

The Communicator

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VAHPERD Convention News

2013 VAHPERD Convention November 7-10, 2013 Founders Inn Virginia Beach, Virginia

See the VAHPERD Web page for a complete list of activities and programs
www.vahperd.org. Or you can click the link below for the final program.
<http://vahperd.org/associations/10530/files/2013%20VAHPERD%20Program.pdf>



The Founder's Inn and Spa in Virginia Beach taken from (<http://www.foundersinn.com/>).
Site of the 2013 VAHPERD Convention

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Convention Manger's Report 2013

It's time to start thinking about Convention 2013!!! President, Rodney Gaines, is very excited about this year's convention and invites all of you to attend. If you were at the Founder's Inn and Spa for a previous convention, you know what a wonderful professional experience we had and in such a great facility. We invite all of you to return for another great experience and if you have not been there, please plan to attend this year.

Past President, Charlotte Kelso, worked to get all program proposals in on time and the scheduling went very smoothly this year. Deborah Davis, once again, did a great job of typing and organizing the program. Thanks to the hard work of each of you in securing programs, our convention promises to be a good one. There are three pre conference sessions. There will be one on Thursday and two on Friday morning. There have been postings about these on the web page and in e-mails from Henry. Some require pre-registration so please check to be sure you do this if you wish to attend those. We have a large number of presentations: 40 on Friday, 70 on Saturday, and 35 on Sunday for a total of 145. In addition, there will be two general sessions, division meetings, Representative Assembly, Kaleidoscope, a dance contest, a 5K run, an Amazing Race, and an all convention dance with a deejay on Saturday night.

Even though some of the rooms are small, I believe we can accommodate all who wish to attend. There will not be any formal entertainment on Friday night but you can explore the area on your own. The hotel will provide directions to any area you wish to visit.

We will once again try to work with the hotel to offer the Saturday food and beverage breakout from 7am until 4 pm. At this time, I have not been able to work out the details but if I can make it happen, this should help with your food budget as I know funds are tight.

If you are serving on a committee, please remember that you have a committee meeting on Friday at 11 am in Mason. It is very important to be present for the committee meeting. If you are interested in serving on a committee, please let Henry Castelvechi, our Executive Director know.

Our convention has contracts for the next five years (Founder's Inn and Spa, 2014, Richmond Kroger Center 2015 and 2016, (unless we host Southern District in 2016 which would be in Williamsburg) and The Hotel Roanoke, 2017 and 2018.

Rodney Gaines, the past vice presidents, and I will be working on the program for next year so it's never too early to start sending in proposals. Think about what you want for your division and remember to submit budget requests to cover any expenses.

Vice Presidents should remember to have an agenda and ballots prepared for their division meeting. We do seem to be doing a better job securing candidates for office and hope to have a full slate of officers for next year. Remember it is the duty of the chair elects to secure candidates for their section. They should have at least two candidates, with vitae sheets to submit to the Vice President. One of the best times to secure candidates is at convention when you can talk face to face. As section chair elects will be elected on

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Saturday at the division meeting, it would be good if the VP's would have a little orientation with them and let them know about this duty. It will make the election process go a lot smoother for next year.

One more little reminder, Past VP's, the last duty of your office is to submit names to the Nomination Committee Chair for VP elects and for a Presidential Candidate. No one is in a better position than you to know who would make good candidates for office. You have worked with section officers and fellow VP's for the past three years and know who the workers are and those who would contribute to the organization.

If you as a member are interested in serving as an officer in the organization, please attend your division meeting and let others know of your interest to serve.

Donna, our exhibits manager, has once again done a great job for us working with the exhibitors. Please stop by and thank them for participating in our convention.

Remember to check the web page regularly for updates, registration, hotel information, etc. I look forward to seeing you in November.

Thanks to Henry for his tireless devotion to details and last minute requests and thanks to each of you who have made my job easier. It has been my pleasure to serve as your convention manager.

Respectfully submitted,

Judy C. Johnson
Convention Manager

- **NSCA Certified Strength and Conditioning Specialist (CSCS) Exam Preparation Symposium**

The NSCA is proud to offer the CSCS Exam Prep Symposia (EPS) at the VAHPERD Convention. This Exam Prep Symposium (EPS) is a 1-day preconference event designed to help prepare individuals for the NSCA CSCS certification exam. Your time is valuable; spend it efficiently by focusing your studies on the most relevant content![Click Here to Read More](#) (PDF)

Announcements

- Attention Retirees - Big Plans are being made for retirees attending the SDAHPERD convention in Lexington KY Feb. 18-23, 2014. If you are planning to attend, please check the program for special events for retirees. We look forward to seeing you there!!!

