



ALLIANCE NEWS

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

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



A Circle of Change

In 1963, Bob Dylan wrote “The times they are a-changin’.” This can certainly be said about SCAHPERD today as we face changes as an alliance. As we adapt to these changes, think of these experiences as a circle of change. For every ending, there is a new beginning, with all the opportunities therein.

A significant change in late spring was the ratification of the S.302 bill that allows the substitution of band for physical education. The result would have been much worse without the tireless efforts of the advocacy committee, our executive director, and all of you who contacted your representatives. The determination, organization, and sheer numbers of band supporters showed the impact a group can have to effect change. This can serve as an impetus and example for SCAHPERD to make changes so our voices are heard and to ensure we continue providing quality physical education programs.

After many years of partnership, the American Heart Association and SHAPE America have parted ways. This change means that SCAHPERD will no longer be able to use Jump Rope for Heart or Hoops for Heart as fundraising endeavors. At the request of our Executive Director, Kym Kirby, I have approved the formation of a Joint Projects ad hoc committee to explore organizations with whom we could partner. The potential this change offers can be significant both in fundraising and quality of programs.

We are also in the process of exploring options for hiring a company that will assist in the development of a new webpage. If an agreement is reached, each association will have the ability to make changes to it's website while our Administrative Assistant, Shannon Koch, continues to manage the SCAHPERD website. Be on the lookout for this exciting change, as it will allow more interaction, and ease of use will improve.

As always, we have an outstanding conference to look forward to. Past-President and Conference Planning Chair, Gina Barton has initiated several changes, including extra consideration for submissions that aligned with the conference theme/focus. She has also provided a format that allows for more sessions each day. This year's theme is “Breaking out of your Shell: Empowering You,” so make the change, break out of your shell, and come to the beach!

As some things end, new things are beginning, and how we deal with them is important. These can be exciting times, so embrace the changes and be a participating and contributing member of the “new and improved” SCAHPERD!

Edith Ellis, 2018 SCAHPERD President



**The 91st Annual SCAHPERD
Conference & Exposition**

**November 9-11, 2018
The Kingston Plantation
Embassy Suites Resort
Myrtle Beach, SC**



Members Meeting Challenges!

One year ago I began my role as the SCAHPERD Executive Director and I would definitely say it has been a year! I agree with Edie, this has been a year of change, but it also has been a year of challenge – challenges that we have met head on and I believe, have helped us to become a stronger, member organization.

First, December 29, 2018, we lost our SCAHPERD president, colleague and dear friend, Dr. Lori Hicklin. This was a huge loss in so many ways, I can't begin to describe – it left a big hole that had to be filled. Edie Ellis, past SCAHPERD 2011 president, graciously agreed to fill the position and put together a leadership development conference for SCAHPERD officers in two weeks. Edie did and has done a great job in very difficult circumstances. Difficult time, but we met the challenge and we are stronger. Different people who may not have been involved before have stepped up, filled positions, and met responsibilities. Members are serving!

Second, a few days before the SHAPE National Convention in Nashville, we learned the Senate Education Committee moved S.302 forward and it was approved unanimously in the senate to allow marching band (extra-curricular activity) to replace physical education (required credit) in high school. We are glad to say the bill was amended in the House making it optional for districts and requiring that districts have a plan approved by the State Department of Education, demonstrating how all physical education standards would be met. Many thanks to the SCAHPERD Advocacy Committee who worked tirelessly meeting with Representatives at the State House, testifying before House committees, and contacting countless representatives. Thank you to many SCAHPERD members as well, who contacted their representatives. Difficult battle, but we met the challenge and are stronger! We have forged some good relationships with representatives, learned a lot about the advocacy process and built collateral for the future. Members are engaged and advocating!

Third, after 43 years, SHAPE America and the American Heart Association (AHA) have ended their Jump Rope for Heart/Hoops for Heart partnership, so these two programs will no longer exist, as we know them. Unfortunately, AHA had become less transparent with information regarding program participants and AHA expenses, state allocations from AHA were cut by 60%+ (even though SC had raised more money than ever) and they were not willing to negotiate a non-compete clause for schools and SCAHPERD to be able to find other sources of fund raising revenue in the schools. In light of this, SHAPE, SCAHPERD and AHA are going in a new direction and one that brings great excitement. We believe this will open new doors to alternative fundraising opportunities that will better benefit teachers, schools and students as we continue to support strong hearts, strong bodies, and strong minds, but in different ways. A Joint Projects committee is busy at work investigating ways to generate funds while allowing schools more flexibility and returning a higher percentage of money to the schools. Difficult development, but we WILL meet this challenge! Members are coming together to plan, collaborate and coordinate this new venture!

