

# ALLIANCE NEWS

Volume 14, Number 1  
March 2014



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

*Promoting Healthy,  
Active Lifestyles!*

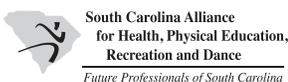
## Get on Board

### 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



“Get on Board,” this is the theme for the 2014 SCAHPERD Conference. The Board of Directors spent a Saturday in late January at Winthrop University; working on our vision for this theme at our Leadership Retreat. The conference planning committee is currently looking to secure a dynamic speaker to lead our general session on Saturday. SCAHPERD has ample opportunities for its members to “Get on Board;” there are grant opportunities, advocacy tools, opportunities to serve on committees, and many other resources for you as educators. Make sure you visit our website for more information. The website also lists each association’s leaders; if you would like to serve please contact your association’s representative.

I have in collaboration with The University of South Carolina-Upstate created a Public Service Announcement Video. Please go to YouTube and search “Let’s Move SC” please feel free to share. Remember to attend the State Conference in November; my challenge to you is to bring a friend. Let’s make this the largest conference in history.

I look forward to working with each of you. ●

— Todd Seagle, SCAHPERD President



**The 87th Annual SCAHPERD  
Conference and Exposition  
November 14-16, 2014  
The Kingston Plantation  
Embassy Suites Resort  
Myrtle Beach, SC**



@SCAHPERD



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the most up-to-date SCAHPERD news!



## American Heart Association Introduces the Ducks



“The ducks are coming. The ducks are coming” You hear this chant in all the schools across South Carolina that are hosting a Jump Rope For Heart or Hoops for Heart event in the 2013-2014 school year. The rubber ducks were added to help excite the students about their schools event.

The American Heart Association has developed jump rope/hoop unit lesson plans that incorporate heart knowledge and skills. Through a Jump Rope For Heart/Hoops For Heart event students learn lessons on how to take their pulse, steps to live a heart healthier life, signs of a heart attack or stroke and a multitude of jump rope tricks and skills.

When you host an event you will receive lesson plans, posters, supplemental materials, an area AHA representative and more.

It is no wonder why all the students love to participate in a JRFH/HFH event. They learn valuable heart information, skills while helping others. The ducks are a new incentive item to give an immediate “Thank You” gift to the students who go the extra mile to collect donations for the AHA. Students can earn up to seven different rubber duckies: Quacky Duck, Ninja Duck, Mr. Cool Duck, Stripes Duck, Glow Duck, and Trophy Duck in addition to traditional “Thank You” gifts. The first duck is given after a student

has collected \$5 in donations with the envelope or online.

Here are some useful and success tips on how to distribute ducks:

- Keep a log = (Ben Landers and Marcus Nellems, River Springs Elem.)
- Get your principal to help hand them out in the morning. (Shelia Thatcher, Ballentine Elem.)
- Get student council to use rosters and clipboards in the mornings to greet those that have collected donations to get their duck. (Carmen Plemmons and Marcus Nellems, Lake Murray Elem.)
- Contact your local AHA Youth Marketing Rep for even more ideas.
- Contact your SCAHPERD AHA Rep Carmen Plemmons 803-476-4691 or [cplemmon@lexrich5.org](mailto:cplemmon@lexrich5.org) for more ideas or information.
- Visit [www.heart.org](http://www.heart.org)

The great thing is that most schools have seen at least a 10% increase of donations. That means more lives we can save through research, educations and funding. So get “quacky” with it and sign up to host an event this year. I promise your students/kids do not want to miss out on this fun! •

### We Are Getting our DUCKS in a row! Collect all 6!

Your teacher has these 3 ducks now!



**\$5**

With a \$5 donation, students receive Quacky and a lanyard (see envelope for the coupon to tear off and send to school with your child to receive this duck).



**Online**

With ANY online donation, students get Ninja Duck.



**\$75**

With \$75 in online donations, students get Mr. Cool Duck.



**\$35**

If students raise \$35, they will receive Stripes Duck after the event.



**\$100**

If students raise \$100, they will receive Glow Duck after the event.



**\$200**

If students raise \$200 they will receive Trophy Duck AND a Quacktastic Award after the event.

Get your Ducks today and show your support for the American Heart Association and commitment to living heart healthy!

