



KANSAS ASSOCIATION OF
Health • Physical Education • Recreation • Dance

Kwik-Notes

Winter 2011

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Executive Director's Message

The Gift Zone

Vicki J. Worrell
Executive Director



Yes, it is about time to celebrate the holiday season and many will be making lists, checking them twice and either hitting the stores or the internet to purchase gifts for those we care about and love. Just a quick reminder that often times the gifts most remembered do not cost a penny.

Challenge yourself to do a good deed for someone you do not know. Open a door for someone, deliver the daily paper to an elderly person's front steps. Offer to handle recess duty for another teacher or a paraprofessional. Tell the principal you will cover lunch duty for him/her. Answer the phone for the secretary so she can spend ten minutes in the teacher's lounge enjoying seasonal goodies. Create extra time to listen to your students....Holidays can be stressful for some...we should not assume all is Jolly and Nice for everyone.

Last, but certainly not least, remember to put yourself on the gift list. In fact, you are encouraged to "gift" yourself. Identify your Passion for Personal Growth and allow yourself the time to do just that -GROW! Your passion is where energy can be found, so treat yourself to some time to grow your passion. Books, magazines, television, the internet and certainly professional organizations provide fantastic sources for free or reasonably priced treats to assist in development of your Passion.

Happy Holidays to all and good luck to all while exploring the Gift Zone....both for yourself and for the benefit of others.



KAHPERD Council Meetings

January 26 Executive Committee Meeting, Topeka - 6:00 p.m.
March 2 Executive Committee Meeting, Wichita - 6:00 p.m.
March 3 Council Meeting, Palmers Bar & Grill, Wichita Ks- 9:30 a.m.

Don't miss the KAHPERD Winter Workshop on January 27th at Wahsburn University in Topeka! Go to the website to register NOW!

President's Message

By

Blake Taylor

KAHPERD President 2011-2012



Hello, KAHPERD members! I hope you are doing well and finding time for your personal fitness! My name is Blake Taylor and I'm the 2012 President of KAHPERD (96TH). I have taught elementary Physical Education at Lawrence Elementary in Wichita Public Schools for the past 9 years and have 392 amazing students!

We are coming off a great KAHPERD convention at Fort Hays State with over 500 attendees! As I start my year term as president, I have been reflecting back on what a quality job Rick Pappas, our now Past-President, has done! We are blessed to have someone commit such time and effort to ensuring that our organization continues to be successful.

Our Theme for this year is **"Vision Quest, sharing our vision thru our passion and love."** I chose this theme, because as a profession we are in a time of self-discovery, with the reorganization of KAHPERD Council and AAHPERD working on the same goal. For the past year we have reflected on the need for an insight or a "sign" that would reveal some truth. Our desire to create a balanced organization that will work in harmony to achieve its goals is within our sights. We hope that you find your vision as a KAHPERD member to attend conventions or workshops, be a presenter, nominating someone for an award or position, write a letter to a legislator advocating for health/physical education and supporting and promoting "Let's Move in School" (LMIS). KAHPERD was built on the vision of its first members, such as President Dr. James Naismith in 1920, and it needs your vision to keep the quest going. KAHPERD is one of the leaders at the district, national and international level in HPERD, due to the passion, commitment and love that are members have for our profession.

As a member of KAHPERD your membership provides a number of benefits and opportunities including the following:

- KAHPERD sponsored workshops

- Annual KAHPERD convention with this year's being at **Kansas University**

- KAHPERD publications (2 Journals + 3 newsletters yearly)

- Access to the KAHPERD web page that contains a wealth of information, including an online directory of all

- KAHPERD members, upcoming classes and workshops, and links to many professional related sites

- KAHPERD grants and special grants available only to members

- KanDo Grants

- Model/Merit School Program which recognizes quality physical education programs

