



# 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



## We are all SCAHPERD

As 2017 drew to a close and 2018 began, none of us could have imagined that we would lose our friend and SCAHPERD President, Lori Hicklin. It was a loss that will be felt for a long time. Lori and I always spoke when we saw each other at the conference, but in the past year, we were able to carpool to the Board meetings in Columbia. During those hours on the road, we spoke of a myriad of things, and thus began the bonds of friendship. Like many of you, I know that I will miss her smiling face, her spirited personality, and her halo of curls.

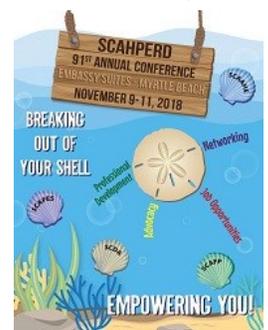
However, as an alliance, we need to move forward, and I am honored that the Board of Directors selected me to step in to fill this void. I hope that I can provide continuity and stability as we navigate 2018.

On January 27, the annual leadership development conference was held, and I chose the Olympics as the theme for the day. The purpose of the Olympics is to promote peace and unity through the medium of sports. Is there a better way to bring unity to the associations that make up SCAHPERD than through collaborative activities and events? We worked in teams to ignite the torch, complete the torch relay, and to compete in winter Olympic events. Mid-way through the day, teams were reassigned to complete a free-standing version of the rings using Legos. Designs of the rings differed greatly, but we were able to successfully link each to form a recognizable replica of the Olympic Symbol.

The moral of the story: It doesn't matter to which association we belong; we are all SCAHPERD. The four associations and the collective bodies of the committees make up our Olympic rings. All of us are leaders; we can tap into the skills/knowledge that others have; everyone can contribute; and supporting each other and communicating is key to being successful.

The motto of the Olympics is "Faster, Higher, Stronger." As we move forward, I ask that you stay involved with SCAHPERD, encourage others to join, and serve as a mentor for future professionals, less experienced teachers, or teachers new to South Carolina. Work with individuals who belong to an association different from your own to develop conference sessions, to provide opportunities for professional development, and to form lasting friendships. Let's work together this year to make SCAHPERD "Better, Stronger, United."

Edith Ellis  
2018 SCAHPERD President



**The 91st Annual SCAHPERD  
Conference & Exposition**  
**November 9-11, 2018**  
**The Kingston Plantation  
Embassy Suites Resort  
Myrtle Beach, SC**



## *We've Got You Covered!*

In case you haven't heard – SCAHPERD really does have you covered! We are excited to announce that as of January 1, 2018, as an added member benefit, your SCAHPERD membership now includes \$1,000,000 in general liability insurance coverage! This policy covers all of your work related activities. Specific details of the coverage can be found on the SCAHPERD website ([www.scahperd.org](http://www.scahperd.org)) under "Membership" and "Member Benefits".

SCAHPERD's member associations are also working to "cover" your professional development needs. SCDA is hosting their biennial SCDancing Festival, March 17-18 at The Governor's School for the Arts and Humanities in Greenville. The SCAFP, is hosting its first annual FP Leadership Development Workshop, April 14 at Columbia College. SCAPES is planning another PEAK conference, August 8, in Columbia. The SCAHPERD Conference planning committee is already hard at work planning the 91<sup>st</sup> Annual SCAHPERD Conference, November 9-11 in Myrtle Beach. Please see the website for information on all professional development opportunities.

SCAHPERD's advocacy committee continues to work tirelessly to keep you "covered", monitoring all legislation and news that might impact our members. Judy Rink and her committee members have contacted legislators, sent emails, made phone calls, addressed legislative sub-committees...they have you covered. Dr. Nilo Ramos (professor at Coastal Carolina) represented South Carolina at the SHAPE America SPEAK Out Day February 14 in Washington, DC. We will be soon be updating our website allowing us to alert you when action needs to be taken by our members.

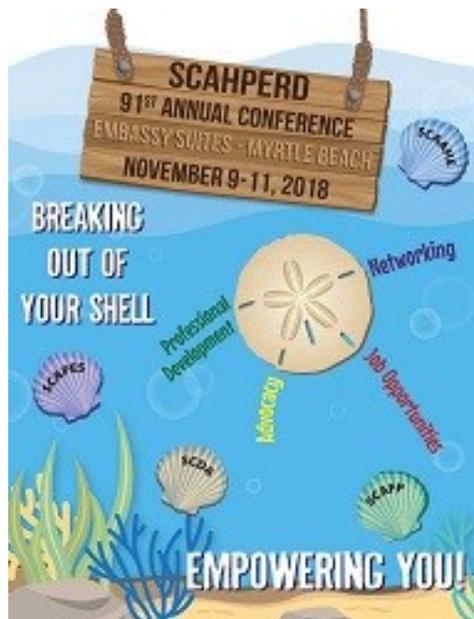
This "covers" only a few of the things SCAHPERD continues to do for our members and we are working on more. Please share this with your colleagues who are not SCAHPERD members or need to renew their membership. Feel free to contact us on the web-site if there are things we have not "covered".

