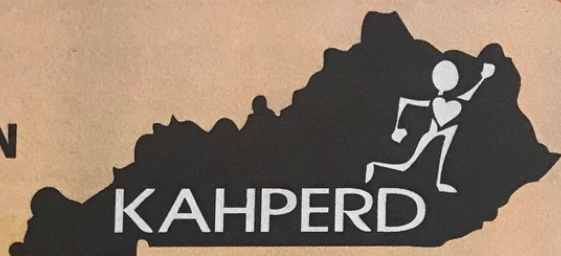


KENTUCKY NEWSLETTER FOR HEALTH • PHYSICAL EDUCATION RECREATION • DANCE



FALL 2011

BUILDING CHARACTER THROUGH SERVICE

Kentucky Association for Health, Physical Education, Recreation and Dance

SUNDAY, NOVEMBER 13 – 15, 2011 • EMBASSY SUITES LEXINGTON, KY



Shellie Pfohl was appointed by President Barack Obama in February, 2010 to serve as Executive Director of the President's Council on Fitness, Sports and Nutrition (PCFSN). PCFSN is an

advisory committee of volunteer citizens who are charged with educating, engaging and empowering all Americans to live an active, healthy lifestyle.

Ms. Pfohl is responsible for developing PCFSN's vision and strategy, and directing the Council's daily operations. Ms. Pfohl also leads the Council's efforts to support First Lady Michelle Obama's national *Let's Move!* initiative aimed at solving the childhood obesity epidemic within a generation.

Prior to joining the Council, Ms. Pfohl co-founded and served as executive director of **Be Active North Carolina**, a non-profit organization that works statewide to increase physical activity among North Carolinians. She was also the founding director of **Be Active America** and served as executive director of the North Carolina Governor's Council on Physical Fitness and Health.



As a native of Kentucky, a former University of Kentucky football player and a UK assistant coach, **Joker Phillips** fulfilled a destiny when he was named head coach of the Wildcats.

Phillips' history and heritage of success chart a clear pathway to his current post. He grew up as the quarterback in football, the point guard in basketball and the catcher in baseball – positions that require leadership on the field – and earned all-state honors while leading Franklin-Simpson High School to a pair of state football championships.

In college, Phillips became one of the top wide receivers in school history and he played professionally in the National Football League and Canadian Football League.

Phillips began his coaching career at UK and also gained experience at Cincinnati, Minnesota, Notre Dame and South Carolina before returning home in 2003 to help Rich Brooks rebuild the Kentucky program.

As the team's offensive coordinator, Phillips' attacks set numerous school records, including the most points ever in one season in 2007. His coaching achievements, legacy of leadership and well-earned reputation as one of the nation's best recruiters made Phillips a natural choice upon Brooks' retirement.

Highlights of Phillips' first season as head coach included a Governor's Cup victory against Louisville, an upset of No. 10-ranked South Carolina and adding to UK's school-record streak of five consecutive bowl game appearances.



Jim Stillwell is a Professor in Department of HPES [Health, Physical Education, & Sport Sciences] at Arkansas State University in Jonesboro, AR. He is beginning his 18th year as Chairman at ASU and his 34th year in higher education.

Jim received his BS and MS degrees from Western Illinois University and doctorate from Indiana University. He taught K-8 physical education and coached for 5 years in rural Illinois.

Jim has written 4 books and more than 50 articles, made more than 100 presentations nationally and internationally, including invited presentations in Canada, China, England, Greece, Jerusalem, Malaysia, and Thailand.

AHA 5K Race / Walk Sunday, Nov. 13 • 3:00 pm

Cost: \$20 until November 10,
\$25 from November 11–13

For registration go to
KAHPERD.com

Kroger Gift Cards Big Success

By Mike Ballard and Lonnie Davis

One of the first programs President Jim Hinerman initiated after taking office last November was the Kroger Gift Card fundraising program for KAHPERD. This program is for 501C 3 nonprofit organizations. KAHPERD earns 4% rebate from Kroger's for every dollar spent by using a KAHPERD Kroger Gift Card. Gift Cards can be "recharged" at any checkout register with cash, check or credit card. This way, Kroger does all of the accounting for KAHPERD including supplying monthly statements.

As you can see from the information below, with 15 people involved and only into the program for 5 months, KAHPERD has all ready received \$470 income (see chart below). This came about without anyone doing anything extra except for using the Kroger Gift Card for groceries, gas and medicine.

If you would like to be a part of this program, write or email me lonnie.davis@insightbb.com and I will send you a Kroger Gift Card with \$5 already on the card. You can also

see me at the KAHPERD convention when you register and I will give you a card at that time.

KAHPERD Gift Cards #1

10/31/10 - 11/27/10	\$1,510
11/28/10 - 12/25/10	\$2,135
12/26/10-1/22/11	\$1,565
TOTAL SPENT	\$5,210
Check from Kroger's:	\$208.40

KAHPERD Gift Cards #2

1/23/11-2/19/11	\$1875
2/20/11-3/19/11	\$1648.34
3/20/11-4/16/11	\$1,297.68
4/17/11-5/14/11	\$1,700
TOTAL SPENT	\$6,521.02
Check from Kroger's:	\$260.84

WILL BE ADDED TO THE PAST PRESIDENT'S SCHOLARSHIP FUND

Presidential Scholarship Fund

By Mike Ballard and Lonnie Davis

The Presidential Scholarship Fund was established by Past President **Mike Ballard** and in 2009, twenty-three (23) past presidents contributed nearly \$4,000 (see chart below). The purpose of this account is to raise enough money to provide two (2) annual scholarships for two Kentucky students attending Kentucky colleges and universities. It was agreed that only interest from the fund would be used for the scholarships. The principle would be used for growing the interest to fund the scholarships.

Now we need the help of **ALL** KAHPERD members. Please consider contributing \$50, \$100 or any amount you can contribute or use the KAHPERD Kroger Gift Card Program (see above article). All contributions are tax

deductible. Please make checks payable to KAHPERD for Presidential Scholarship Fund.

I will send you a receipt and letter for you to file with your taxes upon receiving your check.

All income received in 2008-2009

23 Past Presidents contributed \$ 3,875

2 =	\$ 2,000.00	(\$ 1,000 each)
17 =	\$ 1,700.00	(\$ 100 each)
3 =	\$ 150.00	(\$ 50 each)
<u>1 =</u>	<u>\$ 25.00</u>	<u>(\$ 25 each)</u>
23	\$ 3,875.00	

\$116.25 Interest in 2010 (3%)

\$ 3,991.25 Current Total in Account

Dates to Remember

August 6, 2011

Presenter Notification Deadline -By Vice Presidents

September 1, 2011

KAHPERD Fall Journal Deadline
s.chen@morehead-st.edu

Deadline for Honor & Special Awards Nominations

Sue.Banister@insightbb.com

Deadline for Officer Nominations

j.dearden@moreheadstate.edu

September 23 & 24, 2011

KAHPERD Student Leadership Dev. Conference
Richmond, KY

Jim.Hinerman@eku.edu

October 1, 2011

Dance Gala Deadline

Deborah.Campbell@madison.kyschools.us

Sept 29 - Oct. 1, 2011

Southern District Student Leadership Conference,
East. Tenn. State U., Johnson C., Tenn.