- State-wide network of professional support

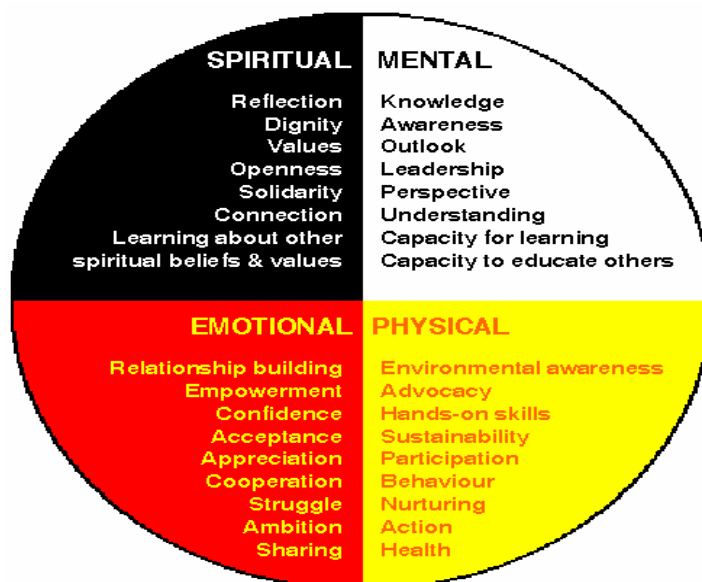
- Service in leadership position on KAHPERD Council

- Mentoring opportunities through local, state and nationally acclaimed members

- K-Fit Training

- LMIS, Director of Physical Activity Training

As a highly qualified Educator, I ask each one of you to look deeply into your own “Vision Quest” and find your balance between your Mental, Emotional, Spiritual and Physical well-being, which comes from the four segments of the medicine wheel. It is the symbol that I’m using for my theme. You will see different form of it during throughout the year and below is one example.



Last, I would like to leave you with a quote from Jack L. Groppel who was the Keynote speaker at the AAHPERD convention. His presentation was based on the spiritual, mental, emotional and physical for high performance and getting change to happen.

**“Teach people to manage their energy, not time,
in order to complete the mission!”**

Summer & Weekend Job Opportunity

Alumni Football USA is looking for four Event Coordinators in Kansas. This is a perfect job for Physical Education teachers and coaches who are looking to earn extra income when school is not in session. The acceptable candidate should LOVE football and be a certified teacher who is involved in athletics, coaching, physical education or sports management. This is a part time position which could develop into a full time position for the right candidate. If you are currently teaching or coaching in high school, this position could allow you to keep your teaching job while enhancing your income. If you would like to take a look at what we do go to : <http://www.alumnifootballusa.com/>. If you are interested in this position e-mail your resume to Hollie Fortkamp at hollie@alumnifootballusa.com.



Joint Projects News

- The **KAHPERD Heart Hero Coordinator Recognition Program**, created to honor the consistent commitment of event coordinators, made its debut at the 2011 KAHPERD Convention. AHA's Youth Marketing Directors distributed special **Heart Hero** recognition gift packages to coordinators attending convention. A BIG note of gratitude for **Harold Swedlund** and **Rita Hazen** of **Sunflower Marketing** for their support of this KAHPERD Joint Projects recognition program.
- The **5th Annual Joint Projects Rewards Luncheon**, held in the FHSU Victor E. Lounge, recognized 47 of the state's top event coordinators.
- Participants in the **Joint Projects** sessions at the 2011 KAHPERD Convention were eligible for several door prizes. AHA provided three \$50 US GAMES certificates which were won by **Jim Blaes**, Cherryvale Middle School; **Jessica Stewart**, Stanley Elementary in Wichita; and **George Kelley**, Freeman Elementary in Haysville. The KAHPERD Joint Projects Committee supplied three free KAHPERD memberships. Winners included **Sara Thomas**, student teacher in the Kiowa County schools in Greensburg; **Debra Bottorf**, teacher at Victoria Grade School; and **Wesley Miller**, teacher in the Remington school district. In addition, those attending the JRFH/HFH for the Novice received a CD of event music to kick-start their events.
- Get a head start on your JRFH/HFH event with **online fundraising**! A simple and easy way to increase your event total and earn additional US Games Gift Certificates for your school. Special online incentives this year include: \$50 US Games certificate if your school has 30 students registered online and 100 e-mails sent and \$300 raised online. Schools raising more than \$1,250 in online donations receive an additional \$50 US Games gift certificate. Raising more than \$2,500 in online donations results in an additional \$100 US Games gift certificate.
- Did you know that the American Heart Association **advocates** for our profession? You don't have to be a lobbyist to call on lawmakers - just an advocate passionate about heart health. Find out how AHA is supporting the Fitness Integrated with Teaching Kids Act (FIT Kids Act) by joining the grassroots efforts at www.yourethecure.org. This act would renew our nation's emphasis on physical education by establishing a framework for schools to closely look at the quality and quantity of PE they are providing and to supply parents with that information to better understand the PE their kids are receiving.
- The American Heart Association has **free** online resources available to any school. Incorporate technology into your curriculum by checking out www.bethebeat.org. By utilizing this website your students have a fun way to learn the signs of cardiac arrest and the simple steps to save a life plus it is loaded with interactive games, music videos, and chances to win cool prizes.