Fourth, we are building a new website, which has been a daunting experience, to say the least. We hope this site will be more engaging, informative, and interactive, in that we hope to post forums and provide a live social media feed. It will also allow us to be more effective and efficient in communication with our members. Difficult learning curve to overcome, but we are meeting the challenge. Members and Shannon Koch, SCAHPERD Administrative Assistant are working to developing an outstanding website for our organization!

Last challenge, but one I look forward to every year - Our annual SCAHPERD conference in Myrtle Beach, November 9-11. The 2018 Conference Planning Committee, led by Dr. Gina Barton, has been hard at work securing outstanding presenters and planning other special events and promotions and have put together an incredible conference. Our keynote speaker, Sue Ramsey, is a nationally renowned coach and speaker who will bring high energy as she challenges us to ***Great Teams Have Great Teammates.***

Our pre-conference workshops will be led by National Teachers of the Year, Chip Candy, Charla Krahnke, and Artie Kamiya. The slate of presenters, SCDA's guest artist, SuperStars competition and exhibitors are some of the strongest we have had in years. Look for more information and highlights on the website, Facebook and Twitter (@SCAHPERD). Exciting times and I hope you will take the challenge to be in Myrtle Beach, November 9-11! Members come, learn, network and grow as professionals!

Yes, it has been a challenging year, and I believe SCAHPERD is stronger! I look forward to continuing to serve you and serve along with you as we meet the challenge to help make South Carolina a healthy, physically active state.

Moving forward,
Kym Kirby
SCAHPERD Executive Director





**Breaking Out of Your Shell:
Empowering YOU!
Part II**



As we look towards this year’s 91st Annual Conference, let me encourage you to “break out of your shell” and make preparations to come to Myrtle Beach, November 9th-11th, for a professional experience you will long remember. This year Sue Ramsey, Professional Speaker, Team Culture Facilitator, and Leadership Specialist, will be the keynote speaker Saturday morning during the General Session and will present two other sessions on Friday and Saturday of the conference as well. Pre-conference workshops are scheduled for Friday morning (November 9) highlighting several nationally renowned guest speakers that you will not want to miss. A special PETE/HETE research session will be held Friday afternoon featuring several lead researchers in the state. The Awards Dinner will be Friday evening so be sure to take time to nominate someone from your association who is deserving of an award (information about nomination guidelines and deadlines are found on the website under the awards tab). You are invited to attend and/or participate in SCDA’s Kaleidoscope performance Saturday night, another event you will not want to miss!

Several of you submitted conference proposals before the proposal priority deadline and your names were entered in a special drawing for a free convention registration. The drawing will take place at the General Session, Saturday morning, so please plan to attend the General Session to find out if you are the winner! This year’s General Session is guaranteed to “shell-shock you” with a keynote speaker you will not forget, cash prizes to fill your pockets, and music to lift your soul. 😊

Keep checking your email and the SCAHPERD website for more exciting information on how to register for the conference and pre-conference workshops. This is a conference you do not want to miss!

Gina Barton
SCAHPERD Past-President

Address or Email Change

Throughout the year, members change their email or snail mail address. In order to serve you better, please make sure the SCAHPERD 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

Members Only Corner

As a SCAHPERD member you have the ability view the current newsletter. Go to www.scahperd.org and click on the “Members Only” link at the bottom left of the homepage. The password is 1948.



**Don't miss the opportunity to be a part of the
SCAHPERD 2018 Conference, November 9-11 in
Myrtle Beach.**

#SCAHPERD2018

**Register online today at www.scahperd.org
Early Bird deadline is September 28, 2018! Make sure to check
out our website for all the latest conference information!**



News from SCAAHE

The SCAAHE board has been preparing for the up-coming SCAHPERD conference in November. The SCAHPERD conference is a great opportunity to learn from other health education professionals and earn CHES/MCHES or teacher recertification credit! It is also a time to network with other health education, physical education, and dance professionals working in schools, community, and higher education!