November 13 - 14, 2011,

Pre-Convention Board Meeting, 5K Run/ Walk,
KAHPERD Convention, Lexington Embassy Suites

December 15, 2011

Deadline for Spring Newsletter
charlow@windstream.net

January 20 - 21, 2012

Leadership Conference / Board Meeting
Louisville, KY • Galt House
lonnie.davis@insightbb.com

February 4, 2012

National Girls & Woman's Day

February 8 - 11, 2012

Southern District Convention, Orlando, Fla

March 1, 2012,

KAHPERD Journal Deadline for Spring
s.chen@morehead-st.edu

March 14 - 17, 2012,

AAHPERD National Convention, Boston, Mass.

April 30 - May 6, 2012,

National Sport & Physical Education Week

May 15, 2012

KAHPERD Fall Newsletter Deadline
charlow@windstream.net

June 11, 2012

KAHPERD Board Meeting, Lexington, KY

June 12 - 13, 2012

KAHPERD Summer Workshop
University of Kentucky

August 4, 2012

Presenter Notification Deadline -By Vice Presidents

For up-to-the-minute information, go to
www.KAHPERD.com

PRESIDENT'S MESSAGE

Jim Hinerman, President • jim.hinerman@eku.edu



Greetings KAHPERD members. Our fall convention is shaping up nicely. This year's conference "BUILDING CHARACTER THROUGH SERVICE" will be **Sunday, November 13th through**

Tuesday, November 15th at the Embassy Suites in Lexington. We will begin the convention by featuring our second annual **5K run/walk race** starting at **3:00 Sunday** afternoon behind the Embassy Suites in Lexington. This year's partner for the 5K will be The American Heart Association. A big thanks goes to Lea Stammerman from the AHA and Heather Adams-Blair from Eastern Kentucky University for heading up this effort. **The Kentucky Department of Education** will once again put on a workshop on **Sunday evening** that will update its participants on **State education standards**. Monday's general session will feature a message by University of Kentucky head football coach **Joker Phillips**. The mid-afternoon session will feature **Jimmy Lee Stilwell** who will conduct a physical education workshop entitled: "Activities Your Kids Are Going to Love." Once again our Dance area representatives (Deborah Campbell and Nashwa Cahill) have put together a good **Dance Gala session** for Monday afternoon. After taking advantage of the Embassy Suites food and beverage hour we will all be entertained with a **Casino Night** fun fest that will include an Emcee and an open dance floor. This is a free funfest with "nibbling" food that will include **Casino games and prizes awarded** to participants who accumulate the most "play money" during the evening. Join us for this social gathering after enjoying the sessions for a fun filled evening from 6:00 to 9:00. An open food bar will also be available during this time. Tuesday's general session will give our convention participants the opportunity to listen to **Shellie Pfohl**, the **Executive Director for the President's Council on Fitness, Sports, and Nutrition**. Don't miss this opportunity to listen to one of the prominent national leaders in our field of work. We will finish the conference with our traditional awards banquet featuring the presentation of awards and conclude the day with "Deal or No Deal." I would like to give a big "thanks" to all of you who have

submitted proposals this year for sessions and poster presentations. Your efforts are most appreciated by KAHPERD.

Convention Registration: Overnight accommodations at the Embassy Suites will be \$109.00 per night which includes a buffet breakfast and social hour food and drink. Along with your KAHPERD registration, you will be provided with lunch, evening nibbling, and the Awards Banquet (no food money needs to be spent if you choose not to eat out). Get a buddy or buddies to share a suite and cut your cost significantly for this year's conference. You may register online at KAHPERD.com, by mail/phone/fax directly to the Embassy Suites Hotel 1801 Newtown Pike, Lexington, KY 40511. Phones: 859-455-5000 (direct), 1-800-363-2779 (toll free), and 859-455-5001 (fax). Overnight price includes single, double, triple, or quad rooms. The deadline for special rates is October, 25th 2011. Please identify yourself as a KAHPERD member.

Summer Workshops: A big thanks to Carol Ryan for putting together and hosting KAHPERD's annual summer workshop held

at Florence Elementary School in northern Kentucky. A big pat on the back is due for all the presenters at the workshop. This past year, Jenny Dearden helped organize a tri-state (KY, TN, VA) physical education workshop which was held in June in Bristol, Virginia. It was a great learning opportunity for all of those who attended from the three different states. This initial tri-state workshop was a great extension of service for all three states involved.

Special Thanks: Special thanks to Bev Gass who has represented this state as the Hoops for Heart coordinator for a number of years. Bev will be stepping down from her position this November so we owe her a big pat on the back for her dedicated service to the youth of this state.

Kentucky PTA: A big thank you to the Kentucky PTA for allowing KAHPERD to be a part of their student recognition awards day presentation held on May 14th 2011. This year's theme was "Together we can" and awards were presented to 209 students from 11,597 entries in film production, dance choreography, literature, photography, visual arts, and musical composition.

EXECUTIVE DIRECTOR'S MESSAGE

Lonnie Davis, Executive Director • lonnie.davis@insightbb.com



It has been 15 years that I have served as your Executive Director- oh my, how time flies. This fall convention marks 102 years that KAHPERD friends have been working hard to provide services and programs for Kentucky children and adults in Health, Physical Education, Recreation and Dance. What has made it possible for KAHPERD to continue for 102 years? No doubt, the answer is you, friends and members of KAHPERD. You have given time and energy to the health, wellness and fitness of all Kentucky K-12 and college students.

I hope to see you November 13-15, 2011 at the Lexington Embassy Suites. President Jim Hinerman and his board have worked hard this year and have a great convention planned for you. Be a part of it by attending and getting

involved. His theme for the year is "Building Character Through Service."

Yes, KAHPERD does provide an outstanding convention along with workshops, grants, scholarships and other important services to all members. Hopefully, you are proud of our Association and we encourage you to invite colleagues to join us. **Accept a personal challenge to recruit one new member to come to our convention.** Your help with membership recruitment will allow KAHPERD to continue to grow and be the strong, vital association each member wants it to be.

Please consider KAHPERD's theme and goals as yours—as a journey. Half the fun is in the process of getting where we want to go! As we work toward our goals and our theme of "Building Character Through Service," let's take time to enjoy the process, the people and/or surroundings! See you at the Convention!

DANCE DIVISION

Deborah Campbell, Vice President • deborah.campbell@madison.kyschools.us



Friends get ready for some new ideas and moves! We have some exciting sessions coming for you this Fall. Some of our sessions include: "Belly Dance,"

Enhancing Dance Lessons with Props," "Aqua Zumba," "Zumba," "Swing Time," "Shoot, Score, Dance" and "Dance for Each Month". The variety of sessions will enhance students in all grade levels.

The 2011 Dance Gala is going to be spectacular. Already signed up are groups from: Madison Central Step Team, Berea Middle Eastern Dancers,

EKU Dance Theater, UK Dance Group, Berea Country Dancers, Fayette School Dance Team, Berea Modern Dancers and the Berea Danish Gymnastics group. If you want to participate in the Gala, then please contact me.

Special thanks to Nashwa Cahill, our Dance VP-Elect for her hard work in getting our talented groups together to share with YOU!

If you are interested in presenting at the Dance Gala, then please email me or go on the KAHPERD website to submit a proposal. The Convention will be at the Embassy Suites in Lexington, Ky. on November 13-15, 2011.

