

ALLIANCE NEWS

81st SCAHPERD Convention and Exposition

Volume 8, Number 3
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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.*



South Carolina
SCAAHE
Association for the Advancement of Health Education

Where the Action is

SCAPES



*Future Professionals
of South Carolina*

Newsletter Editor
Shannon Koch

Message from SCAHPERD President

Pamela O'Briant

It is hard to believe that summer is winding down. I hope that everyone had a relaxing and refreshing time. We never seem to lose the sense that summer is for vacations, being outdoors, lounging around reading a book or just plain lazing about. It is hard wired into our yearly routine as children, having the summers off from school. As we approach a new school year, I hope that you feel revitalized. Those members who work throughout the year, I hope that the summer has given you sometime to regroup and spend time with friends and family.

As we near the fall, it is not too early to begin plans to attend the convention in Myrtle Beach, November 13-16. Rooms fill up fast so don't wait until the last minute. This year's convention promises to offer great sessions, inspiring information and outstanding opportunities to network.

I would also like to take this time to thank Crystal Bedford, our administrative assistant for her dedication and hard work for SCAHPERD. Crystal has served SCAHPERD well She will be greatly missed. Ms. Bedford will be attending graduate school in Arizona this fall. Good luck, Crystal! Shannon Koch will be stepping into Crystal's shoes. She has been training all summer and I know will be a wonderful addition to SCAHPERD. Please take some time to introduce yourself and welcome Shannon, either by e-mail or at convention registration.

Remember this year's convention theme: *Live Healthy, Move Others*. We can teach mostly by example, so you need to begin with you. Think about the foods that you are eating and the time that you take to exercise. Although we are often rushed at lunch or have little time to exercise, you need to make that a priority to yourself. If you lead by example, others will follow. South Carolina has some of the worst health habits, so it is time for us to be the leaders! Set the bar high and others will follow your example to achieve a healthy lifestyle.

See you at the beach! ●



The 81st SCAHPERD Convention and Exposition

November 13-16, 2008

The Kingston Plantation • Embassy Suites Resort

Myrtle Beach, South Carolina

On the Road Again.....

*Deborah A. Miller
SCAHPERD President-Elect*

Summertime is the perfect opportunity to slow down, relax a little and recharge your battery. For me, however, it has been a very busy time as I traveled to Washington, DC June 18-20 for the AAHPERD Leadership Conference and Advocacy Day and then attended the Southern District Leadership conference in Chattanooga a week later. Although both conferences focused on leadership development among state officers, there was also much discussion about the structure of AAHPERD, the Districts, the importance of each state AAHPERD, and the advocacy issues that impact all of us professionally. I'd like to share with you some of the highlights that I experienced.

Bonnie and I arrived on Wednesday around noon and the afternoon sessions were spent preparing us for our charge up the "Hill" to meet with our legislators (or their representative) the next day. We planned our strategy Wednesday night and were confident that we could represent you and AAHPERD well. We were armed with the following data and information:

- The 2007 Youth Risk Behavior Survey (YRBS) that compared 9th-12th grade South Carolina students to high school students in public and private schools throughout the United States;
- The 2006 School Health Policies and Programs Study (SHPPS) that monitors the extent to which school health policies and practices are addressing the leading causes of death, illness, and social problems among young people and adults;
- The 2005 SC Student Health and Fitness Act;
- The Fitness Integrated with Teaching Kids Act (FIT Kids Act) which would amend "No Child Left Behind" to require that all schools, districts, and states include the quantity and quality of physical education in the "report cards" they send to parents; and
- The reauthorization of the PEP federal grant program to include \$100 million for 2009.

Thursday morning came and we walked the four blocks to the "Hill" only to discover police officers, bomb sniffing dogs, and emergency vehicles in our path. They had discovered a "suspicious package" in the vicinity and weren't taking any chances.

As your "leaders," we felt that it was our duty to hang around outside for a while to see what was going to happen, but we had to eventually vacate our surveillance location and proceed to Senator Graham's office in the Russell Building.

