

# ALLIANCE NEWS

Volume 13, Number 1  
March 2013



NEWSLETTER OF THE SC ALLIANCE FOR  
HEALTH, PHYSICAL EDUCATION,  
RECREATION AND DANCE

## Working Together to Build Our Future



Typically, this newsletter article from the SCAHPERD president is about the vision for the year which is formulated at the Leadership Retreat held in January. This year, the retreat was cancelled at the last minute because of the weather. Who knew a little ice could cause such havoc? As such, I decided to focus a bit on this year's conference theme... **Working Together to Build Our Future**, catchy, yes? How are we working together to continue strengthening SCAHPERD?

Well, let's start with the leadership. As an Alliance, we have representatives from health, physical education, dance and future professionals. Having worked with the leaders from each of these associations, I can tell you they are incredibly dedicated, hardworking people who are passionate about our professions. Our strategic plan has provided guidance and goals for the past year and we have been on target for most all of our aims. There are numerous committees for each organization in addition to SCAHPERD committees. The people serving on these on each of these committees are working diligently to fulfill their charge. And of course, let's not forget our amazing staff, our executive director and our administrative specialist. How could we possibly function without their efforts and attention to detail?

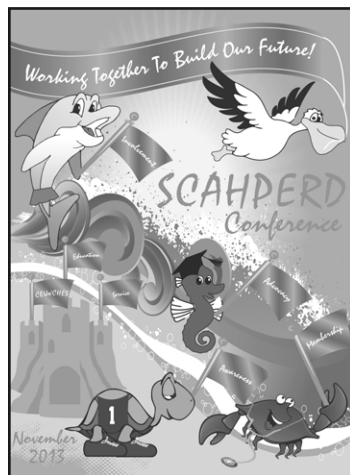
So that brings me to opportunities for this year to continue building our future. First, if you don't know who your leaders are, aside from those in this newsletter, go to the SCAHPERD website. Each association has a list of their leadership and their committees. I am pretty sure they would love to have more people involved, take a look where you would like to help out. By the way, while you are there, take a look at the information and opportunities listed. We have grants, advocacy information, our strategic plan and a plethora of resources available to you. Spend a little time perusing the site.

We also have the national convention in Charlotte this year in April. What an amazing opportunity for professional growth and also a great opportunity to volunteer. Go to the AAHPERD website to see what you can do. I know several of our members are presenting, let's highlight and support our local people on the national stage. And, do you know a young or new professional? Wouldn't this be a wonderful professional opportunity for them to participate in a national conference?

Of course, the SCAHPERD convention is in November at Myrtle Beach. I know it seems early but we will be calling for proposals in the near future. Come! Present! Participate! Bring a friend!

Bring that new professional...shoot, bring that "old" professional who hasn't been in a while. In order for us to work together, we all have to show up and engage. This is your organization, our organization. We must all work together to build our future...I look forward to our continued partnership.

– Shelley Hamill, SCAHPERD President



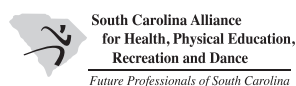
**The 86th Annual SCAHPERD  
Conference and Exposition  
November 15-17, 2013  
The Kingston Plantation  
Embassy Suites Resort, Myrtle Beach, SC**

### MISSION statement

The mission of SCAHPERD is to promote health, physical activity and wellness among the state's citizens through effective leadership, professional development, education and advocacy.



**GET MOVING**



Newsletter Editor  
Shannon Koch



# Why Host a Jump Rope For Heart or Hoops For Heart Event?



Let Me Tell You Why.



What is Jump Rope for Heart (JRFH) or Hoops for Heart (HFH)? These are events that can be held by organizations to support a healthy lifestyle and the American Heart Association. The events are different at each location but the focus on raising donations to support the American Heart Association research to fight heart disease is the same. As dedicated professionals, we can see the “Why” to support the American Heart Association within our nation, state, community, schools and our own professional growth.

Nationally the American Heart Association has helped with food research. Just the simple heart check logo on packages that meet heart healthy standards have effected the way we shop and eat. The research has helped promote hands only CPR, the creation and improvements of the Pace Maker, medications for multiple heart issues, test, surgeries, heart health education and more has reached every American in one way or another.

Funds raised from the JRFH and HFH has helped the state of South Carolina. It has provided lobbyist at our state house keeping the health of our state in the forefront of our elected officials. The lobbyists continue promoting the Healthy Schools Act to be fully implemented and financially supported by our state.

