

ALLIANCE NEWS

Volume 9, Number 1
February 2009



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
SCAAHIE
Association for the Advancement of Health Education

Where the Action is
SCAPES



*Future Professionals
of South Carolina*

Newsletter Editor
Shannon Koch

“CHANGE”

*Deb Miller
SCAHPERD President*



As the nation faces its inauguration of a new president whose theme is “change,” we need to ask ourselves, “What difference can change make for SCAHPERD members?” How can change move us forward? Is change negative? What are the advantages of change? What happens if we don’t change?

The very first change that has already occurred is new officers! We held our annual Leadership Retreat on Hilton Head

Island January 9-10th and had a wonderful time getting to know each other’s leadership styles and personalities. Our deepest thanks go to the Past Presidents (Pam O’briant, Edie Ellis, Andrea Whetstone, and Lauren Scott) for keeping us on course during uncertain times and pointing us in the right direction.

One of the biggest changes that members will see in the future is an updated website. During the next 3-6 months I hope that you will visit our home page and your association’s website frequently and give your officers feedback on those changes. Our goal is to provide you with the information that you need to be informed about updated and revised curriculum standards, professional development opportunities, pending or recently passed legislative initiatives, position statements from our national associations, upcoming events across the state and country, district and national conventions, and much more.

A key change for SCAHPERD members this year will be **NO** fall convention in November 2009. Instead, we will have a joint convention with Southern District in February 2010 at the **Convention Center in Myrtle Beach and stay at the convention hotel**. As the host state, current SCAHPERD members may attend the Southern District convention **without** becoming an AAHPERD member, a savings of \$135.00. The deadline for program proposals for both Southern District and our state convention will be in May. We will return to the Kingston Plantation for our November 2010 state convention.

At the Leadership Retreat Lavell shared with us the following poem. As you read the characteristics of leadership, identify your leadership qualities and volunteer to serve on a committee, run for an office, recruit new members, or help South Carolina shine by serving on one of the Southern District committees.

LEADERSHIP

To know why to do something is wisdom
To know how to do it is skill
To know when to do it is judgment
To strive to do it best is dedication
To do it for the benefit of others is service
To want to help others is compassion
To do this quietly is humility
To get the job done is achievement
To get others to do all these things is
LEADERSHIP

Author Unknown

Meet Kym Kirby

SCAHPERD President Elect



As I begin my three years of service in SCAHPERD leadership, I want to tell you how excited I am about the opportunity to serve you and serve our state professional organization in this position. I look forward to working with the SCAHPERD board, a group of very strong and capable leaders representing each association, who are focused and ready to work for you.

I just read the SCAHPERD mission statement and I want to know what you think of it. ... **To promote health, physical activity and wellness among the state's citizens through effective leadership, professional development, education and advocacy.** What do you think? Does it encapsulate what you believe SC's state AHPERD should represent? How would you say that SCAHPERD is doing in fulfilling that mission? As a member of SCAHPERD for the past 16 years, I'd say there have been many times that SCAHPERD has represented and fulfilled this mission very well. One of the most recent was advocating for the passage of the *Student Health and Fitness Act* of 2005. This legislation was one of the first in the nation to provide for required elementary physical education minute, daily physical

activity minutes, nurses in every elementary school, program assessment in health and physical education, etc. This law impacted our schools and children in very positive ways and SCAHPERD's leadership and support was critical in helping make it a reality.

SCAHPERD as an organization will remain active in our advocacy efforts on the state and national levels but we also request that you do the same as one of its members. The strength of this organization is in its membership. Each of you has an opportunity nationally to advocate for federal legislation which will impact our "standing" so to speak, within the school core curriculum – whether it be health, physical education or dance. The *Fit Kids Act* is set to be reintroduced in January or February and it is important that you write your senator and representative encouraging their support of this bill. (The SCAHPERD website will have linked information soon or go to AAHPERD's website and click on the *Advocacy* link). We also need to push for continued support for the *Carol M. White Physical Education (PEP)* grant. Many programs in our state have received funds through this grant and we hope many more will submit proposals. It is critical for you to act now on each of these issues.