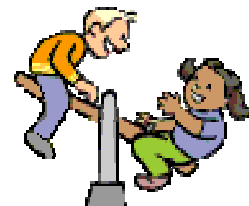
Let's Move In Kansas Schools!



If you would like to receive more information about the “Let’s Move in Kansas Schools” project, email Rhonda Holt, LMIKS Project Director at kansaslmis@gmail.com or watch for upcoming announcements in KAHPERD communications. The trainings will take place next summer and will provide teachers with ideas and strategies to be better equipped to implement the Comprehensive School Physical Activity model in their schools. It enhances the existing physical education program, helps coordinate physical activity opportunities across the curriculum, gives ideas for how to promote the importance of physical activity, and gives support for planning physical activity events. The dates and locations for these one day trainings will be announced soon and we hope that many of you will be a part of this exciting state wide initiative.

There are great resources on the AAHPERD Let's Move in School web site that will help you promote physical activity in your school. Check out the various toolkits at:
<http://www.aahperd.org/letsmoveinschool/index.cfm>

There are bulletin board ideas, newsletters, and many other ideas that are great for anyone wanting new ideas for promoting physical activity. The toolkits are updated monthly so check it out often!!



KAHPERD Presidents
Past President Rick Pappas
President Blake Taylor
President Elect Damon Leiss



Winter Workshop - January 27, 2012

**Petro 201
Washburn University
1700 SW College Ave
Topeka, Ks 66621
(785)-670-1459**



Registration	8:00 a.m. - 9:00 a.m.
Morning session	9:00 a.m. - 11:30 a.m. (Break from 10:20-10:30)
Lunch	11:30-12:30 (on your own)
Afternoon session	12:30 p.m. – 3:00 p.m. (Break from 1:30-1:40)

Exciting News- For the first time Winter workshop is allowing PE teachers to bring one classroom teacher or administrator at no charge.

Free Parking On the East Side of Petro Allied Health Center

Door Prizes will be given out throughout the day!!!

Reduced Rate for Online Registration

Online Registration through January 26:

Members - \$35	Students - \$10 (non-student members - \$20)	Non-members - \$70
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Onsite registration on January 27:

Members - \$50	Students - \$25 (non-student members - \$35)	Non-members \$85
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College Credit

One hour college credit will be available through Emporia State University.

**1 graduate credit hour - \$263.00 - Kansas Resident
\$361.00 - Non-Resident NO technology fees.**

If the students have not taken courses with ESU in the past or if they are an inactive student, they will need to complete a special registration form. Graduate application fee is \$25.00. New/reactivated licensure/non-degree graduate student fee. Reactivated refers to a graduate student who has not taken courses for more than 3 years and have become inactive. Degree seeking students will have to complete an online application form <http://www.emporia.edu/grad/admissions/>, application fee is \$40.00

Secondary Session (9:00-11:30 and 1:40-3:00)

Candace Stuchlik and Merri Copeland will be introducing the four parts of The Physical Dimensions Health Curriculum.

Candee has been teaching at Heights High School in Wichita Public Schools for 18 years. She has coached softball, soccer, basketball, and volleyball. She was the Kansas TOY in 2008, as well as the Central District TOY for the same year. Candee work in combination with an elementary school working with our high school students and their elementary students for Read and Run Day, as well as their Field Day.

Merri has taught physical education for the past 25 years. She received her bachelor's and master's in physical education at Wichita State University. She is currently teaching at Northwest High School in Wichita Kansas. For the past three years she has been working with the Sedgwick County Health Department in a partnership to help increase the knowledge and education of our students about healthy decision making skills and STD's. She has a passion for teaching health and feels it is a vital part of her physical education program.