- **PE Central's Cooperative Fitness Challenge**

PE Central and S&S Worldwide are excited to partner with VAHPERD to bring their members the new and exciting Cooperative Fitness Challenge. This program will not only motivate the

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children in Virginia to be more physically fit but it is unique in that it requires kids to work together to complete the challenges.

Because of our partnership, VAHPERD members who register for this program and/or our popular Cooperative Skills Challenge (formerly the PE Central Skills Challenge) will receive a 50% discount on the annual registration cost of \$25.00. In addition, members of VAHPERD who sign up for either program will receive a \$10.00 eGift card from S&S Worldwide and you will be able to shop at S&S Worldwide's online PE Store at a 15% discount and receive free shipping on any order over \$99.00 for as long as you stay a current member of the Cooperative Fitness or Skills Challenge programs.

To take advantage of this member benefit register for either Challenge at this Web site:
<http://www.pecchallenge.org>

To get the half off discount of \$12.50 for registering for either Challenge use coupon code "VA594014" on the registration form where it asks if you are a State AHPERD member. If you have any questions or issues, contact Mark Manross at PE Central at 540-953-1043 or pec@pecentral.org.

To shop the online S&S PE Superstore at a 15% discount and free shipping on orders over \$99, use the offer code "T3852". If you have any questions please contact Sandy Cervini, Key Accounts Manager at S&S Worldwide (phone: 800-243-9232 x2361; email: scervini@swww.com).

To receive the \$10.00 eGift card from S&S just complete registration for either or both of the Challenges and you will receive this in an email from S&S Worldwide in 2-3 weeks.

We are very excited about our partnership with VAHPERD to offer these member benefits! We hope you join or renew your VAHPERD membership today and tell others in the state of Virginia to join today! If you have any questions please contact Mark Manross at PE Central at 540-953-1043 or pec@pecentral.org.

We hope you enjoy offering either or both of these exciting programs to your kids!

**Let's Active
Move Schools**

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Awards

Congratulations to the 2013 VAHPERD Award Winners!

- **Christina Luntzer** - Adapted Physical Education Teacher of the Year
- **Allison Y. (Vonnie) Colvin** - College/University Physical Education Teacher of the Year
- **Scott Williams** - Elementary Physical Education Teacher of the Year
- **Roberta "Bobbi" Conrad** - Middle School Physical Education Teacher of the Year
- **Tom Nadeau** - High School Physical Education Teacher of the Year
- **Toni Brown** - K-12 Dance Educator of the Year
- **Barron "Duke" Conrad** - Supervisor of the Year
- **Jack O'Donnell** - Recreational Professional of the Year

The 2013 Southern District AAHPERD Awards!

- **Henry Castelvechi** - Taylor Dodson Young Professional Award
- **Donna Wilbur** - Recreation Professional of the Year
- **Rose Houk** - Sports Professional of the Year
- **Deanna Castelvechi** - K-12 Health Professional of the Year

2013 AAHE Award!

- **Deanna Castelvechi** - K-12 Health Professional of the Year

VAHPERD is very proud of all our award winners. Please nominate worthy professional

Teaching "Pearls"

- [Pedestrian/Bike Safety](#) -Safe Routes To School Lesson Plans – **By April Moore, Dublin Elementary School**
- CrossFit Lesson Plans – [Part 1](#) and [Part 2](#) for Elementary School – **By Molly Gift, Radford University Senior Physical and Health Education Major.**

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Grants

- Funds for Fuel Up to Play 60

Deadline for Apply: **November 1, 2013**

Fuel Up to Play 60 is a program founded by the National Dairy Council and NFL, in collaboration with USDA, that empowers students to take charge in making small, everyday changes at school. Students can win cool prizes, like an NFL player visit or Super Bowl tickets, for choosing good-for-you foods and getting active for at least 60 minutes every day. We want kids to make a difference not only in their lives, but also their community. Whether you're a student, supporter or educator, simply choose your path to get involved and get going.

Up to \$4,000 per year is available to any qualifying K-12 school enrolled in Fuel Up to Play 60. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements.

Whether you're just starting out with Fuel Up to Play 60 or looking to expand and extend an initiative that's already in motion, Funds for Fuel Up to Play 60 can help.