Locally we need to continue to push for

accountability from school districts in how funds designated for physical education and dance positions are being used. Every district has received funding for new positions yet positions have not been created and some districts are now losing positions. We also need to continue to take advantage of opportunities provided for professional development. February 2010, SCAHPERD is hosting the Southern District convention! Plan to attend but better yet, submit your proposals to present at the convention. SCDA will present the *SCDancing Festival*, in October 2009 at Converse College. Information on these events and other professional development opportunities can be found on the SCAHPERD website. We have a lot of exciting events going on and we hope you will take advantage of these opportunities.

The leadership of SCAHPERD is committed to continuing to be active and visible in working to fulfill its mission and we hope we can count on you to do the same. We are 1000 members strong and again...the strength of this organization is in its membership. We will keep you informed as to how we all can work together "to promote the health, physical activity and wellness among our state's citizens".

Reflection

Pam O'Briant

SCAHPERD Past President



The board retreat at Hilton Head January 9th -10th was particularly stimulating this year. Many great ideas were generated by both the new members and the "old guard" for the Alliance this year. Some of the areas we addressed were: improving the website, increasing membership, streamlining operations and strengthening leadership. Remember that the board represents the membership. If you have any ideas, suggestions or just feel the Alliance is not satisfying your needs, please speak up. One of our goals is to be cognizant of what the members want. Our new President, Deb Miller, has lots of infectious energy and I feel will continue to move SCAHPERD forward with the help of everyone on the board. This year's board members are poised to serve SCAHPERD and their associations with enthusiasm and dedication.

As I enter my last year of service on the board of SCAHPERD, I am beginning to reflect on my experiences. Many of you may have been asked to serve either the Alliance or your Association. You may have declined for the usual reasons: "not enough time", "what is in it for me?", "I hate meetings", etc. I

am here to tell you that the rewards of service are great.

The people you get to work with and meet are some of the best leaders in the state. I personally experienced my hand on the pulse of what was happening in South Carolina in terms of Dance, Physical Education and Health. Consequently, I felt that I had a voice and the power to affect change in the state. Not to mention the new and wonderful friends I have made along the way. Please consider serving in some capacity. We need the talent you have to offer.

Your association representatives will be asking you to serve on the board or on committees. Think before you say "no". Service on a committee is a small commitment, but we need you! The benefits to you and the Alliance are great. 2009 will prove to be particularly exciting as we begin to plan and prepare to host Southern District in Myrtle Beach, February 2010. We need the membership to step up and help the Past Presidents with the planning of the SCAHPERD convention. There are many committees being formed to do this. We want this to be the most exciting convention to date. Let's make South Carolina the best host yet for Southern District!

News from the Executive Director

Bonnie-jean Buckett
dockjock4@aol.com



Last newsletter I talked about being a Professional. As we begin a new year, I'd like to talk about getting **Involvement in Your Profession and Making a Difference.**