2011 DANCE GALA

The 2011 Dance Gala is accepting proposals from Dance Artists/Groups who wish to participate in the Gala. The Dance Gala is an annual event that highlights dancers and dances of different origin and theme. Dance is explored through contemporary and traditional compositions created and presented by select dance group/artists. Program goals are to advocate and promote the contributions of dance students/groups/artists from a variety of settings.

SUBMISSION GUIDELINE

Applicants should submit a brief description of the proposed work including:

- Length of the piece
- Number of dancers/performers
- Music
- Special technical requirements

Name of Group: _____

Name of Coordinator: _____

School/Organization: _____

Address: _____

Phone: (home) _____

(work) _____

(School/org) _____

Email: _____

DEADLINE IS OCTOBER 1, 2011

For more information or to Submit a Proposal:

Deborah Campbell, Dance Gala / Vice President - Dance

Kirksville Elementary • 2399 Lancaster Road • Richmond, KY 40475

859-624-4582 • Deborah.campbell@madison.kyschools.us • KAHPERD.com

PRESIDENT ELECT

Robin Walker • robin.walker@insightbb.com



Greetings KAHPERD Members I am so excited about serving as president in 2012. I will be representing KAHPERD this summer at the SAM Leadership Development Conference in Wisconsin where I hope to learn

lots of things that I can bring back and share with our state association. In addition we are looking forward to continuing our new tradition of having a pre-convention 5k race/walk. I thank you for trusting me with this awesome responsibility and I look forward to serving KAHPERD as president. Thank you in advance for your support and help to make our 2012 convention great.

HONOR and SPECIAL AWARDS

Sue Banister

sue.banister@insightbb.com



Do you feel like you teach in isolation? Do you feel like nobody in your school knows what a good job you are doing? We know the students love coming to P.E. or Health class, but do your colleagues know?

Well, start tooting your own horn.

Let the world know what a good teacher you are. Nominate yourself or colleague for a Special Award (Teacher of the year K-college, students' major of the year).

We also have some very deserving colleagues who work hard for KAHPERD. Honor their dedication through one of our Honor Awards (Mustaine, Life Member, Merit or Distinguished Service).

The process is easy. Go to www.kahperd.com for complete instructions on the nomination process.

The deadline is September 1, 2011.

**The Convention will start on
Sunday, November 13 &
end on Tuesday,
November 15, 2011**

HEALTH DIVISION

Vicki Johnson-Leuze, Vice President
vickijohnsonleuze@prodigy.net



Now that a new school year is underway, I hope everyone is energized after the summer break. KAHPERD is a fantastic way to get new ideas for instruction as well as an

opportunity to network with other health education practitioners in the state. Fall Convention provides our members with current topics and wonderful presenters within our division.

Foremost on everyone's mind is the PL/CS Program Review. The Convention will keep you informed on how to implement the program in your school and to focus on the eight components that promote healthy students and staff. I look forward to seeing you in Lexington in November.



Keri Esslinger • keri.esslinger@wku.edu



Superstars competition is coming soon!!

Gather your teams and get your agility, locomotor, and object control skills refined and ready! The games will be played on Monday,

November 14. Special congratulations go out to Murray State University, winners of last years Superstars competition! Who is going to knock off the "RACERS" this year?



SILENT AUCTION

Kim Dentling-Castelluzzo
kim.castelluzzo@ahsrockets.org



Bring your money to the Convention for a great deal on items in the Silent Auction. Check out all the great merchandise and have fun bidding on your favorite item/s. Get a Good Deal, have fun bidding and help a worthy cause. Remember the monies go to help send a K-12 teacher/s to Southern District or AAHPERD. You must submit a request to President Hinerman by January 15, 2012 to obtain funds for Southern District or AAHPERD email jim.hinerman@eku.edu. See you in November and make sure you bring your checkbook/cash for the silent auction.

PHYSICAL EDUCATION DIVISION

Louisa S. DeBolt, Vice President • Louisa.debolt@eku.edu



We have had a great spring recruiting for the Fall 2011 convention. In the area of elementary education we have: "Pickleball for Everyone" by Scott Dykes, "Instant Activities for Elementary

Educators" by Daniel Hill, "A Comprehensive School Physical Activity Program" by Kathleen Todd, and "How to teach TSEG Ball" by Bob VanBruggenn. In the area of Secondary we have: "Save my PE program" by Frank Miklavcic, "The Use of Heart Rate Monitors in physical education" by Dr. Mike Crowhurst, "How to teach high intensity Zumba to MS and HS classes" by Lauren Ashley Ford, and Donne Hale presenting "Fun Ways of Motivating Teens." Lastly, Dr. Beth Pyle has a great group of APE presentations lined up: "The How To's of APE with WKU student's" and "Using Peer tutors in APE" by Stephanie Mahlosky.

This year we have seven Research Poster Presentations planned. There are four from Eastern Kentucky University: 1) Brandon Cartner, Louisa Summers DeBolt, and Brack

EXHIBITORS NEEDED

The 2011 KAHPERD Conference will be held November 13-15 at the Embassy Suites in Lexington. We would love to have you exhibit with us during this event!!

The FINAL DATE to request exhibit space is September 30, 2011. Application material can be sent to you via e-mail by contacting Perri "Grover" Warren at the address listed below.

(Please note that in order to present a session that endorses a particular product that is sold for profit — you MUST be an approved exhibitor as well.)

We look forward to working with you!

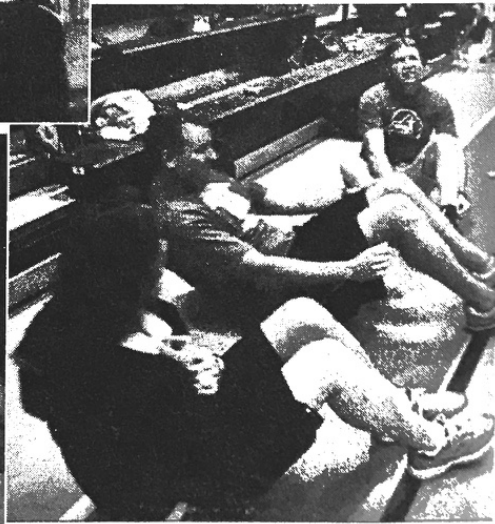
B. J. Walters
bjcalling@yahoo.com
(859) 743-7519

Perri "Grover" Warren
grover@groverwarren.com
(270) 403-3832

Morgan; *The relationship between muscular strength and percent body fat in college males and females.* 2) Ashley Riggs, Ariana Mason, and Louisa Summers DeBolt; *The relationship between muscular endurance, muscular power and maximum oxygen consumption among female group fitness instructors.* 3) Gerald Beavers and Louisa Summers DeBolt; *The relationships between agility, percent body fat and cardiovascular endurance in young female soccer players.* 4) Maggie Marcum, Louisa Summers DeBolt, and Randy Kennedy; *The relationship between factors associated with college readiness and cumulative GPA in freshman division I student-athletes.* Morehead State University has three presentations scheduled: 1) Cory Gardner, Steve Chen, Demonte Harper, and Lamont Austin; *The one-and-done basketball phenoms: Impact and issues on and off the Court.* 2) Evan Worrell, Adora Miller and Steve Chen; *Student-athletes' perceptions and concerns regarding the use of social network media.* 3) Justin Mullin, Adora Miller, Corey Croper, and Steve Chen; *Bridging the gap of business and education: the needs and wants of the sport management students.*

Summer Workshop 2011 - Florence Elementary

Over sixty physical education professionals participated in the 2011 KAHPERD summer workshop at Florence Elementary School on June 13 and 14. A big thank you goes to Lisa Resing, the Florence Elementary School physical education teacher, for her help in coordinating the workshop! Participants took part in over ten activity sessions, including Zumba dance, disc golf, tennis, and several elementary oriented obstacle courses and activities. Gopher Sports introduced ideas for assessing students' level of physical activity through games and representatives from the Kentucky Department of Education shared the latest information on the required program review process of PL/CS and A/H. All participants left the workshop with some great ideas and information to invigorate their programs and students with when they return to school in the fall!



