

# The Communicator

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## VAHPERD Convention News 2018 Convention Handouts

**Plan to attend the  
82<sup>nd</sup> VAHPERD State Convention  
November 8-10, 2019  
The Founder's Inn  
Virginia Beach, VA**



The Founder's Inn and Spa in Virginia Beach taken from (<http://www.foundersinn.com/>).  
Site of the 2019 VAHPERD Convention

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## Lesson Plans

- **The K-12 Dance Education Lesson Plan Bank** project was inspired by the work of dance pedagogy students at Colorado State University, and the desire of K-12 teachers to integrate movement into the academic classroom. Through the generous support of a [Lilla B. Morgan Memorial Endowment](#) grant, CSU Dance faculty member Lisa Morgan, and dance majors Aminta Remisosky and Katie McClendon, worked together to develop a comprehensive lesson plan template system to be implemented and used by K-12 teachers, dance educators in private studios, and faculty and students in the CSU Dance pedagogy program. <https://dance.colostate.edu/dance-education/lesson-plan-bank/>
- [PE Central](#) is a web site that provides information about developmentally appropriate **physical education** practices and programs. [Click here for free lesson plans and bulletin board ideas.](#)
- Health and PE Lesson Ideas? Health Smart VA is an open access website with hundreds of lesson plans and instructional resources that are aligned with Virginia K-10 Health and PE Standards of Learning. [Click here for free lesson plans.](#)  
<https://healthsmartva.org/>
- Physical education prepares children for an active and healthy life while improving self-discipline and reducing stress. This section includes PE lessons from kindergarten through high school spanning different skill levels and objectives. Lessons are categorized by grade for easy retrieval. These lessons were created by real teachers working in schools across the United States. The section will continue to grow as more teachers like you share your lesson plans. We encourage you! Share your lessons plans Teacher.org, [contact us.](#)  
<https://www.teacher.org/lesson-plans/p-e/>
- [Open Online Physical Education Network](#) – Free K-12 Physical Education Lesson Plans and resources. OPEN is a backward designed curriculum project that targets SHAPE America's National Standards & Grade-Level Outcomes. [Click here](#) for more details.
- [eNASCO](#) – Free K-12 Physical and Health Education lesson plans and equipment resource. [Click here](#) for more details.
- [Learning To Give](#) – Grounded in academics and linked to real life, Learning to Give lessons and resources apply from kindergarten through high school. Our mission is to provide quality, inspirational, and field tested tools to help K-12 teachers educate, equip, and empower their students to be giving and caring citizens. [Click here](#) for more details.

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## Announcements

- **2019 Health & Physical Activity Institute at James Madison University**

July 15-July 17, 2019 - <https://www.jmu.edu/kinesiology/hpainstitute/>

The primary objective of the institute is to improve the quality of health and physical education instruction and provide support to implement the 2015 VDOE standards of learning for health and physical education which would enhance the wellness and educational performance of Virginia's students. *The Health and Physical Activity Institute* is supported by the Virginia Department of Education and the Virginia Association of Health, Physical Education, Recreation and Dance.

- **2018 National Dance Society Award Recipients!**

Be it pedagogy, advocacy, or promotion of dance, NDS members make important contributions to the discipline. NDS is pleased to recognize the following individuals for their contributions to the field of dance. [Click her to see the winners!!](#) Then proceed to the professional development tab.

- **Choose Your Vibe – Arrive Alive**

VAHPERD's [Choose Your Vibe - Arrive Alive!](#) campaign is a social media campaign to promote healthy, alcohol free lifestyles and the avoidance of consequences to health and wellness, academic and career achievement that results from engaging in illegal underage drinking and impaired driving. This webpage provides resources and a timeline for ambassadors to reference throughout the campaign.

