

ALLIANCE NEWS

Volume 12, Number 1
March 2012



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 Alliance
for Health, Physical Education,
Recreation and Dance
Future Professionals of South Carolina

Newsletter Editor
Shannon Koch

Notes from the SCAHPERD President



Hope all of you are doing well. Just returned from the Southern District/FAHPERDS Convention, had a great time learning and meeting with other states. It is a very informative convention and a great place to share ideas and concerns about our profession and our associations. It is most interesting to learn that our goals are very similar or the same as most states. And sadly (or not) our problems are pretty much the same. Declines in membership, elimination of teaching positions, and waivers (excusing students from physical education) are just a few of the issues we are all facing. On the good side, there were many workshops involving health education, technology, and convention plans. We were the only state with our President-Elect, President and Past President all attending.

At our leadership meeting in January all of the alliances came together to review plans and form goals. Our two main goals this year will be:

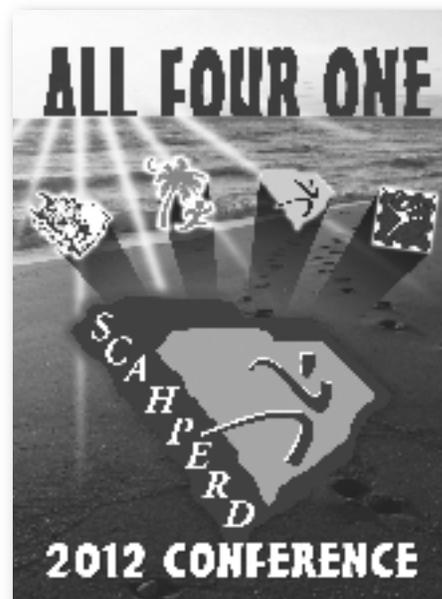
- Membership
- Advocacy

Current chairpersons welcomed Dr. Judy Rink, as our new Legislative Chair Person, and Cindy Elmore, as our move in school Chairperson. Each association and their new president and president elect, presented their goals for this year and also worked together on their operating codes.

We continue to work on our initiatives, professional development opportunities, Retirees Rock and TNT. Look for more information soon about all of these.

Edie Ellis is working with her committee to plan a great convention this fall. She has already arranged for a great speaker and planning a new schedule that should enhance the convention. Additionally we are working on a record breaking activity using all of our athletic talents. Be sure to come and help us set this record. Bring a co-worker this year to help us break this record.

– Cindy Heos, SCAHPERD President



**The 85th Annual SCAHPERD
Conference and Exposition
November 9-11, 2012
The Kingston Plantation
Embassy Suites Resort
Myrtle Beach, SC**

A Message from Shelley Hamill, SCAHPERD President Elect



Hi all! First, thank you for your vote of confidence! I appreciate the opportunity to work with such a great group over the next few years and look forward to some of the challenges ahead. Having served as president of SCAAHE a few years ago, I bring a bit of experience and background knowledge about what faces our collective SCAHPERD organizations.

After our leadership retreat last week, there were a few themes that resonated very clearly for me. One of them is our declining membership. We can speculate numerous causes, e.g. the economy, job loss and apathy, but we also need to determine what we as an organization are doing for our membership. We will be addressing this concern shortly and you will have the opportunity to provide feedback as to what you would like to see your state professional organization do for you. Those that attended the state conference this past year gave great feedback on both the conference and suggestions for the future and we will take heed.

The second theme that stood out for me was communication and clarity. We all need to make a concerted effort to seek understanding, to articulate factual information, and to support one another in our efforts. We are typically passionate about our professions and believe in what we do. When we have the facts, know and develop a sound plan, and support each other in the implementation, we can move mountains!

SCAHPERD is **your** organization! We need you to be a part of the efforts to grow and have an impact on health, physical education, recreation, and dance in this state. Individually you make a difference. Collectively, just imagine what we can accomplish!

I look forward to being a part of this team for the next three years and I look forward to working with all of you. ●



Jump Rope and Hoops for Heart Coordinator Incentive

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

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

If you have questions or comments, please contact the SC State JRFH/HFH Co-coordinators Kathy Kent (kkent@greenville.k12.sc.us) or Carmen Plemmons (cplemmon@lexrich5.org).



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Thank you for providing a healthier future for the children of South Carolina!



