

The Communicator

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VAHPERD Convention News

**Plan to attend the
82nd 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

- Health Lesson Plans and Activities – [Click here](#) 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/>
- [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/>
- [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.

Active Schools

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Announcements

- **Health & Physical Literacy Summit 2020**
 - Date: Feb. 11-14th
 - Location: Birmingham, Alabama
 - Hyatt Regency
 - Professionals: \$130 (pre), onsite \$175
 - Future Professionals: \$45 (pre), onsite \$65
 - *FEATURED SPEAKER: John J. Ratey, MD*
 - [Link](#)
- **SHAPE America National Convention 2020**
 - Location: Salt Lake City, Utah
 - Dates: April 21-25
- **VAHPERD 2020 - Done**
 - Location: Reston, VA
 - Date: November 6-8th
- **SHAPE America National Convention 2021**
 - Location: Baltimore, MD
 - Dates: April 13-17
- **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. [Click here.](#)
- **Underage Drinking Prevention Education Project - Resources for Parents & Other Caring Adults - https://www.vahperd.org/page/pudc_parents**
- **[WELNET®](#)** The FIVE FOR LIFE PROGRAM® is an evidence-based, K-12 fitness and health curriculum that aligns with physical education and health standards. Using age-appropriate academic instructional units in an activity-based setting, the FIVE FOR LIFE® Basic, Intermediate and Advanced Programs move students through a continuum of learning without compromising activity time for students. The Basic (Elementary), Intermediate (Middle School) and Advanced (High School) include Student Introductions, Vocabulary Lists, Activities with Formative Assessments and Summative Unit Assessments.
- **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 \$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 [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.

- [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 [contact us](#).

- [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.

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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:

Kari Hampton	Chair	hamptonvahperd@gmail.com
Amanda Campbell	Member	acampbel@bridgewater.edu
Joel Tise	Member	JoelTise@spsk12.net

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

News

- **[Physical Education Is Just As Important As Any Other School Subject](#)**

By Sir Ken Robinson and Lou Aronica

Dance — and physical activity — should have the same status in schools as math, science and language; it may even help raise test scores, says Sir Ken Robinson.

For several years, I've been a patron of the London School of Contemporary Dance. In 2016, I was invited to give the annual lecture in honor of founding principal Robert Cohan, and I decided to talk about the role of dance in schools. [Read more here!](#)

- 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 – 50 Million Strong by 2029](#)**

We believe that health and physical literacy can be a life-changer for all children.
It's a simple but powerful belief that drives everything we do.

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Through our ongoing initiative, **50 Million Strong by 2029**, we demonstrate our commitment to put all children on the path to health and physical literacy 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 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.

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Officers & Directors 2018-2019 VAHPERD Board

First Name	Last Name	Participation Type	Division	Preferred Email
Kari	Hampton	President	Executive Committee	hamptonvahperd@gmail.com
Leslie	Meadows	President Elect	Executive Committee	leslie_meadows@ccpsnet.net
Pat	Larsen	Past President	Executive Committee	larsenvahperd@gmail.com
Henry	Castelvecchi	Executive Director	Executive Committee	info@vahperd.org
Liz	Payne	Parliamentarian	Executive Committee	etpayne@fcps.edu
Sheila	Ward	Past VP	Dance	sward@NSU.edu
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Open	Open	VP Elect	General	
MacKenzie	Pigg	Student Section Chair	General	Mackenzie.pigg@live.longwood.edu
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Summer	Davis	OHPEP Coordinator		
Vanessa	Wigand	DOE Liaison		vanessa.wigand@doe.virginia.gov
Judy	Johnson	Convention Manager		jcjohnso@rocketmail.com
Open	Open	Exhibits Manager		
Becky	Bowers Lanier	Lobbyist		becky@b2lconsulting.com