JRFH and HFH events bring the community together. The materials sent home with student from the AHA has life saving information. There is a section on the signs of a heart attack and stroke. The AHA helped support the changes for “smoke free restaurants” and an AED in public school and community venues. They also work with local hospitals to improve the process of treating patients with MI (Heart Attack).

At the school level the effects of a JRFH and HFH event can be seen and felt in different ways. Children learn the importance of exercising at a young age. They go home and want their parents and siblings to exercise, live tobacco free and eat healthy so they can have a healthy heart too. The events instill character in our youth. Jumpers/Hoopers, even though they might be young, can make a difference in someone else’s life. Students learn the value of volunteering and develop into caring leaders of tomorrow. Schools and event host earn U.S. Games certificates that can be used to purchase PE and recess equipment.

Professionally, why you should host a Jump Rope For Heart/Hoops For Heart event are better then ever. You get to host the best party in town that everyone wants to come too. You lead by example on the importance of living a healthy lifestyle to others. If your event raises \$2,000 + you will receive a free SCAHPERD membership for the next school calendar year. In additions, if you event raise \$1,000+ for the American Heart Association you will receive a free electronic membership to AAHPERD. You will get to stay in contact with your professional peers and up to date on current methods, trends, research, advocacy and more for free.

The question now is not why to have a JRFH/ HFH event but who to contact. To get started is easy. You can contact the American Heart Association Youth Marketing rep in your area or contact your South Carolina Jump Rope For Heart/ Hoops For Heart Coordinator. Make a difference and be a *Heart Heroes* call today.

## SCAHPERD JRFH/ HFH Coordinator

CARMEN PLEMMONS

803.476.4600 [cplemmon@lexrich5.org](mailto:cplemmon@lexrich5.org)

## American Heart Association Youth Marketing Representatives:

ALISSA HERROLD

843.853.1597 [Alissa.herrold@heart.org](mailto:Alissa.herrold@heart.org)

- Bamberg    • Barnwell    • Beaufort    • Berkeley
- Calhoun    • Charleston    • Clarendon    • Colleton
- Dorchester    • Hampton    • Jasper    • Orangeburg
- Sumter    • Williamsburg

JANE LOTT

843.282.2904 [jane.lott@heart.org](mailto:jane.lott@heart.org)

- Darlington    • Dillon    • Florence    • Georgetown
- Horry    • Lee    • Marion    • Marlboro

MEGHAN AZHAR

864.627.4158 [meghan.azhar@heart.org](mailto:meghan.azhar@heart.org)

- Abbeville    • Anderson    • Cherokee    • Greenville
- Greenwood    • Laurens    • McCormick    • Oconee
- Pickens    • Spartanburg    • Union

HEATHER GINN

803.806.3023 [heather.ginn@heart.org](mailto:heather.ginn@heart.org)

- Aiken    • Chester    • Edgefield    • Fairfield
- Kershaw    • Lancaster    • Lexington    • Newberry
- Richland    • Saluda    • York



## *News from the SCAHPERD Past President, Cindy Heos*

Happy 2013!

I hope this newsletter finds you healthy and happy. I find it amazing that it is even 2013 much less already February. The convention will be here before you know it. Speaking of the convention...applications are starting to come in for presentations, and of course we need many more. Please help us. When you attend workshops or conventions or go to something you think is great, ask the presenter to attend our convention and present. Follow up with an email to that person; attach the link to our convention site. Or email me, and I will invite them. Several exciting speakers have committed to attend and share their experiences with physical education and their careers in physical education. I think you will be really excited as our plans unfold.



## *A Message from Todd Seagle, SCAHPERD President Elect*

Thank you all for the opportunity to serve for the next three years in such a great organization. I look forward to helping develop a strong organization that will benefit health, dance, and physical education. We must all work together in order for SCAHPERD to continue to grow. I welcome any suggestions you the membership may have; please feel free to contact me at any time my email is [dtseagle@spart7.org](mailto:dtseagle@spart7.org).

I look forward to attending the national conference in Charlotte in April, as well as; the National PE Institute in Asheville in late July. I plan on using both of these opportunities to network and help build contacts for our convention in November.

I truly am excited for the opportunity to serve you and look forward to working with each of you, and facing the challenges ahead together.



## *Geocaching in the Classroom*

Teachers are tapping into the location-based adventure of geocaching to move their lessons outside of the classroom and into neighborhoods and nature. Geocaching is active learning at its best. Teachers say caching helps combine outdoor activity, team-building and problem-solving with the ability to customize lesson plans to a specific grade level. [Geocaching.com](http://Geocaching.com) is here to help teachers build their lesson plans. Educators can explore a page loaded with resources by checking out our Geocaching and Education page. See ideas on how to use geocaching education kits to supercharge a classroom, camp, or seminar.



