________________________

Credit Card Number ____________________________ Exp. Date (for check or money order deposits, please send in envelope) __________________

Signature ______________________________________________ Date _______________________________________________________

• I authorize the Crowne Plaza Hotel to charge the above credit card for one night’s deposit and applicable taxes, 12.45%.
• Check-in time is 3 p.m. Check-out time is 12 Noon.
• Reservations made after the cut-off date are based on availability and subject to the non-discounted rate program
• Cancellation must occur 24 hours prior to arrival for refund of deposit. Special requests will be honored based on availability.
2nd Annual
Superstar College Field Day Challenge!

Sponsored by GOPHER

Monday, November 17, 2008
11:30 AM - 12:30 PM
Activity Areas

Massachusetts Association for
Health, Physical Education, Recreation and Dance
79th Annual Convention
### MAHPERD Exhibitors List

#### November 2008

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Address</th>
<th>Contact Person</th>
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<tr>
<td>Human Kinetics</td>
<td>1607 N. Market Street, Po Box 5076</td>
<td>Julie Taylor</td>
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<td>Champaign, IL 61825</td>
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<td>American Heart Association</td>
<td>SIA/Winter Feels Good, 8377-B Greensboro Drive</td>
<td>Peter Pandoli</td>
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<td>Flaghouse Gold Sponsor</td>
<td>McLean, VA 22102</td>
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<td>Project Adventure Room Sponsor</td>
<td>Springfield college, 263 Alden Street</td>
<td>Charles Redmond</td>
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<td>Springfield, MA 01109</td>
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<td>Heart Screen America Banquet Sponsor 2009</td>
<td>110 Tum Pike Road</td>
<td>Emily Bergeron</td>
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<td>PFLAG</td>
<td>85 River Street, Suite 5A</td>
<td>Pam Garamone</td>
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<td>Deana' Educational Theatre</td>
<td>Wallingham, MA 02453</td>
<td>Sher Quaday</td>
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<td>38 Montvale Ave., Suite 245</td>
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<td>Massachusetts PTA</td>
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<td>President of PTA</td>
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<td>Pro Performance Sports</td>
<td>12375 World Trade Dr, Ste 101</td>
<td>Tammy Matin</td>
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<td>San Diego, CA 92128</td>
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<td>Contact: Tammy Matin</td>
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<td>Bridgewater State College</td>
<td>5067 Western Ave.</td>
<td>Dr. Robert Rausch</td>
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<td>Movement Science, Sport &amp; Leisure Studies</td>
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<td>MA Amateur Sports Foundation</td>
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<td>Dairy Council</td>
<td>1034 Commonwealth Avenue, Boston, MA 02215</td>
<td>Diane Krol</td>
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<td>Whitman Common Council</td>
<td>30 Lyman Street, Suite 10</td>
<td>Paul Olson</td>
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<td>Marilyn Noquist</td>
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<td>Amepristine Financial</td>
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<td>GameTime</td>
<td>3251 Progress Drive, Suite B</td>
<td>Yvonne Drakes</td>
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<td>Orlando, FL 32826</td>
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<td>GeoFitness</td>
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<td>Salem State College</td>
<td>352 Lafayette Street</td>
<td>Richard Gray</td>
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As our attention turned to the Summer Olympic Games, I was reminded of what a young woman from Granby High School wrote in an essay submitted in the 7th Annual Student Sportsmanship Essay/Multimedia Contest sponsored by MIAA last winter. Felicia Cordeiro’s essay “What Does Sportsmanship Mean to Me?” received third place out of over 300 entries submitted.

She asks in her essay, “What exactly is sportsmanship? Is it telling your competitor, running ahead of you, that they took the wrong turn, causing you to be beaten by two seconds? Is it rousing the crowd to cheer for the last runner? Is it stopping to help a fallen opponent up? …is it pointing out everyone’s strengths and achievements rather than their failures? Could it possibly be wishing the other team luck and congratulating them after they leave you in the dust? If the answer you chose was “D-All of the above,” you’d get a gold star.”

The Olympic Games are about excellence, but they are a reminder about the elusive construct that makes sports more than what they appear to be. As educators, let us carry this torch of Sportsmanship and Fair Play throughout the year to come!

(Felicia Cordeiro is entering Mount Holyoke College where she intends to compete on the Cross Country and Track and Field Teams.)
Introducing...
The Jump Rope For Heart 30th Anniversary Referral Program!

In celebration of Jump Rope For Heart’s 30th Anniversary, the American Heart Association would like to thank our dedicated coordinators that help us recruit new schools.

If your school participates in Jump Rope For Heart or Hoops For Heart during the ’08-’09 school year and you help recruit a NEW* school that completes an event in ’08-’09, you can earn BONUS US Games gift certificates!

Contact your Youth Market Regional Director to take advantage of this fantastic opportunity to grow your Health and Physical Education budgets!

IF THE NEW* SCHOOL RAISES YOUR SCHOOL EARN
$1,500 - $2,999 = $100 in US Games certificates
$3,000 - $4,999 = $200 in US Games certificates
$5,000 - $7,499 = $300 in US Games certificates
$7,500 - $9,999 = $400 in US Games certificates
$10,000 - $14,999 = $500 in US Games certificates
$15,000 - $19,999 = $800 in US Games certificates
$20,000 or more = $1,000 in US Games certificates

* New School: Any school that did not complete a Jump Rope For Heart or Hoops For Heart event in school years 2006-07 or 2007-08.
Donations must be received by the American Heart Association no later than June 1, 2009 from both your school, and your referral, in order for you to qualify for the BONUS US Games gift certificates.
Your Youth Market Regional Director is happy to answer any questions you may have.
2009 Award Nomination Form

This year’s Awards Banquet will be held at the Crowne Plaza Hotel in Worcester, MA on Sunday, March 8, 2009.

