

# The Communicator

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**2022 VAHPERD Convention**

Plan now to attend the 85<sup>th</sup> Annual Convention  
 Reston, VA November 4-6, 2022.



Convention Rates	Registration
Active Professional Member - \$90/\$100	<a href="#">Convention Registration</a>
Retired registration - \$27.50/\$30	<a href="#">Exhibitors Register Here</a>
Future Professional - \$22.50/\$25	

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## On-line Teaching Resources

- VAPERD has created an on-line teaching catalog of teaching ideas during the COVID-19 Pandemic. See the VAPERD 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 and convenient activity. Virginia SRTS provides education resources, hosts encouragement events, and works with local communities to ensure streets surrounding schools are safe environments for walking and biking. As students return in the fall, there are many opportunities for health and P.E. teachers to incorporate SRTS materials into lesson plans and get involved in SRTS.

### ***Take Student Travel Tallies!***

The Student Travel Tally is a quick, in-class survey that provides valuable information on student travel patterns. Schools are encouraged to collect Student Travel Tallies annually during [Student Travel Tally Week](#), which can be any week in September or October. Health and P.E. teachers can lead the charge by collecting Student Travel Tallies at the beginning of class twice during the week.

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## How does my school conduct a Student Travel Tally?

Step 1: Log in to [saferoutesdata.org](http://saferoutesdata.org). You will need to create an account if this is your first time.

Step 2: Set up the Student Travel Tally on [saferoutesdata.org](http://saferoutesdata.org) by entering details such as the name of the school where the tally will take place and the time period during which the tallies will be collected.

Step 3: Survey students regarding how they travel to and from school using either the online or paper Student Travel Tally form. A link to the online form can be generated as part of Step 2; the same link can be used multiple times. The paper form can be downloaded [here](#); you will need one copy of the form per class per day.

Step 4: Enter the data collected from the Student Travel Tally on [saferoutesdata.org](http://saferoutesdata.org). You can skip this step if you used the online form to conduct the tally, since data entered into the online forms is automatically uploaded.

See Directions for Setting up Student Travel Tallies on [saferoutesdata.org](http://saferoutesdata.org) for more details regarding these steps. Additional resources to help you conduct Student Travel Tallies and run a tally report for your school are available on [our website](#).

## Why collect data on how students are traveling to school?

Student Travel Tallies can help you start or evaluate your SRTS program. The information can also be used as supporting information if you plan to apply for a Walkabout Mini-grant, a Transportation Alternatives set aside grant, or non-monetary support from a local business. Also, first time participating schools will receive a Virginia SRTS banner (see below) and event decal. Schools can earn other decals by participating in Walk to School Day or other statewide events.



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## ***Host a Walk to School Day Event!***

Safe Routes to School's signature fall event is scheduled for October 6, but schools are encouraged to celebrate any day that works best for them. [Walk to School Day](#) celebrates the benefits of walking and biking and the need for safe and active ways to get to school. Wondering how to participate? Encourage your students to walk to school! You can help [set up a Walking School Bus](#), which is a group of students that walk to school with an adult leader. You can also teach your students safe pedestrian skills. Check out [Pedestrian Safer Journey videos](#) and [this video series from North Carolina SRTS](#). You can also use [lessons and activities from Safe Routes Philly](#). In 2019, 380 Virginia schools hosted Walk to School Day events. Can we beat that number this year? Please register your event on [walkbiketoschool.org](http://walkbiketoschool.org) in order to be counted towards the total.

## ***Celebrate Ruby Bridges Walk to School Day!***

Ruby Bridges was the first Black student to integrate William Frantz Elementary School in New Orleans. Ruby was escorted by federal marshals on her first day of school on November 14, 1960. Started by students in San Mateo County, CA, Ruby Bridges Walk to School Day in November honors Ruby's bravery. The event is an opportunity to teach students about the civil rights movement and to walk to school like Ruby did. [Learn more about Ruby Bridges Walk to School Day here.](#)

## ***Contact Us***

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. 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.