## *A Message from Chris Viscardi, SCAFP President*

My name is **Chris Viscardi** and I am the President of the Future Professionals for the 2013 year. I am currently in my junior year at Coastal Carolina University majoring in Physical Education and minoring in Health Promotion. This will be the second year Coastal Carolina is organizing the Super Star event at the SCAHPERD Conference. This will be our last year in charge for a while as SC State will be taking over in 2014 and 2015. As always, we want each year to be better than the last, so we will be keeping some of the events that we thought everyone enjoyed and implementing some new events which we think will make Super Stars even better. For the beach, we thought Ultimate Frisbee, Soccer and Volleyball were the games that were well received by everyone. We will probably end up switching out Blind Football with another beach sport this year. There are a few potential ideas. One replacement idea some of us came up with is adding Can Jam and a Relay. For the inside, we will be keeping the cognitive skills test but trying out some different fine motor skill and cooperation games. One possible game is a mock version of the game show "Minute to Win It". The "Minute to Win It" game would involve several somewhat challenging mini competitions that require attention and focus. Winning these competitions would lead to points or prizes. We are working on potential sponsors such as Under Armour and Subway as well. Another possible idea is awarding points to teams for attending seminars. We are also working on a logo for the future professionals as well as looking to update some of the operating codes. We want this year to be the best year yet, so feel free to email me at [ccviscar@coastal.edu](mailto:ccviscar@coastal.edu) with any ideas, comments or suggestions about your Super Star event. We look forward to seeing everyone in November!



**South Carolina Alliance  
for Health, Physical Education,  
Recreation and Dance**

*Future Professionals of South Carolina*

## Message from the Executive Director

Dr. Bonnie-jean Buckett  
[dockjock4@aol.com](mailto:dockjock4@aol.com)



As I began to think of what I would write about in this newsletter, I started reflecting on my career and where the profession seems to be going. All of a sudden, enthusiasm, excitement, and inspiration were being overtaken with gloom and complacency.

I taught for 22 years in the public schools (k-12 health and physical education) and 15 years at the college level in the teacher prep area. Every day was a new exciting day, trying new programs to inspire my students and keep myself feeling fresh. Attitudes in physical education changed from the dodgeball, kickball mentality to teaching activities for a lifetime. Still living in the town that I spent most of my career, I often see former students. Each one of them has at least one memory of their favorite physical education activity. Recently, one former student thanked me for teaching him orienteering for it was the “added knowledge” that actually landed him his current job. It really makes for fond career memories.

But as I talk to people in the profession, there is an air of gloom and doom. Lack of administrative support, poor teaching conditions, and decreased funding has taken over our mindset. I can't say that I would be as enthusiastic as I was if I had 120 kindergarteners at once as one of our professionals endured.

However, it is time that we become proactive and begin to reclaim our status in the educational system. Everyone knows that our population is getting more obese. Physical education (dance included) and health education is one of the most important classes taught in the schools. What is more important than good health and a feeling of well-being? So what are we doing about this dilemma? It is time to stand up and be heard, leading by example and inspiring our community to embrace our profession.

Regardless of your teaching/professional situation, optimism needs to be your friend. It is infectious. It is time to become proactive and not complacent. Let your students/clients know how important it is for them to improve their health/fitness/well-being. Send information to your parents and promote your quality physical education/health programs. Write/call your state legislators and your Washington representatives. The more people know, the more they are likely to support your programs. Get involved, get invigorated and recharged about your chosen career.

### ADDRESS OR EMAIL CHANGE

Throughout the year, members change their email or snail mail address. In order to serve you better, please make sure that the office knows about these changes. If your mailing address is different than your residence address, please inform Shannon at (803) 786-3384 or by email at [scahperd@columbiasc.edu](mailto:scahperd@columbiasc.edu).

### MEMBERS ONLY CORNER

As a SCAHPERD member, you have the ability to view current newsletters. Go to [www.scahperd.org](http://www.scahperd.org) and click on the “Members Only” link at the bottom left of the home page and then enter “1948” as the password.