Dr. Karen Dowd, Executive Director for Florida AHPERD addressed this topic

at one of our Executive Director's board meetings. I would like to take the time to summarize some of the key points as it has a major impact upon you and our organization. No matter what membership category you select, the critical decision comes afterwards--choosing your level of **active** participation. First you have to **CONNECT** with the alliance. If you are reading this, you have already chosen to connect with SCAHPERD. Possibly you have gone to the website www.scahperd.org and found valuable information, links or ideas. But next you need to **ENGAGE**. This means that you need to participate in an activity or be involved in some way. You may have achieved this level by attending the annual convention, volunteered to assist the association, or even agreed to be considered for an office. The third level is **IMPACT**. This level means that you have the power of making a strong, immediate impression. To accomplish this, you are serving as an officer, presented at a meeting or the convention, secured prizes for an association fund raiser, serving on a committee, coordinating a Jump Rope for Heart or Hoops for Heart event, or have contacted a legislator in response to a SCAHPERD "call to action". The final step in the progression from simple membership to more extensive influence is called **INVEST**. To invest in SCAHPERD is to contribute to your own future and that of the profession and organization. How can you achieve this level? Some examples are: speak with non-members to encourage their membership, purchase a membership of a reluctant or financially limited potential member, speak to administrators, parents and/or legislators regarding the importance of being physically active, making good nutritional choices and wellness choices, and remain professionally active and vital after retirement. Each of these enables you to "leave your mark" on the association/alliance, to influence the direction and the distance your profession is able to go. We all have a choice about our level of service, action and influence in SCAHPERD. I encourage you to consider moving up from the level that you are currently involved and become more committed to your profession. You have an important role to play. Think about this: **"If not you...then who? If not now...when?"**

Congratulations

Congratulations to all those who were presented awards at the annual convention. It is an honor to be nominated and recognized by your peers as someone who is making a difference in our profession. Special congratulations go to Debbie Holcombe who was selected as the High School Southern District Teacher of the Year. We wish her well as she interviews for national honors at the American Alliance for Health, Physical Education,

Recreation and Dance convention, in Tampa in early April. Attending the convention will also be another SC representative, Kim Speers. Kim was one of three Jump Rope for Heart/Hoops Coordinators recognized nationally. She received expenses to attend the convention and money for her program at the SC School for the Deaf and Blind.

Health Tidbits

- Low back pain? Yoga was proven to be more effective in treating low back pain than any other exercise or regime. It has also been effective in healing insomnia and easing stress.
- Need to loose some of those Holiday pounds? Eating foods that contain a lot of water, like fruits and veggies, will fill you up and therefore you will eat less each day.
- Got that pouch in the middle? Pears, grapefruit, almonds, dark chocolate and navy beans are food that combat abdominal fat. Pilates challenges abdominal muscles to a greater degree than crunches. A vigorous cardio workout 30 minutes per day six times per week can also help reduce abdominal fat.
- Got dry skin from the winter air? Dry, cracked skin strips away the thin layer of oil that traps in moisture in the skin causing the skin to dry out more. Take shorter showers and end your shower with cooler water, use lots of lotion, and only use soap in the areas that can create odors.

CALL FOR NOMINATIONS FOR SCAPES TEACHER OF THE YEAR

Do you know an outstanding Physical Educator who is worthy to be called the Teacher of the Year? Why not nominate them to try for the South Carolina Association of Physical Education and Sports Teacher of the Year award? This year's deadline for nominations is April 15, 2009. To be eligible, the nominee must have a minimum of 5 years teaching experience and be a current member of SCAHPERD and SCAPES. For information, email Todd Seagle, SCAPES Awards Committee Chair, at: todd.seagle@spartanburg2.k12.sc.us or www.SCAHPERD.org

The nominee will receive an application packet which must be submitted to the Awards Committee by June 5, 2009. The application requires completed forms, essays, three letters of recommendation, and evidence of teaching abilities (including a lesson plan and a video.) The winner will be announced at the annual SCAHPERD convention in November.

Tough Financial Times

A headline like this really hits everyone—especially all non-profit organizations, including the American Heart Association. But heart disease, strokes, and the need for contributions does not stop. Did you know that 12,693 South Carolinians died of cardiovascular disease in 2005? This number is more than the total amount of deaths due to all cancers, pneumonia, influenza, and car accidents **combined**. (www.scdhec.gov/hdsp October, 2007.)

So when it comes to your Jump for Heart or Hoops for Heart event, we want to encourage you to do the best you can to continue our state's generous giving to help fight heart disease and strokes. Be creative with your events—try something you've never done before, you might be surprised at the results. One school reported holding a Heart Festival—a health fair and with carnival type games and activities and all proceeds went to Jump Rope for Heart. Remember, February is Heart Month and there's no better time than now to try something new.