- **Underage Drinking Prevention Education Project**

**School & Community Resources - Campus Underage Drinking Prevention Resources**

With VAHPERD support, the RVABuzzKill – Serve Under 21 and the Party's Over campaign was jointly launched in 2015.....[Read More](#)

- **New Funding for Title IV, Part A, ESSA Funding for FY18**

President Donald Trump signed into law spending legislation that provides a significant funding increase for the Department of Education, including more money for educator development, after-school programs, and special education, among other programs.

The funding for Title IV is a huge increase over its current funding of \$400 million.

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If you have the opportunity to interact with your Representative and Senators Tim Kaine and Mark Warner, thank them for the increase in funding Title IV, Part A, of ESSA and state very briefly how those funds might be used to support safe and healthy school activities. Evidence supports a direct correlation between physical and mental health and learning essential for academic success, school completion, and the development of healthy, resilient and productive citizens. Health and physical education teachers are uniquely qualified to facilitate student learning in these areas.

\$ 1.1 Billion Dollars for Title IV, Part A, ESSA funding for FY18

For the complete article click [Here](#)

● **Now through July 30, 2019 VAHPERD members will receive a 15% discount off the initial price of [WELNET®](#) just for mentioning your active membership!** Members can contact Julie Frank at [julie@focusedfitness.org](mailto:julie@focusedfitness.org) or call 619-804-4009 to take advantage of this discount.

[WELNET®](#) is designed to provide physical educators with a tool to gather student fitness data and communicate results. WELNET®'s modules offer a variety of tracking and assessment tools, including measuring the five components of fitness, checking students' understanding of fitness and health concepts, tracking students' health-related habits and behaviors, supporting student goal setting and producing reports in each module to analyze trends, improve instruction and achieve program goals and outcomes. WELNET® is available as a [Single School Solution](#) or a [District Solution](#).



● **New---Voting for President Elect and all Vice President Elects**

The Voting for President Elect and all Vice President Elects will be electronic voting open to all professional members of VAHPERD - Look for details and candidates on the [website](#) when it's election season.

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## Awards

### Congratulations to the 2018 VAHPERD Award Winners!

**Elementary Physical Educator of the Year**

Amy Riggio, Sanders Corner Elementary, Loudoun County, VA

**Middle School Physical Educator of the Year**

Andrew Wymer, Jackson P. Burley Middle School, Charlottesville, VA

**Secondary Physical Educator of the Year**

John Jones, Mt. Vernon High School, Alexandria, VA

**Adapted Physical Educator of the Year**

Robert Mages, Virginia Beach Public Schools Special Education Annex, Virginia Beach, VA

**Jump Rope for Heart Recognition Award**

Bryn Varhol, Churchill Road Elementary School, McClean, VA

**College/University Health Teacher of the Year**

Cathy McKay, James Madison University, Harrisonburg, VA

**College/University Physical Educator of the Year**

Rodney Gaines, Hampton University, Hampton, VA

**Recreation Professional**

Michael Maina, Roanoke College, Roanoke, VA

**Pioneer Award**

Duke Conrad, retired from Newport News Public Schools (11/10/18 – Award Program)

**Honor Award**

Dee Castelveccchi, Elizabeth Davis Middle School, Chesterfield County, VA

**Physical Education Supervisor of the Year**

John Trott, Hanover County, VA

### Congratulations to the 2017 VAPHERD Grant Winners

- **Kenneth Magee** (Virginia Beach)
- **Tracey McDorman** (Chesterfield County)
- **Carole Lee** (Dinwiddie County)



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## Grants

- Funding for Physical Education (PE) can be a struggle. The amounts available tend to be small, and programs are often tightly tailored to specific interests. Still, good options exist. There are also tools that allow physical education programs to find just the right kind of funding for their needs. [Click here for a list of grants.](#)

- [The USAPA High School Grant Program](#) assists high school PE teachers, working with a USAPA member, to acquire start-up pickleball equipment for regular physical education classes and after school programs. The maximum grant amount is up to \$350. To apply, go [www.usapa.org](http://www.usapa.org). Click on the “Training and Court Info” tab and scroll down to High School Grant. There you will find an article that explains the program guidelines. At the end of the article, click on *Click Here to Apply*. Complete and submit the application form. The Committee will review the application and notify the applicant within a reasonable period of time regarding the disposition of the application.