Come gather 'round people wherever you roam

And admit that the programs around you have grown

And accept it that soon you'll be thrilled to the bone

If your time to you is worth savin'

Then you'd better start plannin' or you'll be left alone

For the times they are a-changin'

With apologies to Bob Dylan, it is with excitement and anticipation that I tell you of the programs SCAHPERD has initiated, as well as changes we have planned in the conference format.

The SCAHPERD Board approved the development of the following programs:

- Professional Development Options – this will allow teachers to earn professional development credits using the SCAHPERD website. Assignments and appropriate rubrics have been developed, and will be posted in early summer. These are credits that may be earned in addition to those earned by attending the conference.

- Training Network for Teachers (TNT – It's Dynamite) – will provide regional training workshops for health, physical education and dance teachers in various locations throughout the state.

- Retirees Rock! – will allow retired SCAHPERD members to remain active in the alliance through volunteer opportunities and sessions at the annual conference designed with them in mind.

Look for announcements and upcoming opportunities in emails, info flashes, and postings on Facebook.

We are also planning significant changes in the SCAHPERD conference format. On Friday, we have tentatively planned Carnival Night, for young and “experienced” folks alike, with games of skill and chance: corn hole, ladder ball, putt putt, hula hoop con-

tests, etc. We will open the night with a “Dump the Duck” race. Participants may purchase one or more ducks, and the “owners” of the first three ducks to cross the finish line will receive 25%, 15% and 10% of the donations received.

We have tentatively combined the General Session, Awards Ceremony, and luncheon, and these will be held at mid-day on Saturday. It will be the individual's choice as to whether or not to pay the nominal fee to attend the Awards Ceremony and luncheon. Everyone is invited to attend the General Session. On Saturday night, SCAHPERD will be involved in the setting of a new World's Record! Sunday will have exciting, interdisciplinary sessions, and we are planning to have a closing session with a nationally recognized speaker, in addition to the annual business meeting. Special sessions and events will high-light SCAHPERD's 85th and SCAAHE's 40th anniversaries!

Mark your calendar today to attend the 2012 SCAHPERD conference. More details to follow in the next newsletter, emails, postcards and on FaceBook! See you November 9-11 at the Embassy Suites, Kingston Plantation at Myrtle Beach.

“For the times they are a-changin'.”

– Edith Ellis, SCAHPERD Past President

A Message from AJ Calderone, SCAFP President



Being in charge of running the Super Stars event at the SCAPHERD Conference in November, we have a lot of options. For those who do not know, my name is AJ Calderone and I am the President of the Future Professionals for the 2012 year. I am in my junior year at Coastal Carolina University majoring in physical education. Being that

Coastal is in charge this year for running the Super Star event, we had a few new ideas different to the past couple of years of more of a competitive edge and sporting good prizes are just a few.

As a future professional it is my job to make sure variety is available and make sure students are enjoying themselves during activity. These are different ideas and could catch fire. I have attended the Super Stars event the last two years and had a wonderful time, although there should be a little more competition involved. Adding a few more team sporting activities along with Soccie should help that out. Ideas include volleyball, relays, basketball and other modified games. Mainly the idea is to make the event as competitive as possible.

Other idea we had was to try and get some gift cards or dona-

tions from various companies to give an extra incentive to perform at your best. Ideas we came up with were possibly Nike, Adidas, Under Armour, and Dick's Sporting Goods. What college student doesn't need an extra pair of shoes or shorts? We also would like to get a few food gift cards because again, what college student doesn't need a little help with food. Winning the gift card would be done with a raffle and/or given to the winning teams. Winners of the prizes would be read off at the general session of the conference on Saturday at Noon, and you must be there to claim your prize.

A lot of these ideas are different from the last couple of years, but change is sometimes good to get away from the norm. Once all is put together, I feel this event will have future professionals walking away excited to come back again next year and encourage them to bring more future professionals to Super Stars. ●



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

Future Professionals of South Carolina

Message from the Executive Director

Dr. Bonnie-jean Buckett
dockjock4@aol.com



*One person was wondering what happened
 but the second person was part of the action...*

SCAHPERD is in partnership with various other organizations, such as the American Heart Association, Eat Smart Move More, to name a few of them. Over the years we have been able to join forces to make a difference with the thinking of the legislators in South Carolina. I recently received an email from those groups requesting our backing for the CPR bill (students must have CPR training prior to graduation) and the nutrition in schools legislation. Both pieces of legislation should be supported by the SCAHPERD family. I did ask why there was no push from the other organizations to reinforce the Student Fitness Act of 2005, which has gone by the wayside due to the flexibility laws allowing school districts to do "whatever." The response was they had to pick their battles and there were not enough SCAHPERD members to make a big enough impact "on the hill." I was taken aback. With all the press from the national level for "Let's Move in the Schools," the constant reinforcement of the need to educate our youth, where and why have we lost our edge?