### Notice to SCAHPERD Membership

The SCAHPERD Constitution Committee invites any SCAHPERD member to suggest changes for the SCAHPERD Constitution or By-Laws. Please indicate the Article, Section, and Section letter to which your suggestions apply. Please also indicate if they are for the Constitution or the By-Laws. You may also send any questions regarding the SCAHPERD Constitution and By-Laws to the Committee. You can find the SCAHPERD Constitution and By-Laws, as approved November 13, 2012, under “Members Only” at [www.SCAHPERD.org](http://www.SCAHPERD.org).

Your recommendations will be reviewed by the Constitution Committee and forwarded to the SCAHPERD Board of Directors. If approved by the Board of Directors, the changes will then be presented to the entire membership at the annual meeting on November 17, 2013, for approval.

Please send any suggestions to the SCAHPERD Constitution Committee Chair not later than April 19, 2013. [Josey.Templeton@Citadel.edu](mailto:Josey.Templeton@Citadel.edu)



Find us on:

**facebook®**

Follow SCAHPERD on Facebook for the most up-to-date SCAHPERD news!



## Commit to a High Quality Physical and Health Education Program

Jerry Honeycutt, SCAPES President,  
2012 Secondary Teacher of the Year



What makes for a consistently safe, positive, fun and affirming environment that actively engages all learners, regardless of physical skill, in challenging and personally meaningful health and fitness activities? Commitment!

Lifelong health and fitness habits do not just happen; they are built through consistent exposure of students to high quality K-12 programs with evidence of an ongoing priority of professional collaboration focused on continuous renewal. The development of a sound framework for learning for both students and PE/Health educators along with a focus on increasing the value placed on physical fitness and health to promote student engagement, wellbeing, and academic achievement is essential to meeting the goals of physical and health education standards. Recognizing the value of and the need for continuous improvement of both program and teacher is critical. I am fortunate to be part of a teaching and learning community in my district, York School District One, and my school, York Comprehensive High School, that agrees and has provided the support to promote engaged teaching and learning opportunities.

As professional educators we believe, and research supports, that student achievement is enhanced when the well-being of students is addressed through a focus on increasing the physical activity of students. A recent report from the U.S. Department of Health and Human Services Centers for Disease Control and Prevention titled *The Association Between School-based Physical Activity, Including Physical Education, and Academic Performance* (July, 2010) explored this connection through the analysis of 50 studies conducted to investigate associations between physical activity and academic performance. The results of that analysis generated findings that there were “a total of 251 associations between physical activity and academic performance,

representing measures of academic achievement, academic behavior, and cognitive skills and attitudes” (p.5) with more than half of the associations reported as positive (2010). Improving student achievement through the development of physical education lessons that increase the amount of active time during the lesson and integrate health promoting practices for the long term certainly appears to be a worthwhile approach.

To put belief and research into action, our district set up a model for best practice that culminated in the drafting and implementation of a comprehensive K-12 PE/Health program designed around the idea of engaged activity of all students as a key strategy to enhance the development of cognitive skills, positive attitudes, and productive behaviors of students. After completing a comprehensive Physical Education Curriculum Analysis Tool (PECAT) program review of our existing curriculum we established the first district PE/Health Curriculum Development Team, a partnership of PE/Health educators intent on building a program with a strong foundation to promote and reinforce the value and benefits of physical activity. This team began to reconstruct a new curriculum that tied activities and lessons to standards and expected outcomes.

The K-12 instructional program that was developed and implemented is centered on 3 program guarantees: 1.) Providing a consistently safe, positive, fun, and affirming environment for learning, 2.) Ensuring the active engagement of all learners, regardless of physical skill, in challenging and personally meaningful health and fitness activities, and 3.) Building a sound framework for learning that promotes the acquisition of knowledge, skills, behaviors, and attitudes that encourage cooperation, team-work, respect for others, and a life-long appreciation for maintaining health and physical fitness.

## SPOTLIGHT ON A PARTNER: Simpsonville Elementary, Greenville

The focus on health and wellness is so strong at Greenville County’s Simpsonville Elementary School (SES) that it is even part of their motto: Academics + Fitness “Seal” Our Success. With the strong leadership of Principal Jan James and PE Teacher Christine Amond, SES won a grant from the Bon Secours St. Francis Health System to bring Project Fit America to the school two years ago. This included equipment for a great new fitness area, as well as curriculum assistance, teacher training, and health education for the classroom.

Christine Amond says that the results are incredible. Last year only eight students were able to climb up and down the Pole Climb three times without their feet touching the ground. This year 33 students did it, and 11 students went up and down the pole eight times without their feet ever touching the ground. Not only have the students improved in muscular strength, but also abdominal strength. Just this past week, more than 40 second through fifth grade students hula hooped without

stopping for three minutes using a three pound hoop. Amond says, “If you build it, they will come. Yes, they come and they keep coming, asking for more!”