# News from the SCAHPERD Past President, Shelley Hamill



Does the sound of waves gently lapping on the shore catch your ear? How about the warmth of the sun, or the feel of sand between your toes? How about gathering with friends and colleagues to share ideas and celebrate accomplishments? Sound like fun? Well then, mark your calendars for November 14-16 for our annual conference at Myrtle Beach! This year's theme is "Get on Board" and that's exactly what we want you all to do! Get on board and share your talents, lessons, and collegiality! This year we are making a few changes to our conference format. Although I can't detail them yet until we have final board approval, I think you will find

them very "user and presenter" friendly. As always, we will continue to strive to provide meaningful, fun, and engaging presentations that will address all of our disciplines. In order for that to happen, we need for you to submit proposals! If you see great presentations between now and then, let the presenter know about our conference and invite them to join us! Proposal forms are now on our SCAHPERD website waiting for you to fill one out. Do not hesitate! We need you...we want you! (Yes, I have used a lot of exclamation marks but I am VERY excited about the conference). If you have any questions, feel free to contact me and I look forward to seeing you all at the beach! ●



## 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 17, 2013, under "Members Only" at [www.SCAHPERD.org](http://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 16, 2014, for approval.

Please send any suggestions or questions to the SCAHPERD Constitution Committee Chair not later than April 21, 2014. [Josey.Templeton@Citadel.edu](mailto: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](mailto:scahperd@columbiasc.edu).

## MEMBERS ONLY CORNER

As a SCAHPERD member, you have the ability to view current newsletters. Go to [www.scahperd.org](http://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.

Exercise not only changes your  
BODY, it changes your MIND,  
your ATTITUDE, and your MOOD.

## *From the Desk of the Executive Director*

*Dr. Bonnie-jean Buckett*  
*[dockjock4@aol.com](mailto:dockjock4@aol.com)*



### **AAHPERD votes to change to SHAPE America**

The AAHPERD membership has voted to approve the new name of the organization to the Society of Health and Physical Educators, doing business as SHAPE America. This change will take 6 to 8 months, seeing both names during the transition. Although SCAHPERD has common ties with AAHPERD, the SCAHPERD name will remain intact with our new tagline "Promoting Healthy, Active Lifestyles!"

### **Using Twitter to grow as a professional**

Twitter can be used to share questions, ideas, successes and failures among the profession (#PhysEd) There are also places where you can engage in bi-weekly live chats (#PEChat). Be sure to check out the SCAHPERD twitter site for up to the date information about teaching techniques, grants and information about our organization. To secure a successful tomorrow, it is essential to strengthen yourself today. When you are engaged, you are excited about your work, dive into problems and solve them. If you feel you lack engagement, your work becomes stale and your efficiency and excitement for your job drops. Being involved with other professionals may help you decide what you can do and how you will do it. Recharge yourself through attending conferences/workshops or being involved with other professionals on line.

### **SCAHPERD is actively working to meet your needs**

Besides having a wonderful fall conference, SCAHPERD

associations are trying to meet the needs of their members through various workshops and festivals. However, the organization is also working hard to improve the health and well-being of our state citizens. The Advocacy Committee is working with legislators and other non-profit organizations to bring about changes in legislation and services to our students/clients. We are also actively involved in the School Network alliance to improve nutrition, physical activity and health for our school aged students. "The economy has been in the refrigerator for a while, but we are seeing indications of thawing."

Be sure to look on the webpage for articles, important messages that can be used to support your programs. On the front page of the webpage see our new "Let's Move SC." More promotional videos are coming through the efforts of President, Todd Seagle, and Dr. Jim Kamla, USC Upstate. Valuable information can also be found on our Facebook and twitter page. Make sure you have your current email address updated with the SCAHPERD office. If you do not receive at least 1 blast per 2-3 weeks, check with the office. Sometimes school districts will put blocks on general emails not sent within the district. We are also working with your district coordinators or college PEM club advisors to make sure important information is received by all members.

Currently, an info blast is sent and the newsletter is available to members on the webpage (code 1948). If you would prefer receiving a hard copy of the newsletter, please let the office know (803-786-3384 or email [sjkoch@columbiasc.edu](mailto:sjkoch@columbiasc.edu)). ●

## *A Message from Spencer Jasper, SCAFP President*



I am Spencer Jasper and I am the President of the Future Professionals of South Carolina. Currently, I am a junior physical education major at South Carolina State University with hopes to teach middle school physical education upon graduation. My institution will host the Super Stars Competition for the next two years. It is our hope that the 2014 SCAHPERD Convention will be just as exciting as it has been in years past. My colleagues and I are busy planning the activities that will keep you engaged and in the competitive spirit. Some of the games like Can Jam and Ultimate Frisbee were a big hit so we plan to keep them in the competition. We are looking for more games to include in the competition and ask for your ideas. If you have any comments or suggestions, send them to me at [sjasper@scsu.edu](mailto:sjasper@scsu.edu). I have drafted letters to send to potential sponsors for equipment and prizes and am accepting ideas for the 2014 T-shirt. I plan to work with Chris Viscardi (past President of Future Professionals) in creating a logo for our future professionals organization. Plan now to attend the conference and bring a friend! Additionally, we are looking to attract more schools to the conference. Again, comments and suggestions on how to make this happen can be e-mailed to me. Have a great school year and I look forward to seeing you all in November! ●



