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2021 VAHPERD Convention Information The Founders Inn Virginia Beach, VA November 5-7, 2021



More details are TBA in the near future See www.vahperd.org for details

On-line Teaching Resources

• VAPHERD has created an on-line teaching catalog of teaching ideas during the COVID-19 Pandemic. See the VAPHERD web page at the following link for some exiting resources and ideas. **CLICK HERE!!!**

• GOPHER has created "At-Home Learning Resources" that are free to all. To find out more visit **GOPHER**.

Virginia Safe Routes To School (SRTS)

Spotlight on the Virginia Safe Routes to School Program



The Virginia Safe Routes to School (SRTS) program helps schools and communities make walking and biking to school a safe, convenient, and natural activity. Today, with increased traffic, busy schedules for children and parents, and the perception of danger, fewer and fewer students are walking or biking to school. The goal of the SRTS program is to reverse that trend by educating students in safe walking and biking practices, encouraging students to use an active mode of transportation, and ensuring streets surrounding schools are safe environments for walking and biking.

The Virginia SRTS program has a long history of working with health and P.E. educators to encourage healthy lifestyles, support walking and biking events, and teach valuable safety skills. There are many ways to strengthen the partnership between health and P.E. educators and Virginia SRTS, whether it be through the program's statewide events, grant opportunities, or a local SRTS program.

Statewide Events: Virginia SRTS celebrates four statewide events: Crossing Guard Appreciation Day in February, Bike to School Day in May, and Walk to School Day and Student Travel Tally Week in October. Celebrating one (or all) of these annual events is a great way to garner community support and build excitement for safe walking and biking. Grant Opportunities: Virginia SRTS also provides grants to school divisions for infrastructure and programming.

- Quick Start mini-grants are for that one-time event or purchase, such as materials for StoryWalks, traffic gardens, or bicycle rodeos. The next deadlines are in Fall 2021.
- Walkabout mini-grants are technical assistance grants that include a walking and biking assessment of the area around a school to identify obstacles that may exist that prevent students from walking and biking. The resulting report can be used to apply for infrastructure funding.

Local SRTS Programs & Coordinators: There are currently 18 school divisions with Virginia Department of Transportation (VDOT)-funded SRTS Coordinator positions. These coordinators develop resources and activities that encourage children in elementary and middle schools to walk and bike to school; contact information for these Local Coordinators can be found below. Stay tuned for the next Communicator newsletter for information on what Local Coordinators are doing in their division.

If there is not a Local Coordinator in your school division, a Local Technical Assistance Coordinator (LTAC) can answer any questions, or even help to start a program. LTACs know the ins and outs of the Virginia SRTS Program and can introduce you to SRTS materials, provide guidance on safety education, and troubleshoot event challenges. Three LTACs are available on a part-time basis to assist local SRTS programs.

Undoubtedly, your school system can benefit from what the SRTS program has to offer. Our website, <u>VirginiaDOT.org/programs/SRTS.asp</u>, is full of information that will help you get you started, including grant and project opportunities, events, and the latest SRTS news. <u>Don't forget to join our email list to stay up to date with all things Virginia SRTS</u>.

Name	Title/Agency	Email / Social Media					
Program Support							
Katherine Graham	State SRTS Coordinator, VDOT	katherine.graham@vdot.virginia.gov					
Wendy Phelps	LTAC Program Manager	Wendy@VirginiaSRTS.org					
Dan Reed	Coastal Region Local Technical Assistance Coordinator	Dan@VirginiaSRTS.org					
Jim Elliott	Piedmont Region Local Technical Assistance Coordinator	Jim@VirginiaSRTS.org					
Katie Heuser	Blue Ridge Local Technical Assistance Coordinator	Katie@VirginiaSRTS.org					
	SRTS Division Coordinators						
Jen Wiser	Alexandria City Public Schools	jennifer.wiser@acps.k12.va.us Twitter, Facebook					
Lauren Hassel	Arlington Public Schools	lauren.hassel@apsva.us Website, Twitter					
Kyle Rodland	City of Charlottesville	RodlandK@Charlottesville.gov					

