“Teaching from the Heart” is Theme of 2004 Convention

QUALITY TEACHING, QUALITY PROGRAMS and a LEGISLATIVE INITIATIVE

MAHPERD’s 2004 STATE CONVENTION will be a bonanza of professional development opportunities for members new and old. Gathering from all across the Commonwealth for the 74th consecutive year, a potential 2500+ present, past and future members of the Association have been invited to break all attendance records for what has been called potentially MAHPERD’s “Most Important Convention EVER!”

In addition to being treated to an astounding array of topics (see page 3) in over 100 professional workshop sessions, attendees will hear special presentations by Nationally acclaimed HPERD leaders including BETH KIRKPATRICK and Dr. JOHN PASSARINI. Kirkpatrick, an established expert in the use of heart rate monitor technology, and its reporting as means to demonstrate the Value of a Quality Physical Education Curriculum, is also a moving motivational speaker for teachers, an award winning author for her book “Lessons from the Heart”, and a Passionate Advocate for HPERD teachers and programs. Dr. Passarini, the 2003 ‘Disney American Teacher of the Year’, is a creative, nurturing teacher, with an honest passion for teaching and for his students, regard-

“ALERT” to Members

Begins MAHPERD’s Historic ‘Legislative Initiative’ For Quality Physical Education

In Massachusetts Schools

In a special late November mailing to all present and former members of record, President Dr. DIANE M. SMITH and her fellow Officers of MAHPERD put all HPERD Professionals in the Commonwealth on personal ALERT regarding the continually declining value, emphasis, TIME, and resources being accorded to Physical Education Instruction in Massachusetts schools. It followed up on the summer 2003 historic announcement that MAHPERD and the AMERICAN HEART ASSOCIATION have agreed to be the ‘Lead Partners’ in a major Legislative Initiative, aimed at assuring Quality Physical Education statewide through new or revised Massachusetts law.

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— MAKE IT A DECISION! —

All Members, present and past, are URGED to attend this year’s Convention. In addition to all the normal professional development and collegial benefits, Convention 2004 ‘kicks-off’ the MAHPERD/AHA Legislative Campaign for New State Law for Quality Physical Education. In short, HPERD professionals, students and retirees in Massachusetts “cannot afford” to be absent.

However, if you ‘absolutely’ cannot attend the 2004 Convention, Please be sure to SEND Your 2004 Membership Dues REGARDLESS. In the past, some members have neglected to send their professional dues in a year in which they were not able to attend the annual convention. Now, more than ever, this practice would be “Penneywise and Pound Foolish”. Your Professions and Your Professional Association NEED the resources and the important numerical statement of strength that your annual dues provide. It may be hard to attend, or to just pay your 2004 dues, but what of importance is ever easy? What will YOU DECIDE?
"Teaching from the Heart" is Theme of 2004 Convention

(from page 1)

less of the abilities or problems they bring to his gymnasium. Both Beth and John will be headline speakers at TUESDAY's Convention General Session dedicated to the Theme of our 2004 Convention: "Teaching from the Heart.

Throughout the Convention, MAHPERD members will experience special presentations dedicated to fully informing all regarding MAHPERD's all-out Initiative to introduce a new Bill, requiring Quality Physical Education (K-12) in all schools, into the Massachusetts State Legislature during 2004. Our Monday General Session will be dedicated to this issue, unveil a draft of MAHPERD's proposed legislation for the first time, and feature speakers such as MAUREEN FERRIS, Executive Director of the Massachusetts Legislative Children's Caucus and DAVID DAY, Director of Advocacy for the American Heart Association, MAHPERD's critical partner toward a successful campaign for the essential new law. Attendees are also encourages to participate in one of the open sessions, either Monday or Tuesday at 2:45 pm, to review, discuss and/or question the draft legislation being proposed.

The "plethora" of workshops available over two days range from MDOE presentations on "The New Physical Education", and on Health Education Assessment, by ANDREW HESCHELES and JHANA O'DONNELL respectively, to teaching 'Cricket' in your PE curriculum. There are multiple Assessment workshops for those who attended the 2003 MAHPERD Fall Conference and wish to add to the seven (7) contact hours earned there.

All HPERD Professionals, Students, and Retirees are URGED to ATTEND the 2004 State Convention. It is a time to stand united, to show our strength and commitment in our membership numbers, to sustain our fiscal resources, and to learn how to work both together, and on our own, and to be the major critical force that nourishes a successful legislative campaign for Quality Physical Education in Massachusetts. It is critical to your professions in Massachusetts that you RENEW your Membership and ATTEND the 2004 Convention.

Please note that to qualify for Convention Pre-Registration rates you must postmark your application and payment (together) by March 2, 2004. The Hotel Reservation deadline (for the low MAHPERD guaranteed rate) is also March 2, 2004. You can check the MAHPERD Web-Site (www.MAHPERD.org) to confirm your Pre-Registration and/or 2004 paid membership status after sending. The final Pre-Registration list will be posted on/before March 10. On-Site Registration will again be available each day at the Worcester Centrum Convention Centre beginning at 7:00 a.m. (at $109 vs. $89 Pre-Registration fee). Remember you MUST be a paid 2004 MAHPERD member to Pre-Register, or to register on site. Membership dues may be paid before or WITH your Pre or On-Site Registration. Reservations for MAHPERD's 11th Annual Gala Honors/Awards BANQUET, to be held on Convention eve-Sunday, March 14- are available by mail thru March 2, and (if still available) thru Banquet Chair Marge Smith by phone or email thereafter (see page 7 for Info & Order Form).

Everything is set for a valuable, enjoyable, and critically important 2004 event. The rest DEPENDS on YOU. Please make every effort to be in attendance, whether your school/employer makes it easy (hopefully) or hard (sometimes the reality). If you absolutely can’t get there, be SURE to send YOUR 2004 membership dues regardless. It is time to speak up for YOUR Professions, Your STUDENTS current & future, and yourself. You speak out most loudly and effectively with Your paid membership, Your convention attendance, Your individual commitment to quality personal preparation to HELP the Legislative Initiative to success beginning this Spring. As emphasized in the recent ALERT to all members: YOU are the critical factor. How each of You responds to this challenge will significantly affect Your future, and that of Your students and Your Professions. With those undeniable facts before you, What is YOUR DECISION on overcoming the inertia and helplessness we all feel at times, and committing to becoming PROACTIVE, one critical member (YOU) at a time.

See you in Worcester on Monday, Tuesday, March 15-16 for "The Most Important MAHPERD Convention EVER".

"ALERT" to Members

(from page 1)

Above all, the ALERT emphasizes that “The Biggest Factor in the Success or Failure of this Campaign will be YOU" (each individual member or Potential member of MAHPERD). It outlines the series steps that MAHPERD will provide to enable every Massachusetts HPERD Professional, Student and Retiree to become effectively trained and fully prepared to be individually PRO-active in assuring the Success of this much needed legislative resolution. It builds, through a sequence of well-planned information and training steps, to a Major “Quality Physical Education in Massachusetts LEGISLATION DAY” in May 2004. On a day (of your own choosing) during National Physical Education Week, between May 1-7, 2004, EVERY MAHPERD member is being asked to conduct separate individual visits with THEIR OWN State Senator, and State Representative in the district where You LIVE and VOTE. The purpose of each such individual meeting will be for YOU to heighten each Legislator’s awareness of the proposed Legislation, educate them to its critical need and importance, and specifically ASK for THEIR COMMITMENT to VOTE for the “Quality Physical Education Bill” and to encourage other legislators to support it as well.

Additional steps for ALL members should include ATTENDING the 2004 MAHPERD Convention; participating in the General Session and other Convention workshops devoted to this ‘Legislative Initiative’; while there Helping Review, and making your input, into the final content of the Legislative Bill now scheduled to be submitted by MAHPERD & AHA to the Massachusetts State Legislature before May 2004.