We arrived at the Senator's office about 15 minutes

early and waited patiently for our appointment. His Legislative Assistant, Laura Bauld soon arrived and she led us out of the busy lobby. We walked down the hall with Laura and she stopped near a SC flag and said that all of the meeting rooms were occupied and that we could just meet where we were standing. Bonnie and I knew at that instance that we had to address our key points fast. After 20 minutes of discussion, we knew that our meeting had ended. Although the setting was less than ideal, Laura had heard what we said and I reminded her that we were voting constituents, not politicians.

An hour later we were scheduled to meet with Phillip Denby, the Legislative Assistant in Senator DeMint's office. He arrived about 10 minutes early and ushered us into a conference room. The first two minutes went fairly well until he said that our issues could be better handled by the Education Assistant. But, Bonnie and I convinced him that our professional concerns were in the area of legislation and the discussion began. Phillip was somewhat knowledgeable about some of our concerns and stated that he had been physically active as a child and saw much value in it. However, he then clearly stated that Senator DeMint's position was that the federal government cannot legislate a healthy lifestyle or physical activity. It was the state's responsibility to pass legislation that it needed. When we reminded him that SC had passed the Student Health and Fitness Act as well as the Comprehensive Health Education Act, Phillip started looking at his watch and said he had an appointment at 11:00 and he was late. I wanted to tell him that WE were his 11:00 appointment, but it appeared our meeting was over!

Our day of advocacy on the "Hill" was short, but very memorable. I learned that all of us must advocate every day – with our colleagues, friends, neighbors, and anyone who will listen to our message. Becoming an advocate is easy. Pick a topic that you are passionate about and just start talking to everyone. It can be anything from handicapped accessibility to parks, daily health and physical education in our schools, walking and bike trails, dance education, to reducing obesity and Diabetes II in children and adolescents. Just keep in mind that the word advocacy is not synonymous with legislation. Passing new legislation is only one form of advocacy. If everyone in SCAHPERD told one person about our mission and the needs of our children and youth in South Carolina, we could start our own "Political/Professional" movement.

Friday was spent discussing the successes on the "Hill"

Continued on page 4

News from the Executive Director

Bonnie-jean Buckett
dockjock4@aol.com

Meet the new Administrative Assistant

As of this printing, we will have said good-bye and very good luck to Ms. Crystal Bedford who will be attending graduate school in Arizona. When Crystal announced her intentions in March, SCAHPERD quickly announced the position opening in a variety of venues. Fifty-one applicants applied for the part-time position. The committee did an outstanding job narrowing the candidates down to eight for interviews. At the conclusion of the interviews, it was unanimous that Shannon Koch be offered the position. Shannon is married with two children. Besides having outstanding recommendations, Shannon has been employed as a child care provider, reservation agent, data entry personnel, and hostess. She is well versed in her computer skills and is very personable. Crystal has been working with Shannon for the last six weeks so that the transition will be a smooth one for SCAHPERD. Thanks to the committee representatives: Pam O'Briant (SCAHPERD President), Wrenn Cook (SCDA), Richard Krecji (SCAAHE), Andrea Whetstone (SCAPES), and Crystal Bedford for a job well done!

Congratulations to Lancaster County Schools

"The purpose of the Carol M. White Physical Education Program is to provide funds to local educational agencies and community-based organizations to initiate, expand, and improve physical education programs for students in one or more grades from k-12 in order to make progress toward meeting State standards for physical education by providing funds for equipment, support, and the training and education teachers and staff. In order to receive funding, each applicant must design and implement a program that clearly aligns to the state standards for physical education." Lancaster County Schools (the only system in SC to receive the grant) was given \$370,149 to improve their programs. Contact: Adrienna Wetherspoon (803-416-8867) for more information about their award winning grant.

Traveling "Dance Education in America" exhibit

This exhibit, sponsored in part by a grant, is an excellent learning tool for teachers and students who wish to learn about our dance education legacy. If you are a member of AAHPERD, you can contact NDA to display this exhibit at your school.

Students Can Earn Free Convention Fee

Undergraduate and/or graduate students can earn free convention fees by entering the video contest. The title of the video is "Quality Physical Education." The winning team (of no more than four students) will receive free convention fees for the 2008 SCAHPERD convention. The 30 second, no more than 1 minute public announcement video will be shown at the general session, Friday night and will be sent forward to district and national level competition. Videos are due in the SCAHPERD office by October 1, 2008.