Dawn Cyr	Chesapeake Public Schools	Dawn.Cyr@cpschools.com Twitter
Gail Kingery Marty Travis	Chesterfield County Public Schools	gail kingrey@ccpsnet.net martha travis@ccpsnet.net Facebook
Sally Smallwood	Fairfax County Public Schools	sbsmallwood@fcps.edu Twitter, Facebook, Instagram
Linda Mock	City of Galax	lmock@galaxva.com
Eric King	Harrisonburg City Schools	EMKING1@sentara.com Facebook
Janice Jennings Mark Pankau	Loudoun County Public Schools	Janice.Jennings@lcps.org mpankau28@gmail.com Twitter
Kimberly Abney	Newport News Public Schools	aabney@nnva.gov
Theresa Pusateri	Norfolk Public Schools	tpusateri@nps.k12.va.us
Miisha Clemons	Portsmouth Public Schools	miisha.clemons@portsk12.com
Becky Short	Prince William County Public Schools	shortby@pwcs.edu Twitter, Facebook
Tara FitzPatrick	Richmond City Public Schools (Fit4Kids)	tara@grfit4kids.org Facebook
Valerie Kramer	Rockingham County Public Schools	vkramer@rockingham.k12.va.us Twitter, Facebook
Susan Lendermon	Central Shenandoah Valley Office on Youth (Waynesboro)	LendermonSC@ci.waynesboro.va.us Website, Facebook
J. Mark Tisone	Williamsburg-James City County Schools	Jon.Tisone@wjccschools.org Website

Lesson Plans

- Health Lesson Plans and Activities <u>Click here</u> for lesson plans from Preschool to High School.
- 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/
- Open Physical Education Network (OPEN) 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.
- 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. <u>Click here for free lesson plans</u>.
 https://healthsmartva.org/
- <u>eNASCO</u> Free K-12 Physical and Health Education lesson plans and equipment resource. Click here for more details.

Announcements

- SHAPE America National Convention
 - April 26-30, 2022 New Orleans
 - March 28 April 1, 2023 Seattle

Archives - The following materials are available from past SHAPE America National Convention & Expo programs. More are available at the following address: https://www.shapeamerica.org/Convention/past-future-dates.aspx

- 2020 Salt Lake City, April 21-25
- 2019 Tampa, April 9-13
- 2018 Nashville, March 20-24
- 2017 Boston, March 14-18

National Dance Society (NDS)

Be it pedagogy, advocacy, or promotion of dance, NDS members make important contributions to the discipline. Explore all that the NDS has to offer. <u>Click here</u>.

Due to the COVID 19 and for our member's safety 2020 June NDS Conference has been moved to June 23-26, 2021

Sammons Center for the Arts Dallas, TX

Health and Physical Activity Institute at James Madison University
 Virtual Conference for 2021 – July 12-14, 2021

Details and registration information at 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 VDOE standards of learning for health and physical education which 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

• Introducing The VAHPERD Podcast! Now available on Spotify, join us as we dive into today's latest topics surrounding the health and physical education profession. On our podcast, you can listen to the interviews of Virginia's top HPE teachers, leaders, and the network of individuals committed to providing quality HPE to the students of Virginia. Are you a teacher, student, or parent who is interested in the future of health and physical education? Then this is where you need to be! This podcast is brought to you by Jenna McMahon and Rob Lauser of the Virginia Association for Health, Physical Education, Recreation, and Dance. Support this podcast: https://anchor.fm/vahperdpodcast/support



2021 AWARD NOMINATIONS

Each year VAHPERD awards amazing individuals, professionals and students who go above and beyond to advocate for their profession.

To nominate an excellent professional or future professional Click Here

PROFESSIONAL Nominations Due: June 1, 2021 STUDENT Nominations Due: October 1, 2021

• CALL FOR 2021 PRESENTATIONS!