You should also look for and respond to additional information to be provided to all Members in the late January Annual Election Mailing, the February Newsletter, at the Convention, and in a Special April “Reminder” Mailing that will provide final details on the Legislation, “Talking Points” for Your meeting(s) with Your State Senator & Representative, and anything else you will need for a successful individual outreach to your legislators between May 1-7.
74th Annual MAHPERD Convention

A Partial List of More Than 100 Program Topics
At MAHPERD Convention 2004

- The NEW Physical Education
- Standards & Frameworks
- **Assessment Technology**
- Curriculum & Technology
- Teaching Behaviors – Assess Your Own
- Athletic Training
- Co-Ed Physical Education
- Fun & Fitness
- Adapted Physical Education
- Student “Crackerbarrel” Discussion
- Teach “the Foxtrot” in P.E.
- Recertification – Issues & Answers
- ACL – Injury & Prevention
- Competitive Recreation for Ages 55+
- Cooperative Games/Creative Games
- **Rubrics for Assessment**
- Sports Psychology
- **Health Education Assessment**
- Violence Prevention Programs
- Accountability
- Total Sports Conditioning
- Retiring Soon?
- Heart Rate Monitor
- C-TAPE/ Joint Session for All Regions
- Flexibility, Rehab, Therapy
- Cup Stacking for All Ages/Abilities
- Relaxation & Imagery Skills
- Swing Dance
- Community Service
- MAHPERD “Working Groups”
- Female Body Image
- LEGISLATION for Quality P.E. in Mass.
- Tactical Approach/Teaching Games
- Hoops For Heart & Jump Rope for Heart
- Mental Skills for Sports Performance
- Increase Strength, Focus & Balance
- Women in Coaching
- Adventure Activities
- Incredible Disney Journey
- Asthma, Obesity & Exercise
- International Folk Dance
- Teaching Cricket in Your program
- Gender Sensitive Physical Education
- Teaching Tennis - Three 1 hour sessions
- Line Dancing for Seniors
- “Exercise Across Mass.” Program
- Diabetes Issues
- Soccer for Fun and Fitness
- Tests: Checking Your Own
- Teaching Movement/Create A Circus
- Orienteering
- Inclusion
- **Physical Education Assessment**
- Yoga
- Modern Dance
- The New “SPARKS” Program
- Physical Fitness Programs
- The Spiritual Teen
- Strength Training for Seniors
- Play “Ultimate”
- How to Apply for MAHPERD Grants
- Double Dutch

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**Presiders Needed for 2004 Convention Program Session(s)**

*Please consider giving up Ten Minutes to help make YOUR convention Work*

Presiders are an essential part of every successful MAHPERD Convention. The Presider acts as host at an individual program session, introducing the program speaker, etc. If you are planning to attend the 2004 MAHPERD State Convention, and are willing to donate a portion of your day(s) to presiding at one or more program sessions, please complete and return the form below or call/email Maria Melchionda as soon as possible. Potential presiders are encouraged to check the Convention Program Schedule to determine your best available time to host program session(s).

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**PRESIDER VOLUNTEER Form for Convention 2004**

Name ________________________________

Home Address _______________________

Home Phone _________________________

I am available and willing to Preside on:

___ Monday during program sessions beginning at ______ am/pm, and ending at ______ am/pm

___ Tuesday during program sessions beginning at ______ am/pm, and ending at ______ am/pm

**Please Return by mail as soon as possible to:**

Maria Melchionda, Convention Program Chair, 36 Gladstone Street, Brockton, MA 02401 or contact Maria at 508-586-3382 or e-mail bromel@worldnet.att.net.
Adapted Physical Education and
The Massachusetts Curriculum Frameworks
By John R. Passarini Ed.D.
Vice President MAHPERD Adapted Physical Education Division
Disney Teacher of the Year

The following essay is my response to the second of the four Professional Reflection Questions required for Disney's American Teacher Awards application. This information will help you understand the relationship of adapted physical education to the Massachusetts Frameworks, and I hope it will inspire you to apply for a Disney American Teacher Award when you are ready.

**Question:** Given the framework of mandated curricula, state standards, and annual testing, how do you get students involved and interested in the topics you teach? How do you promote student engagement, ownership and understanding?

Rules and regulations implementing federal special education law are clear concerning the physical education requirements for all special education students...“physical education, specially designed if necessary, must be made available to every student with a disability receiving a free and appropriate public education.” Under the Massachusetts Special Education Regulations, physical education that is specially designed to meet the needs of a child with a disability, also known as ‘adapted physical education,’ constitutes a special education service.

Although the educational frameworks for Massachusetts do not include a mandated curriculum specific to adapted physical education, special education regulations require adapted physical education services to be part of the Individual Education Program (IEP) process (i.e. child find, assessment, IEP development, and program placement). Therefore, I get my students involved and interested in learning by developing and implementing a carefully designed, individualized instructional program, based on a comprehensive assessment, that includes the individual skills necessary for a lifetime of rich leisure, recreation, and sport experiences.

The following examples demonstrate how I utilize my student’s strengths to gain their interest and to involve them in physically active play / movement. Neal was a 5th grade student with a diagnosis of poor coordination, poor motor planning skills, poor spatial processing, significantly delayed fundamental motor skills, and poor self-esteem. Consequently, Neal avoided physical activity yet he was quite bright and extremely creative. When Neal was involved with creating his play environment, his participation increased dramatically and his motor skills improved as well.

During several consecutive adapted physical classes Neal and his guests created a game called “The Blob and the Black Hole.” In this game I was designated by Neal to be the evil “Space Blob” and chase the space travelers (the students) with a foam Boffer. Step on a “Black Hole” (rubber mat) and you disappear for a count of 20 before resuming play. Hit “The Blob” with a foam ball (space pellet) and he disappeared for a count of 20 before resuming play. Gym mats were used as space pods (safety zones) for the space travelers. Once foam balls (space pellets) were scattered around the gymnasium, the children had to retrieve them, one at a time, before they got tagged and frozen by the Blob. Once tagged, the students had to remain frozen until another space traveler tagged them to set them free. The students won the game by retrieving all of the space pellets.

This game fostered improved running speed and agility, improved aerobic fitness and muscular endurance, improved motor planning skills, improved ball skills, and positive team work skills. This format empowered Neal to use his clever imagination and strong cognitive skills to enjoy vigorous physical activity, to improve his ball skills, to work cooperatively with his peers, and to feel good about his play experience. In this setting, Neal was viewed as a leader.

Christopher was an 8th grade student diagnosed with severe motor delays, poor fundamental motor skills, significant behavior problems, and low self-esteem. He did however, work well with younger students in a coaching capacity. On Mondays Chris worked with me and Tina, an 8th grade student diagnosed with Down syndrome. On Thursdays Chris worked with me and Michael, a 7th grade student diagnosed with Autism. I instructed Chris to teach Tina and Michael motor, fitness and sport skills. As a result of learning to teach these skills, Chris effectively learned them himself. When Chris was selected as 8th grade student of the week he was asked to list his future goals. He wrote “Becoming a Coach.”

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<thead>
<tr>
<th>EDA Convention</th>
<th>AAHPERD National Convention &amp; Exposition 2004</th>
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<tr>
<td>March 3-6, 2004</td>
<td>March 30 - April 3</td>
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<td>Burlington, Vermont</td>
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<td>For Information on Programs, Registration &amp; Housing:</td>
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President's Message

DR. DIANE M. SMITH

In the last Newsletter, I quoted the Chinese Proverb: “Unless you change direction, you are likely you arrive at where you are headed”. I want to remind you again that this proverb defines the challenges that lie ahead for MAHPERD. In 2004, together with the American Heart Association, we will propose legislation for Quality Physical Education for the children of Massachusetts. The legislative process will, no doubt, be long and at times, discouraging. However, we know from the literature and experience that a solid GrassRoots Network is crucial to success. Each legislator must clearly understand how and why the messages received from enthusiastic Advocates are really important to life in his/her own district.

Past President Kathy Pinkham is asking for Volunteers for this important task. As leaders in our own grassroots network, you will become fully familiar with the facts and take the time to communicate with and educate your legislators. Our networks will not only be the conduit to the legislators from the districts, but also the Coordinators of the Campaign at the local level.

The CDC, along with several other health organizations, has published research indicating that obesity among young people has risen at an alarming rate, increasing the risk for Type II Diabetes and other illnesses resulting in premature death. In Massachusetts, from 1999 to 2001, overweight among high school students increased 43% (Youth Risk Behavior Survey, 2001). Studies also suggest that approximately 30% of middle school students aged 11-15 are above a healthy weight (Pediatric Nutrition Surveillance System, 2001). At the same time School Districts have cut Physical Education and Health programs in misguided efforts to deal with both the pressure resulting from standardized testing and the financial constraints of the current State budget crisis.