Promoting Healthy, Active Lifestyles,

Kym Kirby  
SCAHPERD Executive Director



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



**#SCAHPERD 2018**

**Submit your conference presentation proposal NOW online at [www.scahperd.org](http://www.scahperd.org). Proposals received by priority deadline (April 30) will be entered for a special drawing – details to come later. Hotel and exhibitor information also now available.**



## **Breaking Out of Your Shell: Empowering YOU! (Part I)**



As we look towards this year’s 91<sup>st</sup> Annual Conference, let me encourage you to “break out of your shell” and make preparations to come to Myrtle Beach, November 9<sup>th</sup>-11<sup>th</sup>, for a professional experience you will long remember. The Conference Planning Committee has already met and is actively working on a conference program that will include Friday pre-conference workshops, a program schedule conducive for professional networking, and a program slate filled with state, national, and international leaders in Dance, Health, and Physical Education.

Be encouraged to submit a proposal(s) this year! Proposal forms can be submitted on the SCAHPERD website. This year a proposal priority deadline is being implemented. All members who submit proposals that align in some way with the conference theme by April 30 will be put into a special drawing. Be sure to read the next newsletter, *Part II*, to find out further details about the drawing and convention highlights. As always, please feel free to share your ideas, questions, concerns, or suggestions to me or to anyone on the Conference Planning Committee. You are a valued member of SCAHPERD and key to the success of the organization. See you in November!

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 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 current newsletters. Go to [www.scahperd.org](http://www.scahperd.org) and click on “Members Only” Link at the bottom left of the homepage and then enter “1948” as the password.

## **News from the SCAHPERD President-Elect**



I am excited about the upcoming opportunities and growth I see with SCAHPERD as I begin my three-year term in this leadership position. As a dancer and dance teacher, I am most excited about learning not only how to continue to support my dance colleagues but learning from new colleagues in the fields of physical education and health. I see many similarities and connections among the three disciplines our organization supports, and I hope our membership continues to grow because of it.

As I continue working with our board, I want to encourage our membership to reach out to us and be open about what they expect from their organization. I have many ideas and goals of my own for this organization that I hope to share during my tenure. However, I have also learned that so many of our members have been doing this longer than I have been alive--and they have amazing insights to offer I would never have dreamed of! As an educator, I consider myself a life-long learner and am learning new things from seasoned SCAHPERD leaders every day. I want to encourage our members to see the value in having a long-running organization and be open to sharing their ideas on how we can continue to improve as we move forward in the age of ever-evolving technology. I want to be a better leader for this organization and look forward to learning from as many members as possible.

Emily Enloe  
SCAHPERD President Elect





## News from SCAAHE

I am pleased to serve as the SCAAHE President for 2017-2018 and to welcome returning and new officers and board members: Past President, Jacquyn Atkins, President-Elect, Jennifer DeWitt, Treasurer, Kelli Kenison, Secretary, Dave Brangon, Members-At-Large, Bonnie Munce-Pope, Jodi Ronci and Marie Lamparter.

SCAAHE is looking forward to a year of both celebrating the past and looking to the future! This is the 30<sup>th</sup> anniversary year of the SC Comprehensive Health Education Act (CHEA) passed in 1988! As we recognize the opportunities the CHEA provided for health educators and students in our state, we also have to recognize that many things have changed in our society related to physical, social and emotional health.

*You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete. -R. Buckminster Fuller*

Reflect on your experience and think about how we, as SCAAHE, can support advancing health education in school, corporate, and community settings. Invite your colleagues to join SCAAHE to find a supportive network! Benefits of being a SCAAHE member are access to a great network of health educators, information and support for CHES/MCHES, professional development opportunities, advocacy news and action, and new this year---liability insurance! Let's have a great 2018 promoting health education!