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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	bparker2@su.edu
Tarin	Hampton	Chair	College/University Dance Education	
Open		Chair Elect	College/University Dance Education	-
Barbara	Maclam	Past Chair	Dance Education K-12	maclam4@comcast.net
Blake	Nixon	Chair	Dance Education K-12	bnixon@rcps.info
Kim	Gentry	Chair Elect	Dance Education K-12	
Stevie	Gray	Past Chair	Dance Performance	stevie.gray@apsva.us
Rodney	Williams	Chair	Dance Performance	williamsrl@longwood.edu
Melinda	Tremblay	Chair Elect	Dance Performance	
Alice	Ashley	Past Chair	City/County Supervisors	Alice.Ashley@VBSchools.com
Michael	Justice	Chair	City/County Supervisors	justicemd@staffordschools.net
Open		Chair Elect	City/County Supervisors	
Misti	Wajciechowski	Past Chair	College/University Chair	mrwajciechow@vcu.edu
Open		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	
Colby	Takacs	Past Chair	College and University Health	takacs_c@lynchburg.edu
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Beverly	Duane	Chair Elect	College and University Health	beverly.duane@hamptonu.edu
Tonya	Price	Past Chair	School and Community Health	price.t@lynchburg.edu
Richard	Linyear, Jr	Chair	School and Community Health	richard.linyear@nn.k12.va.us
Jessica	Bayliss	Chair Elect	School and Community Health	Jessica_Bayliss@ccpsnet.net
Gail	Fehlner	Past Chair	Adapted Physical Education	gfehlner@k12albemarle.org
Traci	Martin	Chair	Adapted Physical Education	Martint1@charlottesvilleschools.org
Robert	Mages	Chair Elect	Adapted Physical Education	robert.mages@vbschools.com
Cody	Sanders	Past Chair	College and University Physical Education	cldalbert@gmail.com

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First Name	Last Name	Position	Section	Preferred Email
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Donna	Wilbur	Chair	Middle School Physical Education	dwilbur@fcps1.org
Calvin	Armstrong	Chair Elect	Middle School Physical Education	carmstrong@nps.k12.va.us
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Open		Chair Elect	Recreational Sports	



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2018-2019 VAHPERD Committee Members

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Advocacy	Sandy Brownscombe	Member	brownscombs@emu.edu
Advocacy	Kari Hampton	President	hamptonvahperd@gmail.com
Advocacy	Jack O'Donnell	Member	odonnellj@stcva.org
Advocacy	Julie Maina	Member	jmaina@roanoke.edu
Advocacy	Dan Michael	Member	michaelrd@longwood.edu
Advocacy	AJ Kulp	Member	austinkulp@spsk12.net
Advocacy	Castelvechchi, Henry	Ex Officio Member	info@vahperd.org
Awards	Anne McCoy	Member Chair	mccoyvahperd@gmail.com
Awards	Misti Wajciechowski	Member	mrwajciechow@vcu.edu
Awards	Meredith Morton	Member	mmorton@hcps.us
Awards	Gail Fehlner	Member	gfehlner@k12albemarle.org
Awards	Tammy Hanna	Member	trhanna@henrico.k12.va.us
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Diversity	Lenora Armstrong	Member Chair	larm2001@aol.com
Diversity	OPEN	Member	-
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Finance	Susan Miller	Member	smiller64@radford.edu
Finance	Kari Hampton	Member	hamptonvahperd@gmail.com
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Grant	Amanda Campbell	Member	acampbel@bridgewater.edu
Grant	Kari Hampton	Member Chair	hamptonvahperd@gmail.com

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Committee	Name	Participation Type	Preferred Email
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Grant	OPEN	Member	
Grant	OPEN	Member	-
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Membership General VP	Lenora Armstrong	Vice President General	larmstrong@nsu.edu
Membership Health VP	Brian McPherson	Vice President Health	Brian.McPherson@lcps.org
Membership PE VP	Katherine Marshall	Vice President Physical Education	kmarshall@greencountyschools.com
Membership Rec VP	Megan McLaughlin	Vice President Recreation, Sport and Fitness	megan.mclaughlin@live.com
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Membership Region 4 Rep	Julie Roberts Melvin	Member	ROBERTJX@pwcs.edu
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Membership Region 6 Rep	Jamie Wright	Member	jamie.wright@frco.k12.va.us
Membership Region 7 Rep	Steve Gollither	Member	steven.gollither@wythek12.org
Membership Region 8 Rep	OPEN	Member	
Nominating	Kay Clawson	Member	kayclawson@scsb.org
Nominating	Beth Tomanek	Member	tomanekba@pwcs.edu
Nominating	Lynne Gilbert	Member	lynne_gilbert@ccpsnet.net
Nominating	Patti Hood	Member	lovinlife6247@gmail.com

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Committee	Name	Participation Type	Preferred Email
Nominating	Dani Almarode	Member Chair	dtalmarode@gmail.com
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Site Selection	Chad Triolet	Chair Past Past Past President	ctriolet@gmail.com
Site Selection	Henry Castelvechi	ED - Ex Officio Member	info@vahperd.org
Site Selection	Susan Nye	Past Past President	nyevahperd@gmail.com
Site Selection	Pat Larsen	Past President	larsenvahperd@gmail.com
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Structure and Function	Fred Milbert	Member	milbertvahperd@gmail.com
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Structure and Function	Russell Campbell	Member	campbellrt@live.com





VIRGINIA ASSOCIATION OF

VAHPERD

HEALTH • PHYSICAL EDUCATION • RECREATION • DANCE

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