Six years ago when money was not an issue, we had approximately 1100 members in our SCAHPERD organization. Over the last two years we have dropped to 500 members. Some of this loss is due to the loss of jobs within the state, while other memberships lost are due to apathy among the profession. A friend of mine has only three years to retirement. She had been an active member and even held offices in the organization. She said she was just tired of it all and wanted to just get to the "end of the tunnel." She was tired of fighting the fight, having more and more put on her "plate" with less time and energy to make the commitment. Going to meetings is just too much trouble and takes too much time to make a difference. "But what about the profession," I asked. "What about going to the conference and getting some new ideas to make your time more enjoyable, to get away from that feeling of isolation?" Her response... "I am just tired." She did not know why she has not renewed her membership as money was not the issue. So I began to wonder if that is what has happened to others.

Although the economy is starting to level off and may take an upward turn that does not guarantee that our profession will "ride the wave." It is up to each of us to be part of the solution. To get involved and not just wonder what is happening. We often get phone calls to the office when some rumor has been circulating. If those people were a part of the action, they would know what is really happening. It is time for all of us to become actively involved somehow in our profession. Ninety per cent of our committee work is done through the internet. Through our info flashes and contact through Facebook are getting people involved. We need to stand up and let our state legislators know that we are not tired of the fight. We believe in what is important to our citizens... being active and healthy. It is time to be part of the action and not someone who is just waiting to see what happens. It is time for us to get our other "lost members" back into the action. ●

Notice to SCAHPERD Membership

The SCAHPERD Constitution Committee invites any SCAHPERD member to suggest changes for the SCAHPERD Constitution or By-Laws. Please indicate the Article, Section, and Section letter to which your suggestions apply. Please also indicate if they are for the Constitution or the By-Laws. You may also send any questions regarding the SCAHPERD Constitution and By-Laws to the Committee. You can find the SCAHPERD Constitution and By-Laws, as approved November 13, 2011, under "Members Only" at www.SCAHPERD.org.

Your recommendations will be reviewed by the Constitution Committee and forwarded to the SCAHPERD Board of Directors. If approved by the Board of Directors, the changes will then be presented to the entire membership at the annual meeting on November 11, 2012, for approval.

Please send any suggestions to the SCAHPERD Constitution Committee Chair not later than April 16, 2012.

Josey.Templeton@Citadel.edu

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.



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MEMBERS ONLY CORNER

As a SCAHPERD member, you have the ability to view current newsletters. Go to www.scahperd.org and click on the "Members Only" link at the bottom left of the home page and then enter "1948" as the password.

Twenty Twelve is Here and Speeding by Very Fast

Cynthia Peeler Gallman, SCAPES President



My name is Cindy Peeler Gallman and I just turned fifty years old so I have no time to waste as I am sure you don't either. I teach 9th-12th grade Physical Education at Gaffney High School in the Cherokee County School District. I absolutely love my job and the students I work with, and I attribute a lot of that to SCAHPERD

for supplying me with years of techniques on lessons, assessment, and discipline through SCAPES presentations. I have been married for 30 years to my best friend, Leonard, and we have two grown children and one spoiled dog. I am excited about being one of the leaders for SCAPES this year and am so thankful that I got to shadow a wonderful leader in Todd Seagle this past year. Todd and I are again working together to improve upon what we started last year.

I am looking forward to the 85th annual conference in November 2012. To get ready for the conference, SCAPES has purchased a video camera and motion frame to highlight

- Physical Education programs and teachers around the state. The motion frame will be placed at the display table at the conference so send us pictures and you may see yourself highlighted.

- is on a mission to renew lapsed memberships and sign up new members.

- is offering grants to qualified Physical Education programs in South Carolina.

- is looking for nominations for awards such as Physical Education Teacher of the Year.

- has started a facebook page <http://www.facebook.com/pages/South-Carolina-Association-of-Physical-Education-and-Sport-SCAPES/243096062411790>.

- is planning presentations from the best teachers in South Carolina.

- is collaborating with Georgia to exchange presenters for 2012.