*Be the change that you wish to see in the world. -Mahatma Gandhi*

Lynn Hammond  
SCAAHE President



## News from Future Professionals

Recently, SCAHPERD had a leadership meeting in Columbia. We talked about ways to improve interest and participation of Future Professionals. We discussed how to increase membership and ideas for more participation and engagement at the Annual conference in November. One idea for Saturday is for everyone, including Future Professionals, to stay at the hotel for a tailgating get together. Our plan is to have all major football games on the TVs and to have tailgating games and food. We then discussed the idea of a Future Professional conference which will be held April 14th at Columbia College. We are excited to have Chip Candy, a physical education teacher of 35 years and NASPE Middle School TOY, and Kendra Wallace, a principal from Chicago, known as the "Resume Doctor". We will participate in engaging face-to-face conversations with our peers and other professionals, as well as many other activities that can be used in our future classrooms. We hope you will come be a part of our first annual FP Workshop. You can register on the website under "Conferences" tab.

In order to move our FP association forward, we need input from you! We are looking for representatives from each university to be a part of our Future Professional leadership team and hope you will get involved. If interested, please contact me at [kristin.hutchins@lander.edu](mailto:kristin.hutchins@lander.edu) or Karie Orendorff at [karie@email.sc.edu](mailto:karie@email.sc.edu).

Kristin Hutchins  
Future Professional President





## News from SCDA

Currently SCDA is planning the 2018 SCDancing festival in Greenville, SC. Our guest artist this year is Sekou McMiller. Pioneering at the forefront of a new movement in Afro Latin dance, Sekou’s unique fusion style has a strong Afro-Caribbean essence that is laced with many different dance techniques combined with an explosive energy. Along with Master classes ranging in all different dance styles, SCDA is offering scholarships to high school seniors, 10th and 11th grade high school students, and current college dance majors. Audition classes will be held on Saturday, March 17, 2018, from 9:30 am – 10:45am on the campus of the Governor’s School for the Arts. At the festival we have 1000 ballet shoes that Capezio donated to SCDA that we will be raffling off!!!!

*Hellen Keller said, “Alone we can do so little; together we can do so much.”*

As this year’s President of SCDA, I would like thank SCDA board and committee members who continually show their dedication and commitment to SCDA each year. One of my goals this year is to increase membership and build a stronger dance alliance within the state of South Carolina. We have many benefits, opportunities, professional development, training on the new Arts standards and many other events that are offered for our members. Please continue to encourage fellow colleagues and friends to join SCDA.

Kristin Tillotson  
SCDA President



## News from SCAPES

The biggest impact on my teaching career as a Physical Education teacher has been my decision to pursue National Board Certification. I did not say achieving National Board was the biggest impact, but the process itself, which helped me become a better teacher. Before considering National Boards in 2006, I was a “my way or the highway” kind of teacher. It was a career that I enjoyed but I was selfish and wanted to do things my way. When I started the National Board process I had to re-evaluate everything about my teaching, what I taught, and more importantly how my teaching impacted my students. I had to change my mindset to become a facilitator and focus on the value and benefit of the lesson for my Physical Education students. It is amazing how I discovered techniques of planning, the use of instructional time, grouping, classroom management, and professional growth could make me a better teacher and allow my students to be more successful. So 12 years after starting the process, I am still using what I learned while trying to achieve my National Board Certification. I just renewed last year and I also became a 4.0 evaluator for my district. Everything the National Board process taught me has made it easy for me to understand the new 4.0 rubric. It is such a shame that this is the last year eligible teachers can apply to be National Board Certified. How sad that teachers will not get the opportunity to go from being an ordinary teacher to an exceptional facilitator. It has definitely made the difference in having a successful Physical Education program at my school. Again, had I not passed National Board it still made me a better Physical Education teacher just going through the process. I believe being an advocate for National Board is being an advocate for a stronger Physical Education program.

Cynthia Gallman  
SCAPES Co-President



**Please nominate outstanding colleagues for the SCAPES Teacher of the Year Award. Teachers at the Elementary, Middle, High, Adapted and College/ University levels are eligible. Nomination can be made at [www.scahperd.org](http://www.scahperd.org) under the “Awards” tab. Deadline for nominations is May 1<sup>st</sup>.**

## SCAHPERD JRFH/HFH Membership Incentive and Awards Program 2017-2018

### *What has Changed and how you can be the change?*



Students are jumping rope, shooting hoops and even shaking some serious dance moves across South Carolina to support the American Heart Association. SHAPE America along with the American Heart Association and SCAHPERD want to provide some special opportunities to our JRFH/HFH coordinators.