Here is additional information from the American Heart Association that may help you succeed:



Teachers with Heart: A program for a school's faculty to partner with the students' JRFH/HFH campaign. This program is designed for teachers and administrators to raise funds for the AHA by creating a website for online giving from family and friends. Visit www.americanheart.org/teacherswithheart for more information.

Ambassador's Program: This program is designed to reward the efforts of people who work to recruit new coordinators/schools to participate in JRFH/HFH. Receive US Games Certificates and JRFH/HFH Ambassador polo shirt. Check with your local JRFH/HFH representative.

Heart Power! Online—the AHA curriculum based program for teaching about the heart & how to keep it healthy for a lifetime. Download curriculum and lesson plans at: www.americanheart.org/heartpower

The JRFH/HFH Joint Projects Grant: EARN MONEY FOR YOUR PE PROGRAM!! The American Heart Association and AAHPERD awards \$2300 for PE equipment and professional development opportunities to successful applicants. For information, go to www.AAHPERD.org Click on the JRFH icon. Deadline: October 10, 2009

Why Schools Participate in Jump Rope For Heart

Jump Rope For Heart benefits the American Heart Association, the students and your school

This rope jumping event can be scheduled whenever it's most convenient—during physical education class, lunch or before or after school. Did you know?

- Regular periods of moderate to vigorous physical activity (3-5 times per week) enhance the health, academic performance, attitudes and classroom behavior of children at school. Physical education programs are valuable to students and teachers.
- A number of studies have demonstrated that increased physical activity is linked to better school performance.
- The American Heart Association advocates for P.E. and Health Education to be on the list of core subjects.
- Overweight adolescents have at least a 70 percent chance of becoming overweight adults.
- More than 9 million children are overweight and 23 percent get no exercise.
- American children ages 2-17 spend an average of almost 25 hours per week watching television—that's more than any other activity except sleeping.
- Some experts predict that for the first time in history, because of inactivity and obesity-related illnesses, children's life span will be shorter than their parents'.
- Congenial cardiovascular defects are the most common cause of infant death from birth defects.

Participating schools will receive everything they need to conduct a successful event. Schools will also receive the newest educational kit with heart-healthy curriculum and activity ideas. Based on the amount of dollars that your school raises, you will be eligible for gift certificates for free P.E. equipment from U.S. Games. **And Jump Rope For Heart is a great way to satisfy the NASPE standards of Physical Education and Health.**

Please visit the American Heart Association Website for more information.

<http://www.americanheart.org/presenter>

(Select: "Ways to Give"; "Jump Rope for Heart")

IN NEED OF A PE1 OR PE 2 CURRICULUM GUIDE

Contact Skip Strainer at JAStrain@ed.sc.gov

Other information about PE laws can be found at www.ed.sc.gov/physicaleducation

Congratulations Kim Speer!

AAHPERD 2009 JRFH Coordinator of the Year

Kim Speer has received a national award from the Joints Projects Committee as the AAHPERD 2009 JRFH Coordinator of the Year. Kim is a Physical Education teacher at The South Carolina School for the Deaf and Blind in Spartanburg, SC. She is also a successful Jump Rope for Heart Coordinator and the Hoppin' Hornets Demonstration Team coach. But Kim is more than a teacher and coach, she is a positive role model and mentor to the children she serves. Her enthusiasm and encouragement builds confidence in children who never thought they could turn a rope, let alone, to ever jump a rope. Sign language and smiles are the tools of this coach! When you see her students with hearing aids, thick glasses, prosthetic limbs, and other challenges perform, you won't see children with handicaps...you will just see happy children. Kim does a wonderful job bringing out the talent in each child, which in turn, inspires and motivates each person in her audiences. Behind every one of her students, there is a story of the struggle, courage, and determination that has been nurtured by this very talented and special lady. The Hoppin' Hornets, are regular performers at the SCAHPERD convention and their demonstrations are always amazing, heartwarming, and inspiring. A teacher at the convention said, "After seeing Kim's kids, I know that every child in my

school can jump rope with the right motivation! And if they do Jump Rope for Heart, our kids can do it, too." Kim is quick to add that she is supported tremendously by her colleagues and many volunteers who help assist with the students.