Health Tidbits

Drinking one regular soda a day can lead to a one-year weight gain of 15 pounds! Ugh! The typical 12-ounce soda has 150 calories and the equivalent of ten teaspoons of sugar in it. This is something for you, your students and parents to think about.

Dates to Remember

- On June 20, the USDHHS released the Physical Activity Guidelines Advisory Report. It provides the scientific bases for the Physical Activity Guidelines being developed for fall 2008.
- September 27 is designated as Family Health and Fitness Day, USA. The purpose of the day is to promote family involvement in physical activity. For more information go to: <http://www.fitnesday.com/family>.

Convention

The convention program committee has worked hard to have over 100 programs scheduled for Myrtle Beach this year. Besides all the programs listed in the flyer, there will be lots of other exciting programs for you to attend. I know that when I wanted to buy equipment, sometimes I was hesitant just looking at the product. We will have a demonstration room where vendors will be able to demonstrate their product so you can see if you really want to purchase that product. Remember, we will have a "DEAL OR NO DEAL" program Friday night at the end of the general session. Last year, one of the contestants (Kathy Peebles) won \$100. If you stay on Sunday and attend some Sunday sessions, you will be eligible to win a two-night stay at the Kingston Plantation Embassy Suites. Please note –

Important note: We have a block of rooms guaranteed at the price listed in the flyer. However, if we go over that allotment, there is no guarantee, so reserve your room early!

Being a Professional

Being a professional means you deeply care about people who are also in the profession with you. Working with them, urging them to greater achievements and working together to make the profession better for all in it. In some ways that is what the convention is all about. It is a relentless drive by the participants to achieve excellence. It is a way of showing pride in the profession, and learning more to make yourself and others grow. It is a time for all of us to come together. The convention is a time for us to share, learn and express ourselves with others in the profession.

See you at the beach! ●

ON THE ROAD AGAIN.....

Continued from page 2

that many other states had with their senators or representatives, how AAHPERD could improve their communication and support with the state Alliances, and issues with members of the Board of Governors. The focus of Saturday was leadership skills. Dr. Dana Brookes, the President-Elect of AAHPERD, articulated the qualities of an effective leader. When he finished I knew that I still had a long way to go to become an effective leader for SCAHPERD. Thank goodness the Southern District AAHPERD Leadership Conference was in Chattanooga the following week.

It has always been rumored that Southern District is the best District in AAHPERD. After attending their leadership conference, I wholeheartedly agree. From the opening session to the closing session, they focused on the skills and information that "Elects" needed to know to become effective leaders within their states. I am proud to say that Andrew Lewis spoke from his experience and heart when he delivered his presentation on "Building Relationships: The Process of Communication." Josey Templeton gave us an excellent introduction on how to get information from AAHPERD, Southern District, and the states from the various websites. When each of them spoke I kept hearing this little voice say, "I am willing to be your mentor and guide you through your responsibilities." I could also hear Stevie's reassuring voice. This may have only been wishful thinking on my part, but when Leroy Fanning started talk-

ing about "Marketing Your District/State Convention," I knew that I was going to need a team to market the Southern District convention in February 2010. Keep in mind; all of you are a part of my "team" to recruit professionals to our state and district conventions in 2008 and 2010!

An interesting assessment that Donna Dunaway, Executive Director of Southern District, had us complete was the DISC Dimensions of Behavior Map. The results from this instrument were very insightful, but not surprising for me personally. I prefer an environment with clearly defined expectations as well as direct answers, varied activities, and independence. Donna asked all of the "Elects" to figure out who we could work with well on our boards and what challenges would we have with differing interaction styles. Her presentation gave all of us much to think about as future leaders.

In closing, I would like to ask for your support and guidance in becoming the type of leader that YOU want in SCAHPERD. The following quote summarizes the challenge that I feel as your President-Elect and I will do my best to fulfill it:

"The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly."

— Jim Rohn •

Summer Updates

*Edie Ellis, PhD, CHES
SCAAHE President*

I hope that everyone had an enjoyable summer, and that vacations were, or will be, relaxing and restorative.