INVOLVED IN YOUR PROFESSION AND MAKING A DIFFERENCE? *By Karen J. Dowd, Ed.D.*

Dr. Karen Dowd currently serves as the Executive Director of the Florida Association for Health, Physical Education, Recreation, Dance and Sport. She has also served as President of AAHPERD. Dr. Dowd wrote the following article titled: "Involved in Your Profession and Making a Difference?"

For the sake of understanding, I will identify my ideas about KAHPERD levels of participation as **Connect**, **Engage**, **Impact** and **Invest**, and remember, it's all about *service, action, and influence*.

The first is **Connect**. As a dues-paying member you have already made a connection with KAHPERD and hopefully KAHPERD has connected with you. Since you are reading this column, you are assessing the KAHPERD Journal, yet another means of connection. Possibly you have gone to the KAHPERD web site at www.kahtperd.com and found valuable information, links, and ideas. Once again, a concrete connection was established between member and organization.

The next level is to **Engage**. According to Princeton University's 2003 WordNet, to *engage is, "to carry out or participate in an activity; be involved in."* To take their level of participation from a simple connection to **engagement** in KAHPERD, members might select from these types of activities:

Attend the Annual Conference, a Standards Workshop, or one of the many other KAHPERD workshops held throughout the state each year.

- Support friends or colleagues and attend an Opening General Session or Awards Program at the Annual Conference.
- Volunteer for a conference planning/work team to assist with registration, the logo shop, the exhibit hall, hospitality, or special events.
- Preside at a conference session.
- Nominate another member for an award or as a candidate for an office.
- Agree to be considered for a position of leadership on a ballot for office.

To further one's level of participation, service and influence, I refer to the next level of involvement in KAHPERD as **Impact**. As stated

by the American Heritage Dictionary of the English Language (2000), **impact** means "the power of making a strong, immediate impression." KAHPERD members have a myriad of options from which to select if they desire greater levels of participation so as to make an impact. Here are a few:

- Take to work with you each day *excellence, commitment, the latest information, and a passion* for what you do.
- Serve as an association officer...and leader.
- Submit a journal article...share your thoughts and ideas.
- Write a note of thanks, congratulations, appreciation or support to a KAHPERD member or colleague.
- Present a session at a conference or workshop.
- Secure door prizes for the Annual Conference.
- Represent the membership in legislative activities in Frankfort.
- Serve on a Committee.
- Coordinate a Jump Rope for Heart of Hoops for Heart event at your school or agency.
- Volunteer to serve as a KAHPERD delegate to Southern District or AAHPERD business sessions.
- Write a letter or make a personal contact with a legislator/congressman in response to a KAHPERD "Call to Action."
- Move to a higher level of participation...join the American Alliance, the College of Sports Medicine, the National Recreation and Parks Association, etc.
- Submit an article or report professional activities to your local newspaper.

The final step in the progression from simple membership to more extensive influence is called **Invest**, meaning to "spend or devote for future advantage or benefit" (Merriam-Webster's Dictionary of Law, 1996). To **invest** in KAHPERD is to contribute to your own future and that of the profession and organization. Examples of how a member might invest include:

- Speak with non-members to encourage their membership and participation in KAHPERD.
- Demonstrate long-term, on-going and active involvement in KAHPERD.
- Purchase the membership of a reluctant or financially limited potential member.
- Contribute emotionally, physically and financially to KAHPERD initiatives.
- Underwrite or partially fund the cost of a KAHPERD project dear to your heart.
- Identify KAHPERD among the documents related to the disbursement of your estate.
- Remain professionally active and vital after retirement.
- Endow a special scholarship in the name of a mentor, colleague, or family member.

Each of these enables you to "leave your mark" on the association...to *influence the direction and the distance your profession is able to go.*

To **connect**, to **engage**, to **impact**, to **invest** – each of us has a choice about our *level of service, action and influence* in KAHPERD. I am convinced that as our levels of participation expand, so do our friendships, our inner joy, our personal satisfaction and our sense of accomplishment.

I urge you to consider taking the next step, or leap if you wish, to greater involvement in KAHPERD and in your profession. It truly takes all of us to achieve our greatest potential, and you have an important role to play.

I encourage you to contact your KAHPERD State Office or your association President if you are interested in a greater level, large or small, of participation in your organization. I am certain that the officers and staff of KAHPERD eagerly anticipate hearing from you. As the age-old saying goes, "*If not you...who? If not now...when?*"

2012 KAHPERD Convention

**Sunday, November 11 –
Tuesday, November 13, 2012**

Galt House, Louisville, KY

BUILDING CHARACTER THROUGH SERVICE

Kentucky Association for Health, Physical Education, Recreation and Dance

SUNDAY, NOVEMBER 13-15, 2011 EMBASSY SUITES LEXINGTON, KY

Sunday, November 13

BOARD MEETING • Room Fayette • 5:00 – 6:00 pm

PRE-CONVENTION WORKSHOP • Room III • 6:30 – 9:30 pm

Program Review: What you need to know. Kentucky Department of Education

Monday, November 14

	ROOM I/II	ROOM III	ROOM IV	ROOM V	ROOM F	ROOM B	ROOM C	ROOM P
8:00-8:30 am	Using Literature for Creating Dance: stories by George Ella Lyon Deal	Do We Have To Run the Mile Today? Beigle & Erwin	Quick Feet Run: Increasing PA During Skill Practice Doering	Space Creation: Supporting PA in the Classroom Envir. Erwin	How Martin City MS Students Compare to Net Standards Boggs & Horn	Dealing with Difficult People Stillwell	Implic. of After School Prog on Obesity Prev in Afr. Amer Children Ickes	
9:00-9:30 am	How to Teach Intensity Zumba to MS & HS Classes Ford	Moving to Success Using Game Stages Young	Protect Yourself with KAPE Endicott	Assessments & Activities in Physical Education Wooten-Burnett	The Business of Personal Training Kalas	Marketing Your Sport Events with a "Stars" Approach Chen	Recog. Prev. & Man of CA-MRSA in School & Athletic Settings Fuchs	
10:00-10:50 am	Enhance Your Dance Lessons with Props McAdam	Set-up	Teaching Scientific Principles of Motion to Youngsters Doering	The 6 Quality Parts of a Physical Education Lesson Farmer	Teaching "Fitness for Life" in Your School Rutherford	To Play or Not to Play Wilson	Emotional Depend.: Contributors to Collegiate Wellness Lasslo & Larkin	Using Peer Tutors APE Mahlosky