The Massachusetts Partnership for a Healthy Weight, formed in 2000, has worked diligently with other lead agencies and groups to develop a comprehensive State Plan to deal with the current crisis. As a lead member of this important group, MAHPERD has emphasized the importance of Quality, Daily, Physical Education programs, teachers certified in Physical Education, regular Assessment, as well as adequate facilities and resources to conduct quality comprehensive K-12 programs.

One of my greatest current concerns is that the people charged with making the decisions that ultimately define and determine what is best for our children, are not familiar with the facts. National Physical Education Week is an opportune time to meet with your local legislators to express your concern for the current obesity crisis and to ask them for their help. We often assume that our legislators are familiar with the issues that are important to us. However, unless we take the opportunity to educate and to provide them with the facts, they may not know or understand what is at stake, the health of the children and future voters of Massachusetts. Another important challenge for us is to change the perception or image of Physical Education and Health in the public eye. Part of MAHPERD’s Advocacy plan is to ask you to take advantage of National Physical Education Week, May 1-7. In addition to visiting your local State Legislators you can use this nationally highlighted week to showcase your Program. Perhaps inviting parents to watch or participate in their child’s physical education class or offering physical education class or offering fitness testing for local politicians and school board members would help them understand the impact of lifestyle on health and personal fitness levels. Ask them to become partners to support quality programs such as yours. Need other ideas? The PE for Life and the NASPE websites have several suggestions for improving and promoting programs.

In the recent MAHPERD ALERT, we asked you to step up and become involved. In addition to the actions which MAHPERD has asked you to COMMIT to, please reflect on the best way for each of you to use your talents and to get involved. Every member can contribute in important ways. As Eric Wilson (1995) stated, “Think not of the limits, but of the possibilities.”

I am looking forward to meeting you at our annual Convention at the Worcester Centrum Convention Centre in March. As you will read throughout this Newsletter, we have an outstanding array of National, Regional and local speakers. Come be a part of the passion we have for what we do, “Teaching from the Heart.”

Past President's Message

DR. KATHY M. PINKHAM

“The most important political office is that of private citizen”.
— Louis Brandeis, lawyer, judge, and writer (1856- 1941)

I hope by now you have sent your check for your 2004 membership in MAHPERD. We are working hard to increase our membership and to increase the personal and professional participation of our members in MAHPERD.

In November you received (with your annual membership renewal letter) our first ALERT message informing you of our agreement to join with the American Heart Association in spearheading a Campaign for new legislation for Quality Physical Education in Massachusetts. My message here serves as the second in a series of ALERT Messages you will receive. The purpose is to keep you informed of our progress and to prepare you for your part in making our legislative campaign a success. We urge you to attend our State Convention in March.

Monday's General Session will be devoted to helping you better understand the importance of, and especially the ‘How To’ of, becoming actively involved in this campaign at your local level. New legislation will only pass if it is brought directly to the attention of your State Senators and Representatives in their home districts. We are, therefore, asking you to begin planning to contact and VISIT the Senators and Representatives in your home town.

You are being specifically asked to make a personal visit to your State Senator and State Representative during the month of May 2004. Our General Session will be designed to help you better understand the legislative process and prepare you for your visit. In addition to our General Session we will continue to keep you updated using ALERT messages. Look for additional ALERT messages with your annual election ballot in late January, in the February MAHPERD Newsletter, and in a special mailing to all members in April. Local and Regional Coordinators will be needed to help direct this ‘Grassroots’ effort. If you are willing to become involved in one of these critical leadership positions please contact our MAHPERD office at 781-431-9599 or at mahperd@erols.com
**Why YOU Should Consider Attending**

**The 11th Annual MAHPERD Honors/Awards BANQUET**

**“A Celebration of ALL THAT IS RIGHT in HPERD in Massachusetts”**

Each year as the sun begins to set on a late winter Sunday afternoon, a very diverse group of several hundred guests descends on the elegant Crowne Plaza Hotel in Worcester to celebrate the achievements of HPERD Professionals and Students for the previous year. The gala evening begins at 5:00 pm with a Reception where the Honorees and their families and guests mingle with all in attendance, sharing live music, beverages and snacks. As the lights flicker and the music stops, at 6:00 pm all move to the adjacent Banquet Hall for a sumptuous meal and a full evening of bestowing well deserved honors on a very select group of individuals and programs.

The evening’s Program is comprised NOT of speeches but sincere (and brief) expressions of recognition, including the year’s Outstanding Future Professionals (Students), Presidential Citations to Outstanding Individuals, Teachers of the Year Awards in Physical Education, Health Education, and Dance Education, Program of the Year Awards in Health, Physical Education and Dance, HONOR AWARDS for outstanding long-term service, Awards for Lifetime achievement in Adapted Physical Education (Riou Award) and Girl's and Women's Sports (Pathfinder Award). The culmination of the evening is the presentation of the Joseph McKenney Award for a career of devoted service and creative leadership in the HPERD professions, MAHPERD's highest honor.

If you have not yet attended an Honors/Awards Banquet, 2004 is a good year to join in the fun in strong support of “All that is RIGHT in the HPERD Professions in Massachusetts. If you’ve been there before you know how important, and enjoyable it is on this one special night each year as family, friends, and colleagues, as well as Principals, Superintendent’s, School Committee members, and special national and other guests join together in tribute to the hard work and achievement of MAHPERD professionals, present, past and future. Join us in their honor on March 14.

Please use the directions and form below to order your reservations, at $35.00 each, for this year’s gala event on Sunday, March 14, 2004. Please make your reservations as early as possible before the (postmarked) March 2 mail-in deadline. After that date, please contact Banquet Chair Marge Smith at 781-293-2250 or by email at: smtmar5@aol.com to inquire if tickets are still available. Reservations must be made in advance; there are No tickets sold at the door on March 14.

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**ANNUAL MAHPERD HONORS/AWARDS BANQUET**

Sunday, March 14, 2004 at the Crowne Plaza Hotel, Worcester

**Reception:** 5:00 p.m.  **Awards Banquet:** 6:00 p.m.

**Advance Reservations Only — $35 each**

You may use the form below OR your Convention Pre-Registration form to make reservations to Honor Your Colleagues at the 2004 Honors/Awards Banquet. Reservations must be postmarked by March 2, 2004. After that date, call Convention Banquet Chair Marge Smith at (781) 293-2250 to inquire if reservations are still available.

**Name ____________________________________________**

**Home Phone __________________________ School or Work Phone ________________**

*Please reserve _____ tickets at $35.00 each. My check/purchase order is enclosed for $________.*

If ordering more than one ticket, add names of other guests here:

Payment, either by Check or Original Purchase Order made out to MAHPERD, must be enclosed with order and be postmarked by MARCH 2, 2004 to:

Banquet Reservations/MAHPERD Office, 81-B Seaver Street, Wellesley, MA 02481.
PRE-REGISTRATION MATERIAL

If you have already EARLY Pre-registered, use enclosed forms as desired to add Banquet, Hotel Reservations, or share them with a non-member.

DIRECTIONS FOR PRE-REGISTRATION

1. **2004 Paid Membership** is required to pre-register/register for Convention. If not yet paid, complete Membership Form and include appropriate fee.

2. Complete Pre-Registration form; indicate type of Pre-Registration; and whether ordering banquet tickets ($35.00 each), and include appropriate fees.

3. Write one check, or send one Purchase Order, for total amount of Membership, Pre-Registration, and Banquet as appropriate. Payment must be included with forms. Return entire sheet, filling in summary at bottom.

4. Be sure to mail as early as possible, BUT note that ALL PRE-REGISTRATIONS MUST BE POSTMARKED BY MARCH 2, 2004, with payment or valid purchase order enclosed.

5. Do not mail after March 2. Hand carry forms to Convention for On-Site Registration (at on-site prices). If using purchase order, inform your Business Office to return to you if they cannot meet the March 2nd deadline.

6. **No confirmation of Pre-Registration will be sent**, however you can check the Official Pre-Registered List on MAHPERD’s Web Site: www.ma-hperd.org This list is periodically updated, with a FINAL Pre-Registered list to be posted by March 10, 2004.