The Hoppin' Hornet's parents have witnessed their children become "stars" and achieve more than they thought possible for their child.

Kim was a 2006 JRFH/HFH Grant winner winning \$1200 for PE equipment for her school and a trip to the AAHPERD National Convention in Salt Lake City, NV. This year, she will be rewarded with an expense paid trip to the AAHPERD National Convention in Tampa, FL, where she will be recognized for her outstanding accomplishments. SCAHPERD is proud to salute Kim Speer.

Dates to Remember

- AAHPERD will host a Physical Education Conference in Myrtle Beach, October 7-9, 2009.
- February 10-14, 2010 Southern District Convention at Myrtle Beach, SC. If you are interested in submitting a presentation proposal, the deadline is May 20, 2009. Go to the Southern District website for more information or contact Cam Kerst-Davis at cam7777@edge.net

Ashley Stock, SCDA President



My name is Ashley Stock and I am the current President of SCDA. I have been teaching dance at the College of Charleston for the past 9 years. I am very excited to start a new and exciting year with the new SCDA board and all of our members. I feel that if we can focus on collaboration with each other, strengthen our membership and use the

resources that are a benefit of this great Association, our opportunity for growth and achievement is limitless. I am so thrilled about the new officers we have on board:

- President Elect- Stephanie Millings
- Past- President- Lauren Scott
- Treasurer- Adele Fenner
- Secretary- Nicole Hogan
- Regional Coordinators:
Jan Woodward, Katy Strickland, Kara Corley,
Stacy McConnell, Miriam Ragland, Teresa Baker

I want to acknowledge the worthy award winners from the convention once again.

- Honors Award- Susan Woodham
- Teacher of the Year- Katy Strickland
- Advocacy Award- Dr. Marty Martin
- President's Award- Pamela O'Briant and Crystal Bedford

We had such a wonderful convention experience this year. danah bella, our guest artist was amazing and taught a wonderful pre-convention workshop as well as exciting classes during the convention itself. For the first time we had the Kaleidoscope performance on a real stage. It was an amazing opportunity for the dancers and the audience to see the creative works presented with lights and in a professional venue. Special thanks to Ivy Hale and her crew for their hard work and dedication that made this possible. We were also fortunate to offer some exceptional new classes this year i.e. Choreography for Upper Elementary students, Musical Theatre Dance, Panel on Dance Education in South Carolina, Mock Auditions for Dancers and Respecting Differences: Teaching Cultural Awareness in Dance Education Classes. We are ready for a new year, new experiences, new ideas and new moves! Join us for the DANCE!



Stephanie Millings, SCDA President Elect

I am so pleased that I was chosen to serve as the President-elect of SCDA. Since I have joined SCAHPERD/SCDA, I have found a welcoming network of other educators with which to connect. Membership has provided me with the opportunity to participate in various dance festivals within the state of SC as well as the SCAHPERD conference this past November. By participating in such events, I have become informed of South Carolina's educational and artistic community and the range of skills that our professionals possess and realized the rich resources our state has to offer. While SCDA is currently working on many upcoming projects, we are participating in The Artful Weekend at the Sanctuary at Kiawah Island Golf Resort on January 30-February 1. Our goals for the upcoming year are to continue to identify how we can continue to serve our members in all sectors of dance and recruit new members to our organization.

Ready or not, 2009 is here!