<http://school.fueluptoplay60.com/funds/introduction.php>

- NASPE Grants Database

Deadline for Apply: **Deadlines Vary**

NASPE wants to assist you with winning grants by informing you about availability of program and research grants. If you are aware of other physical education/physical activity/sport grant opportunities that are national in scope and not listed in our grants database, please send the grant name, sponsoring organization, and Web site to naspe@aahperd.org.

- Athletics and Wellness Support Grants

Deadline for Applications: **Rolling Quarterly Reviews**

Finish Line, an athletic retailer specializing in brand name footwear, apparel and accessories, supports athletic and wellness programs located in communities where their stores are located. The foundation funds projects registered as 501 (c) (3) organizations; have a primary focus on assisting children and young adults 18 and under; concentrate on athletics or wellness; and benefit communities in which Finish Line stores are located. For details go to <https://wvde.state.wv.us/osshp/main/Grants.htm>

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• Baseball Tomorrow Fund Offers Support for Youth Baseball and Softball Programs
Deadline for Letters of Inquiry: Open

The Baseball Tomorrow Fund is a joint initiative between Major League Baseball and the Major League Baseball Players Association designed to promote and enhance the growth of youth participation in baseball and softball. Grants are intended to finance a new program, expand or improve an existing program, undertake a new collaborative effort, or obtain facilities or equipment necessary for youth baseball or softball programs.

Projects must meet the following criteria: increase the number of youth participating in baseball and softball programs; improve the quality of youth baseball and softball programs; create new or innovative ways of expanding and improving baseball or softball programs; are able to match funds for programs; provide programs for children between the ages of 10 and 16; support existing programs that have demonstrated success in providing a quality youth baseball/softball experience; and address opportunities for minorities and women. Nonprofit and tax-exempt organizations involved in youth baseball programs are encouraged to submit a Letter of Inquiry. Selected applicants are then invited to submit a full application. Grants are awarded on a quarterly basis. For details go to http://mlb.mlb.com/mlb/downloads/btf_grant_application_0306.doc

If you need additional information contact the grants committee members:

Janet Kennedy	kennedy28@cox.net	- Chair
Tom Nadeau	tnadeau@henrico.k12.va.us	- Member
Monica Parsons	mparson@liberty.edu	-Member
Brian Raska	baraska@gmail.com	- Member
Oneida Williams	oneida.williams@vsdb.k12.va.us	- Member

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News

- **HEALTH & PHYSICAL EDUCATION**

OHPEP STAFF DEVELOPMENT

INSTRUCTIONAL BEST PRACTICES THAT ENHANCE STUDENT LEARNING THROUGH MOVEMENT

The Virginia Association for Health, Physical Education, Recreation, and Dance continues to provide staff development opportunities to improve your K-12 programs. Outstanding Health and Physical Education Programs (**OHPEP**) offers professional development workshops to promote the instructional best practices including all students.....[Click Here to Read More](#) (PDF)

- **American Alliance for Health, Physical Education, Recreation & Dance Releases Grade-Level Outcomes for K-12 Physical Education New Benchmarks Set to Take Students on a Path to Become Physically Literate Individuals**

RESTON, VA, October 16, 2013– For the first time ever, the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD) has created grade-level outcomes that support the newly revamped National Standards for Physical Education. The goal of physical education.....[Click Here to Read More](#) (PDF)

- **October is National Bullying Prevention Month**

Check out Flaghouse's resources to teach bullying awareness. Find these resources and the "Share Your Story" contest at http://www.flaghouse.com/BullyingAwarenessMockup_E.asp?category=Athletic.

We encourage everyone to support Flaghouse, one of VAHPERD's partners, and share how you are raising bullying awareness in your community. **Join the movement!**

The End of Bullying Begins with Me: that's the message during PACER's National Bullying Prevention Month in October. It's a time when communities can unite nationwide to raise awareness of bullying prevention through events, activities, outreach, and education. Resources from PACER's National Bullying Prevention Center make it easy to take action.

<http://www.pacer.org/bullying/nbpm/>

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- **AMERICA'S MOST DECORATED GYMNAST SHANNON MILLER TO KEYNOTE GENERAL SESSION AT AAHPERD CONVENTION & EXPO IN ST. LOUIS April 1-5, 2014**

RESTON, VA, OCTOBER 7, 2013—The most decorated American gymnast in U.S. history, seven-time Olympic Medalist Shannon Miller, will keynote the General Session on Wednesday, April 2, at the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD) National Convention & Expo in St. Louis, MO, the organization announced today.