Middle and elementary school PE teachers may apply for a Community Grant which provides up to \$250 in reimbursable pickleball equipment.

For additional information about pickleball, click on [Ambassador Search](#) to find a local USAPA Ambassador.

- [SHAPE America Grants Database](#)

*Deadline for Apply:* **Deadlines Vary**

Find available funding for upcoming professional development opportunities.

- [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 [Grants and Guidelines](#).

- [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

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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://baseballtomorrowfund.com>

If you need additional information contact the grants committee members:

<b>Kari Hampton</b>	<b>Chair</b>	<a href="mailto:hamptonvahperd@gmail.com">hamptonvahperd@gmail.com</a>
Amanda Campbell	Member	<a href="mailto:acampbel@bridgewater.edu">acampbel@bridgewater.edu</a>
Joel Tise	Member	<a href="mailto:JoelTise@spsk12.net">mailto:JoelTise@spsk12.net</a>

- VAHPERD Grant Information - [https://www.vahperd.org/page/Grants\\_Home](https://www.vahperd.org/page/Grants_Home)

## News

- The Huffington Post has a variety of Physical Education articles from various authors. This link will be updated periodically as new articles are available. [Click here to read more.](#)

- **Physical Education Is Just As Important As Any Other School Subject**

By Andrew Sprake and Clive Palmer

Physical Education (PE) is often viewed as a marginal subject within the curriculum. And many secondary schools actively reduce PE time to make way for what are deemed more “serious” or “important” subjects.

- **SHAPE America – 50 Million Strong by 2029**

Approximately 50 million students are currently enrolled in America’s elementary and secondary schools (grades pre–K to 12). SHAPE America wants to ensure that by the time

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today's youngest students graduate from high school in 2029, all of America's young people are empowered to lead healthy and active lives through effective health and physical education programs. [Read more here!](#)

- **SHAPE America – Health. Moves. Minds**

The vision of SHAPE America is "Healthy People – Physically Educated and Physically Active!" Headquartered in Reston, VA, 25 miles west of Washington, DC, SHAPE America is the largest organization of professionals involved in physical education, physical activity, dance, school health and sport--all specialties related to achieving an active, healthy lifestyle. Its mission is to advance professional practice and promote research related to health and physical education, physical activity, dance and sport by providing its members with a comprehensive and coordinated array of resources, support and programs to help practitioners improve their skills to further the health and well-being of the American public. [Learn more](#) about our history.

- 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 (<https://www.facebook.com/VAHPERD>) or follow us on Twitter (<http://twitter.com/VAHPERD>)!

- The VAHPERD website has had ***major revisions***. Please take a few minutes to look at the newly posted grant opportunities, archives of The Virginia Journal and The Communicator, on-line nomination and voting for Board Position, Teachers of the Year and Convention presentation proposals. We are constantly posting new information and trying to improve the site. Go to [www.vahperd.org](http://www.vahperd.org) for details.

- Achieves of The Virginia Journal (TVJ) and The Communicator – User Name and Password required <http://www.vahperd.org/Login.aspx>

- The success of The Virginia Journal (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 and lesson plans 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 your manuscripts and news by the January 15<sup>th</sup> and July 15<sup>th</sup> deadlines respectively for each issue as a Word attachment for the two publications. Email the editor, Michael Moore, PhD, ATC; [mbmoore@radford.edu](mailto:mbmoore@radford.edu); (e-mail is the easy way to contact the editor) 540-831-6218.