7. Note: Your Banquet Tickets should be picked up at the door of the Crowne Plaza Hotel Ballroom on March 14 after 4:45 p.m. If ordering more than one banquet ticket, please include the names of other guests whenever possible.

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Spend an Enjoyable Evening Honoring the Achievements of Your Colleagues

MAHPERD’s Annual

HONOR / AWARDS BANQUET

Sunday Evening, March 14 — Crowne Plaza Hotel, Worcester, MA — 5:00 p.m.

Tickets $35.00 each  Use either Pre-Registration Form or Banquet Reservation Form to reserve your tickets
The Massachusetts Association for Health, Physical Education, Recreation, and Dance

2004 — MEMBERSHIP APPLICATION/RENEWAL FORM — 2004

Check One: ☐ New  ☐ Renewal  ☐ Rejoin  ☐ Other  ☐ Name  ☐ Home Address  ☐ Home Phone  ☐ Bus. Name  ☐ Bus. Address  ☐ Bus. Phone  ☐ Other

— Please complete ALL information below, typing or printing CLEARLY —

Type Member/Fee: ☐ Professional ($52) ☐ Institutional (use or request discounted rates*) ☐ Student ($10) ☐ Retired ($10 if after 2000) ☐ Retired ($5 if before 2000)

Name

Home Address:

Bus Address:

Please mark a “1” before your primary professional field, level you work at, and responsibilities; mark a “2” if you have a second field, level, etc.

Field:  ☐ P.E. ☐ Health ☐ Rec. ☐ Dance ☐ Athletics ☐ Adap. P.E. ☐ Fitness ☐ Elder ☐ Other

Level:  ☐ Elem. ☐ Middle ☐ H.S. ☐ Jr. Coll. ☐ Coll. ☐ Pre-K ☐ Other

Responsibilities:  ☐ Teacher ☐ Coach ☐ Admin. Dir. ☐ City/Town Dir. ☐ Dept. Head ☐ Other

FEES ENCLOSED: ☐ Member Dues $ ☐ Convention Pre-Reg. $ ☐ Other $ TOTAL ENCLOSED

I am PAYING via enclosed: ☐ Personal Check ☐ School/Bus. Check ☐ Purchase Order (must accompany this application)

New Members Only: EDUCATION: Undergrad Degree  ☐ College  ☐ Year Awarded  ☐ Major

NEWLY RETIRED MEMBER:

Yr. retired from school / Bus./Agency name / Position / Member of MAHPERD since (yr.)

CURRENT STUDENT MEMBER:

College name / City / State / Zip / Yr. in school / Major

Membership Year is January 1 thru December 31 — Institutional Dues Program deadline is Dec. 31 for following year.

Make Checks or Purchase Orders Payable to: MAHPERD — Mail to: MAHPERD Office, 81-B Seaver St., Wellesley, MA 02481

For more information or assistance, see web site: www.ma-hperd.org, e-mail: maehpery@aol.com or call MAHPERD Office at 781-431-9599

2004 MAHPERD STATE CONVENTION

Monday—Tuesday, March 15 & 16, 2004 · WORCESTER CENTRUM CONVENTION CENTER, Worcester, MA

PRE-REGISTRATION for 2004 MAHPERD STATE CONVENTION

2004 MEMBERSHIP REQUIRED TO PRE-REGISTER

Check One: My 2004 Dues are: ☐ enclosed ☐ previously paid

NAME

HOME ADDRESS

SCHOOL/BUS. PHONE

The following information is for your CONVENTION BADGE. Please list as you would like:

Name: ____________________________ First ________________ Last ________________

School/Agency: ____________________________

Town: ____________________________

Primary Field:  ☐ P.E. ☐ Health ☐ Rec. ☐ Dance ☐ Athletics ☐ Adap. P.E. ☐ Fitness ☐ Elder ☐ Other

Enclosed is a check for: $__________, which includes $__________, $__________, $__________

TOTAL AMOUNT ENCLOSED

TOTAL ENCLOSED

E-MAIL ADDRESS:

PRE-REGISTRATION and/or BANQUET FEES

HONOR/AWARDS BANQUET

Sunday, March 14, 2004

at Crowne Plaza Hotel, Worcester

Reservations $35 each

(use form below)

Mail to: MAHPERD Office, 81-B Seaver Street, Wellesley, MA 02481
MAHPERD and the State Department of Education present

2004 MAHPERD Convention

Monday, March 15, and Tuesday, March 16, 2004
Worcester Centrum Convention Centre, Worcester, MA

On-Site Registration and Pre-Registration Packet Pick-Up begin at 7:00 a.m.

— MONDAY, MARCH 15, 2004 —

8:00-10:15 (MA-2) Re-Energize Your Curriculum

With the Latest Adventure Activities
A high energy workshop covering the newest adventure activities. Learn activities that are appropriate for a wide range of ages and spaces.

Presenter: Alison Rheingold, Project Adventure Trainer and Consultant, Beverly, MA

8:00-10:15 (MA-5) Quality Physical Education: The New PE

Update your Physical Education program to include modern theory and practice. Presents information on developing and implementing quality Physical Education programs. Topics include Quality Physical Education under the standards and guidelines of NASPE and the CDC; The New PE Current theory and practice to improve your program. Modernizing your program - ideas to update programs including emphasizing fitness and wellness for all students: Assessment - developing and implementing assessment tools for knowledge, skill and performance.

Presenter: Andrew Hescheles, Physical Education Consultant to Mass. Department of Education

8:00-9:00 (MA-6) Hoops for Heart

Come and learn about fun and fundraising from the Massachusetts teachers who ranked #1 in the USA in money raised in this important AHA program for Research, Education, and Community Service with your students.Repeated TC-6

Presenter: Jason Feid, John Dempsey, MAHPERD Hoops for Heart Coordinators, North Attleboro Middle School, North Attleboro, MA

8:00-9:00 (MA-8) Connecting the Frameworks to Your Physical Education Curriculum Through Technology

An overview of how technology can be utilized to align your Physical Education curriculum with the Massachusetts Health Curriculum Frameworks. In addition, this project includes the following chapters: 1. Assessment, 2. Interdisciplinary Learning, 3. Differentiated Instruction, 4. Family Involvement, 5. Field Day.

Presenter: Thomas E. Pelletier, Lowell Public Schools, Lowell, MA

8:00-9:00 (MA-9) Soccer for Fun and Fitness

How soccer activities can be utilized in your classes!

Presenter: Raymond M. Cabral, Head Men’s Soccer Coach, UMass/Dartmouth

8:00-9:00 (MA-10) Writing Health Education Assessment With MCAS Style

Help with the MCAS cause and become invaluable to your school! Integrate MCAS questioning style with Health Education content.

Presenter: Christine Battye, Wellness Department, North Andover High School, North Andover, MA

9:15-10:15 (MB-7) My Incredible Disney Journey

Join John Passarini as he walks with you through every teacher’s dream — winning The Disney Outstanding Teacher Award. You’ll discover how to become a strong candidate for this award, and how Disney spares no expense to celebrate the creativity and passion teachers share everyday with their students.

Presenter: Dr. John Passarini, 2003 Disney American Teacher of Year, Wayland Public Schools, Wayland, MA

9:15-10:15 (MB-8) Exercise Across Massachusetts: A Competitive School Program from the Mass. Governor’s Committee on Physical Fitness and Sports

Learn about the Governor’s Committee and its Youth Fitness Programs, and how your school and students can enroll in the Exercise Across Massachusetts Program this year.

Presenter: Ann Hoffman, MAHPERD Liaison to GCPF&S, Youth Fitness Subcommittee Chair GCPF&S, Wellesley Public Schools, Wellesley, MA

9:15-10:15 (MB-9) Asthma and Exercise: Keep the Airways Open and Students Active

Asthma is the most common chronic childhood disease. Children who are overweight are almost twice as likely to develop asthma, and those who have asthma may needlessly avoid physical activity. Learn how to help students with asthma to be physically fit, participate in sports, keep their asthma well-controlled, and cope with asthma flare-ups.

Presenter: Marie DeSisto, RN, School Health Coordinator, Waltham Public Schools and President-Elect of Mass. School Nurse Organization

9:15-10:15 (MB-10) Checking Your Tests: Conducting An Item Analysis

Do you know the Quality of your tests? This session will teach you how to check the validity of your tests without needing a degree in rocket science!