It is never too early or too late to get involved in SCAPES. There are many committees who need you to contribute to quality Physical Education in South Carolina. Maybe your specialty is

elementary, middle or high school, or maybe you have a passion for higher education. Whatever your expertise we need you and your ideas to make Physical Education in South Carolina as strong as it has ever been.

Every conference I have ever attended has allowed me to take home worth-

while information and lessons to implement into my own program. I know if you attend you will not go home empty handed. The planning committee is putting together exciting presentations for this year's conference. We would love to have your input of what you want and need at the conference. Start now planning for November 9-11, 2012 SCAHPERD conference as the Physical Education association works together with the Dance, Future Professionals, Health organizations using the theme "All Four One."

SCAPES is your organization and your voice so please join us and be heard as we support quality Physical Education in South Carolina. ●



IN MEMORIAM

On February 25, 2012, SCAHPERD lost a long-time member, Cindy Wilkerson. She was a physical education teacher at Springdale Elementary in West Columbia, served on the SCAPES board, served on the assessment writing team and presented regularly at the fall conference. We will miss you, Cindy.

SCAFP Southern District Leadership Conference Experience

Crystal Osuji, SCAFP Past President

My experience at the Southern District Leadership Conference in Tennessee was an experience of growth and professional development. I met with other young professionals from all over the southeast area. We learned about different fitness games to play with young children all the way up to adults. We shared ideas on how to make the organizations in our states strong and effective. We shared different fundraising ideas and what works well in terms of events at our individual schools. I made many friends and connections while I was in Tennessee. I had the opportunity to witness the beauty of Tennessee's campus and

what could potentially be a grad school to attend. I learned a lot about myself as I interacted with these motivated individuals and learned my leadership style and how that is implemented alongside these other great individuals. I learned tips on how to write an effective resume, how to motivate others, and how to work in a group. Not only that, but the bike trail was beautiful and amazing! One thing I can say that I can take back from this experience is that if you believe in yourself and have the confidence to succeed, then you will be a successful leader in all facets of your life. ●

A Young Man on a Mission!

Kathy Kent, SC State Coordinator for JRFH/HFH



Carson Andrew, a third-grade student at Aynor Elementary School in Horry County, SC, earned more than a pat on the back for his exceptional efforts to raise money for the American Heart Association during this past year's Jump Rope for Heart event. Carson, 9, was not only his school's outstanding fundraiser, but he ranked #1 for the state of South Carolina; #1 in the mid-Atlantic region; and #1 in the nation! Carson raised over \$10,000 for the American Heart Association – surpassing over two million children nationwide who Jumped Rope and Shot Hoops for Heart. Carson, along with the support of his parents, Benjie and Angela Usher Andrew, has spent many hours and creative ways raising donations to help fight heart disease. Carson's efforts are fueled by a very special reason he holds close to his heart known as "Katie Girl" (his cousin, Mary Kate). Mary Kate was born with a hole in her heart and passed away two days after her sixth birthday. But during her six short years, she and Carson developed a very close bond that motivates him to strive hard each year "to make Mary Kate proud."



Mrs. Andrew shares... "Carson gets his motivation from Mary Kate! I believe it is how he deals with his loss and it fills a void

for him. Those dimples come out when he talks about making Mary Kate proud of him and it drives him to get out and push to raise money. We are currently building a Lemonade/Hot Chocolate stand for Carson. He will be selling Hot Chocolate "Cold Days... Warm Hearts"! All money will go to the American Heart Association. During the summer, he will sell lemonade and start early for the 2013 Jump Rope for Heart."

Last year Aynor Elementary students met their goal and raised \$25,258.27 to help the American Heart Association fund education and research aimed at reducing deaths and illness related to heart disease, stroke, and childhood obesity. SCAHPERD is proud of all the Aynor Elementary students and staff for their Jump Rope for Heart efforts. And we congratulate Carson Andrew who has made many people proud, including an angel in heaven named Mary Kate! ●

For more information about Jump Rope or Hoops for Heart, or to make a donation, go to www.heart.org/jump or contact SC JRFH/HFH State Co-coordinators: Kathy Kent, kkent@greenville.k12.sc.us or Carmen Plemmons, cplemmon@lexrich5.org.

A Message from Lara Peck, SCAAHE President



I'm very excited about what SCAAHE has in store for our members in 2012! Several new events and initiatives are in the planning stages to increase professional development opportunities, improve communication, and do a little FUNdraising, too!