GENERAL SESSION • JOKER PHILLIPS (UK FOOTBALL COACH) • Room III • 11:00 – 11:50 am

	ROOM I/II	ROOM III	ROOM IV	ROOM V	ROOM F	ROOM B	ROOM C	ROOM P
12:00-12:50 pm	Shoot, Score, Dance Downs	Take Down	Let's Move in Schools Beigle	Circuit Training Model for PE Activity Skills DeBella	Online Education: Fad or Failure? Hey	Becoming an Effective Athletic Director Sandy	School Gardens-Way to Grow! Elizabeth Pyle	Past President Lunch Room -> Bar Area
1:00-1:50 pm	Belly Dance for Fitness Cahil	Activities Your Kids Are Going To Love Stillwell	Motivating Physical Activity for Teenagers Hale	Spring Into Sport Stacking with Speed Stacks Speed Stacks	Prison-Based Exercise Testing & Training Probst & Cooper	To Mentor or Not to Mentor: That is the Question Gerken	Bullying Prevention & Intervention: What Works Varden	
2:00-2:50 pm	Swing Time: Physical Education Presentation Cox & LWU Students	Activities Your Kids Are Going To Love Stillwell (cont.)	Shake It Up Childress & Sims	Physical Education with WKU Students Pyle	The Function of a Sports Attorney Terry	Therapeutic Recreation in the Schools Gerken	Coordinated School Health: Does Your School Have... Arnold & Todd	
3:00-3:50 pm	Jump Rope for Heart Heines	Super Stars - Competition Esslinger	Activities for Middle School Students Jaeger			Adventure Programming Clark		Aqua Zumba Room -> Pool McMahan

DANCE GALA • Rooms I, II • Monday, 4:00 – 6:00 pm
CASINO NIGHT • Room I, II, III • Monday, 6:30 – 9:30 pm

Tuesday, November 15

	ROOM I/II	ROOM III	ROOM IV	ROOM V	ROOM F	ROOM B	ROOM C
8:00-8:50 am	A Dance for Each Month Sims & Stephenson	Fire Up, Push Up, Stack Up: Fitness Stacking with... Speedstacks	Moving to Success Teaching Locomotor Skills for Transfer Young	Pickleball for Everyone Dykes	Hospital-based Fitness & Wellness Brooke	Year-round Flexibility for Athletes Davis & Scott	Integrating Technology in Teaching Health Johnson-Leuze
9:00-9:50 am	Swing Time: Dance Presentation Cox & LWU Students	Using Heart Rate Monitors to Quantify PA Levels Crowhurst	TSEG Ball Van Bruggen	Making Every Minute Count: Increasing MVPA Mushkin	How to Design an Effective Ex Rx for HR Fitness Deaton	Event Management Downing	Save My Physical Education Program Miklavic
10:00-10:50 am	"Character is Cool" and So is Scholastics Robinson-Fisher	Set-up	Instant Activities in Elementary PE Hill	The Reading Connection Joining PE & Literacy Rhoads		Bluegrass State Games Johnson	A Comprehensive School PA Program Todd

GENERAL SESSION • SHELLIE PFOHL (PRESIDENT'S COUNCIL & LET'S MOVE Working Towards A Healthier America) • Room III • 11:00 – 11:50 am

	ROOM I/II	ROOM III	ROOM IV	ROOM V	ROOM F	ROOM B	ROOM C
12:00-12:50 pm	The Brain Dance: Learning it, Teaching it, & Using it to... Woodie	Banquet Prep	Putting "PHYSICAL" Back in Physical Education Beigle	SPARK UP Your Program Review Mushkin		Wilderness Rec. for At Risk Youth Behavior Change Cavalcante	

BANQUET • Room III • 1:00 – 2:30 pm

BOARD MEETING • Room C • 2:30 – 3:30 pm • All current or newly elected officers

Don't forget!

Pre-register to enter a drawing for
\$250 reimbursement
to attend AAHPERD or SD/AAHPERD!

Must be present to win!

(Must have email on registration form to be included in the drawing.)

PAST PRESIDENTS LUNCHEON

(invitation only)

12:00 pm – ??

**Embassy Suites Restaurant
Monday, November 14**

JUMP ROPE FOR HEART and HOOPS FOR HEART



Jump Rope for Heart
Joy Heines
joy.heines@jefferson.kyschools.us



Hoops for Heart
Bev Gass
bevgass@yahoo.com



AHA Representative
Lea Stammerman
lea.stammerman@heart.org

THANK YOU GIFT STRUCTURE!

Jump Rope For Heart

Prizes are Cumulative for Jump Events

Gift Level	Gift
\$5	Water Bottle
\$15	Jump Rope
\$40	Event T-shirt
\$65	Soccer Ball
\$125	Slam Shot Rocket
\$250	Cyber Fire
\$500	Squap
\$1,000+	E100 Razor Electric Scooter



Hoops For Heart

Please Note: The HFH thank you gift structure is cumulative for Levels 1-5 plus the gift in the respective level the participant reaches within Levels 6-10.

Gift Level	Gift
\$5	Water Bottle
\$15	Rebound Ball
\$40	Event T-shirt
\$65	Exclusive HFH Basketball
\$125	Zcurve
\$250	Sureshot Fireball
\$500	Squap
\$1,000+	E100 Razor Electric Scooter



Lea Stammerman, Youth Market Director,
American Heart Association, Kentuckiana Metro

Look who's retiring...

It is with mixed emotions we are celebrating the retirement of Bev Gass. Bev has taught Physical Education for 45 years in Jefferson County Public and Catholic Schools.

Around 1994, Bev took on the "New Program" role started by AAHPERD. Lonnie Davis, KAHPERD Executive Director, was very happy to mention that Bev Gass was the first President he worked with as Ex. Director. She was KAHPERD President in 1997 and the KAHPERD Convention was in Bowling Green that year.

Bev has been involved with the American Heart Association's Service and Wellness programs called Jump Rope and Hoops for Heart for 21 years! Her best friend Joy Heines said she is dedicated to the fight against heart disease and stroke since it took her own father's life in 1980. She has been such a gift to American Heart Association and a joy to work with. Her years of services and leadership over these programs have raised over \$179,700 for research advancement and education against Heart Disease and Stroke. She believes that children need to be active and the Jump and Hoops programs have been a constant part of her wonderful Physical Education programs.

Bev Gass is a role model and leader in her community through involvement with Special Olympics, YMCA Youth Soccer and her Brownie Girl Scout troop. She loves teaching children of all ages and she will be missed in the gym. We all love her and wish her the best of luck.

**Come one, come all, to KAHPERD'S
Casino Night. Good times, dancing,
and food for all. Prizes will be awarded
to the "BIG" winners of the evening.
Join us for a great social gathering.
The fun starts at 6:00 pm.**

'LOG IT' Is a Step Toward Fitness <http://www.addthis.com/bookmark.php>

When PE Central launched the site LOG IT to encourage kids to be more active and record their daily steps, the program was its first designed specifically for student use. But students weren't the only ones to respond! Now in its tenth year, thousands of registered users have logged millions of miles and improved their activity and fitness while virtually hiking around the country. Healthy competitions have formed between classes in different countries that have even blossomed into long-distance friendships. Included: PE Central's executive director, Mark Manross, tells teachers and others how to put their best foot forward with LOG IT!