Want to learn more about active transportation, pedestrian and bicycle education, and Safe Routes to School events in Virginia? Our website, [VirginiaDOT.org/programs/SRTS.asp](http://VirginiaDOT.org/programs/SRTS.asp), is full of information that will help you get you started. [Don't forget to join our email list to stay up to date with all things Virginia SRTS.](#)

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Name	Title/Agency	Email / Social Media
<b>Program Support</b>		
Katherine Graham	State SRTS Coordinator, VDOT	<a href="mailto:katherine.graham@vdot.virginia.gov">katherine.graham@vdot.virginia.gov</a>
Wendy Phelps	LTAC Program Manager	<a href="mailto:Wendy@VirginiaSRTS.org">Wendy@VirginiaSRTS.org</a>
Dan Reed	Coastal Region Local Technical Assistance Coordinator	<a href="mailto:Dan@VirginiaSRTS.org">Dan@VirginiaSRTS.org</a>
Jim Elliott	Piedmont Region Local Technical Assistance Coordinator	<a href="mailto:Jim@VirginiaSRTS.org">Jim@VirginiaSRTS.org</a>
Katie Heuser	Blue Ridge Local Technical Assistance Coordinator	<a href="mailto:Katie@VirginiaSRTS.org">Katie@VirginiaSRTS.org</a>
<b>SRTS Division Coordinators</b>		
<i>TBD</i>	Alexandria City Public Schools	Website, Twitter, Facebook
Lauren Hassel	Arlington Public Schools	<a href="mailto:lauren.hassel@apsva.us">lauren.hassel@apsva.us</a> Website, Twitter
Kyle Rodland	City of Charlottesville	<a href="mailto:RodlandK@Charlottesville.gov">RodlandK@Charlottesville.gov</a>
Dawn Cyr	Chesapeake Public Schools	<a href="mailto:Dawn.Cyr@cpschools.com">Dawn.Cyr@cpschools.com</a> Twitter
Gail Kingery Marty Travis	Chesterfield County Public Schools	<a href="mailto:gail_kingery@ccpsnet.net">gail_kingery@ccpsnet.net</a> <a href="mailto:martha_travis@ccpsnet.net">martha_travis@ccpsnet.net</a> Facebook
Sally Smallwood	Fairfax County Public Schools	<a href="mailto:sbsmallwood@fcps.edu">sbsmallwood@fcps.edu</a> Twitter, Facebook, Instagram
Linda Mock	City of Galax	<a href="mailto:lmock@galaxva.com">lmock@galaxva.com</a>
Eric King	Harrisonburg City Schools	<a href="mailto:EMKING1@sentara.com">EMKING1@sentara.com</a> Facebook
Janice Jennings	Loudoun County Public Schools	<a href="mailto:Janice.Jennings@lcpd.org">Janice.Jennings@lcpd.org</a> Twitter

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Kimberly Abney	Newport News Public Schools	<a href="mailto:aabney@nnva.gov">aabney@nnva.gov</a>
Theresa Pusateri	Norfolk Public Schools	<a href="mailto:tpusateri@nps.k12.va.us">tpusateri@nps.k12.va.us</a>
Becky Short	Prince William County Public Schools	<a href="mailto:shortbv@pwcs.edu">shortbv@pwcs.edu</a> Twitter, Facebook
Tara FitzPatrick	Richmond City Public Schools (Fit4Kids)	<a href="mailto:tara@grfit4kids.org">tara@grfit4kids.org</a> Facebook
Valerie Kramer	Rockingham County Public Schools	<a href="mailto:vkramer@rockingham.k12.va.us">vkramer@rockingham.k12.va.us</a> Twitter, Facebook
Susan Lendermon	Central Shenandoah Valley Office on Youth (Waynesboro)	<a href="mailto:LendermonSC@ci.waynesboro.va.us">LendermonSC@ci.waynesboro.va.us</a> Website, Facebook
J. Mark Tisone	Williamsburg-James City County Schools	<a href="mailto:Jon.Tisone@wjccschools.org">Jon.Tisone@wjccschools.org</a> Website

## Lesson Plans

- [SHAPE America COVID-19 Resources for Health and Physical Educaiton](#)
- Action For Healthy Kids - 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/>
- [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.

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- 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/)  
<https://healthsmartva.org/>
- [eNASCO](#) – Free K-12 Physical and Health Education lesson plans and equipment resource. [Click here](#) for more details.
- [Recreation and Relaxation Lesson Plans](#) - This page is a free-shared lesson plan archive for teaching all educational subjects within the context and theme of “Recreation and Relaxation”. It is purposed for use in community education environments, homeschool environments, traditional schooling environments, or as a supplemental and fun addition to any education program.
- [Dance Lesson Plans](#) – K-12 Dance lesson plans brought to you by the Colorado Department of Education.