Please submit your proposal by June 1, 2021! You can access the presentation proposal link by clicking <u>HERE</u>. You will receive notification about an accepted presentation after the program is set in July.

• Follow VAHPERD on the following Social Media Platforms:

FaceBook - https://www.facebook.com/VAHPERD Instagram - https://www.instagram.com/vahperd/ Twitter - https://twitter.com/vahperd/

• VAPHERD needs your help. Please consider volunteering for a vacant leadership position. Open positions can be found here!!

Interested? Have follow-up questions?

Please send an email to <u>info@vahperd.org</u> with the position in the Subject Line for reference.

- Underage Drinking Prevention Education Project Resources for Parents & Other Caring Adults https://www.vahperd.org/page/pudc_parents
- <u>WELNET®</u> 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.

Awards

Congratulations to the 2020 VAHPERD Award Winners!

Andrea M. Samsky Elementary Physical Educator

Jessica Bayliss Middle School Physical Educator

Tia N. Moore Secondary Physical Educator

Jenn Vedder Adapted Physical Educator

Sheila J. Jones Supervisor of the Year

Ann-Catherine Sullivan College/University Physical Educator

Donna L. Wolf, PhD College/University Health Educator

Chad D. Triolet Honor Award

Grants

- Action For Health Kids School Grants for Healthy Kids Providing schools the resources for students to eat better, stay physically active and be better prepared to learn. Learn More at <u>Action For Health Kids</u>.
- 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 \$250. To apply, go https://www.usapa.org/usapa-grant-program-rules/. 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 <u>Ambassador Search</u> to find a local USAPA Ambassador.

• SHAPE America Grants Database

Deadline for Apply: Deadlines Vary

Find available funding for upcoming professional development opportunities.

Gopher Grants

As part of our mission to promote youth health and activity, we're happy to help connect organizations with the following grant opportunities. You'll find helpful resource links, as well as a listing of grants that target health and education improvements for youth. If you would like to submit or additional grant information or resources, please <u>contact us.</u>

• VAHPERD Grant Information - https://www.vahperd.org/page/Grants_Home

News

- Recreation News: The Recreation News Media Group offers travel coverage of the Mid-Atlantic, Caribbean destinations, and cruises with a print edition, online edition, weekly radio program, and weekly opt-in email blast. Recreation News is the largest monthly travel and leisure tabloid in the Mid-Atlantic. We provide our readers with information on family vacation destinations in Virginia, West Virginia, Maryland, Pennsylvania, Delaware, and Washington, D.C. as well as popular cruise and romantic getaway information. To learn more click here.
- Everlast Climbing Everlast Climbing was founded in 1991 with a focus on indoor rock climbing and hand holds. Our passion was fueled and our product line grew as we heard from customers that climbing attracted participants who were previously not engaged in physical activity. Our desire to inspire physical activity in more individuals has led to innovations which have raised the standard for indoor youth climbing. In 2008, Everlast Climbing became a part of PlayCore®, the country's leading manufacturer of play and recreation solutions. This partnership has brought us where we are today with a dynamic line of climbing walls and other equipment to inspire physical activity in more and more individuals.
- Bring tennis to your school virtually now and in the classroom later all for FREE with USTA's Net Generation! The USTA has made it easy for teachers to gain access to tennis in

PE curriculum developed in partnership with SHAPE America for grades K-12 AND free tennis equipment. It takes just a few steps and less than 10 minutes:

- Visit USTA.com and create your free account;
- 2. Add your PE class information;
- 3. Complete the school partner form (This step will help you get FREE EQUIPMENT for your school).

Learn More by clicking here.

- Health.Moves.Mind. Building Kinder, Healthier Schools. Effective health and physical education programs which include addressing a student's social and emotional learning (SEL) create a foundation that benefits the whole child. <u>Learn More!!</u>
- National Recreation and Park Association (NRPA) is the leading non-profit organization dedicated to the advancement of public parks, recreation and conservation. Our work draws national focus to the far-reaching impact of successes generated at the local level.
 Leveraging their role in conservation, health and wellness, and social equity to improve their communities NRPA's members of park and recreation professionals and advocates are 60,000 strong and represent public spaces in urban communities, rural settings and everything in between.