Your SCAAHE Board has worked diligently to update the Financial Procedures, the Operating Codes, and to make minor changes in the Constitution. Look for an email in early- to mid-October asking for your vote regarding these changes. We are also considering ways that SCAAHE can honor the memory of Dr. Murray Vincent. We will make a decision at our September meeting, and an announcement will be made at the Convention. If you have a suggestion, please feel free to contact any one of the Board members.

All SCAAHE members (1s, 2s, and 3s) will also be receiving an email asking that you respond to a survey about members' needs. The survey should take only 5-7 minutes to complete, and I want to encourage all of you to answer those few questions. The completion of this survey



will provide suggestions for ways that SCAAHE can better serve you.

I hope that you will be in attendance at the Convention in Myrtle Beach, November 13-16. The program has sessions of interest to all SCAAHE members, and they look to be both entertaining and informative. I would also like for you to consider serving on a SCAAHE committee or running for office. The more who are involved, the stronger we will be. Don't forget to nominate a worthy colleague for one of the SCAAHE awards. Information regarding nominations for office and/or awards can be found on the SCAAHE webpage.

I look forward to seeing you at the Convention! •

President elects leadership experience

Lavell R. Thornton, MPH, CHES

SCAAHE President-elect

SCAHPERD President-elect, Dr. Deb Miller, SCAPE President-elect, Tammy Hodges, SCAAHE President-elect, Lavell Thornton, and SCAHPERD Executive Director, Dr. Bonnie Jean Buckett recently attended the Southern District AAHPERD Leadership Conference. The Leadership Conference was held June 27-28, 2008 at the Marriott Convention Center in Chattanooga, Tennessee. The two-day meeting provided an excellent overview of the Southern District AAHPERD's staff, leadership, resources and activities. The focus was on developing the planning and leadership skills of the officers within the 13 states comprising Southern District. Key topics addressed in the general sessions included:

- The Behavioral Strengths of an Effective Board Member
- Building Relations: The Process of Communication
- Conducting the Business of the Association
- Leadership Skills Assessment

The morning icebreaker and evening reception provided opportunities to meet and network with the other southern state representatives. Several presentations focused on the importance of monitoring/evaluating your strategic plan, state advocacy efforts, membership outreach, and district/state collaborations. All of these topics were particularly timely given that South Carolina will be hosting the Southern District Convention February

10-13, 2010 in Myrtle Beach, SC. One presentation, "Marketing Your District/State Convention" highlighted key strategies to assure success (sound leadership, fund raising, partnerships, marketing, and program agenda). The dialogue really stimulated some great ideas for our upcoming meetings.

Leadership is the act of making a difference and achieving priorities through people. Leadership is ACTION, not position. It is what you do with that position that makes you an effective leader. This meeting indeed provided us with the knowledge and tools to help us all be better leaders. This was an invaluable professional development opportunity. It was indeed a treat to experience the energy, teamwork, and organizational prowess of the Southern District AAHPERD.

For more information about AAHPERD, go to www.aahperd.org.

Lavell R. Thornton, MPH, CHES

State Director

SCDHEC Office of Public Health Education

1751 Calhoun Street

Columbia, SC 29201

803/898-0811 (office)

803/898-0557 (fax)

thorntlr@dhec.sc.gov

Physical Activity Resource from the National Society of Physical Activity Practitioners in Public Health (NSPAPPH)

LOOK WHAT JAY DANIELS AND LAVELL THORNTON ARE INVOLVED WITH.

Physical Activity Collaborative (PAC) - PAC identified a need to describe elements of public health infrastructure and leadership necessary for successful public health physical activity programs. The paper, "The Critical Need for Public Health Leadership and Capacity to Improve Health through Physical Activity: Recommendations from the Physical Activity Collaborative," which outlines strategies to ensure capacity is available for download at www.nspapph.org.

GIVE THE GIFT OF A NEW MEMBERSHIP

Why not help a professional gain all the benefits of becoming a SCAHPERD member? If you help send in a **new** membership, (either through your gift or just getting a current non-member to join), you will be entered into a lottery drawing for a free membership for yourself. First drawing is July 15 and the second drawing is January 15 each year. Be sure to contact the office at scahperd@colacoll.edu.