Before I get to all that, I'd first like to welcome our new officers to the SCAAHE Executive Board: Tina Devlin, President Elect; Brianne Gemeinhardt, Secretary; and Libby Maynard, Member-at-Large. I'd also like to congratulate Penny Bostain, Comprehensive Health and PE Consultant, Greenville County Schools, as the recipient of the 2011 SCAAHE Health Education Professional of the Year for K-12 Schools.

In regards to professional development, SCAAHE is currently exploring options to provide workshops and/or webinars that are appealing and useful to SCAAHE members and health educators in various settings. SCAAHE will also contribute to the award stipend provided to the winner of the Murray L. Vincent Outstanding Prevention Professional Award given by the SC Campaign to Prevent Teen Pregnancy. The stipend provides financial assistance to attend the Campaign's Summer Institute in June. In addition, SCAAHE plans to continue awarding scholarships to active SCAAHE members to assist with expenses related to the 2012 SCAHPERD conference.

Communication is key to keeping our members in the loop about health education in South Carolina! Whether it's an advocacy issue, a continuing education opportunity or a member's success story, SCAAHE will take an active role to keep our members informed. We now have a SCAAHE Facebook page – be our friend! – and will be sending a regular e-Newsletter to our members in addition to listserv notifications.

There's not enough room in this newsletter column to tell everything that SCAAHE has in the works this year but I will say that we need all hands on deck! I encourage all members to join a SCAAHE committee to share your knowledge, talent, and time to benefit our organization. There will be a wide variety of tasks to be completed this year. So get involved and have some fun with your fellow health educators! Helen Keller said "Alone we can do so little; together we can do so much." Just think of how much we – the SCAAHE members – can do together!

South Carolina Association
for the Advancement of
Health Education



News from Susan Woodham, SCDA President



The time we spent at the conference in November was fun but long gone! I know you are all busy with rehearsals and productions and before we know it, Spring Break will be here. Ashlee Pitman and I were able to attend the very informative SCAHPERD Leadership Conference at Saluda Shoals in January. We look forward to

serving on the SCAHPERD Board.

The South Carolina Dance Association board is hard at work. We have held one board meeting since the conference. There are several things on the board's agenda this year. We intend to be very active in our advocacy efforts and will send alerts to our membership when we need to respond. Stephanie Milling (immediate past president), Wren Cook (ex officio), and I attended Arts Advocacy Day where we were able to meet with and talk to our legislators. Stephanie will represent SCDA at the National Arts Advocacy Day.

In addition, we will be working to write operating codes for our Bylaws. We are also looking for a few more folks to serve in appointed positions on both the SCDA Board and the SCAHPERD Board. Please let us know if you are interested in serving in one of these capacities.



We just received word that SCDA will receive grant funds from Southern District.

Thanks to Stephanie Milling for her leadership role in grant writing.

The SCDancing Festival will not be held this coming spring. We plan to be back on track with SCDancing in Spring of 2014.

The South Carolina Dance Association is here for you! Let us know if there is anything we can do to help you! ●

Welcoming ALL in 2012!

Ashlee Pitman, SCDA President-Elect



As the new president-elect of SCDA, I am excited about what this year holds and the future of SCDA. As a member of SCDA since I was a student in high school, I have had many opportunities to see the wonderful impact SCDA has on the dance community of South Carolina. As I have moved into my own dance classroom, I am still able to observe that impact today. The SCDA board is busy planning events and workshops for 2012 to help promote dance and dance education throughout South Carolina.

As we embark on these new events, we want to encourage all members to become active participants in the sharing and spreading of ideas and enjoyment of dance in and out of the classroom. This year we would like to encourage all current members to

invite two people to join SCDA, so that our membership and support of dance in South Carolina can continue to grow. If you know of someone in the state who is not a member, encourage them to join and take advantage of the opportunities that SCDA has to offer.

All members will be invited to attend the yearly conference in November hosted in Myrtle Beach, SC. Throughout the year there will be other opportunities for members such as workshops with emphasis on dance in the classroom, and other various opportunities for collaboration and discussion of dance. These are great opportunities for building professional networks across the state. The more the merrier!

Members of the board and I hope that 2012 will be a growing year for not only SCDA, but for dance everywhere! ●

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for the latest Conference information

- Print Program Submission Forms
- Submit Program Submission Electronically
- Exhibitor Information
- Registration info will be available July 1st

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