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## Announcements

- [SHAPE America National Convention](#)
  - March 28 – April 1, 2023 – Seattle - [Information](#)
  - 2024 – Details Coming Soon!
  - April 1-4, 2025 – Baltimore, MD

**Archives** - The following materials are available from past SHAPE America National Convention & Expo programs.

- [2021 Virtual, April 13-17](#)
- [2020 Salt Lake City, April 21-25](#)
- [Speak Out! Day Returns In-Person in 2023!!](#)
- **[The 2022 NRPA Annual Conference is coming to Phoenix, Arizona, September 20-22.](#)** The NRPA Annual Conference is the premier annual meeting of the park and recreation community. Join thousands of people who are passionate about parks and recreation and making their communities great places for inspirational education sessions, energetic discussions and an inside look at the latest products for the field. [Register today!!!](#)

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- **Health and Physical Activity Institute at James Madison University  
Conference for 2022 – July 11-13, 2022**

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>



- 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>

- VAHPERD needs your help. Please consider volunteering for a vacant leadership position.

## **Interested? Have follow-up questions?**

Please send an email to [info@vahperd.org](mailto:info@vahperd.org) with the position in the Subject Line for reference.



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- Underage Drinking Prevention Education Project - *Resources for Parents & Other Caring Adults* - [https://www.vahperd.org/page/pudc\\_parents](https://www.vahperd.org/page/pudc_parents)
- **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.

## Awards

### Congratulations to the 2021 VAHPERD Award Winners!

<b>Jimmy Grassano</b>	Elementary Physical Educator
<b>Amy Wheeler</b>	Supervisor of the Year
<b>Amy Wheeler</b>	Presidential Award
<b>Henry Castelvechi</b>	Honor Award
<b>Chad D. Triolet</b>	Pioneer Award

### Student Awards Winners

Graduate Award – **Hayden Bartley**, *James Madison University*  
 Frances Mays Award – **Lanie Jo Knight**, *James Madison University*  
 University Outstanding Student Athlete (Individual) – **Lanie Jo Knight**, *James Madison University*  
 University Outstanding Student Athlete (Team) – **Camille Pereira**, *Hampton University*

### College/University Majors of the Year

**Robert Lauser** - *Old Dominion University* - Physical Education  
**Zachary Cook** - *Old Dominion University* - Health Education  
**Deylen Woodson** - *Virginia State University* - Physical Education  
**Essence Harris** - *Virginia State University* - Recreation, Sport & Fitness  
**Carnie Bragg** - *Virginia State University* - Kinesiology  
**Krystal Jones** - *Virginia State University* - Health Education

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**Camille Pereira** - *Hampton University* - Kinesiology  
**Amir Johnson** - *Hampton University* - Recreation, Sport & Fitness  
**Lanie Jo Knight** - *James Madison University* - Physical Education  
**Amber Waskewicz** - *Radford University* - Physical Education  
**Brooke Ryman** - *Roanoke College* - Physical Education  
**Myona Palmer** - *Norfolk State University* - Physical Education

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## 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 [Action For Health Kids](#).
- USTA Mid-Atlantic offers a **grant for up to \$10,000** to support tennis court refurbishment and construction projects! [Learn more and apply to help the tennis courts at your school](#). Applications will be accepted until **July 1, 2022** or when funding is exhausted.
- 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://usapickleball.org/get-involved/grant-program/> 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.

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- [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](#).

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

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## 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.

- **Get Your Students Active for Life with Tennis in PE!**

**USTA Mid-Atlantic Section** is here to support teachers and the role you play in your students' wellbeing. We know how hard you work to help kids get active and build healthy habits for life. Give them these benefits and more by introducing them to **TENNIS!**

It's never been easier to bring tennis to your school and we have a variety of **FREE**

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resources to assist along the way. PLUS, we can help **improve the tennis courts** at your school too!

USTA Mid-Atlantic offers a **grant for up to \$10,000** to support tennis court refurbishment and construction projects! [Learn more and apply to help the tennis courts at your school.](#) Applications will be accepted until **July 1, 2022** or when funding is exhausted.

For the classroom, USTA has a turnkey tennis in PE curriculum developed in partnership with SHAPE America for grades K-12 AND free tennis equipment for your school including racquets, balls, and more!