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## Officers & Directors 2018-2019 VAHPERD Board

First Name	Last Name	Participation Type	Division	Preferred Email
Kari	Hampton	President	Executive Committee	<a href="mailto:hamptonvahperd@gmail.com">hamptonvahperd@gmail.com</a>
Leslie	Meadows	President Elect	Executive Committee	<a href="mailto:leslie_meadows@ccpsnet.net">leslie_meadows@ccpsnet.net</a>
Pat	Larsen	Past President	Executive Committee	<a href="mailto:larsenvahperd@gmail.com">larsenvahperd@gmail.com</a>
Henry	Castelvecchi	Executive Director	Executive Committee	<a href="mailto:info@vahperd.org">info@vahperd.org</a>
Liz	Payne	Parliamentarian	Executive Committee	<a href="mailto:etpayne@fcps.edu">etpayne@fcps.edu</a>
Sheila	Ward	Past VP	Dance	<a href="mailto:sward@NSU.edu">sward@NSU.edu</a>
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Mark	Arrington	Past VP	Physical Education	<a href="mailto:marrington@madisonschools.k12.va.us">marrington@madisonschools.k12.va.us</a>

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Open	Open	OHPEP Coordinator		
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Judy	Johnson	Convention Manager		<a href="mailto:jcjohnso@rocketmail.com">jcjohnso@rocketmail.com</a>
Open	Open	Exhibits Manager		
Becky	Bowers Lanier	Lobbyist		<a href="mailto:becky@b2lconsulting.com">becky@b2lconsulting.com</a>

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## 2018-2019 VAHPERD Division and Section Chairs

First Name	Last Name	Position	Section	Preferred Email
Barry	Parker	Past Chair	College/University Dance Education	<a href="mailto:bparker2@su.edu">bparker2@su.edu</a>
Open		Chair	College/University Dance Education	
Open		Chair Elect	College/University Dance Education	-
Barbara	Maclam	Past Chair	Dance Education K-12	<a href="mailto:maclam4@comcast.net">maclam4@comcast.net</a>
Blake	Nixon	Chair	Dance Education K-12	<a href="mailto:bnixon@rcps.info">bnixon@rcps.info</a>
Open		Chair Elect	Dance Education K-12	
Stevie	Gray	Past Chair	Dance Performance	<a href="mailto:stevie.gray@apsva.us">stevie.gray@apsva.us</a>
Rodney	Williams	Chair	Dance Performance	<a href="mailto:williamsrl@longwood.edu">williamsrl@longwood.edu</a>
Open		Chair Elect	Dance Performance	
Alice	Ashley	Past Chair	City/County Supervisors	<a href="mailto:Alice.Ashley@VBSchools.com">Alice.Ashley@VBSchools.com</a>
Michael	Justice	Chair	City/County Supervisors	<a href="mailto:justicemd@staffordschools.net">justicemd@staffordschools.net</a>
Open		Chair Elect	City/County Supervisors	
Misti	Wajciechowski	Past Chair	College/University Chair	<a href="mailto:mrwajciechow@vcu.edu">mrwajciechow@vcu.edu</a>
		Chair	College/University Chair	
Open		Chair Elect	College/University Chair	
Open		Past Chair	Exercise Science	-
Open		Chair	Exercise Science	

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First Name	Last Name	Position	Section	Preferred Email
Open		Chair Elect	Exercise Science	
Open		Past Chair	Research	
Open		Chair	Research	
Open		Chair Elect	Research	
Open		Past Chair	Sport Management	
Open		Chair	Sport Management	
Open		Chair Elect	Sport Management	
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<b>Open</b>		Past Chair	Secondary Physical Education	-
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<b>Open</b>		Chair Elect	Leisure Activities	
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<b>Open</b>		Chair Elect	Outdoor Recreation	



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<b>Fannie</b>	Byrd	Chair	Recreational Sports	<a href="mailto:fbyrd@southamptonacademy.org">fbyrd@southamptonacademy.org</a>
<b>Open</b>		Chair Elect	Recreational Sports	



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## 2018-2019 VAHPERD Committee Members