To read more about the NRPA click here.

• health.gov - The Office of Disease Prevention and Health Promotion (ODPHP) plays a vital role in keeping the Nation healthy. Stay up to date on our work by checking out our blog posts, news and announcements, and upcoming events. We accomplish this by setting national health goals and objectives and supporting programs, services, and education activities that improve the health of all Americans.

We also manage 3 independent websites:

- <u>health.gov</u> the home of ODPHP and an essential resource for health information
- HealthyPeople.gov tools and resources for professionals about Healthy People 2020 health objectives
- <u>healthfinder.gov</u> evidence-based, actionable health guidance for consumers

Congress created ODPHP in 1976 to lead disease prevention and health promotion efforts in the United States. We're part of the U.S. Department of Health and Human Services under the Office of the Assistant Secretary for Health.

- 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.
- SHAPE America COVID 19 Resources for Health and Physical Education50 Million Strong by 2029

SHAPE America is dedicated to supporting health education and physical education teachers across the country as schools implement reopening plans and continue effective instruction through the school year during the COVID-19 pandemic. <u>Click here for details.</u>

- 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 (https://twitter.com/VAHPERD)!
- The VAHPERD website has had <u>major revisions</u>. 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 <u>www.vahperd.org</u> 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 15th and July 15th deadlines respectively for each issue as a Word attachment for the two publications. Email the editor, Michael Moore, PhD, LAT, ATC; mbmoore@radford.edu; (e-mail is the easy way to contact the editor) 540-831-6218.



Officers & Directors 2020-2021 VAHPERD Board

First Name	Last Name	Participation Type	Division	Preferred Email
Mark	Arrington	President	Executive Committee	arrington.vahperd@gmail.com
Megan	McLaughlin	President Elect	Executive Committee	mmmclaughlin@henrico.k12.va .us
Leslie	Meadows	Past President	Executive Committee	leslie_meadows@ccpsnet.net
Michael	Maina	Executive Director	Executive Committee	info@vahperd.org
Liz	Payne	Parliamentarian	Executive Committee	lpayne94@cox.net
Pamella	Washburn	Past VP	Dance	pamella.washburn@vbschools.c om
Stevie	Gray	VP	Dance	Srgray1@henrico.k12.va.us
		VP Elect	Dance	
MacKenzie	Pigg	Past VP	General	Mackenzie.pigg@live.longwood .edu
Cody	Sanders	VP General		cdt5w@uvawise.edu
Jenna	McMahon	VP Elect	General	jmmcmahon@henrico.k12.va.us
Rob	Lauser	Student Section Chair	General	rlaus001@odu.edu
		Student Section Chair elect	General	
Summer	Davis	Past VP	Health	sdavi003@odu.edu
Danielle	Christian	VP	Health	dchristian@ycsd.york.va.us
Jen	Mulrine	VP Elect	Health	jennifer.mulrine@nn.k12.va.us
Maria	McKeown	Past VP	Physical Education	mmckeown@rcps.us
Russell	Campbell	VP	Physical Education	RCampbell@hanover.k12.va.us
Rob	Mages	VP Elect	Physical Education	robert.mages@vbschools.com

First Name	Last Name	Participation Type	Division	Preferred Email
Mark	Brandenburger	Past VP	Recreation, Sport, and Fitness	mabrandenbur@henrico.k12.va. us
Joel	Tise	VP	Recreation, Sport, and Fitness	JoelTise@spsk12.net
AJ	Kulp	VP Elect	Recreation, Sport, and Fitness	austinkulp@spsk12.net
Steven	Freivogel	Website Coordinator		invasion100@yahoo.com
Michael	Moore	Newsletter Editor		mbmoore@radford.edu
Michael	Moore	Journal Editor		mbmoore@radford.edu
Summer	Davis	OHPEP Coordinator		sdavi003@odu.edu
Vanessa	Wigand	DOE Liaison		vanessa.wigand@doe.virginia.g ov
Judy	Johnson	Convention Manager		jcjohnso@rocketmail.com
Open		Exhibits Manager		
Becky	Bowers Lanier	Lobbyist		becky@b2lconsulting.com