Elementary Session (9:00-11:30 and 1:40-3:00)

Kim Morrissey will be introducing classroom activities for the classroom teacher and PE teacher in the morning session. In the afternoon she will be teaching health activities as the famous "Professor Behealthy"

Kim is a PK-5th Elementary Physical Education teacher at Dodge Literacy Magnet in Wichita, Kansas. This is my 29th year of teaching. I have taught and coached at every level in both public and private schools and am currently in my 11th year of teaching a Health and Physical Education Methods course for Education majors at Wichita State University. I am a Director of Physical Activity through the "Let's Move In Schools" campaign, Fuel Up to Play 60 School Advisor and a JR4H/H4H coordinator and mentor. In 2008, our school was awarded the KAHPERD Model School award, in 2009 I was KAHPERD Elementary Teacher of the Year, in 2010, Dodge received the NASPE "STARS" award, and I was named Kansas Teacher of the Year Finalist and received the KNEA "Teacher of Excellence" award in 2011.

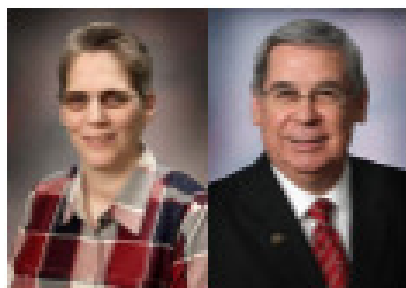
Technology in P.E. (12:30-1:30)

Betty Ann Fish, Head of the Physical Education Department, Springside Chestnut Hill Academy Philadelphia.

Betty Ann is in her 25th year of teaching and coaching. She has coached at the high school and middle school level field hockey, lacrosse, basketball, volleyball, softball, and squash. Currently, she teaches at the elementary level.

In the presentation Betty Ann will touch on using "flip video cameras" or a similar camera to help promote PE programs, students checking out pedometers and video cameras to document how they exercise outside of school, iPad use for class specifically videos of older students performing exercises in the fitness circuit for 1st grade, various apps on Smartphone's and iPads, smart ideas for a heart activity.

A Special Convention Thank You Goes To:



Convention Managers Joyce Ellis and John Zody for all they did to make this an incredible, record breaking convention for Hays! Attendance for this convention was doubled from previous conventions held in Hays. It was also the largest banquet attendance ever held in Hays.

Thanks also to Glen McNeil and Anita Walters and the FHSU HHP staff and student majors for a job well done!

In Alphabetical Order:



Kelly Cook for all of his help with the Deal or No Deal event.



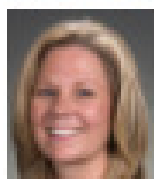
Jill Cundiff and the Advocacy Committee for their work in designing the new KAHPERD booth! It's awesome.



Vickie Deines for putting on the Retiree Social.



Kathy Ermiler and Blake Taylor for their help with the election.



Past President Jodie Leiss for her help with the Pre-Convention and Convention program.

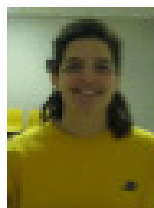
A Special Convention Thank You Goes To:



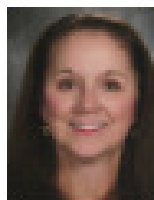
Joan Schuler and the Advocacy Committee for getting the new KAHPERD license plates as well as for Joan's continued help in selling KAHPERD gear.



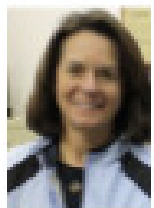
Brenda Sharp, Joint Projects Chair, and Nikki Medina, AHA Youth Marketing Director for all of their work with the Joint Projects Tier Recognition Program. Thanks also to Harold Swedlund at Sunflower Marketing for funding this program!!! And, thanks to Brenda for all her work with the AHA Rewards Luncheon.



Sue Stinson for her help with the exhibits. We'd also like to thank all of our exhibitors!!!



Kathy Wagner and the entire Awards Committee for all of their hard work with the Awards Banquet.



Executive Director Vicki Worrell for all her efforts with the wonderful inaugural Appreciation Awards and Deal or No Deal.

- KAHPERD Executive Committee and KAHPERD Council for the time they donated to the Pre and Post-Convention meetings. KAHPERD Past Presidents, KAHPERD Executive Committee, and KAHPERD Council for their donations to Deal or No Deal.
 - Sunflower Marketing and the American Heart Association for the free convention breakfast.
 - All of the presenters who made this a great convention.
 - Thank you to everyone who was involved in this Convention in any way. You helped make it a great success.
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PRE-CONVENTION WORKSHOPS – Thursday, February 2, 2012 (8:00am – 5:00pm)

\$25.00 Fee: Attend all or one for the same price.

Lunch is on your own. Detailed map with dining locations will be provided.