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Advocacy	Kari Hampton	President	<a href="mailto:hamptonvahperd@gmail.com">hamptonvahperd@gmail.com</a>
Advocacy	Jack O'Donnell	Member	<a href="mailto:odonnellj@stcva.org">odonnellj@stcva.org</a>
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Advocacy	Dan Michael	Member	<a href="mailto:michaelrd@longwood.edu">michaelrd@longwood.edu</a>
Advocacy	AJ Kulp	Member	<a href="mailto:austinkulp@spsk12.net">austinkulp@spsk12.net</a>
Advocacy	Castelvechchi, Henry	Ex Officio Member	<a href="mailto:info@vahperd.org">info@vahperd.org</a>
Awards	Anne McCoy	Member Chair	<a href="mailto:mccoyvahperd@gmail.com">mccoyvahperd@gmail.com</a>
Awards	Misti Wajciechowski	Member	<a href="mailto:mrwajciechow@vcu.edu">mrwajciechow@vcu.edu</a>
Awards	Meredith Morton	Member	<a href="mailto:mmorton@hcps.us">mmorton@hcps.us</a>
Awards	Gail Fehlner	Member	<a href="mailto:gfehlner@k12albemarle.org">gfehlner@k12albemarle.org</a>
Awards	Tammy Hanna	Member	<a href="mailto:trhanna@henrico.k12.va.us">trhanna@henrico.k12.va.us</a>
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Diversity	Lenora Armstrong	Member Chair	<a href="mailto:larm2001@aol.com">larm2001@aol.com</a>
Diversity	<b>OPEN</b>	Member	-
Finance	Regina Kirk	Member Chair	<a href="mailto:kirkvahperd@gmail.com">kirkvahperd@gmail.com</a>
Finance	Susan Miller	Member	<a href="mailto:smiller64@radford.edu">smiller64@radford.edu</a>
Finance	Kari Hampton	Member	<a href="mailto:hamptonvahperd@gmail.com">hamptonvahperd@gmail.com</a>
Finance	Castelvechchi, Henry	Ex Officio Member	<a href="mailto:info@vahperd.org">info@vahperd.org</a>
Grant	Amanda Campbell	Member	<a href="mailto:acampbel@bridgewater.edu">acampbel@bridgewater.edu</a>

# The Communicator

Committee	Name	Participation Type	Preferred Email
Grant	Kari Hampton	Member Chair	<a href="mailto:hamptonvahperd@gmail.com">hamptonvahperd@gmail.com</a>
Grant	Joel Tise	Member	<a href="mailto:JoelTise@spsk12.net">JoelTise@spsk12.net</a>
Grant	<b>OPEN</b>	Member	
Grant	<b>OPEN</b>	Member	-
<b>Membership Dance VP</b>	Jason Runk	Vice President Dance	<a href="mailto:jbrunk@henrico.k12.va.us">jbrunk@henrico.k12.va.us</a>
<b>Membership General VP</b>	Lenora Armstrong	Vice President General	<a href="mailto:larmstrong@nsu.edu">larmstrong@nsu.edu</a>
<b>Membership Health VP</b>	Brian McPherson	Vice President Health	<a href="mailto:Brian.McPherson@lcps.org">Brian.McPherson@lcps.org</a>
<b>Membership PE VP</b>	Katherine Marshall	Vice President Physical Education	<a href="mailto:kmarshall@greencountyschools.com">kmarshall@greencountyschools.com</a>
<b>Membership Rec VP</b>	Megan McLaughlin	Vice President Recreation, Sport and Fitness	<a href="mailto:megan.mclaughlin@live.com">megan.mclaughlin@live.com</a>
<b>Membership Region 1 Rep</b>	Mark Brandenburger	Member	<a href="mailto:mabrandenbur@henrico.k12.va.us">mabrandenbur@henrico.k12.va.us</a>
<b>Membership Region 2 Rep</b>	Jenn Vedder	Member	<a href="mailto:jevedder@vbschools.com">jevedder@vbschools.com</a>
<b>Membership Region 3 Rep</b>	Leslie Meadows	Member Chair	<a href="mailto:meadowsla@gmail.com">meadowsla@gmail.com</a>
<b>Membership Region 4 Rep</b>	Julie Roberts Melvin	Member	<a href="mailto:ROBERTJX@pwcs.edu">ROBERTJX@pwcs.edu</a>
<b>Membership Region 5 Rep</b>	<b>OPEN</b>	Member	-
<b>Membership Region 6 Rep</b>	Jamie Wright	Member	<a href="mailto:jamie.wright@frco.k12.va.us">jamie.wright@frco.k12.va.us</a>
<b>Membership Region 7 Rep</b>	Steve Gollither	Member	<a href="mailto:steven.gollither@wythek12.org">steven.gollither@wythek12.org</a>
<b>Membership Region 8 Rep</b>	<b>OPEN</b>	Member	
<b>Nominating</b>	Kay Clawson	Member	<a href="mailto:kayclawson@scsb.org">kayclawson@scsb.org</a>
<b>Nominating</b>	Beth Tomanek	Member	<a href="mailto:tomanekba@pwcs.edu">tomanekba@pwcs.edu</a>
<b>Nominating</b>	Lynne Gilbert	Member	<a href="mailto:lynne_gilbert@ccpsnet.net">lynne_gilbert@ccpsnet.net</a>