Presenter: Christine Battye, Wellness Department, North Andover High School, North Andover, MA


A Line Dancing participation session with demonstration by Seniors.

Presenter: Belle-Jeanne and Jim Darby, Music Directors, Dream View Productions, Ellington, CT

9:15-10:15 (MB-12) Light On Your Feet — I

Come foxtrot for an hour. Medfield Wellness Staff will give you the basics so that you can feel comfortable adding another dance to your Physical Education curriculum. Also see MD-12 for more.

Presenters: Kathy Brophy, Nick Stevens, Medfield High School Wellness Department, Medfield, MA

10:15-10:45 EXHIBIT BREAK

10:45-11:45 (MC-1) Come One, Come All, To the Greatest Show on Earth!

Beginning with Movement, participants will then create and present a circus (designed for elementary classes).

Presenter: Sis Belcher, Ward Elementary School, Newton, MA
10:45-11:45 (MC-4) National Presenter: Teaching from the Heart I — Assessment
Presenter: Beth Kirkpatrick, Polar Electro, Inc., Syosset, NY

10:45-11:45 (MC-6) We Can’t Get There From Here, Can We?
Teaching Orienting in Elementary Physical Education, includes map and compass skills.
Presenters: Cathy Hill, 2002 MAHPERD and EDA Physical Education Teacher of the Year, Brown School, Newburyport, MA

10:45-11:45 (MC-7) Sports Physiology
An introduction to the Mental Skills included in Performance Assessment for Athletes
Presenter: Glenn R. Kessler, Ph.D., Licensed Psychologist, Director of Kessler Psychological Associates, and Next Level Performance, Northboro, MA

10:45-11:45 (MC-8) Future Professionals Cracker Barrel
Join the MAHPERD Student Action Section in student and faculty-led roundtable discussions. Topics include surviving the interview process, strategies for student teachers, and more! Students and practitioners please join this session to share experiences and prepare our future professionals.
Presenters: Dr. Ann Marie Gallo, U.Mass./Boston; Dr. Eileen Sullivan, Boston University; Dr. Michelle Sweaney, Salem State College; and The MAHPERD Student Action Section

10:45-11:45 (MC-9) Tried the Best? Try Personal Best!
A physical fitness program that utilizes your favorite tests and a reporting/reward that is quick and long lasting.
Presenter: Loren (Larry) Moore, Central Berkshire Regional School District, Becket, MA

10:45-11:45 (MC-10) Modifying Your Health Education Assessment for Special Populations
With growing class sizes and a trend toward inclusion, learn how to make modifications and accommodations for special education populations who participate in your Health program.
Presenter: Christine Battye, Wellness Department, North Andover High School, North Andover, MA

10:45-11:45 (MC-11) radKIDS: Stopping the Cycle of Violence in Our Children’s Lives
The radKIDS Personal Empowerment Safety Education program is credited with saving children from abduction, assault, bullying, and violence. An overview of the program, including successful school models, funding strategies, peer leadership opportunities, and program assessment. Session aimed at elementary school personnel. Repeated MF-1
Presenter: Karen Nardone, Staff Instructor/Program Development, radKIDS

10:45-11:45 (MC-12) Dancing and Assessing It
5th and 6th grade Dance Units from beginning to end!
Presenter: Jennifer Hill, Whittin Middle School, Uxbridge, MA

12:00-1:00 (MD-1) Total Sports Conditioning: Group Exercise for Athletes
Due to limited resources, it is often difficult to offer supervised strength and conditioning programs for athletes in the small college setting. Learn about a group exercise offered to all students but specifically targeted towards athletes. It focuses on plyometric, speed and agility drills, can handle up to 30 student athletes and provides an efficient means of training a large group of individuals. Will outline the development, implementation, and supervision of this program with the majority of the session consisting of actual participation in Total Sports Conditioning.
Presenter: Jeffrey T. Godin, Ph.D., CSCS, HFPD, Assistant Professor, Department of Exercise and Sport Science, Fitchburg State College, Fitchburg, MA

12:00-1:00 (MD-2) Cup Stacking with Speed Stacks:
See It, Believe It, Teach It!
Cup stacking is an exciting sport that promotes hand-eye coordination, ambidexterity, quickness and concentration. Students of all ages and abilities use both sides of their bodies and brains to develop important athletic, academic and lifelong skills. This hands-on session will include demonstrations by world class stackers and step-by-step instructions on teaching cup stacking, including a variety of individual and group activities. Repeated TA-1
Presenter: Bob Fox, Speed Stacks, Englewood, CO

12:00-1:00 (MD-4) Assessing Your Teaching Behaviors: An Introduction to the Teacher Performance Criteria Questionnaire (TPCQ)
Will provide an overview of reflective teaching practices and introduce a simple assessment instrument that can be used by all teachers at any level. Includes the self, peer, assessment, supervisor, and triangulation assessment. Participants will practice using the assessment tool through a short demonstration and/or video images of teaching situations. Come learn to identify effective teaching behaviors; but most importantly, come learn to assess your own teaching behaviors to wake up your teaching this spring.
Presenter: Eileen C. Sullivan, Ed.D., Boston University, School of Education, Curriculum and Teaching Department, Human Movement Program

12:00-1:00 (MD-7) Relaxation Training and Imagery Skills
An Experiential Introduction to Basic Relaxation and Imagery Skills, participants will be exposed to different exercises for relaxation and imagery.
Presenter: Glenn R. Kessler, Ph.D., Licensed Psychologist, Director of Kessler Psychological Associates and Next Level Performance, Northboro, MA

12:00-1:00 (MD-8) The Mentors in Violence Prevention (MVP) Program
Will introduce the Mentors in Violence Prevention (MVP) Program, a gender violence prevention and education program that utilizes a unique bystander approach. Aims to challenge and motivate empowered bystanders to confront abusive peers. It uses interactive discussions to educate and empower participants to be leaders in the struggle to end men’s violence against women and addresses how professionals working with students leaders can inspire and lead them into action.
Presenter: Elizabeth Nichols, Duane de Four, Shola Kadin, Lloyd Nugent, MVP Program, Northeastern University, Boston, MA

12:00-1:00 (MD-9) Retired or Retiring Soon? What’s Next?
A program that will stimulate ideas on how you can stay involved with your chosen profession through service, athletics, coaching, travel and advisory opportunities.
Presenter: Amy L. Hicks, MAHPERD Chair, Senior Fitness and Activities, Needham, MA

12:00-1:00 (MD-10) Writing and Modifying Rubrics for Health Education Assessment
Learn how to use examples of student work to guide the development of Rubrics.
Presenter: Christine Battye, Wellness Department, North Andover High School, North Andover, MA

12:00-1:00 (MD-11) COMPETITIVE Recreation Opportunities for Ages 55+
Come meet representatives of a fast growing Senior (55 and up) Sports Organization that is providing formal and informal competition in several sports including Softball and Basketball. Appropriate, balanced competition for beginners through former high school and college players is offered in a range of formats from league play to tournaments to pick-up games. Find out how you can join the fun and camaraderie either now or when you reach 55, and to help spread the word to others in your community.
Presenters: John Stewart, Bob Tildsley, EMASS, Senior Sports Organization

12:00-1:00 (MD-12) Light On Your Feet II
Join us for a “Swing” session! Get ready to move as the Medfield Wellness staff help you with the basics to bring to your students. Also see MB-12 for more.
Presenters: Kathy Brophy, Nick Stevens, Medfield High School Wellness Department, Medfield, MA

1:30-2:30 (ME-3) GENERAL SESSION
A New State Law for Quality Physical Education: Submitting, Supporting, Passing and YOU
Speakers: Maureen Ferris, Exec. Dir., Mass. Legislative Children’s Caucus
David Day, Vice President for Advocacy, American Heart Ass’n.
Other Speakers to be announced
Coordinators: Dr. Kathy M. Pinkham, MAHPERD Past President, Needham Public Schools, Dr. Charles L. Crawford, Executive Director, MAHPERD