It takes just a few steps and less than 10 minutes to receive this resource:

1. [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).

This [step-by-step guide](#) will walk you through it! To see how easy it is to get started, check out our step by step video - [Creating a free USTA Account - PE Teachers](#). Don't forget to take advantage of our **free teacher workshops** that will help you in bringing tennis into the classroom. All you need to do is request a workshop for your school by [clicking here](#).

[Get kids active with tennis in PE today!](#)

***USTA Mid-Atlantic Section is a proud sponsor of VAHPERD***

- 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. [Learn More!!](#)
- 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](#).

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● [health.gov](http://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:

- [health.gov](http://health.gov) — the home of ODPHP and an essential resource for health information
- [HealthyPeople.gov](http://HealthyPeople.gov) — tools and resources for professionals about Healthy People 2020 health objectives
- [healthfinder.gov](http://healthfinder.gov) — 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 Education 50 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. [Click here for details.](#)

● 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>

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- 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, LAT, ATC; [mbmoore@radford.edu](mailto:mbmoore@radford.edu);



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## Officers & Directors 2021-2022 VAHPERD Board

First Name	Last Name	Participation Type	Division	Preferred Email
<b>Megan</b>	McLaughlin	President	Executive Committee	<a href="mailto:mmmclaughlin@henrico.k12.va.us">mmmclaughlin@henrico.k12.va.us</a>
<b>Donna</b>	Wilbur	President Elect	Executive Committee	<a href="mailto:dwilbur@fcps.edu">dwilbur@fcps.edu</a> ;
<b>Mark</b>	Arrington	Past President	Executive Committee	<a href="mailto:arrington.vahperd@gmail.com">arrington.vahperd@gmail.com</a>
<b>Michael</b>	Maina	Executive Director	Executive Committee	<a href="mailto:info@vahperd.org">info@vahperd.org</a>
<b>Liz</b>	Payne	Parliamentarian	Executive Committee	<a href="mailto:lpayne94@cox.net">lpayne94@cox.net</a>
<b>Stevie</b>	Gray	Past VP	Dance	<a href="mailto:Srgray1@henrico.k12.va.us">Srgray1@henrico.k12.va.us</a> ;
		VP	Dance	
<b>Kim</b>	Gentry	VP Elect	Dance	<a href="mailto:kgentry@k12albemarle.org">kgentry@k12albemarle.org</a> ;
<b>Cody</b>	Sanders	Past VP	General	<a href="mailto:cdt5w@uvawise.edu">cdt5w@uvawise.edu</a> ;
		VP	General	
<b>Adam</b>	Otstot	VP Elect	General	<a href="mailto:adam.otstot@wjccschools.org">adam.otstot@wjccschools.org</a> ;
<b>Brooke</b>	Ryman	Student Section Chair	General	<a href="mailto:baryman@mail.roanoke.edu">baryman@mail.roanoke.edu</a> ;
		Student Section Chair Elect	General	-
<b>Danielle</b>	Christian	Past VP	Health	<a href="mailto:dchristian@ycsd.york.va.us">dchristian@ycsd.york.va.us</a> ;
		VP	Health	
<b>Jessica</b>	Bayliss	VP Elect	Health	<a href="mailto:jhbayliss89@gmail.com">jhbayliss89@gmail.com</a> ;
<b>Russell</b>	Campbell	Past VP	Physical Education	<a href="mailto:campbellrt@live.com">campbellrt@live.com</a> ;
<b>Rob</b>	Mages	VP	Physical Education	<a href="mailto:robert.mages@vbschools.com">robert.mages@vbschools.com</a> ;

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First Name	Last Name	Participation Type	Division	Preferred Email
Amanda	Campbell	VP Elect	Physical Education	<a href="mailto:acampbel@bridgewater.edu">acampbel@bridgewater.edu</a> ;
Joel	Tise	Past VP	Recreation, Sport, and Fitness	<a href="mailto:JoelTise@spsk12.net">JoelTise@spsk12.net</a> ;
AJ	Kulp	VP	Recreation, Sport, and Fitness	<a href="mailto:austinkulp@spsk12.net">austinkulp@spsk12.net</a> ;
Brandon	Kimble	VP Elect	Recreation, Sport, and Fitness	<a href="mailto:bkimble@vsu.edu">bkimble@vsu.edu</a> ;