LOG IT started in 2001 when pedometers were first getting popular. The staff at PE Central got a couple to use and after seeing how motivational they were for us, we figured they must work wonders for kids!" recalls Mark Manross, PE Central's executive director. "We wanted to build a program that allowed kids to go online and have a fun experience logging their physical activity steps with their pedometer."

Until that point, PE Central had been visited primarily by teachers. LOG IT was the first program on the site to be constructed directly for kids. The geography component of "walking around the USA" to reach state capitals was added to enhance the learning experience for the students.

Teachers use the program in a variety of ways to help motivate their kids to become more physically active," Manross reports. "Many teachers use it in conjunction with their walking or running program either before or after school. The kids will run for a period of time and then log their steps at a computer at school, or they can go home to log their steps."

Some educators distribute pedometers in physical education classes. Students log their steps daily, and the teacher tracks their progress in the gymnasium on a replica of LOG IT's online map of the United States. Students enjoy joining in challenges with other classes and with teachers in a LOG IT Challenge walk. Teachers from outside the U.S. have challenged American classes, and the relationship has evolved into a pen pal exchange.

One teacher's 101 students have been logging their physical activity since last February, and they have nearly completed their 10,000-mile journey around the country. Staff and parents have also become involved, and the principal is so enthusiastic about the project that a whole-school assembly is planned for the final day. The final steps will be logged through a laptop and projected on a big screen for all to see. No one will miss the moment when they reach the last state capital and the site goes into what Manross calls "fireworks mode."

STEPPING OUT

Step Out With LOG IT

PE Central's LOG IT Web site is designed to promote physical activity among students. Want to get your students moving? The first step, says Mark Manross, is to sign up as a teacher and then register as a student to get the "feel" of the program. It's wise to learn the ropes before registering hundreds of kids. In just a few days, you'll be prepared to share the program with others.

"See if you can find a volunteer to help register your kids, as typing for younger kids is time consuming," advises Manross. "The most difficult thing about the program is getting the students registered so they have a username and password to access the site."

Next, select the state capital that will be your starting point and choose the direction you will travel around the USA to set up your class hike.

"It is important to note that this program is not set up to have teachers log class steps. There is a 25,000 step/12.5 mile limit per day that you can enter for a student," Manross pointed out. "Therefore, you have to get each child to register and log steps or miles on his or her own, or you can do it for the students under your teacher account."

While pedometers can be very motivating, it isn't necessary to own a pedometer to take part in LOG IT. Miles can be logged instead of steps.

"We have a number of parent and home school groups who sign up and use the program since it is not just for teachers," he added. "Some physicians are using the program as an intervention to help motivate patients to

become more physically active."

In fact, in its nine years of operation, LOG IT has accumulated 245,000 registrants – 148,000 students and 17,000 teachers, plus many others. The registered users have averaged approximately one million miles each year, with a high of 1.3 million logged in 2007. Manross believes that the site's interdisciplinary approach and flexibility make it highly valued by classroom teachers.

"LOG IT is visually attractive and fun for kids. They like the graphics," he observed. "Kids and teachers can use the program from any place they can get Internet access. They don't just have to log in at school and use it. Therefore, after they graduate from a grade or a school, they can use it for the rest of their lives."

"LOGGING IT" ABROAD

LOG IT won over Diane Cramer when it inspired one of her less coordinated students who lacked muscle strength. Taking part in LOG IT gave him so much confidence that he eventually began a walking program and started running.

A physical education teacher who has worked most often with schools overseas, Cramer first used LOG IT at The American Community School in Abu Dhabi (United Arab Emirates) and then at The American Cooperative School in La Paz, Bolivia. The program came along at the perfect time; she had just received a shipment of pedometers and was searching for an excellent way to implement them.

"My students wore the pedometers during every PE class except when we had swimming and gymnastic units. At the end of each class, each student recorded his or her steps," Cramer recalled.

Students enjoyed LOG IT so much that their parents became excited about the program and expressed a desire to participate, and Cramer began to sell pedometers at school. Some students wanted to own the devices and use them 24 hours a day.

"After approximately 2-3 weeks into the year, it was time for my students to write their yearly PE goals," shared Cramer. "I am a firm believer

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'LOG IT' Is a Step Toward Fitness *continued from page 11*

in goals. Many students wrote goals connected with LOG IT. Some had goals for steps in class; others had weekly or semester goals of distances."

Some students selected goals related to obtaining a "foot award." During monthly assemblies, Cramer distributed the "foot awards" to students who had logged more than 150 miles. Because their steps were easily accessed through LOG IT, it was a simple matter to determine which participants deserved this recognition.

Cramer made maps for her classes and tracked the progress that they made on their LOG IT hikes. Each grade level began at a different state capital. Most teachers displayed a picture or information about each state as the students traveled virtually through it.

"It was brilliant when LOG IT set up the challenges with other schools. Many of my classes challenged schools in the USA," Cramer explained. "I involved the homeroom teachers in this project. The teachers would even let students enter their steps on the class computer. (Not all students had a home computer.) With the help of the homeroom teacher, we would write letters to the classes in the USA. Some classes even exchanged small gifts."

Administrators supported Cramer's efforts by approving pool parties for students when they won competitions with other classes. Even after challenges were completed, the students' excitement for LOG IT did not wane.

"My students continued to strive to increase the number of steps they could make both in class and outside of class, and all my students kept striving to earn a foot award," she added.

MILES IN MISSOURI

"LOG IT is a great program for elementary kids," says Amy Morrison. "They really enjoy watching their progress. We had approximately 50 students, parents, and teachers who purchased pedometers so they could be even more active with this program. It really promoted exercise outside the school day."

While teaching physical education at Holden Elementary School in Missouri, Morrison used

LOG IT in conjunction with a "toe token" walking program. The students earned toe tokens—small plastic feet—for the miles they recorded through the Web site.

"LOG IT was a way to encourage the kids to walk even more," stated Morrison. "We used it

during the winter. We met at school and walked the hallways with pedometers. At the end of the evening, the kids went into the computer lab and recorded their LOG IT miles."

Morrison tracked the total school mileage on

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IN MEMORIAM

By June P. Robinson, Necrologist



Dr. Bradford Church Blunt, 39, peacefully passed away in his home on Thursday afternoon, March 3, 2011. Brad is survived by his wife of 14 years, Gina Heasley Blunt, and their 3-year-old son, Maddox Liam Blunt. Brad was the son of Geoffrey and Nettie Blunt of Ten Mile, Tennessee, and the older brother of Adrienne Roderiques (her

husband Shawn and their two children Sarah and Ty) of Knoxville, Tennessee. Growing up in Auburndale, Florida, Brad and Gina met in high school and were married after college in 1996.

Brad earned a PhD in Physiology from the University of Tennessee Health Science Center. His most recent career highlights led him to serving as a post-doctoral research scientist at the University of Kentucky prior to joining Gina at Morehead State University. As the associate director of Institutional Research, Brad's loyalty and integrity in research were incredibly noteworthy.

In addition to his brilliance, Brad was down to earth and great fun to be around. Brad and Gina's annual vacations included rock climbing trips to beautiful locations across the entire United States. On weekends, the couple joined their friends for climbing adventures in popular places such as the Red River Gorge and Horse Pens 40. Brad was also a very accomplished guitarist; playing music was a big part of his life. He played in several bands during his youth and continued to enjoy the guitar as a creative outlet.