2:45-3:45 (MF-1) Double Dutch
Coaches clinic for technical aspects of competitive double dutch. Will include a demonstration by a team of 4th & 5th graders.
Presenters: Patti Traunzig, W.E. Russell School, Gert Sweeney, ADAL State Coordinator, TIMMY Middle School, Boston, MA

2:45-3:45 (MF-2) The New “SPARKS” Program
Presenters: Dwayne Puckett, Joe Gooden, SPORTTIME, Atlanta, GA

2:45-3:45 (MF-4) National Presenter: Teaching from the Heart II — Accountability
Presenter: Beth Kirkpatrick, Polar Electro, Inc., Syosset, NY

2:45-3:45 (MF-6) Come Review and Discuss MAHPERD’s New Legislative Bill for Quality Physical Education in Massachusetts
Your chance to read a draft of the MAHPERDAHA Bill for Quality Physical Education in Massachusetts to be submitted to the State Legislature in 2004; offer feedback, ask questions. Come help this important initiative to succeed. Repeated TF-6
Presenter: Dr. Kathy M. Pinkham, Past President, MAHPERD
Dr. Charles L. Crawford, Executive Director, MAHPERD

2:45-3:45 (MF-7) An Education Initiative: Changing What We Teach and What We Learn on Youth and School Sports Teams
Seeking to change high school's current paradigm of youth and school sports teams from a verbal, sport-specific, ambiguous life skills model into a written, structured, mental skills training model, using sports as the vehicle.
Presenter: Mitch Lyons, J.D., President, GetPsychedSportsOrg, Inc., Newton, MA

2:45-3:45 (MF-8) Women in Coaching
Issues concerning females in the coaching profession at the high school and college level. Includes athlete perceptions of female coaches, coaching behaviors, and the prevalence of ‘burnout’ in women coaches.
Presenters: Michelle Moosbrugger, Amy Miller, Jennifer Mead, Kelly VanGorden, doctoral/masters graduate students, Springfield College, Springfield, MA
Booth in Exhibit Hall before leaving today.
Tennis Games for Your Physical Education Classes
Experience both lead up and tennis based games you can use in your tennis unit for all levels of physical education classes. All games have roots in the Game Based Approach. See also TA-2 and TB-2.

Presenter: Scott A. Biron, Certified Teaching Professional, USA Tennis National Trainer for Development, Acton-Boxborough Public Schools

Assessment for Middle School Physical Education Using the AIMS-PE to Assess Student Knowledge, Skill and Fitness
Become familiar with the major principles of the AIMS-PE (Assessment Initiative in Middle School Physical Education) Tool Kit and how to use the kit in their own programs. Participants will receive copies of the AIMS-PE and learn about training opportunities.

Presenters: Linda Griffin, Ph.D. and Jhana O’Donnell, MPH, MDOE, U. Mass/Amherst

Hoops for Heart
Come and learn about the fundraising from the Massachusetts teachers who ranked #1 in the USA in money raised in this important AHA program for Research, Education, and Community Service with your students.

Presenter: Jason Feid, John Dempsey, MAHPERD Hoops for Heart Coordinators, North Attleboro Middle School, North Attleboro, MA

CTAPE/Joint Sessions All Regions
An information sharing and issues discussion bringing together C-PAPE members statewide. Members of all C-PAPEs and others are invited to participate.

Coordinator: Alice R. Machinis, MAHPERD President-Elect, Melrose Public Schools, Melrose, MA

COMPETITIVE Recreation Opportunities for Ages 55+
Come meet representatives of a fast growing Senior (55 and up) Sports Organization that is providing formal and informal competition in several sports including Softball and Basketball. Appropriate, balanced competition for beginners through former high school college players is offered in a range of formats from league play to tournaments to pick up games. Find out how you can join the fun and camaraderie either now or when you reach 55 and /or help spread the word to others in your community.

Presenters: John Stewart, Bob Tildsley, EMASS, Senior Sports Organization

“Inclusion Is Nothing Special, it’s just Good Teaching”
How to create a curriculum that challenges and meets the needs of every child who walks or rolls through the Gym door. Develop and implement a curriculum based on a philosophy allowing every child to leave your class feeling happy and excited about the experience no matter what their ability or prior interest level. Learn more about a curriculum that integrates academics, social competency, and fun as children are provided the tools and environment to become completely absorbed in physical activity.

Presenter: Dexter Chaddsey, Claypit Hill School, Wayland, MA

Neuromuscular Flexibility, Rehabilitation, Facilitated Therapy
Techniques taught for sport and movement enhancement for all persons regardless of age or ability. Relieve sciatica and knee problems.

Presenter: William Polk, LMT Northeastern Lecturers and Instructors, AOBTAA Certified Practitioner and Master Martial Artist

Bringing Community Service into the Classroom
Will provide successful strategies for integrating community service into high school Health Education programs. Includes tips and strategies for developing community and school partnerships, student project samples, and will provide hands-on simulations of project based teaching strategies.

Presenter: Diane McT Morrow, Beverly Colby, Quabbin Regional High School, Barre, MA

Modern Dance Class
See high school students participate in a modern dance class. Learn how to structure a class using conceptual teaching resulting in an ending modern dance combination.

Presenter: Meghan K. McLyman, North Quincy High School Renaissance Dance Program, North Quincy, MA

Play ULTIMATE!
ULTIMATE is a fast-paced team sport played with a flying disc. It incorporates elements of soccer, football, and basketball. ULTIMATE players call their own fouls and are governed by the “Spirit of the Game”. This low-cost sport can be easily added to your existing Physical Education curriculum or athletic program.

Presenter: Kyle Weisbrod, Boulder, CO

Cooperative Games
Will initiate participants to the latest cooperative games played with a lightweight multi-colored ball, ultra ball, and air balls. New cooperative games to teach you and they are guaranteed to be a hit with your students.

Presenter: Francois Begin, Omninkin, Quebec, Canada

National Presenter:
Teaching from the Heart III — The New P.E.
Presenter: Beth Kirkpatrick, Polar Electro, Inc., Syosset, NY

MAHPERD Grant Program: How To Successfully Apply
MAHPERD Grant Review Committee members will outline the purpose and process of the annual Grant Program available to ALL MAHPERD members each year, as well as answer your questions and provide “tips” for making a quality application.

Presenter: Joyce Tolken, Grant Review Committee Chair, Wellesley Public Schools and Committee Members

ACL Injury and Prevention: Men vs. Women
Outlines greater prevalence of ACL tear in women; why and how to prevent, diagnose, and treat.

Presenter: Michel K. Ackland, M.D., Hyannis, MA

The Female Athlete Triad
Will define and discuss the female athlete triad including stats from various sports, disordered eating symptoms and psychological factors influencing them. Suggests an intervention/education program for coaches and Athletic Trainers.


Increase Core Strength, Focus and Balance
The BodySense Way
Use props such as stretch bands in a fun routine to increase balance and flexibility. The importance of relaxation and stress reduction techniques will also be highlighted. All these BodySense methods can be easily adapted into your curriculum.

Presenters: Roxann Grover, Whittier Vocational High School, and Sue Luby, BodySense Yoga Fitness Center, Andover, MA

EXHIBIT BREAK
1:00-1:30

GENERAL SESSION II
“Teaching from the Heart”
Presenters: Beth Kirkpatrick, National Author/Presenter, Polar Electro, Inc. Dr. John Passaniti, Disney American Teacher of the Year 2003, Wayland Public Schools, Wayland, MA

Come Review and Discuss:
MAHPERD’s New Legislative Bill for Quality Physical Education in Massachusetts
Your chance to read a draft of the MAHPERD/AHA Bill for Quality Physical Education in Massachusetts to be submitted to the State Legislature in 2004; offer feedback, ask questions come help this important initiative to succeed.

Presenters: Dr. Kathy M. Pinkham, Past President, MAHPERD Dr. Charles L. Crawford, Executive Director, MAHPERD

Gender Equity in Co-Ed Physical Education
Will examine gender bias in coed Physical Education; also look at Title IX, problems and solutions.

Presenter: Suzanne Nelson, Athletic Director/Physical Education Department Chair, Nashoba Brooks School, Concord, MA

Diabetes Issues
Come get the most up to date and relevant information for teachers on Diabetes Issues.

Presenter: Cathy Mullooly, Director of Physiology, Joselin Diabetes Clinic, Boston, MA

Different Perspectives on the Female Body Image
Within Athletics
Includes current literature offering diverse perspectives on the female body image in athletics; also presents a research project centering on the female body image.