2020-2021 VAHPERD Division and Section Chairs

First Name	Last Name	Position	Section	Preferred Email
Kim	Gentry	Past Chair	Dance Education K-12	kgentry@k12albemarle.org
Victor	Spadaro	Chair	Dance Education K-12	vspadaro1@gmail.com
Andree	Jordan	Chair Elect	Dance Education K-12	jordanam@pwcs.edu
	m 11		D D 0	
Melina	Tremblay	Past Chair	Dance Performance	Melinda.tremblay@nn.k12.va.us
Allexis	Smith	Chair	Dance Performance	Allmsmit@vbschools.com
Terese	Cardmon	Chair Elect	Dance Performance	teresewalkiewicz@gmail.com
Adam	Otstot	Past Chair	City/County Supervisors	aotstot@hcps.us
Robert "Robbie"	Bolden	Chair	City/County Supervisors	robert.bolden@cpschools.com
Amy	Wheeler	Chair Elect	City/County Supervisors	amy.wheeler@lcps.org
Amanda	Campbell	Past Chair	College/University Chair	acampbel@bridgewater.edu
		Chair	College/University Chair	
		Chair Elect	College/University Chair	
		Past Chair	Primary Health	
Chris	King	Chair	Primary Health	christopher king@ccpsnet.net
Kristeen	Dorsey	Chair Elect	Primary Health	kdorsey@nps.k12.va.us
Jessica	Bayliss	Past Chair	Secondary Health	jhbayliss89@gmail.com
Kelsey	Bowser	Chair	Secondary Health	Kbowser094@gmail.com

First Name	Last Name	Position	Section	Preferred Email
Patrick	Regester	Chair Elect	Secondary Health	pregester@nps.k12.va.us
Morton	Meredith	Past Chair	Adapted Physical Education	mmortonadpe@gmail.com
Chrissy	Balnchard- Alworth	Chair	Adapted Physical Education	pechrissy@icloud.com
Sharon	Gregory	Chair Elect	Adapted Physical Education	sgregory@greenecounyschools.com
Eric	Turrill	Past Chair	Elementary Physical Education	Eric.Turrill@lcps.org
Ashley	Bush	Chair	Elementary Physical Education	ashley.bush@vbschools.com
Virginia	Prickett	Chair Elect	Elementary Physical Education	vprickett@harrisonburg.k12.va.us
Calvin	Armstrong	Past Chair	Middle School Physical Education	carmstrong@nps.k12.va.us
Antonio	White	Chair	Middle School Physical Education	awhite1@nps.k12.va.us
Kelly	McCann	Chair Elect	Middle School Physical Education	McCannKl@pwcs.edu
Jenn	Vedder	Past Chair	Secondary Physical Education	jevedder@vbschools.com
Tia	Moore	Chair	Secondary Physical Education	tia.moore@acps.k12.va.us
		Chair Elect	Secondary Physical Education	
Fannie	Byrd	Past Chair	Leisure Activities	fbyrd@southamptonacademy.org
John	Harris	Chair	Leisure Activities	jcharris@waynesboro.k12.va.us
Chris	Jones	Chair Elect	Leisure Activities	cgjones@henrico.k12.va.us

First	Last Name	Position	Section	Preferred Email
Name				
Brandon	Kimble	Past Chair	Recreation	BKimble@vsu.edu
Sydnee	Brown	Chair	Recreation	sbro0042@students.vsu.edu