Jacqlyn Atkins, the SCAAHE conference planner, is working on a great schedule of health education sessions that will appeal to health, PE, and dance professionals whether you work in schools, community or higher education. If you are a PE, dance or health education teacher be sure to attend the sessions in our school track! Register early, get your room at the Embassy Suites, and we will see you at the beach November 9-11, 2018! Come and try something new and break out of your shell!

If you have questions about the conference, SCAAHE or want to get more involved in SCAAHE, please do not hesitate to contact me at hammonld@dhec.sc.gov or 803-898-3076. You can also contact the SCAAHE Past-President and conference planner, Jacqlyn Atkins, at atkinsjr@dhec.sc.gov or 803-898-7876 for questions related to the November conference.

Lynn Hammond
SCAAHE President



News from SCDA

Nearly 200 dancers from all over SC descended on SC Governor's School in March to attend SCDancing 2018. Classes in ballet, hula, hip-hop, modern, yoga and tap were full to capacity. Sekou McMiller, from NYC, served as the official guest artist and shared his expertise with young students. His comments and critique after the performance were the highlight of the evening. Many thanks to SCGSAH, volunteer student leaders, volunteer teachers, and especially to Ashlee Pittman Ratigan!! Her leadership kept the festival on track and all ran without a hitch! Congratulations to: Coker student, Jherryemiah Go, rising junior Class of 2020, BFA Performance/Choreography major and winner of the

SCDA Scholarship. Congratulations to: Jordyn Pate of South Florence High School and Tyrus Brevard of Andrew Jackson HS, winners of Coker Summer Dance Intensive partial scholarships!

SCDA is getting ready for the SCAHPERD conference!!!! Our guest artist for this year's conference is Cici Kelley. She attended the University of the Arts in Philadelphia where she received undergraduate training in performing arts with an emphasis in jazz technique. Her choreography has graced the legendary stage of Harlem's, "Showtime at the Apollo" and FOX 29's, "Good Day Philadelphia." Her choreography has also been seen on the WB's "Pepsi Smash" and BET's 106th and Park" with Atlanta's very own Ying Yang Twins. She has performed with Grammy winner Lil' Jon, Petey Pablo, and the Ying Yang Twins at the 2004 MTV Video Music Awards in Miami and is in the music video, "Control Myself" with LL Cool J featuring Jennifer Lopez. CiCi has toured with LL Cool J and the Hip-Hop group, "A Tribe Called West". Ms. Kelley recently played the role of Joshephine Baker in The Rialto Theatre stage play, "Satin Dolls: A Duke Ellington Revue." CiCi was also the choreographer for MTV'S "Made" for the last two seasons.

We will also be having numerous sessions in Modern, Jazz, Ballet, and Yoga to name a few. This year we added a session for a college fair for potential students to gain information of South Carolina Colleges and Universities. Please don't forget to come to Kaleidoscope, and see what a variety of talented dancers. Also, check out our new webpage!!

Kristin Tillotson
SCDA President



To the 2017-2018 Jump Rope for Heart and Hoops for Heart Coordinators



Thank you - Incentives - Future

Thank you from SCAHPERD and SHAPE America for your work and efforts on your 2017-2018 AHA JRFH/HFH events. It is hard to believe that we have come to an end of these joint projects. We would like to still honor you for your past work and dedication.

As a "Thank You" SCAHPERD is extending a 50% reduced membership for the 2017-2018 school year coordinators that raised \$2000 or more in donations. The 2018-2019 SCAHPERD membership now comes with a million dollar general liability insurance policy. Annual membership dues will be discounted for last year's event coordinators for only \$25. You can join SCAHPERD or renew your membership at the link below. **You must join by September 1st to get the discount.**

SCAHPERD JRFH/HFH 50% Membership Application Link: <https://form.jotform.com/81774230584965>

SHAPE America will be extending for the last time a FREE Electronic Membership to JRFH/HFH coordinators that raised over \$2000. That is a savings of \$79. That FREE membership will also include one free electronic journal of your choice. You will receive an email from the American Heart Association with your discounted membership code. You will need that code to complete your free SHAPE America membership. This free membership offer will expire September 1st. Sign up now at the link below.