Tammy Hodges

SCAPES President



Ready or not, 2009 is here. It is time to move forward and face new challenges. The SCAPES organization recently returned from our annual leadership conference in Hilton Head Island. What a wonderful place to reenergize and plan for the new year.

Allow me to introduce myself. My name is Tammy Hodges and I am the current President of SCAPES. I teach in Spartanburg School District Three at Cowpens Elementary. I have been teaching for eleven years and have been a member of SCAHPERD for 15 years. In 1998, I graduated from USC-Spartanburg. I am married with two beautiful children.

Andrea Whetstone who teaches in Richland County School District One at A.C Moore Elementary will continue to serve SCAPES as Past-President in 2009. She is a wonderful person with outstanding leadership skills. I have learned so much from her throughout the past year and look forward to learning even more.

We are proud to have Dr. Tim Bott join our team as President-Elect of SCAPES. Tim is an assistant professor for Health, Exercise and Sport Science at the Citadel. His experience is greatly appreciated as we continue into a new year of organizing and planning to meet the needs of our members.

If you were unable to attend the convention this past November, you missed a wonderful conference. One highlight of the weekend was presenting the SCAPES Founder's Award for Teaching Excellence. The Founder's Award for the Elementary level was awarded to Marty

Owens. Marty teaches at Roebuck Elementary in Spartanburg School District Six. She has 30 years of teaching experience. She is a regular presenter at the SCAHPERD convention and has served as a SCAPES board member. We are proud to honor her as our Elementary Teacher of the Year. Congratulations, Marty!

The High School level Founder's Award for Teaching Excellence was awarded to Debbie Holcombe. Debbie teaches at Byrnes High School in Spartanburg District Five. She has 19 years of teaching and coaching experience. She has made an impression in the lives of her students. We are proud to honor her as our High School Teacher of the Year. As most of our members know, the Founder's Award winners for South Carolina are sent to compete for Southern District. Congratulations to Debbie Holcombe who was also awarded the 2009 Southern District Teacher of the Year. She will compete for National Teacher of the Year. We will be cheering for you Debbie. Good luck and congratulations!

We hope that we can do whatever it takes to meet the needs of our members. Our first goal of the year is to reorganize the SCAPES website page that can be accessed through the SCAHPERD website. Hopefully, we can make some changes to make it more user-friendly. We also plan to add some links that will assist you in meeting your professional needs. Another goal for SCAPES is to offer three workshops throughout the year. One will be located in the Upstate, one in Columbia and the other in the lower state. Details will be given as soon as we have completed the planning process.

We look forward to a great year!

Where the Action is

SCAPES



Tim Bott

SCAPES President Elect



Happy New Year! My name is Tim Bott and I was elected to be the SCAPES President-Elect this past November at the conference in Myrtle Beach. Currently, I am working as an Assistant Professor at The Citadel in Physical Education Teacher Education.

I am interested in promoting the need to develop motor skills to such a level where students feel that he/she can successfully participate in an activity and enjoy it. A personal goal of mine is to motivate more people to be physically active on a regular basis and to lead by example. It is really easy to slip into the "do as I say, not as I do" mental-

ity when it comes to our own personal fitness. There are numerous barriers or reasons why people don't workout or engage in physical activity such as not enough time, work, and family responsibilities. However, how can we expect students to pursue physical activity opportunities when we don't value personal fitness enough to consistently participate ourselves? This is the beginning of a new year and a chance to commit to improving the quality of your life in 2009. Check out www.pe4life to find more information about the benefits of being physically active (Dr. Ratey's book is awesome). Get Moving!