## 2021-2022 VAHPERD Editors, Coordinators and Liaisons

First Name	Last Name	Participation Type	Division	Preferred Email
Steven	Freivogel	Website Coordinator		<a href="mailto:invasion100@yahoo.com">invasion100@yahoo.com</a>
Michael	Moore	Newsletter Editor		<a href="mailto:mbmoore@radford.edu">mbmoore@radford.edu</a>
Michael	Moore	Journal Editor		<a href="mailto:mbmoore@radford.edu">mbmoore@radford.edu</a>
Summer	Davis	OHPEP Coordinator		<a href="mailto:sdavi003@odu.edu">sdavi003@odu.edu</a>
Vanessa	Wigand	DOE Liaison		<a href="mailto:vanessa.wigand@doe.virginia.gov">vanessa.wigand@doe.virginia.gov</a>
Judy	Johnson	Convention Manager		<a href="mailto:jcjohnso@rocketmail.com">jcjohnso@rocketmail.com</a>
Michael	Maina	Exhibits Manager		<a href="mailto:info@vahperd.org">info@vahperd.org</a>
Becky	Bowers Lanier	Lobbyist		<a href="mailto:becky@b2lconsulting.com">becky@b2lconsulting.com</a>
		Student Section Advisor		
		HMM VA Assoc. Coordinator		



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## 2021-2022 VAHPERD Division and Section Chairs

First Name	Last Name	Position	Section	Preferred Email
<b>Victor</b>	Spadaro	Past Chair	Dance Education K-12	<a href="mailto:vspadaro1@gmail.com">vspadaro1@gmail.com;</a>
<b>Andree</b>	Jordan	Chair	Dance Education K-12	<a href="mailto:jordanam@pwcs.edu">jordanam@pwcs.edu;</a>
		Chair Elect	Dance Education K-12	-
<b>Allexis</b>	Smith	Past Chair	Dance Performance	<a href="mailto:Allmsmit@vbschools.com">Allmsmit@vbschools.com;</a>
<b>Terese</b>	Cardmon	Chair	Dance Performance	<a href="mailto:teresewalkiewicz@gmail.com">teresewalkiewicz@gmail.com;</a>
		Chair Elect	Dance Performance	
<b>Robert "Robbie"</b>	Bolden	Past Chair	City/County Supervisors	<a href="mailto:robert.bolden@cpschools.com">robert.bolden@cpschools.com;</a>
<b>Amy</b>	Wheeler	Chair	City/County Supervisors	<a href="mailto:amy.wheeler@lcps.org">amy.wheeler@lcps.org;</a>
		Chair Elect	City/County Supervisors	
		Past Chair	College/University Chair	
		Chair	College/University Chair	-
		Chair Elect	College/University Chair	
<b>Chris</b>	King	Past Chair	Primary Health	<a href="mailto:christopher_king@ccpsnet.net">christopher_king@ccpsnet.net;</a>
<b>Kristeen</b>	Dorsey	Chair	Primary Health	<a href="mailto:kdorsey@nps.k12.va.us">kdorsey@nps.k12.va.us;</a>
		Chair Elect	Primary Health	
<b>Patrick</b>	Regester	Past Chair	Secondary Health	<a href="mailto:pregester@nps.k12.va.us">pregester@nps.k12.va.us;</a>
		Chair	Secondary Health	
		Chair Elect	Secondary Health	