2020-2021 VAHPERD Committee Members

Committee	Name	Participation Type	Preferred Email
Advocacy	Amy Wheeler	Member Chair	awheeler.pe@gmail.com
Advocacy	Hugh Brockway	Member	hugh.brockway@lcps.org
Advocacy		Member	
Advocacy	Dan Michael	Member	michaelrd@longwood.edu
Advocacy	AJ Kulp	Member	austinkulp@spsk12.net
Advocacy	Rob Lauser	Member	<u>rlaus001@odu.edu</u>
Advocacy	Brooke Abbott	Member	brooke.abbott@icloud.com_
Advocacy	Michael Maina	Ex Officio Member	maina@roanoke.edu
Awards	Tammy Hanna	Member Chair	trhanna@henrico.k12.va.us
Awards	Meredith Morton	Member	mmorton@hcps.us
Awards	Gail Fehlner	Member	peplaygf@yahoo.com
Awards	Kelly McCann	Member	mccannki@pwcs.edu
Awards	John Trott	Member	jtrott@hanover.k12.va.us
Diversity		Member Chair	_
Diversity	Jasmine Vaughen	Member	j.n.vaughan@spartans.nsu.edu
Diversity	Dr. Seung Yeon Park	Member	sypark@nsu.edu

Committee	Name	Participation Type	Preferred Email
Finance	Kevin Napier	Member Chair	kanapier@henrico.k12.va.us
Finance	Dominique Banville	Member	dbanvill@gmu.edu
Finance		Member	
Finance	Castelvecchi, Henry	Ex Officio Member	info@vahperd.org
Finance	Michael Maina	Ex Officio Member	info@vahperd.org
Grant		Member Chair	
Grant		Member	
Grant	Brittany Day	Member	bday@hampton.k12.va.us
Grant		Member	
Grant	Johnathan Baker	Member	jrb7tf@uvawise.edu
Membership Dance VP	Stevie Gray	Vice President Dance	Srgray1@henrico.k12.va.us
Membership General VP	Cody Sanders	Vice President General	cdt5w@uvawise.edu
Membership Health VP	Danielle Christian	Vice President Health	dchristian@ycsd.york.va.us
Membership PE VP	Russell Campbell	Vice President Physical Education	RCampbell@hanover.k12.va.us
Membership Rec VP	Joel Tise	Vice President Recreation, Sport and Fitness	JoelTise@spsk12.net
Membership	Megan McLaughlin	President-Elect	mmmclaughlin@henrico.k12.va.us
Membership Region 1 Rep	Gretchen A. Hiort	Member	gahiort@henrico.k12.va.us
Membership Region 2 Rep	Jenn Vedder	Member	jevedder@vbschools.com
Membership Region 3 Rep		Member	
Membership Region 4 Rep	Rhyanne Hartwig	Member	rhyanne.hartwig@gmail.com

Committee	Name	Participation Type	Preferred Email
Membership		Member	
Region 5 Rep		Wichiber	
Membership	Greg Millner	Member	wmillner@rcps.info
Region 6 Rep			-
Membership Region 7 Rep		Member	
Membership Region 8 Rep		Member	
Nominating		Member	
Nominating	Sara Haney	Member	shaney@ocss-va.org
Nominating	Patti Hood	Member Chair	lovinlife6247@gmail.com
Nominating	Dani Almarode	Member	dtalmarode@gmail.com
Nominating	Amy Riggio	Member	amy.riggio@lcps.org
Site Selection	Judy Johnson	Convention Manager	jcjohnso@rocketmail.com
Site Selection	Michael Maina	ED - Ex Officio Member	maina@roanoke.edu
Site Selection	Kari Hampton	Past Past President	hamptonvahperd@gmail.com
Site Selection	Leslie Meadows	Past President	leslie_meadows@ccpsnet.net
Structure and Function	Amanda Campbell	Member	acampbel@bridgewater.edu
Structure and Function	Eric Hansen	Member	ehansen@glnd.k12.va.us
Structure and Function	Molly Gift	Member	mollyannegift@gmail.com
Structure and Function	Russell Campbell	Member	campbellrt@live.com
Structure and Function	Katie Marshall	Member Chair	kmarshall@greenecountyschools.com