## News from the SCAPES President, Jane Abbott



I recently saw a Tweet that stated, “Teaching is not my job, it’s my passion; getting better at it – that’s my job.” In all my years of teaching physical education, I was passionate about what I did and I always felt that what I was doing was as important, if not more so, than what others were doing in my school. I was able to be a better teacher, however, from my active involvement in SCAHPERD.

Yes, SCAHPERD membership offers opportunities to attend the November conference, but there is much more to membership than just attending the conference. There are opportunities to develop leadership roles by serving on committees and as an officer. And, although we haven’t had one recently, Physical Education Institutes (PEI) provided me with the latest in Best Practices in physical education and also kept me in-the-know as to what was happening in our state. Networking through SCAPES has provided me with wonderfully passionate physical educators as friends with whom I could share my teaching trials and successes. Without these friends I would not have become the teacher I wanted to be.

Since my retirement I have developed a new passion: Growing SCAPES into an organization that ALL of our state’s physical educators want to join. Serving on various committees and in a few officer roles has opened my eyes to a need for SCAPES to provide more for our membership. Hopefully by finding new ways to provide *more* for our members, our membership numbers will rise.

Since many of us are not able to attend the November conference where much networking and new knowledge is gained, and since we no longer have the PEIs, SCAPES has been working to provide a professional development day for physical educators and coaches this March. We are calling this workshop *PEAK (Physical Education, Activities & Knowledge) for the Future*. I encourage you to visit <http://www.scahperd.org/> and check out the registration and speaker information. Another professional development workshop, *Moving to Success*, is being planned for May at Columbia College. Exact dates can be found on the SCAHPERD website. There is a special price for SCAHPERD members for both of these workshops.

Reflecting back over my career in teaching, I encourage you and other physical educators to join SCAHPERD/SCAPES. I know that you will find your membership and participation a meaningful and rewarding investment in your professional career. ●

— Jane F. Abbott  
[jabbott1960@gmail.com](mailto:jabbott1960@gmail.com)  
 @jfabott – Twitter



**GET MOVING**

## A Message from the SCAHPERD President-Elect, Lynn Hammond



As President-Elect of SCAHPERD this year I will focus on learning from and supporting your current President Todd Seagle and the Board in providing member services and conducting the business of the Alliance. I hope my experience in public education, public health, and service on state and national organization’s boards will assist me in serving the members of SCAHPERD over the next three years. We will be watching and learning

from the transformation of AAHPERD to the Society for Health and Physical Education (SHAPE). I see this as an opportunity for SCAHPERD to take advantage of highlighting our member professions and their importance to the education and health of our children and to the wellness of our communities. I welcome your input and encourage you to become involved in your associations (SCAPES, SCAAHE, SCDA) and in SCAHPERD! I welcome your input! You can contact me at [lhammond1958@gmail.com](mailto:lhammond1958@gmail.com) or 803-467-4617. ●

## News from SCAAHE President, Regina Creech



**“Do not go where the path may lead,  
go instead where there is no path and  
leave a trail.”**

— *Ralph Waldo Emerson*

As the current President of SCAAHE, I wanted you to know that we are blazing a trail in 2014! It is with great excitement that I welcome returning and new members to our 2014 Executive Board. President-Elect; Kelli Kenison, Treasurer; Richard Krejci, Secretary; Tiffany Mack, and Members-At-Large; Dave Branagan, Suzanne Sanders, and India Rose. Thank you so much for your willingness to serve as leaders for the organization.

At the 2013 SCAHPERD Conference, Dr. Lillian U. Smith, MPH, CHES, DrPH, was presented with the SCAAHE Outstanding Contribution to Health Education Award. Dr. Smith is the Director of the Office for Public Health Practice, the SC Public Health Training Center, and the SC Public Health Consortium and an Associate Professor in the Department of Health Promotion Education and Behavior at the Arnold School at the University of South Carolina. She has over fifteen years of experience as a public health practitioner in federal grants and community-based organizations dealing with strategic and program planning, information and dissemination, and evaluation. We greatly appreciate all that you do to advance Health Education!