# The Communicator

Committee	Name	Participation Type	Preferred Email
<b>Nominating</b>	Patti Hood	Member	<a href="mailto:lovinlife6247@gmail.com">lovinlife6247@gmail.com</a>
<b>Nominating</b>	Dani Almarode	Member Chair	<a href="mailto:dtalmarode@gmail.com">dtalmarode@gmail.com</a>
<b>Site Selection</b>	Judy Johnson	Convention Manager	<a href="mailto:jjohnso@rocketmail.com">jjohnso@rocketmail.com</a>
<b>Site Selection</b>	Chad Triolet	Chair Past Past President	<a href="mailto:ctriolet@gmail.com">ctriolet@gmail.com</a>
<b>Site Selection</b>	Castelvecchi, Henry	ED - Ex Officio Member	<a href="mailto:info@vahperd.org">info@vahperd.org</a>
<b>Site Selection</b>	Susan Nye	Past Past President	<a href="mailto:nyevahperd@gmail.com">nyevahperd@gmail.com</a>
<b>Site Selection</b>	Pat Larsen	Past President	<a href="mailto:larsenvahperd@gmail.com">larsenvahperd@gmail.com</a>
<b>Structure and Function</b>	Chad Triolet	Member Chair	<a href="mailto:ctriolet@gmail.com">ctriolet@gmail.com</a>
<b>Structure and Function</b>	Fred Milbert	Member	<a href="mailto:milbertvahperd@gmail.com">milbertvahperd@gmail.com</a>
<b>Structure and Function</b>	Jason Runk	Member	<a href="mailto:jbrunk@henrico.k12.va.us">jbrunk@henrico.k12.va.us</a>
<b>Structure and Function</b>	Molly Gift	Member	<a href="mailto:mollyannegift@gmail.com">mollyannegift@gmail.com</a>
<b>Structure and Function</b>	Russell Campbell	Member	<a href="mailto:campbellrt@live.com">campbellrt@live.com</a>





VIRGINIA ASSOCIATION OF

VAHPERD

HEALTH • PHYSICAL EDUCATION • RECREATION • DANCE

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# The Communicator

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Plan to attend the  
82<sup>nd</sup> VAHPERD State Convention  
November 8-10, 2019  
The Founder's Inn  
Virginia Beach, VA



The Founder's Inn and Spa in Virginia Beach taken from (<http://www.foundersinn.com/>).  
Site of the 2019 VAHPERD Convention

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