Presenter: Tiffany Clement, Sandra Estrada, Joshua Haase, graduate students in Sport Psychology, Springfield College, Springfield, MA

“Working Groups”
Throughout the year, volunteer members have been gathering in “working groups” to identify and address issues or projects pertinent to their special areas of interest or expertise. Groups include, but not limited to, Physical Education, Health, Professional Development, Student Action and more! All Working Group Members should attend, and other interested members are invited to join in this session to learn more.

Coordinator: Alice R. Machinis, MAHPERD President-Elect, Melrose Public Schools, Melrose, MA

Remember to have Tuesday Certificate of Attendance STAMPED at the MAHPERD Booth in Exhibit Hall before leaving today.
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 Worcester Centrum Convention Centre. Your special MAHPERD rate is $95.00 single/double occupancy and $99.00 for triple or 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 MARCH 2, 2004.

**RESERVATION FORM** (please print all information)

Name ___________________________  Group/Convention MAHPERD

Dates ___________________________

Address __________________________

Phone # ___________________________

Arrival Day/Date _____________________  Departure Day/Date _____________________

Sharing with ___________________________

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.

**IN SPRING ’04**

**Visit Your State Legislators – BUT Also PLAN to do MORE**

**Be Creative in Seeking Additional Ways**

**To Promote Quality Physical Education**

**In Your School and Local Community**

Beginning now in January until May 2004 and beyond, Why Not begin thinking of and planning for other ways (in addition to visiting your State Legislators) to highlight and promote Quality Physical Education in Your School and District to Parents, Administrators, School Board members, Media and Business people, fellow Teachers in other disciplines, as well as your Legislators too. Use this upcoming spring term, especially **NATIONAL PHYSICAL EDUCATION WEEK (May 1-7, 2004)** to really interpret and promote the great things you do THAT MAKE a POSITIVE DIFFERENCE for your students. Our Legislative Initiative for New Law hopes to stimulate full mobilization of the Power, and the Passion (for their mission as Teachers of Health and Physical Education) of over 2500 present and former MAHPERD members. As the recent ALERT said so clearly: **The Biggest Factor in the Success or FAILURE of this Legislative Campaign will be YOU.** How will you respond? Will You Commit to your part? Can you go beyond the basics and be a creative force in your town, district and area? Will you Volunteer to help the overall MAHPERD Legislative effort succeed in your town and Statewide? How will you respond?
DRIVING DIRECTIONS

to the WORCESTER CENTRUM CONVENTION CENTRE
(and CROWNE PLAZA HOTEL)

From MASS TURNPIKE (I-90) take Exit 10. After tollbooth, take I-290 East to Exit 16. Turn LEFT at bottom of ramp. Proceed straight on Central Street, staying right, until pass under bridge, then turn right into Municipal Parking just before Worcester Center Boulevard. Park here in Municipal Parking garage, then walk across Worcester Center Boulevard to Worcester Centrum Convention Centre and enter Convention Centre Lobby through revolving doors in center.

From I-495 take Exit 25B, onto I-290 West to Exit 16. Take a RIGHT at end of ramp onto Central Street and follow directions above.

CONVENTION NOTES

To FIND Session LOCATIONS at WCCC — After Pre-Registration Packet Pick-up or On-Site Registration at WCCC, Use the Final 'On-Site Printed Program' provided there (center section) to find the room location for each program on each Convention day. Also see interior MAP of WCCC located on Back of On-Site Program for March 15-16.

PARKING — There are approximately 750 spaces available in the new Municipal Parking Garage on corner of Central Street just before Worcester Center Boulevard — diagonally across from the Worcester Centrum Convention Centre. Park here (only) for discounted MAHPERD rate of $6.00/day.

CONFIRMATION of Pre-Registration cannot be provided EXCEPT you may check the Official Pre-Registered List on the MAHPERD Web Site: www.ma-hperd.org A final Pre-Registration list will be posted by March 10, 2004.

BANQUET RESERVATIONS may be made using either your Convention Pre-Registration Form, or the Special Order Form found in this Newsletter, and must include payment and be postmarked by March 2. After that date, call Banquet Chair Marge Smith at (781) 293-2250 to inquire about remaining availability.

HOTEL — Official Convention Hotel is the Crowne Plaza Hotel, 10 Lincoln Square, Worcester, just two short blocks from the Convention Centre. Use enclosed HOTEL RESERVATION FORM or call the Hotel at (508) 791-1600 to make your direct reservations at the Special MAHPERD Rate by March 2, 2004.

PROGRAM CHANGES/CANCELLATIONS — Use ON-SITE Program to find any additions, changes or cancellations since Preliminary Program was circulated in January Newsletter. Late Cancellations or Location Changes will be posted on easel signs at escalators & in Exhibit Hall at WCCC during Convention.

CERTIFICATES OF ATTENDANCE/PDP — Certificates of attendance, leading to PDPs, are available to registered MAHPERD Members for participation EACH DAY. You MUST CERTIFY YOUR CERTIFICATE before leaving on EACH DAY. See instructions in final On-Site Convention Program.

PURCHASE ORDERS — May be used for Registering, Membership and/or Banquet tickets. If used, the ORIGINAL SIGNED P.O. must accompany the forms and be postmarked by the March 2 deadline. Please call your Business Office, rather than MAHPERD, to inquire whether they have mailed your Pre-Registration material.

MEMBERSHIP NUMBERS/MEMBERSHIP CARDS — Please note that Members may conveniently find their Member Number on the Mailing Label of this (and all) mailings received from MAHPERD. Year 2004 Membership Cards will be provided at Convention Check-In to all who attend, and mailed for receipt in April to those not attending the Convention.

WEATHER EMERGENCY — MAHPERD will make every effort to conduct the Convention as scheduled regardless of weather conditions. In an EXTREME WEATHER EMERGENCY call the following numbers after 6:00 a.m., on March 15 or 16 for information: (781) 431-9599 (office), (508) 755-6800 (WCCC), or (508)-791-1600 (hotel)
A Sampling of PRESENTERS (and friends) at MAHPERD’s Convention 2004

“TEACHING From The Heart”

Dr. John Passarini (and maybe his new ‘friends’) will present a session entitled “My Wonderful Disney Journey” sharing his road to becoming Disney American Teacher of the Year 2003.

Dr. Ann Marie Gallo, of UMass/Boston, MAHPERD Student Advisor, coordinates a series of Student Programs throughout the Convention.

Andrew Hescheles, Physical Education Consultant to MDOE, will present “The NEW Physical Education” and Quality Physical Education.

John Stewart of EMASS Senior Sports will inform attendees about the opportunities for Competitive Recreation for those 55+. EMASS will also have an Exhibit Booth to distribute information and answer questions.

Jim Banks, of the Lexington Public Schools, MAHPERD’s Vice President for Dance, will be coordinating an exciting and varied lineup of Dance Sessions for both Dance Educators and Physical Educators.

Jhana O’Donnell of MDOE will be presenting on Assessment, one of several sessions on Assessment that follow up on Fall 2003 Conference’s principal topic.

Mieka Davis, MAHPERD’s Athletic Training Chair, will coordinate multiple sessions on training topics for athletic trainers as well as for Coaches and Health/Physical Educators.
MAHPERD GRANTS AGAIN AVAILABLE TO SUPPORT YOUR PROJECTS

Dear MAHPERD Member,

Funds permitting, MAHPERD will support awarding grants, *submitted by MAHPERD members only*, for worthy projects that meet one or more of the following criteria:

1. Enhances MAHPERD professions.
2. Provides curriculum or assessment instruments to help programs be more effective.
3. Contributes to the allied professions through research.
4. Initiate a new program that is interdisciplinary in nature and/or supports academic achievement.
5. Supports school based Wellness programs.
7. Promotes/develops nutrition and physical activity programs for schools.

**MAHPERD Grant applications need to be completed and postmarked by March 5, 2004** to be eligible. Grants totalling $1,000 may be awarded in 2004.