Archery Instruction Certification

Presenter: Steve Lucero, Education Coordinator, Colorado Division of Wildlife

8:00am – 5:00pm, 20 participant limit



Colorado-certified secondary teachers become qualified to teach archery through taking an eight-hour, National Archery in the Schools Program (NASP) archery-training program from instructors certified by the NASP and the Colorado Division of Wildlife. Core content covers archery history, safety, technique, equipment, mental concentration, and self-improvement.

"Fishing in Schools" NFSP Level 1 Teacher Training

Presenter: Katie M. Cole, Program Manager, National Fishing in Schools Program

8:00am – 5:00pm, 20 participant limit

The NFSP Teacher Training certifies educators to teach the program's curriculum. The training will provide the proper knowledge and skills so the educator can confidently and effectively share a breadth of outdoor-related learning to their students: fishing, wildlife habitat, aquatic insects, freshwater ecology, fishery resources, conservation and stewardship will be covered. NFSP provides: curriculum, training, equipment and support. The Fishing Education Foundation, the parent organization, provides grants to schools wishing to participate to the extent funds are available.



The "Fishing in Schools" NFSP Level 1 Teacher Training will focus on the process by which schools may participate in the National Fishing in Schools Program. Curricular elements that employ 4 academic standards will be detailed: i.e., how "Fishing in Schools" addresses science, language arts, technology and physical education.

Get on the Bus with Tennis in School!

Presenter: Jason Jamison, United States Tennis Association, White Plains, NY, Vicky Matarazzo, Director of Tennis for Special Olympics Colorado

8:00am – noon



Participants will experience how to introduce tennis to large numbers of children in limited spaces without the need for traditional tennis courts. By utilizing kid-friendly tennis equipment and simplified scoring and rules, tennis has never been easier to learn.

Designed to be effective for all grade levels, the USTA's School Tennis curriculum provides easy-to-follow lesson plans that incorporate tennis and fitness in a fun and dynamic manner.

Attendees of the workshop will have an opportunity to participate in a variety of games and activities designed to create a positive first experience for students of all abilities. Specific methods for introducing tennis to students with special needs will also be demonstrated.

Adapted PE Treasure Chest and Toys

Presented by: Cindy Combs, 2006 National Adapted Physical Education Teacher of the Year

1:00pm – 5:00pm



Come enjoy games and activities from the Adapted PE treasure chest. Play games to reinforce the Activity Pyramid and NASPE Standards. See and feel creative ways to teach muscles and bones. Play homemade card and newspaper games. Celebrate the 2012 Olympic and Paralympic Games in London. Engage in Adventure Course games and elements.

Olympic Training Center, Private Behind the Scene Tour

Presented by: Olympic Training Center Staff **NO CHARGE 1:00pm-3:30pm, 30 Participant limit**



Meet at Visitors Center 1:00 – Movie, Private Tour of Campus 1: 20 - 3:30 All areas including Judo, Wrestling, Shooting, Gyms, Gymnastic Area, Swimming pool and facilities, weight room. Wrap Up / Questions 3:30. Shopping in Visitors Center Gift Shop 3:45 - 4:15 if you wish.



Pack your bags, we are climbing and "Moving Mountains ... One Step At A Time!" Learn from over 60 amazing speakers and presenters. 'Camp CDA AAHPERD' is comprised of a variety of 'trails' and is full of national presenters and teachers of the year!

CENTRAL DISTRICT ASSOCIATION 2012 CONVENTION

Registration Fees	Early Bird 12/1/11	Advance 1/24/12	Onsite & After 1/24/12 Meals NOT Guaranteed
Professional Member (AAHPERD or COAHPERD)	\$165	\$180	\$195
Non-Member	\$290	\$305	\$320
Student	\$75	\$75	\$90
Retired Member of AAHPERD or COAHPERD	\$75	\$90	\$105
Dual Member (AAHPERD and COAHPERD) if you select this choice you MUST fax/mail your registration.	\$150	\$180	\$195

Registration Postmark Deadline is 1/24/12

(See the mailing address on the Registration Form or register online)

*AAHPERD Membership needs to be current by 12/31/11

*COAHPERD Membership needs to be current by 12/31/11

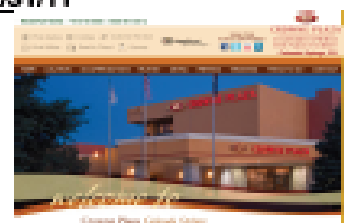
Convention Hotel:

Crown Plaza
2886 S. Circle Drive
Colorado Springs, CO 80906
(719) 302-9872
www.cpscoloradosprings.com

Room Rates:*

Single	\$119
Double	\$119
Triple	\$129
Quad	\$139

* Plus applicable taxes



Deadline for hotel reservation 1/12/2012

When making your reservation, identify yourself as members of "AAHPERD"

PRE-CONVENTION WORKSHOPS – Thursday, February 2, 2012 (8:00 AM – 5:00 PM) \$25.00 Fee:
Attend all or one for the same price.