# The Communicator

First Name	Last Name	Position	Section	Preferred Email
<b>Chrissy</b>	Balnchard-Alworth	Past Chair	Adapted Physical Education	<a href="mailto:pechrissy@icloud.com">pechrissy@icloud.com;</a>
<b>Sharon</b>	Gregory	Chair	Adapted Physical Education	<a href="mailto:sgregory@greencountyschools.com">sgregory@greencountyschools.com;</a>
<b>Ronald</b>	Rugg	Chair Elect	Adapted Physical Education	<a href="mailto:Ronald.rugg@nn.k12.va.us">Ronald.rugg@nn.k12.va.us;</a>
<b>Ashley</b>	Bush	Past Chair	Elementary Physical Education	<a href="mailto:ashley.bush@vbschools.com">ashley.bush@vbschools.com;</a>
<b>Virginia</b>	Prickett	Chair	Elementary Physical Education	<a href="mailto:vprickett@harrisonburg.k12.va.us">vprickett@harrisonburg.k12.va.us;</a>
<b>Laura</b>	Wrighte	Chair Elect	Elementary Physical Education	<a href="mailto:Laura.wrighte@lcps.org">Laura.wrighte@lcps.org;</a>
<b>Antonio</b>	White	Past Chair	Middle School Physical Education	<a href="mailto:awhite1@nps.k12.va.us">awhite1@nps.k12.va.us;</a>
<b>Kelly</b>	McCann	Chair	Middle School Physical Education	<a href="mailto:McCannK1@pwcs.edu">McCannK1@pwcs.edu;</a>
<b>Tony</b>	Splendore	Chair Elect	Middle School Physical Education	<a href="mailto:Tony.splendore@vbschools.com">Tony.splendore@vbschools.com;</a>
<b>Tia</b>	Moore	Past Chair	Secondary Physical Education	<a href="mailto:tia.moore@acps.k12.va.us">tia.moore@acps.k12.va.us;</a>
<b>Patricia</b>	Hood	Chair	Secondary Physical Education	<a href="mailto:Lovinlife6247@gmail.com">Lovinlife6247@gmail.com;</a>
<b>Courtney</b>	Dziagwa	Chair Elect	Secondary Physical Education	<a href="mailto:Courtney.dziagwa@vbschools.com">Courtney.dziagwa@vbschools.com;</a>
<b>Sydney</b>	Brown	Past Chair	Leisure Activities	<a href="mailto:jcharris@waynesboro.k12.va.us">jcharris@waynesboro.k12.va.us;</a>
<b>Chris</b>	Jones	Chair	Leisure Activities	<a href="mailto:cgjones@henrico.k12.va.us">cgjones@henrico.k12.va.us;</a>
<b>Brian</b>	Satterwhite	Chair Elect	Leisure Activities	<a href="mailto:bsatterwhite@saintbridget.org">bsatterwhite@saintbridget.org;</a>
<b>Sydnee</b>	Brown	Past Chair	Recreation	<a href="mailto:sbro0042@students.vsu.edu">sbro0042@students.vsu.edu;</a>
<b>Cole</b>	Bailey	Chair	Recreation	<a href="mailto:colebailey@rcps.info">colebailey@rcps.info;</a>
		Chair Elect	Recreation	

# The Communicator

## 2021-2022 VAHPERD Committee Members

Committee	Name	Participation Type	Preferred Email
Advocacy	Amy Wheeler	Member Chair	<a href="mailto:awheeler.pe@gmail.com">awheeler.pe@gmail.com</a>
Advocacy	Hugh Brockway	Member	<a href="mailto:hugh.brockway@lcps.org">hugh.brockway@lcps.org</a>
Advocacy	AJ Kulp	Member	<a href="mailto:austinkulp@spsk12.net">austinkulp@spsk12.net</a>
Advocacy	George Philippi	Member	<a href="mailto:hphilippijr@radford.edu">hphilippijr@radford.edu</a>
Advocacy	Dani Almarode	Member	<a href="mailto:dtalmarode@gmail.com">dtalmarode@gmail.com</a>
Advocacy	Rob Lauser	Member	<a href="mailto:rlaus001@odu.edu">rlaus001@odu.edu</a>
Advocacy	Brooke Abbott	Member	<a href="mailto:brooke.abbott@icloud.com">brooke.abbott@icloud.com</a>
Advocacy	Maina, Michael	Ex Officio Member	<a href="mailto:maina@roanoke.edu">maina@roanoke.edu</a>
Awards	Tarin Hampton	Member	<a href="mailto:tthampton@nsu.edu">tthampton@nsu.edu</a>
Awards	Cole Bailey	Member	<a href="mailto:CAB1997s@gmail.com">CAB1997s@gmail.com</a>
Awards	Ashley McDaniel	Member	<a href="mailto:amcdaniel@rcps.us">amcdaniel@rcps.us</a>
Awards	Kelly McCann	Member	<a href="mailto:mccannki@pwcs.edu">mccannki@pwcs.edu</a>
Awards	John Trott	Member	<a href="mailto:jtrott@hanover.k12.va.us">jtrott@hanover.k12.va.us</a>
Diversity		Member	-
Diversity		Member	
Diversity	Dr. Seung Yeon Park	Member Chair	<a href="mailto:sypark@nsu.edu">sypark@nsu.edu</a>
Finance	Kevin Napier	Member Chair	<a href="mailto:kanapier@henrico.k12.va.us">kanapier@henrico.k12.va.us</a>
Finance	Dominique Banville	Member	<a href="mailto:dbanvill@gmu.edu">dbanvill@gmu.edu</a>
Finance		Member	
Finance			
Finance	Michael Maina	Ex Officio Member	<a href="mailto:info@vahperd.org">info@vahperd.org</a>
Grant	Summer Davis	Member	<a href="mailto:sdavi003@odu.edu">sdavi003@odu.edu</a>
Grant	Brittany Day	Member	<a href="mailto:bday@hampton.k12.va.us">bday@hampton.k12.va.us</a>
Grant		Member	
Grant		Member	
Grant		Member	-