Give me a.....

Andrea Whetstone
 SCAPES President
awhetstone@richlandone.org

"S"

— Save the dates and mark your calendars SCAPES members! The 2008 SCAHPERD convention is fast approaching. Convention activities will begin on Thursday, November 13 and end on Sunday, November 16. SCAHPERD will be hosting the Southern District Convention in Myrtle Beach on February 13-16, 2010.

"C"

— Convention presenters and sessions geared toward SCAPES members are being offered in a variety of areas including technology and lead-up activities and much more! Come one, come all and join the fun.

"A"

— Activate your mind and share your thoughts with others!! SCAPES is always looking for a fresh face and a new idea to put to great use. If you have a desire to serve on a committee or become a board member don't be shy! Please contact me at the email address above.

"P"

— Participate... Get off of the sidelines, and get into the game! Take pride in your abilities and show them off. Become an active participant by presenting and/or attending conferences that support quality physical education.

"E"

— Excel at all you do.

"S"

— Support your colleagues and fellow teachers!

Where the Action is

SCAPES



SCAPES CALL FOR NOMINATIONS OF OFFICERS FOR 2008-2009

The Nominating Committee of the South Carolina Association for Physical Education and Sport, a division of the South Carolina Alliance for Health, Physical Education, Recreation and Dance (SCAPERD), is seeking nominations of qualified candidates for the following offices:

PRESIDENT-ELECT AND CHAIRS-ELECT OF VARIOUS POSITIONS
IN THE PHYSICAL EDUCATION DIVISION AND
THE SPORTS/WELLNESS DIVISION*

Nominees should:

- Be a current member of the Alliance.
- Hold membership in SCAHPERD/SCAPES during the year of nomination (Must designate affiliation with SCAPES by the first choice on the SCAHPERD membership form).
- Demonstrate interest in SCAPES as indicated by service to the Association.

Person being nominated: _____

Office being nominated for: _____

Contact information for person being nominated: _____

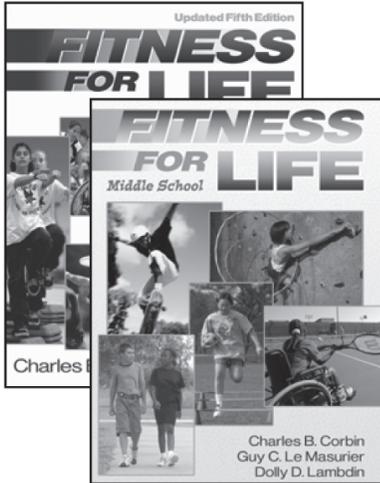
Name of nominator: _____

NOTE: It is your responsibility to contact the individual(s) you have nominated to make sure that they are willing to serve and that they will email Kathy Kent a short biography for the election materials.

Please return by September 25, 2008 to the Nominating Committee:

Kathy Kent
108 Dumbarton Avenue
Simpsonville, SC 29681
Phone: 864-967-8671
E-mail: kkent@greenville.k12.sc.us

Prepare students to be physically active throughout their lives



Fitness for Life: Middle School is a new text for grades 6-8 that's designed to teach students important lessons about personal fitness at a critical time in their development. Students participate in a wide variety of physical activities while learning movement skills and concepts, the components of health-related physical fitness, the benefits of a physically active lifestyle, and more. They also learn skills to help them handle bullying, peer pressure, and other social concerns.

The high school text, *Fitness for Life, Updated Fifth Edition*, provides more in-depth coverage of physical fitness and related topics while focusing on lifetime physical activities. The high school text emphasizes self-assessment of fitness, self-management skills, and critical thinking skills to help students develop a personalized physical activity plan.

Both the middle school and high school texts help students meet NASPE learning standards and are accompanied by teacher ancillaries that make

For more information visit www.FitnessforLife.org or contact your sales representative, Cheri Scott at 1.800.747.4457 ext 2412 or CheriS@hkusa.com

Mail Code: A328



HUMAN KINETICS

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07/08



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

1301 Columbia College Dr.
Columbia, SC 29203

803-786-3384

phone

803-786-3386

fax

scahperd@colacoll.edu

email

www.scahperd.org

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