A Message from the SCAAHE President

Lavell R. Thornton, MPH, CHES



It is a pleasure to greet you as the new president of the South Carolina Association for the Advancement of Health Education (SCAAHE). I am honored and humbled to serve you in such an important way. With the members of the Board, I look forward to the opportunities and challenges facing SCAAHE. We have a very talented and dedicated team

working to meet and exceed your needs. Our officers for 2009 are:

President Elect - Peggy Ondrea
 Secretary - Lori Phillips
 Past President - Edie Ellis
 Treasurer - Lara Peck
 Members at Large - Kristy Ackerman Stoneburner, Trisha Collins, and Janet Tapp
 Future Professionals - Laurin Rudolph and Tim Johnson

The SCAHPERD Convention in Myrtle Beach (November 13-16, 2008) was great. The educational sessions and special activities offered something for everybody. We also recognized posthumously a Health Education pioneer, leader, and a SCAAHE founder, **Dr. Murray L. Vincent**. We stand on his vision and leadership.

The power and potential of Health Promotion and Education is great. SCAAHE serves as an important vehicle to help us achieve our potential. We have in partnership conducted CHES Study

Sessions and produced a marketing packet for National Health Education Week (October 2008). This included a proclamation from Governor Mark Sanford. This year we will be taking strategic action toward:

- 1) Strengthening our membership benefits and outreach; and
- 2) Ongoing marketing of SCAAHE and the function of health promotion and education across all sectors and with state leadership officials.

SCAAHE is a dynamic organization; changing as it must to better serve the needs of health promotion and education professional in our state. We need your energy, ideas and skills as we move forward. I am still in the process of designating some committee chairs. Please consider joining one of our committees. SCAAHE has many opportunities for professional growth.

I look forward to a productive year and working with all of you and the SCAHPERD President Deb Miller. Thank you so much for your ongoing support of SCAAHE and all that you do for our profession. Together we can make a difference!

Sincerely,

Lavell R. Thornton, MPH, CHES
 President

First Comprehensive Federal Guidelines on Physical Activity Released - To access the guidelines and to find links to other resources, visit <http://www.health.gov/paguidelines> and www.cdc.gov/physicalactivity



Can you believe it?!....2009 is here and off to a running start. Or, more accurately, 2009 is here and we (SCAAHE) are off to a running start. As president-elect of SCAAHE, I would like to express my thanks to everyone who put so much effort into the SCAHPERD Leadership

Retreat at Hilton Head. The wealth of shared knowledge and fellowship helped calm that voice in my head that asks, "What can I do to make a difference?"

This past year has brought much reflection as an organization. Members were surveyed in an effort to examine who we are and what we need to be doing to improve our association. Strengthening our membership benefits and outreach are areas of interest for 2009. Member benefits include:

professional leadership and development opportunities
 networking opportunities
 CHES credit opportunities
 legislative alerts via email
 regular updates and (this) newsletter
 the annual state conference in Myrtle Beach, SC.

Our website continues to evolve as we work on revamping it to make it more user-friendly. The SCAAHE Strategic Plan and the revised By-Laws will be available on the web sit in near future. SCAAHE leaders work hard to keep SCAAHE current and relevant and keep its members informed.

If you attended the November 2008 SCAHPERD Convention at Myrtle Beach, you had the opportunity to bid on the beautiful, themed baskets that were put together by SCAAHE members.

Edie Ellis, SCAAHE past president, coordinated this fundraiser which raised over four hundred dollars!

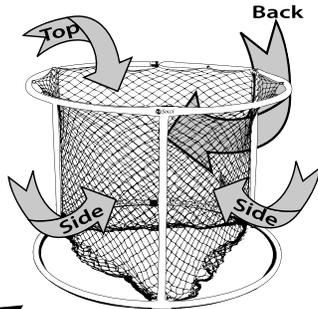
If you missed the convention you missed a great opportunity to share knowledge and fellowship and, of course, you missed the beach. Mark your calendar **now** for February 10-14, 2010 so you don't miss the Southern District/SCAHPERD Convention at the Convention Center in Myrtle Beach. I will be in charge of the First Aid room & services at the convention. Stop by and say hello. I look forward to seeing you. I look forward to serving SCAAHE and will do my best to make a difference.

Peggy Ondrea
 President-Elect SCAAHE

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