We know you do not coordinate a Jump Rope for Heart or Hoops for Heart event to get something for yourself. You freely give your time to educate the youth of South Carolina how to live a heart healthy lifestyle. We know that you build citizenship, compassion, empathy in your students as they prepare for their big events. Yes, you are covering SC Health / PE standards, national PE standards and local standards while building up to your big event all for the love of your students. But WE want you to know we appreciate you.

List of JRFH/HFH Coordinator Incentives:

1. Free SHAPE America electronic membership for event coordinators that raise \$2000 or more. You will receive an electronic form to complete from American Heart Association if you qualify. You must complete the electronic form to accept the Free SHAPE America Membership.
2. SCAHPERD will give a 50% membership discount to JRFH/HFH Coordinators that raise over \$2000 or more from their events. The change in policy is because all SCAHPERD memberships now come with \$1,000,000 General Liability Insurance. For more information visit our website <http://scahperd.org/national-events/>
3. AWARDS!!! Jump Rope for Heart Zone Coordinator of the Year, Hoops for Heart Zone Coordinator of the Year, Rookie Coordinator of the Year Awards can be won by any coordinator regardless of amount raised. It is about passion, dedication and excitement. Winners of the SCAHPERD JRFH and SCAHPERD HFH Coordinator of the Year will advance to the Southern District and SHAPE American National JRFH/HFH Coordinator of the Year contest. You can also nominate your "Administrator with Heart" to be recognized for continuing the flame of heart education while promoting JRFH/HFH at the school level. Go to [https://docs.google.com/forms/d/e/1FAIpQLSfs2C\\_f88MwrB\\_nGssY4ciSPbmTGqv91dIlfScD09APn\\_n5VA/viewform?c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSfs2C_f88MwrB_nGssY4ciSPbmTGqv91dIlfScD09APn_n5VA/viewform?c=0&w=1) to nominate your Administrator. Click to see 2016-2017 Award Winners <http://scahperd.org/home/jump-rope-hoops-for-heart-winners/>
4. Exclusive Events! SCAHPERD and the SC AHA will host private events at the SCAHPERD Conference (Myrtle Beach November 9-11, 2018) ONLY for JRFH/HFH Coordinators. EVERY Coordinator will be invited. Stayed tuned for more information.
5. Networking with other JRFH/HFH, passionate coordinators by accessing the SHAPE America JRFH link. <https://www.shapeamerica.org/jump/search-results.aspx?q=jump%20rope%20for%20heart>. This site provides excellent ideas and resources and are FREE TO ALL COORDINATORS!

If you have interested in learning more about being a Jump Rope/ Hoops for Heart Coordinator contact SCAHPERD Committee Chair, Carmen Plemmons, [CPlemmon@lexrich5.org](mailto:CPlemmon@lexrich5.org) or SC American Heart Association Youth Marketing VP Keith Cummings [keith.cummings@heart.org](mailto:keith.cummings@heart.org).

Carmen Plemmons  
SCAHPERD JRFH/HFH Coordinator





SCAHPERD is proud to be a partner for Every Kid Healthy™ Week, April 23-27, 2018. Every Kid Healthy™ was declared a national health observance in 2013, not only to raise awareness of the continuing need to reverse trends of childhood obesity, undernourishment and inactivity, but also to give schools an opportunity to celebrate and highlight the great work educators are doing to improve school and student health. Join us in celebrating the sixth annual Every Kid Healthy™ Week by hosting fun and interactive health-promoting events at your school. To get more information, get involved and get more resources to help plan an event, go to [www.EveryKidHealthyWeek.org](http://www.EveryKidHealthyWeek.org).

## In Memory



Dr. Lori Hicklin  
SCAHPERD President, 2018

Dr. Lori Hicklin, 59, of Charleston, South Carolina, entered into eternal rest Thursday, December 28, 2017. Lori assumed the role of SCAHPERD president in November, 2017. She was a professor and the Department Head of Health Exercise and Sport Science at The Citadel. She also taught at USC-Upstate and taught elementary and middle school in Greenville County. She served in numerous positions in SCAPES and served as President in 2006. Lori was a special colleague, advocate, leader...and a dear friend.



Dr. Lorraine Redderson  
SCAHPERD President, 1979

Dr. Lorraine Redderson passed away Tuesday, January 23, 2018. Dr. Redderson served as SCAHPERD president in 1979. She was a professor at Lander College (University) for 29 years, serving as Department Chair for 15 of those years. Her legacy continues, as many of her former students are leaders and members of SCAHPERD.



### 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](http://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 April 18, 2018, to [Josey.Templeton@Citadel.edu](mailto:Josey.Templeton@Citadel.edu)