# The Communicator

Committee	Name	Participation Type	Preferred Email
Membership Dance VP	Kim Gentry	Vice President Elect Dance	<a href="mailto:kgentry@k12albemarle.org">kgentry@k12albemarle.org</a>
Membership General VP	Jenna McMahon	Vice President General	<a href="mailto:jmmcmahon@henrico.k12.va.us">jmmcmahon@henrico.k12.va.us</a>
Membership Health VP	Jessica Bayliss	Vice President Elect Health	<a href="mailto:jhbayliss89@gmail.com">jhbayliss89@gmail.com</a>
Membership PE VP	Rob Mages	Vice President Physical Education	<a href="mailto:robert.mages@vbschools.com">robert.mages@vbschools.com</a>
Membership Rec VP	AJ Kulp	Vice President Recreation, Sport and Fitness	<a href="mailto:austinkulp@spsk12.net">austinkulp@spsk12.net</a>
Membership	Megan McLaughlin	President-Elect	<a href="mailto:mmmclaughlin@henrico.k12.va.us">mmmclaughlin@henrico.k12.va.us</a>
Membership Region 1 Rep	Gretchen A. Hiort	Member	<a href="mailto:gahiort@henrico.k12.va.us">gahiort@henrico.k12.va.us</a>
Membership Region 2 Rep		Member	<a href="mailto:jevedder@vbschools.com">jevedder@vbschools.com</a>
Membership Region 3 Rep		Member	
Membership Region 4 Rep	Rhyanne Hartwig	Member	<a href="mailto:rhyanne.hartwig@gmail.com">rhyanne.hartwig@gmail.com</a>
Membership Region 5 Rep		Member	-
Membership Region 6 Rep	Greg Millner	Member	<a href="mailto:wmillner@rcps.info">wmillner@rcps.info</a>
Membership Region 7 Rep		Member	-
Membership Region 8 Rep		Member	
Nominating		Member	-
Nominating	Sara Haney	Member	<a href="mailto:shaney@ocss-va.org">shaney@ocss-va.org</a>
Nominating		Member	-
Nominating		Member	-
Nominating	Amy Riggio	Member	<a href="mailto:amy.riggio@lcps.org">amy.riggio@lcps.org</a>

# The Communicator

Committee	Name	Participation Type	Preferred Email
Site Selection	Judy Johnson	Convention Manager	<a href="mailto:jcjohnso@rocketmail.com">jcjohnso@rocketmail.com</a>
Site Selection	Michael Maina	ED - Ex Officio Member	<a href="mailto:maina@roanoke.edu">maina@roanoke.edu</a>
Site Selection	Leslie Meadows	Past Past President	<a href="mailto:leslie_meadows@ccpsnet.net">leslie_meadows@ccpsnet.net</a>
Site Selection	Mark Arrington	Past President	<a href="mailto:arrington.vahperd@gmail.com">arrington.vahperd@gmail.com</a>
Structure and Function	Amanda Campbell	Member	<a href="mailto:acampbel@bridgewater.edu">acampbel@bridgewater.edu</a>
Structure and Function	Eric Hansen	Member	<a href="mailto:ehansen@glnd.k12.va.us">ehansen@glnd.k12.va.us</a>
Structure and Function	Jenn Vedder	Member	<a href="mailto:jvedder@vbschools.com">jvedder@vbschools.com</a>
Structure and Function	Sue Zeanah	Member	<a href="mailto:szeanah@k12albemarle.org">szeanah@k12albemarle.org</a>
Structure and Function	Katie Marshall	Member Chair	<a href="mailto:katherine.marshall@virtualva.org">katherine.marshall@virtualva.org</a>