We are gearing up for a fabulous new year. Our main priority is to recruit new members and to engage existing members. We have many exciting opportunities for members to get involved. We will be creating a conference planning committee this year.

We have additional vacant committee seats – each volunteer position is an excellent opportunity to network with health education professionals across the state.

In addition to membership, fundraising is also at the top of our list. We are looking for new and creative ways to raise money. Do you have fundraising experience? Do you have a great idea for us to consider? Let us know – we need your input and assistance!

I encourage you to discuss joining SCAAHE with all of your colleagues in the field. There is so much to be gained from being a member such as, great networking, access to shared resources and professional presentations, and information about job openings locally and in surrounding areas.

We would like the SCAAHE List Serv to be a beneficial means of communication for the group. If you know of SCAAHE members who are not on the List Serv please let us know.

Feel free to email me or contact me with any questions or comments. ●

— *Regina R. Creech, MS, CHES*  
[creec@musc.edu](mailto:creec@musc.edu)  
843-209-5739



***Go to [www.scahperd.org](http://www.scahperd.org) for the latest Conference information***

- Print Program Submission Forms
- Submit Program Submission Electronically
- Exhibitor Information
- Registration info will be available July 15th

## News from the SCDA President, Linda Cline



As the new president of SCDA, I am excited about the things that I can do to strengthen the alliance and to affect dance in South Carolina. As a member of SCDA on and off since 1996, I have had many opportunities to be involved with

the activities that SCDA has provided the dance community of South Carolina. The 2013 SCAHPERD Convention in Myrtle Beach was a huge success! Amy Marshall was the SCDA guest artist and students from across the state had the chance to study with her throughout the 3 day weekend. Excellent classes and workshops were offered by our wonderful dance teachers and they were diverse in content. Right now, the SCDA board and committees are busy planning the 2014 SCDancing Festival to be held in Charleston, SC. This is going to be a wonderful dancing event! Rennie Harris, a well-known master dance teacher and choreographer extraordinaire, is coming to teach classes and to adjudicate performances. Teachers from all over the state are offering classes and workshops in all genres of dance on the beautiful College of Charleston Campus. There will be student performances held at the state of the art theatre at the School

of the Arts in North Charleston. The festival has been known to be such a great way to meet dancers and to network with those who share the love of dance. Registration information



is up on the SCAHPERD website and we are hoping to get as many dancers as possible from across the state to participate in this festival. Please help us spread the word! SCDA is represented in the creation of the new state teacher evaluations. There are several SCDA members who are representing our dance educators throughout the state as they work on a preliminary structure. If you are interested in participating in the teacher evaluation process, please contact me. Your input is very valuable as we craft important changes that affect us all. The 2014 Conference Committee is busy planning for next November's SCAHPERD Conference in Myrtle Beach! When proposals become available, if you would like to teach a class or workshop be sure to submit. Please check the SCDA Facebook page for information on initiatives, deadlines, and festival/conferences. 2014 is going to be an exciting year of dance for South Carolina! ●



*"We've been, we are, where are we going?"*

Be an ACTIVE part of SCAHPERD.  
Volunteer to be a committee member (mostly done by email/Skype/gotomeeting) or run for an office.  
Help make a difference!

Stay sharp with brain food:  
Salmon, spinach and other greens, red grapes and other red fruits, almonds, pecans, hazelnuts and walnuts.

# FLAGHOUSE®

**A premier global supplier of equipment and resources for physical education, sport, fitness, recreation and health, special needs, special education and multisensory environments. FlagHouse offers more than 20,000 innovative and quality products and solutions.**

“Play Well With Others... Be Active Against Bullying” – visit [www.flaghouse.com/AntiBullying](http://www.flaghouse.com/AntiBullying)

“Preventing juvenile crime and violence” – visit [www.nationalpal.org](http://www.nationalpal.org)

“Jared Fogle foundation to eliminate childhood obesity” – visit [www.jaredfoundation.org](http://www.jaredfoundation.org)

“Coordinated Approach to Child Health” – visit [www.catchinfo.org](http://www.catchinfo.org)

“Project Adventure for character/team work” – visit [www.pa.org](http://www.pa.org)

**For more information about Flaghouse programs, contact John Ruggiero at [John.Ruggiero@FlagHouse.com](mailto:John.Ruggiero@FlagHouse.com)**

[www.scahperd.org](http://www.scahperd.org)

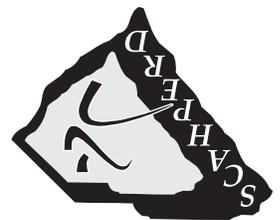
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