JUMP! For FREE Membership in SHAPE America

https://www.shapeamerica.org/jump/jrfh-hfh_membership_application.aspx

SCAHPERD looks forward to honoring our Zone and State JRFH/HFH and Rookie Coordinators of the Year at our November Conference. SCAHPERD and the AHA will also have a JRFH/HFH Coordinators ONLY event at the conference. Your state SCAHPERD JRFH/HFH Committee will put on one last event for all of our membership, which is a Healthy Heart Walk/Jog on the Beach on Friday morning. Look in your November 9-11 Conference Program for times and details.

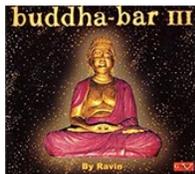
We (All SCAHPERD MEMBERS) are now given an opportunity to create our own educational, state and local fundraising program(s). SCAHPERD would like to develop this new program with your guidance, support and ideas. If you would like to be a part of a NEW program for our state please contact Kym Kirby at kkirby@lander.edu or Carmen Plemmons at CPlemmon@lexrich5.org. No idea is a bad idea. We need people with marketing ideas, app knowledge, creative designs, pulse on what kids want and like, educational content development, community connections, and knowledge of other non-profits that fit with SCAPERD's mission. Be a part of this NEW direction of developing a JOINT PROJECT that will support our professional organization SCAHPERD, South Carolinians, Local and Community Schools and other Health Non-Profits.

Carmen Plemmons
SCAHPERD JRFH/HFH Coordinator

News from the SCAHPERD President-Elect



I consider music a major motivator. It could be motivating to me as a teacher and choreographer, motivating to my students as dancers, or could motivate us into a good mood for the day. Sometimes lyrics and notes in a song can express more thoroughly what I want to accomplish in and out of the classroom. In that spirit, I wanted to share some songs with our members that you will hopefully, find motivating as summer ends and the school year begins.



“Indian Gipsy” by Ravi Prasad on the album Buddha Bar III CD 2

These five minutes of indistinguishable vocals with a steady backbeat, provide a unique and calm atmosphere. Whether used for stretching, yoga, or just a five-minute cool-down period this track is sure to be enlightening.



“Quit Playing Games (With My Heart)” by Backstreet Boys, Jazzy Jim's Mixxshoww Slamma remix on Pepsi World the Album

More appropriate for middle or high school students, this track provides high energy and a steady beat throughout. It proves great for warm-ups (jumping jacks, burpees, jumping rope, running in place) as well as a fun throw-back for those 30-something year old teachers out there.



“Sexy Biest (Gui Boratto Remix)” by Stimming & David August on the album Faze DJ Set #08: H.O.S.H.

Despite its name, this song is almost entirely instrumental minus a few “yeah yeah yeah yeahs” thrown in and is 8 minutes of appropriate music for any age. It has both a driving force and calmness at once that makes it perfect for a physical education or dance classroom setting.



“Say Something” by Justin Timberlake & Chris Stapleton on the album Man of the Woods

A different sort of motivator, I find that listening to artists I enjoy on the ride to work makes my school days better. Additionally, this song has a vague meaning and is open to interpretation by the listener (and free of any explicit items, making it fairly kid-friendly). I find it a useful song for choreography in the dance classroom, but also a set of lyrics that open up a discussion about bystanders & bullying (“Sometimes the greatest the way to say something is to say nothing at all”).



“Feel it Still” by Portugal. The Man on the album Portugal. The Man

This popular tune released in 2016 is probably not new to anyone. However, it makes my list of motivating tunes for various reasons. I personally love it with its upbeat tempo and high-pitched vocals, encouraging me on my long drive to work. Students also love the song for the same reasons (more middle & high school level, although the instrumental version is great for all ages), and it is fun to challenge students to use this song for normal warm-up routines. The slightly faster-than-normal tempo makes basics like jumping jacks or shuffles for tap classes a little messy, but much more interesting to start class.



Notice to SCAHPERD Membership

The SCAHPERD Constitution and By-Laws Committee invites any SCAHPERD member to suggest changes for the SCAHPERD Constitution or By-Laws. You can access the documents as approved on November 12, 2017, at www.SCAHPERD.org under “Members Only”. When submitting your recommendation, please indicate the Article, Section, and Section letter to which your suggestions apply. 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.

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 11, 2018, for approval.

Please send any suggestions or questions to the SCAHPERD Constitution Committee Chair no later than August 29, 2018, to Josey.Templeton@Citadel.edu