Archery Instruction Certification - presented by: Steve Lucero, Education Coordinator, Colorado Division of Wildlife
8:00am – 5:00pm, 20 participant limit

"Fishing in Schools" NFSP Level 1 Teacher Training presented by: Katie M. Cole, Program Manager, National Fishing in Schools Program 8:00am – 5:00pm, 20 participant limit

Get on the Bus with Tennis in Schools presented by: Jason Jamison, United States Tennis Association: adapted tennis techniques presented by Vicky Matarazzo, Special Olympics 8:00am – noon

Adapted PE Treasure Chest and Toys presented by: Cledy Combs 2006 National Adapted Physical Education Teacher of the Year 1:00pm – 5:00pm

Find the Registration Form and additional information online at:

www.aahperd.org/about/districts/central

The unofficial KAHPERD Nominating/Awards Committee

Poem or...

How Our ED Saved KAHPERD!

**Twas the night before KAHPERD, when all through the gym
Not a member was stirring with even a whim.
All programs were ready to be presented with care,
In hopes that all KAHEPRD members soon would be there.**

**The future professionals nestled all snug in warm beds,
With visions of activities dancing through young heads.
And the President in his PJ's, and in great need of a nap,
Had just settled in from the pre-Council rap.**

**When out on the hotel lot there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the window and stopped with a crash.**

**The moon on the breast of the new-fallen snow
Gave the luster of mid-day to objects below.
When, what to my wondering eyes should appear,
But the Convention Manger and irate Awards Program Chairs.**

**Led by a little spry ED, so lively and quick,
We knew in a moment it must be our Vic.
More rapid than eagles her Council they came,
And she whistled, and smiled, and called them by name!**

**"Now Blake! Now, Rhonda! Now, Damon and Jannelle!
On, Jason! On, Joyce!, On Karla, and Rick!
We have a crisis! Meet quick in the hall!
We'll brainstorm! Brainstorm! Brainstorm please all!"**

**As leaders they wondered, what's caused such a mess
Which one of us goofed, and needs to confess?
So up to the President's room we bumbled, stumbled and flew,
With questions, some ideas but no one sure knew.**

And then, holding a report, we heard our Awards Chair snort
AAAAHHHHHH... we have no 2012 nominees for KU to report.

As I drew in my breath, and was turning around,
Into the room entered Past-President Vic without even a sound.

Dressed in AAHPERD paraphernalia from her head to her foot,
Her clothes were all perfect... no ashes or soot.
A bundle of laptops she had flung into her sack,
She looked like a leader, who puts up with no slack.

She was slim and so trim, a right fit role model,
Who soon would have Council, all step on the throttle!
A wink of her eye and a twist of her head,
Soon let us know KAHPERD had nothing to dread.

A challenge had been presented, and caused such a row,
Never before seen, the entire Council so low.
A convention and banquet without an award?
Never! Never she cried... We'll all be too bored!

She spoke a few words, and put us quickly to work,
We nominated all the deserving, which brought all a big smirk.
Members would be recognized at the banquet tomorrow,
She'd saved our dear KAHPERD from a whole bunch of sorrow.

She sprang to her feet, to us gave a loud whistle,
And away we all flew like the down of a thistle.
But I heard her exclaim, 'ere she boogied out of sight,
"Great Convention to all, and to all a good-night!"

***Let's get our KAHPERD, CDAAHPERD and AAHPERD nominating
caps on and brainstorm who should be nominated for our various awards
and offices. Thanks!**

Anonymous (for obvious reasons)

Save the Date as We Go Back To Our Roots!!!

**KAHPERD Convention
November 1 & 2, 2012
University of Kansas**



This picture of James Naismith, “the inventor of basketball” was taken in 1920 at the University of Kansas, the year he was elected as KAHPERD’s first President.

We are now seeking proposals for the 2012 KAHPERD Convention in Lawrence. For more information on 2012 proposals, contact Rick Pappas at rgpappas@msn.com