At SES, Project Fit America and CATCH work hand in hand. Both programs involve the students, teachers, parents and community.

Simpsonville Elementary participates in International Walk to School Day and South Carolina Walk to School Day with walk at school events involving the whole community. Their theme for this year is **March in the Month of March**, and will be from March 4 - 15. Classes and parents will document laps on the track, and the class with the most laps will win an extra recess and a little toe charm to wear on their shoes. Parents’ laps count for their child’s class - it’s a great opportunity for families to utilize the track and support the children!

Visit [Project Fit America](#) for more information, including upcoming grant deadlines.

# March Madness is Here and SCAAHE is Ready to Play!

Tina Marie Devlin, SCAAHE President



This is going to be a winning year for SCAAHE! I want to welcome the 2013 SCAAHE Executive Board members: Regina Creech, President-Elect; Kelli Kenison, Treasurer; Brianne Gemeinhardt, Secretary; Libby Maynard, Member-at-Large; Dave Brangan, Member-at-Large and Suzanne

Sanders, Member-at-Large! We have an experienced and talented group of board members this year and I am thankful for their time and commitment to SCAAHE. In addition to the talent we have on our board, we also have to recognize the excellent work of individuals and organizations in the state! I want to congratulate the recipient of the 2012 SCAAHE's Outstanding Contribution to Health Education award-*LiveWell Greenville* ([www.livewellgreenville.org](http://www.livewellgreenville.org)).

Our primary goals this year are to increase membership, implement some fundraising opportunities and encourage existing and new members to chair one of our vacant committee seats (Awards, Legislative and Policy, Membership and Nominations). Getting involved with SCAAHE is a wonderful opportunity to network and share ideas with colleagues around the state on ways to improve the health and well-being of South Carolinians. If you

are not signed up on SCAAHE's list-serv, please send me an email at [tdevlin81@gmail.com](mailto:tdevlin81@gmail.com) with your first and last name and email address. The listserv is a great way to stay connected and receive important health related alerts and updates.

To increase membership, we are currently developing a marketing plan to reach out to our local colleges, universities and businesses. Our board members are also working on creative ways to raise money for SCAAHE so we can plan and implement events that will benefit South Carolina.

I highly encourage everyone to submit a proposal to present at the SCAHPERD Annual Conference from November 15-17, 2013. There are some amazing health and wellness programs and initiatives here in South Carolina and it's important that you share your victories and winning stories! Visit [http://www.scahperd.org/Annual\\_Conference\\_and\\_Exposition.html](http://www.scahperd.org/Annual_Conference_and_Exposition.html) to submit a proposal.

I am always looking for new ideas and feedback, so please don't hesitate to contact me at [tdevlin81@gmail.com](mailto:tdevlin81@gmail.com).

Our members are the foundation of SCAAHE!!!  
GO SCAAHE!!!!!!



## Congratulations to the 2012 National Board Certified Teachers from South Carolina:

- **Dustin Curtis** –  
Richland Co SD 2, *Physical Education*
- **Elizabeth Drew** –  
Richland Co SD 2, *Physical Education*
- **Willie Hawks** –  
Horry Co, *Physical Education*
- **Ashley Johnson** –  
Richland Co SD 2, *Physical Education*
- **Stephanie Jones**, –  
Richland Co SD, *Physical Education*
- **Ben Landers** –  
Lexington-Richland Co SD 5, *Physical Education*
- **Johanna Strickland** –  
Richland Co SD 2, *Health Education*
- **Byron Towner** –  
Horry Co, *Physical Education*
- **Abigail West** –  
Charleston Co SD 5, *Physical Education*

## Jump Rope and Hoops for Heart Coordinator Incentive



The Board of Directors of the South Carolina Alliance of Health, Physical Education, Recreation and Dance would like to thank all Jump Rope and Hoops for Heart Coordinators for their efforts in promoting heart health and raising funds for the American Heart Association. Each coordinator's efforts are commendable and support the mission of SCAHPERD which is to promote health, physical activity, and wellness among the state's citizens through effective leadership, professional development, education, and advocacy.

The Board of Directors is also proud to announce that a free SCAHPERD membership will be provided to Jump Rope for Heart and Hoops for Heart coordinators who raise \$2000.00 or more. The membership will be provided for the fiscal year following the fundraising activity.