Please submit applications to: Joyce Tolken, Chair, Grants Committee
73 Preston Terrace, Marshfield, MA 02050
Telephone (781) 834-0329
E-Mail: jtolen@rcn.com

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### MAHPERD Grant Proposal Application 2004

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**On a separate sheet of paper, give a brief description of project, which includes:**

A. **Goals and Objectives**: Describe the ultimate goal of the project and several specific objectives for the project.
B. **Value**: What is the contribution of this project to your school and the community?
C. **Dissemination**: Describe your plans to share your findings.
D. **Publicity**: How will you publicize your project/grant? (see agreement below)
E. **Budget Proposal Breakdown**: Give a detailed account of how the money will be spent including other sources of funding that will be used for the project.

**AGREEMENT**: When funding is accepted, the recipient(s) agree to:

A. Completing a project summary.
B. Obtain approval from MAHPERD for any changes in the focus or implementation of the project.
C. Provide photos, testimonials, and materials to assist MAHPERD in promoting the project.
D. Publicize the project directly to the public by means of MAHPERD Newsletter. When issuing statements and/or press releases describing the project, the following information must be included: “This project is supported by a Grant from the Massachusetts Association for Health, Physical Education, Recreation and Dance.”

**The following signatures and member information are required for a Complete Application.**

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<th>Signature of Applicant</th>
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Governor’s Committee Invites All Schools to Join “Exercise Across Massachusetts” Competition

The Massachusetts Governor’s Committee on Physical Fitness and Sports would like to invite all schools in the Commonwealth to participate in its “Exercise Across Massachusetts” competition. The program, which promotes fitness and builds school spirit, runs through March 2004. The program’s goals are to maximize the number of people in the school community who exercise and work to develop lifelong healthy habits.

The award winning schools will be determined by the percentage of the total school population participating as well as the cumulative distance exercised. In addition, the Governor will recognize the award winning schools at the Great Massachusetts Workout in May. An information kit may be downloaded from the Governor’s Committee on Physical Fitness website at www.govfitness.com or by calling Gary Klencheski at 617-375-5600 ext. 116

Ann Hoffman to become Youth Fitness Chair of Mass Governor’s Committee on Fitness & Sports

Ann Hoffman, of the Wellesley Public Schools, has been appointed Chairperson of the Youth Fitness Subcommittee of the Massachusetts Governor’s Committee on Physical Fitness and Sports. Ann, a former MAHPERD Teacher of the Year who teaches at the Hunnewell School in Wellesley, has been a long-time contributing member of MAHPERD. She has been Vice-President for Physical Education, and is currently a member of the Finance Committee, as well as serving on the Board as MAHPERD’s Liaison to the Governor’s Committee.

Congratulations Ann! MAHPERD looks forward to working closely with you and the Governor’s Committee to improve Youth Fitness statewide.

The BodySense Method for Teacher, Student & Athlete.
A fun approach to realize your own personal STRENGTH & POWER

- Are you tired of programs that go no where?
- Working on unattainable goals?
- Feeling trapped in inefficient dull routines?
- Unable to connect with and motivate some of your kids?

BODYSENSE IS THE FOUNDATION OF ALL EXERCISE PROGRAMS . . .

**Without BodySense**

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<th>Angry</th>
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**With BodySense**

Find us at our “Fun & Fitness” Workshop
Check our Web: www.bodysenseyogafitness.com

PDP Workshops
May 15th & 22nd, 2004
10:00 – 3:00 pm ~ 10 Credits

BodySense Yoga & Fitness Center
19 Lupine Road, Andover, MA
978/475-4663 Fax: 978/475-8556 email: BodySense@rcn.com

An understanding of the mechanics and limitations of the body plus the use of BodySense techniques to relieve pain naturally improves performance!

School is about building foundations. Children learn letter recognition in preparation for reading. Basic math facts are the building blocks for algebra and calculus. In a similar fashion, BodySense is the foundation for a lifelong approach to working the body correctly. Based upon ancient yoga philosophies yet incorporating much from the modern world, BodySense helps students unlearn bad habits and gain better health and self-esteem. Correct breathing, improved posture, strength-building exercises and improved body awareness lead to an overall enhancement in performance without judgment.
President-Elect's Message

A very special “thank you” to all who contributed their time, energy and expertise in making Assess ‘4 Success just that . . . quite successful! Kudos to all the lead presenters, Dr. Linda Griffin, Karin Taylor, Barbi Kelley, Leslie Belcher, and Christine Battey, as well as the many colleagues assisting in their workshops including: Dr. Ann Marie Gallo, Dr. Deb Sheehy, Denise Collins, Kathy Tobey and Kevin Patton (Middle); Dean Tourangeau, Tony DaRocha and Jen Hockenson (Adventure); and Vicky Caburian, Marci Stoda, Sarah Greeley, Kelly Mazza and Chris Belmont (Wellness).

Thanks also to Mary Blake of the American Heart Association and the new MAHPERD “Jump and Hoops” Coordinators, Jason Feid and John Dempsey, for their informative displays. Congratulations to the American Heart Association and its staff on celebrating the 25th Anniversary of Jump Rope for Heart in 2003-2004.

I would like to express appreciation to Jhana O’Donnell and Andrew Heschles of the Department of Education for their cooperative assistance, as well as to Holy Cross Conference Coordinator Jeremiah O’Connor and the Hogan Campus Center staff for their hospitality and professional assistance. A giant thank you to the MAHPERD Management Team: Dr. Diane Smith, Dr. Kathy Pinkham, Marge Smith, Bill Riley, Dr. Chas Crawford, and Jim DeProio for their assistance throughout the Conference.

My compliments to all the enthusiastic professionals who attended the Conference at Holy Cross. The dedication you exhibit towards your teaching profession is to be commended. I feel we all left the Conference with many new assessment tools to utilize within our classrooms daily.

We invite you to continue your Professional Development by attending “Teaching From the Heart”, our 2004 MAHPERD Convention in March.

The MAHPERD Executive Board, the presenters and Fall conference attendees would like to extend their condolences to the family of James Carey, the Framingham School District and Staff. Jim, who died suddenly while attending the Fall Conference, was the Director of Physical Education and Health for the Framingham Public Schools. He will be sorely missed.

In Memoriam

JAMES CAREY

Director of Health and Physical Education, Framingham Public Schools

In October 2003 MAHPERD lost a respected friend and valued colleague with the sudden death of James Carey, 55, the Director of Health and Physical Education in the Framingham Schools for the past 17 years. Jim died unexpectedly of heart failure on Friday, October 24th, while in Worcester attending MAHPERD’s annual fall conference.

He was the husband of Bonnie K. (Burgess) Carey, and had been a resident of Ashland for 25 years and a former long time resident of Framingham (Saxonville). Jim was born in Framingham the son of Anita M. (Dube) Carey of Framingham and the late William D. Carey. He was a 1966 graduate of Framingham North High School excelling in sports and as the captain of the football, basketball, and baseball teams, as well as being voted most athletic in his graduating class. He was a 1970 graduate of Springfield College with a degree in Physical Education. Upon graduation Jim started his career in Framingham as a Physical Education teacher at the Woodrow Wilson School and became the Framingham School System District Director in 1986. He was also well known as the Framingham South High School Varsity Football Backfield Coach for many years and the Freshman Lacrosse Coach as well. He was also active with Ashland Youth Sports, coaching both girls and boys basketball and baseball programs.

Jim was an avid Red Sox fan, and his greatest joy was the love of his entire family. Besides his wife and mother he is survived by one son, Gregg Carey of Chicago, Illinois; one daughter, Jill Carey of Carlisle, Pennsylvania; two brothers, Francis P. Carey and William A. Carey of Framingham; three sisters, Rita M. Pillie and Barbara A. Morrissey of Framingham, and Jeanne P. Lowrance of Sandwich, as well as many loving nieces, nephews and in-laws.

Donations can be made to the American Heart Association, 20 Speen Street, Framingham, MA 01701 or the American Cancer Society, 30 Speen Street, Framingham, MA 01701 or the charity of one’s choice.
2004 PROGRAM SCHEDULE

CONTAINS FORMS and INFO for:

Pre-Registration Packet
Included in Your
Enclosed in Your

Worcester Centrum Convention Centre — March 14, 15 & 16, 2004

2004 - MAHPERD Convention - 2004

MAHPERD Newsletter
Massachusetts Association for Health, Physical Education, Recreation, and Dance
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Wellesley, MA 02481