Brad would whole-heartedly agree that he and Gina's greatest accomplishment was welcoming Max into their lives. "Daddy" and Max were able to spend valuable, precious time together. Brad loved his beautiful son with all of his being.

Info from the Northcuttandson.com



John M. Deck, Sr., 81, passed away peacefully at his home on Tuesday, March 22, 2011. He was a member of the American College of Sports Medicine and the American Alliance for Health, Physical Education & Recreation. As Professor Emeritus at Eastern Kentucky University, where

he was beloved by students and faculty alike, Dr. Deck served as Chairman in the Department of Health, Physical Education & Recreation until his retirement in 1991. He also actively served the Southern District Assoc. for Health, Physical Education & Recreation and the Kentucky Assoc. for Health, Physical Education & Recreation. Dr. Deck completed his Ph.D., Master of Science, and Director of Education degrees at Indiana University in Bloomington, Indiana. Before completing his Ph.D., Dr. Deck earned a Director of Education degree with an emphasis in psychology, an area he astutely applied within his physical education field to help pioneer what is now known as Sports Psychology for which he served on various state and national Boards of Directors. An author and presenter of numerous professional articles and texts, he further specialized in kinesiology and helped to bring ECU's Department of Health, Physical Education & Recreation to national prominence. Later, his love of coaching found him at the University of South Carolina in Columbia where he was named Assistant Head Football Coach in the early 1960s during which the USC Gamecocks enjoyed noted success, all the while serving as an Assistant Professor

in the Department of Physical Education. In 1965, Dr. Deck decided to dedicate his career exclusively to collegiate academics and joined ECU's Department of Health, Physical Education & Recreation as an Associate Professor.

Info from www.orkyfh.com

Please send information regarding deceased KAHPERD members to june.robinson@kysu.edu, so they may be honored by KAHPERD.

'LOG IT' Is a Step Toward Fitness *continued from page 12*

a large map in a display case. She used red yarn to follow their route on the U.S. map and created a scoreboard with a running tally of the students' progress. She also posted spreadsheets that charted personal progress.

"I even sent out email encouragement," Morrison remembered. "On our evening walks, parents and siblings joined our exercise efforts. It was a great family time."

Morrison knew that the message of fitness had "hit home" when her students stopped her to check the pedometer that she wore during school hours to see how many steps she had taken!

FIGHTING THE OBESITY EPIDEMIC

Stretching beyond the school setting, LOG IT has inspired homeschoolers, boys and girls clubs, and YMCA groups. For Manross, the most surprising aspect of the program has been its varied audience. As he expected, physical

education teachers have embraced the site, as well as some classroom teachers, but he didn't anticipate that so many other organizations, parents, and businesses would enjoy or use the site and that it would meet their needs.

A parent shared that LOG IT became a "religious experience" for her 14-year-old son who had a heart condition. Although unable to participate in many physical education activities, he was able to log steps through the site. If he didn't achieve 11,000 steps a day, the boy walked laps in his living room in order to "see more red" on the map. According to his mother, LOG IT gave him a chance to feel "normal."

One clinic in Florida used the site in school-based wellness intervention programs and to record the steps of kids who were engaged in pedometer use. It inspired competition among parents and children. An elementary teacher single-handedly completed the walk

around the country and persuaded fellow staff members to wear pedometers and hold a group competition. A physical education teacher stated that, although he likes to teach with different approaches each year, LOG IT returned by popular demand. Teachers and students required it. Even bus drivers joined in the project.

"We are so grateful to everyone who has signed up and successfully motivated students to be more physically active," Manross told Education World. "We think it is a great program to help solve this obesity crisis which is so prevalent in today's society. This program shows that you can have fun being physically active and learn a lot, too."

*Article by Cara Bafle, Education World®
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Originally published 01/31/2011*

More Summer Workshop 2011 - Florence Elementary



At a Kentucky Department of Education Board meeting this past fall, there was discussion regarding including World Languages to the program review as a part of the new school/district accountability model. A proposal was presented by the Kentucky Department of Education to either include the World Languages program review as part of the Arts and Humanities program review or as a separate program review for World Languages. **KAHPERD was a signing member** of a letter sent to The Kentucky Board of Education before the February 2011 board meeting to support the assertion of Arts and Humanities that embedding World Languages in the Arts and Humanities program review was not in the best interest of Kentucky students. Keep in mind that dance has the distinct characteristic of being in two areas: Arts and Humanities and Practical Living, so the decision to embed World Languages in Arts and Humanities may have an impact on physical education teachers. At last date, it is understood that the Board of Education is continuing to consider the future of World Languages and its placement in the Program Review. The KAHPERD executive board will continue to follow the developments of the Program Review and continue to offer current information, workshops, and pre-convention sessions regarding the Program Review as they become available.

Call for Nominations – Officers

Be a part of the KAHPERD/Southern District Convention planning team by running for election on the KAHPERD board! **Qualifications** – Nominees must: (1) be a member of KAHPERD for **three years** or more; (2) assume the duties/responsibilities of the office; and (3) 3-year commitment for President, 2-year for Vice-Presidents, Board Members-at-Large and Section Chairs (one board meeting the evening prior to the convention, one board meeting immediately following the convention, and three board meetings that are not held in conjunction with the convention — held on Saturdays throughout the year and include one Leadership Workshop in January, one spring board meeting, and one summer board meeting). Any member of KAHPERD may submit nominees for the following offices by sending the names to the address on the bottom of this form. Reproduce this form as needed.

President (candidates for 2012 must be male)

Name: _____

Address: _____

Email: _____

VP Physical Education

Name: _____

Address: _____

Email: _____

VP General

Name: _____

Address: _____

Email: _____

VP Dance

Name: _____

Address: _____

Email: _____

VP Health

Name: _____

Address: _____

Email: _____

Section Chairs within the General and Physical Education Divisions

☐ Recreation ☐ Research ☐ Sport Mgmt.

☐ Coaching ☐ Exercise Physiology

Name: _____

Address: _____

Email: _____

☐ Elementary ☐ Secondary ☐ Adapted

Name: _____

Address: _____

Email: _____

☐ Board Member At-Large East of I-65

Name: _____

Address: _____

Email: _____

☐ Board Member At-Large West of I-65

Name: _____

Address: _____

Email: _____

Nominated by: Name: _____

Address: _____

Phone: _____

Email: _____

Send to:

Jenny Dearden

200E Laughlin Building, Morehead State University • Morehead, KY 40351
Phone: 606-783-2467 • Fax: 606-783-5058 • j.dearden@moreheadstate.edu

DEADLINE – September 1, 2011

AHA RUN / WALK

Sunday, Nov. 13 • 3:00 pm



KAHPERD members, come and join us for our second annual 5K race/walk that will take place Sunday, November 13th at 3:00pm. This year's race will aid the American Heart Association's efforts to combat heart disease. The race route will begin and end adjacent to the Embassy Suites convention site located in Lexington. Registration can be done through John's Run Walk Shop, the KAHPERD web site under the pre-convention choices, and through flyers to be handed out to various groups. The registration fee is \$20 through November 10th through race day on the 13th. A race shirt will be included in the cost and awards for age groups will "sweeten" the pot for those running against the clock. We would like your help in passing this information along to individuals who may be interested in this area of giving toward AHA. A big pat on the back goes to Heather Adams-Blair for her efforts in coordinating this work with the Exercise and Sport Science Association, students from Eastern Kentucky University and with John's Run/Walk Shop to insure that this event will be a successful one. Thanks in advance for your help in this regard.