If you have questions or comments, please contact the SC State JRFH/HFH Coordinator Carmen Plemmons ([cplemmons@lexrich5.org](mailto:cplemmons@lexrich5.org)). Thank you for providing a healthier future for the children of South Carolina!



# Dancing Our Way Into 2013

Ashlee Pitman, SCDA President



As the new president of SCDA, I am excited about what this year holds and the future of SCDA. As a member of SCDA since I was a student in high school, I have had many opportunities to see the wonderful impact SCDA has on the dance community of South Carolina. The SCDA board is busy planning

events and workshops for 2013 to help promote dance and dance education throughout South Carolina.

SCDA is excited to announce that we are in the early planning stages of the 2014 SCDancing Festival to be held in Charleston, SC. Myself, along with other members of the low country, are working together to plan, organize, and create a wonderful dancing event. More information will be coming soon!!!

SCDA is also being represented as the new teacher evaluations are being created. We have wonderful board members who are representing the best interest of our dance educators throughout the state.

As we receive more information regarding both the festival and teacher evaluations we will pass it along in our SCDA newsletter or you can keep up to date on our SCDA facebook page!

As we embark on these new events, we want to encourage all members to become active participants in the sharing and

spreading of ideas and enjoyment of dance in and out of the classroom. This year we would like to encourage all current members to invite two people to join SCDA, so that our membership and support of dance in South Carolina can continue to grow. If you know of someone in the state who is not a member, encourage them to join and take advantage of the opportunities that SCDA has to offer.

All members will be invited to attend the yearly convention in November hosted in Myrtle Beach, SC. This past years convention was a huge success with our guest artist and the implentation of a student scholarship! Throughout the year there will be other opportunities for members such as workshops with emphasis on dance in the classroom, and other various opportunities for collaboration and discussion of dance. These are great opportunities for building professional networks across the state. Members of the board and I hope that 2013 will be a growing year for not only SCDA, but for dance everywhere! If anyone is interested in presenting at our conference or serving on a committee feel free to contact myself or your SCDA area representative!!



## 2012 SCAFP Southern District Leadership Conference Experience

Denzel Lee, SCAFP Member



Attending this conference was definitely a highlight in my collegiate career. It was a definite change from the “normal” setting of leadership conferences. We are often reminded to try to forge friendships and build bonds with those who will be in our profession. The connection that I made with the other students at the conference was genuine and refreshing considering other professional development opportunities. The numerous workshops taught by seasoned professionals who remembered a time when they were in our place as

undergraduates were really insightful. My favorite part of the trip was the mountain biking experience as I don’t think this is something that I would have ever done on my own. That experience taught me a lot about exploring new things. One thing that I took away from the conference was that it does not take a long time for someone to make an impact on your life. From the warm reception of the people associated with East Tennessee State to the hard goodbyes at our farewell banquet, these memories will certainly be forever etched in my mind.

Go to [www.scahperd.org](http://www.scahperd.org) for the latest Conference information

- Print Program Submission Forms
- Submit Program Submission Electronically
- Exhibitor Information
- Registration info will be available July 15th

# FLAGHOUSE®

A premier global supplier of equipment and resources for physical education, sports, fitness, recreation and health, special needs, special education and multisensory environments. FlagHouse offers more than 20,000 innovative and quality products and solutions.

“Play Well With Others... Be Active Against Bullying” visit [www.flaghouse.com/AntiBullying](http://www.flaghouse.com/AntiBullying)

“Preventing Juvenile Crime and Violence” visit [www.nationalpal.org](http://www.nationalpal.org)

“Jared Fogle Foundation to Eliminate Childhood Obesity” visit [www.jaredfoundation.org](http://www.jaredfoundation.org)

“Coordinated Approach to Child Health” visit [www.catchinfo.org](http://www.catchinfo.org)

“Project Adventure for Character/Team Work” visit [www.pa.org](http://www.pa.org)

For more information about Flaghouse programs contact  
John Ruggiero at [John.Ruggiero@FlagHouse.com](mailto:John.Ruggiero@FlagHouse.com)

[www.scahperd.org](http://www.scahperd.org)

scahperd@columbiasc.edu  
email

803-786-3386  
tax

803-786-3384  
phone

1301 Columbia College Dr.  
Columbia, SC 29203

SOUTH CAROLINA  
ALLIANCE FOR HEALTH,  
PHYSICAL EDUCATION,  
RECREATION AND DANCE



Non-Profit Org.  
U.S. Postage  
PAID  
Permit No. 706  
Columbia, SC  
29210