POLAR, a longtime AAHPERD partner and the leader in heart rate monitoring and fitness assessment technologies, will be the official sponsor of the General Session.[Click Here to Read More](#) (PDF)

- Something big is happening at VAHPERD! Find out by keeping up to date with us by adding us as one of your friends on Facebook or follow us on Twitter (<http://twitter.com/VAHPERD>)!

- Please check out the new VAHPERD web page for archived issues of The Virginia Journal and The Communicator, a message from our Past-President and President-Elects, a member's only section and much more. Go to www.vahperd.org for details.

- The VAHPERD website has had major revisions. Please take a few minutes to look at the newly posted grant opportunities, interactive Virginia Journal, on-line nomination for Board Position, Teachers of the Year and Convention presentation proposals. We are constantly posting new information and trying to improve the site.

New Grant Information - User Name and Password required

<http://www.vahperd.org/displaycommon.cfm?an=1&subarticlenbr=16>

New Interactive Journal – User Name and Password required

<http://www.vahperd.org/displaycommon.cfm?an=1&subarticlenbr=39>

- The success of TVJ and the Communicator only go as far as the members and our submissions. I ask that you continue to submit the quality work you have in the past. Let the state, region and nation know the outstanding work we are doing in VAHPERD. So this is my continued call for manuscripts for the upcoming issues of TVJ and news information for the Communicator. The TVJ and Communicator depend on the submissions from our exceptional professionals working in the field. So please continue to e-mail me your



VIRGINIA ASSOCIATION OF

VAHPERD

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manuscripts and news by the January 15th and July 15th deadlines respectively for each issue as a Word attachment for the two publications.

Michael Moore, PhD, ATC; mbmoore@radford.edu; 540-831-6218



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Officers & Directors 2012-2013 VAHPERD Board

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Charlotte	Kelso	Past President	Kelso1112@vahperd.org
Henry	Castelvecchi	Executive Director	info@vahperd.org
Liz	Payne	Parliamentarian	etpayne@fcps.edu
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Robin	Shepherd	Vice President Elect Health	shep1978@yahoo.com
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Glendola Yhema	Mills	Dance Division Past Chair Dance Education K12	gmills-parker@nsu.edu
Sakina	Sawtelle	Dance Division Chair Dance Performance	revssawtelle@yahoo.com
Rodney	Williams	Dance Division Chair Elect Dance Performance	williamsrl@longwood.edu
Annette	Holt	Dance Division Past Chair Dance Performance	annette.holt@richmondgov.com
Benita	Turner	General Division Chair City/County Supervisors	mbturner@henrico.k12.va.us
Patricia	Thompson	General Division Chair Elect City/County Supervisors	pthompson@hampton.k12.va.us
Barry	Trent	General Division Past Chair City/County Supervisors	btrent@rcs.k12.va.us
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Tony	DeGregorio	General Division Chair Elect College/University	adegreg@gnu.edu
OPEN	OPEN	General Division Past Chair College/University	OPEN
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Leon	Bey	General Division Past Chair Men's and Boy's Athletics	lbey@vsu.edu

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Faye	Jackson	General Division Chair Sport Management	faye.jackson@nn.k12.va.us
Keyode	Rogers	General Division Chair Elect Sport Management	keyoderogers@gmail.com
Curtis	Walker	General Division Past Chair Sport Management	cwal1239@students.vsu.edu
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Claire	Mowling	General Division Chair Elect Research	mowlingcm@longwood.edu
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OPEN	OPEN	Recreational Division Chair Recreational Sports	OPEN
OPEN	OPEN	Recreational Division Chair Elect Recreational Sports	OPEN
OPEN	OPEN	Recreational Division Past Chair Recreational Sports	OPEN



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Awards	Miller, Vicki	Member	vbm01@comcast.net
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Nominating	Belote, Brenda	Member	bbgrits@gmail.com
Nominating	Johnson, Ashley	Member	ajohnson@bvps.org
Nominating	Smith, Stephen	Member	smith.s@lynchburg.edu
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Site Selection	Castelvechi, Henry	Ex Officio Member	info@vahperd.org
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Committee	Name	Participation Type	Email Address
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Structure and Function	Redican, Kerry	Chair	kredican@vt.edu



*American Alliance for
 Health, Physical Education,
 Recreation and Dance*