Full Name of Nominee: ________________________________

Position and School/Business Name: ________________________________

School Phone: ____________ School E-Mail: ________________

Home Address: ________________________________________

Home Telephone: ________________________________

Home E-Mail: ________________________________

Nominated by: ___________________________ Telephone: ____________

Email: ___________________________ Title/Position: ___________________________

Nominated for (check one) please refer to MAHPERD Individual Awards Criteria for criteria for each of these awards. Mail the nomination form to the person in charge of the selection process (name listed below under the award).

___Joseph McKenney Award or ___Honor Award
Sheryl Hall, 61 Nonotuck Street, Florence, MA 01062

___Physical Education Teacher of the Year (circle one) Elementary  Middle School  High School
Barbi Kelley, 27 Newton Road, Westminster, MA 01473

___Health Teacher of the Year
Shannon Whalen, 124 N. Main Street, East Longmeadow, MA 01028

___Amelia Riou Award for Adapted Physical Education
Sarah Bixby, 29 Bear Hill Road, Merrimac, MA 01860

___Dance Educator of the Year
Katina McClain, 525 Merrill Ln #101, Dracut, MA 01826

___Pathfinder Award (DGWA)
Christine Lee, 21 Washington Avenue, South Hadley, MA 01075

IMPORTANT — Why are you nominating this person? Please use the back of this paper and a separate sheet, if needed, for your response.
10 Reasons to Celebrate 10 Years of Jump Up & Go!

1. 5-2-1 Jump Up & Go! is a perfect message … it addresses three of the major risk factors associated with childhood obesity. We are particularly interested in it because it is a model program.
   — William Dietz, M.D., Ph.D., Centers for Disease Control and Prevention

2. The Jump Up & Go! program is a model of bringing research to practice … a critical catalyst for the current changes we are seeing in BMI.
   — Steve Gottsmaker, Ph.D., Harvard School of Public Health

3. Doctors and nurses and public health figures from across the country react with envy upon learning that Blue Cross Blue Shield of Massachusetts reimbursed primary care doctors and dieticians for obesity visits.
   — Daniel Epstein, M.D., Children's Hospital, Boston

4. The Healthy Choices Middle School Program is a wonderful model for public/private partnership to support healthier schools … it offers a proven strategy for success.
   — John Auerbach, Massachusetts Department of Public Health

5. Jump Up & Go! has been a catalyst for community change.
   — Christina Economos, Ph.D., Tufts University

6. By partnering with community health centers and hospitals … Blue Cross Blue Shield of Massachusetts is making an important investment in the health of children.
   — Barry S. Zuckerman, M.D., Boston Medical Center

7. Jump Up & Go! put together a partnership to establish the first kid’s gym that offers structured intervention for overweight children in an urban setting.
   — Brandy Crothred, Body by Brandy 4 Kids Gym

8. Jump Up & Go! was a driver to get us focused on children’s health and create the Kid Power Exhibit.
   — Lou Cosgrande, Ph.D., Boston Children's Museum

9. The Jump & Go! worksite program really does fit into our main focus on physical activity and nutrition.
   — William Norwood, Yankee Candle

10. Blue Cross Blue Shield of Massachusetts was among the first in the nation and the first Massachusetts health plan to champion childhood obesity prevention and intervention, investing $12 million over 10 years.
    — Nancy Chockley, National Institute for Health Care Management Foundation
Make sure your children are SAFE at home and in the game

In seconds, Sudden Cardiac Arrest (SCA) can strike with no warning signs or symptoms. A seemingly healthy, active child may be at risk without a parent or coach knowing!

**FACT**  Over 600 American children die every month due to SCA.

**SOLUTION**  A simple, painless heart screening including an Electrocardiogram (ECG) may prevent the loss of such young lives.

Have your children and family screened for heart abnormalities!

For more information about heart screenings and to find out how to bring a screening to your school and community, contact HeartScreen America and speak with a Program Manager today. It just may save the life of a child in your community.

www.HeartScreenAmerica.com or 866-722-8008
Massachusetts Association for Health, Physical Education, Recreation and Dance

Membership Application/Renewal/Registration

Membership Status

- New
- Renewal
- Rejoin

Email Address (Required to receive newsletter)

Pre-Registration

<table>
<thead>
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On-Site Registration

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2008-2009 Dues

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All memberships start on September 1st and continue through August 31st. (School Year)

Convention Registration

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<table>
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Voluntary Donation for "Legislative Initiative 2008-2009" - Please consider including a voluntary donation, in addition to your annual dues, with your 2008-09 membership. Add "whatever you can afford" to aid in this critical campaign for the New Law for Quality Physical Education in Massachusetts.

I am including $5, $10, $20, or Other($______) as my support for the MAHPERD Legislative Initiative.

Pre-Registration for 2008 MAHPERD State Convention

2008-2009 Membership required to pre-register and attend convention. Pre-registration must be postmarked and include check or purchase order by Wednesday, November 5, 2008.

The following information is for your convention badge.

Name: ____________________________
School/Agency: __________________
Town: ____________________________

Pre-Registration

- Professional/Institutional: $119.00
- Retired: $30.00
- Student: $30.00

Enclosed is a check or purchase order for: __________________, which includes membership and pre-registration.

Please return above form with check or purchase order to:
MAHPERD, PO Box 182, Attleboro, MA 02703

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774-254-4657
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riley@ma-hperd.org
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