CASINO NIGHT

**FREE FUNFEST, DANCING,
& FOOD FOR ALL.
PRIZES WILL BE AWARDED
JOIN US 6 – 9 p.m.**

KAHPERD HONOR AWARDS NOMINATIONS

Mustaine Award – This is the highest honor that KAHPERD bestows. The recipient should have been recognized at some earlier date. It should be an award of great honor and the person must be carefully chosen.

Life Member Award – This is awarded to someone who has had a long period of service (at least ten years) or who may have retired. It recognizes distinguished service to the profession.

Distinguished Service Award – This is awarded to members of KAHPERD in recognition of meritorious service over an extended number of years.

Merit Award – This is awarded to members and non-members of KAHPERD. It is to recognize merit in the fields of HPERD and fields of allied interests. It may be presented to persons, schools or institutions/corporations.

Date Submitted: ____/____/____

Your Name: _____

Address: _____

City/Zip: _____

Phone: _____

Email: _____

Nominee Name: _____

Nominee Address: _____

Nominee Phone: (work) _____

(home) _____

Justification for the Award: For the committee to consider the nominee we **MUST** have one **FULL typewritten page** of specific information that justifies why this person is deserving of the award.

Mail completed information to:

Sue Banister

530 Iroquois Drive • Bowling Green, KY 42103 • sue.banister@insightbb.com

Online forms are available at kahperd.com under Honor Awards.

**All Nominations must be received
by September 1, 2011**

Note: It is possible that every category will not be awarded each year.

KAHPERD SPECIAL AWARDS

PROFESSIONAL AWARDS

- ____ Elementary Physical Educator (K-6) ____ Health Educator (K-12)
____ College/University Physical Educator ____ Recreator of the Year
____ Health Educator College/University ____ Middle/Secondary Physical Educator (7-12)
____ Dance Educator of the Year

COLLEGE/UNIVERSITY STUDENT AWARDS

- ____ Health Student ____ Recreation Student ____ Physical Education Student

Information on the Nominee:

Name _____

Address _____

City/State/Zip _____

Email _____

Justification for the award must be submitted along with this form. Check out kahperd.com for complete instructions.

Individuals nominated for the above Special Awards should exhibit outstanding qualities in their respective area.

Name of person nominating: _____

Phone _____

Email _____

Please refer to the KAHPERD website for complete instructions on the nomination process for special awards. www.kahperd.com


Nominations should be sent to:

Sue Banister

530 Iroquois Drive • Bowling Green, KY 42103 • sue.banister@insightbb.com

Note: It is possible that every category will not be awarded each year.

Nominations are due on or before September 1, 2011



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Before investing in a mutual fund, consider its investment objectives, risks, charges and expenses carefully. The prospectus, which contains this and other information about the mutual fund, can be obtained by contacting Legend Equities Corporation. Please read the prospectus carefully before you invest or send money.

KAHPERD Pre-Registration Form

Failure to pre-register will result in the loss of your chance to win a \$250 reimbursement with the Exhibitors or SD/AAHPERD

Register at www.KAHPERD.com - KAHPERD accepts credit cards through PayPal

Name (last) _____ (first) _____ (initial) _____
 Home Address _____
 City _____ State _____ Zip _____
 School/Organization _____
 School/Organization address _____
 Phone (home) _____ (work) _____
 E-Mail (required) _____
BADGE INFORMATION / Name you wish on your badge: _____
 School or Organization: _____ City: _____

KAHPERD MEMBERSHIP (Must be current member to register for the convention)

New _____ Renewal _____
 Professional _____ \$35.00
 JRFH/HFH (Must have sponsored 10-11 school event) _____ NC
 Student _____ \$15.00
 Retired _____ \$20.00

PRE-CONVENTION WORKSHOPS • Sunday, November 13, 2011 • 6:30-9:30 PM

I want to register for the Pre-Convention Workshop Only _____ \$35.00
 AHA 5K Run/Walk _____ \$20.00
 Age on Race Day: _____ Gender: _____ T-Shirt Size: (please circle one) ADULT - S M L XL XXL
 (KAHPERD membership is not required when attending Sunday workshop or AHA Run/Walk.)

CONVENTION REGISTRATION (JRFH members MUST pay convention registration fees)

Professional _____ prior to November 7, \$95.00
 Professional _____ after November 7, \$115.00
 (Professionals should pick-up their banquet ticket from Executive Director Davis.)
 Students _____ prior to November 7, \$20.00
 Students _____ after November 7, \$30.00
 Additional Awards Banquet Tickets (Professional) _____ \$30.00
 Retired _____ \$20.00
 Awards Luncheon Ticket (Student) _____ \$15.00
 Convention Proceedings (CD) _____ \$15.00
 Monday Only _____ \$60.00
TOTAL _____

Please check if attending Sunday night 7:00-9:00 pm pre-convention workshop.

Check or Money Order will only be accepted. (No Purchase Orders Please!)

Mail to: Lonnie Davis, KAHPERD Executive Director • 546 Gingermill Lane, Lexington, KY 40509

MUST BE POSTMARKED ON OR BEFORE NOVEMBER 7 FOR PRE-REGISTRATION OR [WWW.KAHPERD.COM](http://www.KAHPERD.com)

You must pre-register to be entered in the \$250 drawing to attend AAHPERD OR SOUTHERN DISTRICT AAHPERD.



Dr. Lonnie Davis, Executive Director
 546 Gingermill Lane
 Lexington, KY 40509

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"KAHPERD NEWSLETTER" is an official publication of the Kentucky Association for Health, Physical Education, Recreation and Dance.

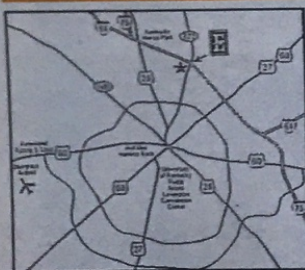
Editor:

Cheryl Harlow

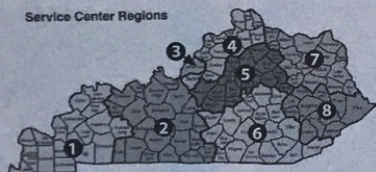
872 Pig Road • Smith Grove, KY 42171-8817 • charlow@windstream.net

DATES FOR SUBMITTING MATERIAL FOR PUBLICATION:

Fall Issue: **May 15** Spring Issue: **December 15**



Service Center Regions



Mail / Phone / Fax directly to the EMBASSY SUITES HOTEL

1801 Newtown Pike, Lexington, KY 40511 • 859-455-5000 (Direct) 1-800-363-2779 (Toll Free)

859-455-5001 (Fax) or www.KAHPERD.com

KAHPERD Annual Convention • November 13-15, 2011

CONVENTION RATE: \$109 Single or Double or Triple or Quad (Identify yourself as a KAHPERD member)

Deadline for special rate is October 25, 2011

Rate includes evening managers reception & Full Breakfast Daily

Name _____
 Address _____
 City _____ State _____ Zip _____
 Daytime Phone Number _____
 Sharing room with _____
 No. of persons _____ Arrival date _____ Departure Date _____

Check in time is 3:00 p.m. • Check out time is Noon

Accommodations will not be confirmed without a check for the first night's deposit or use your credit card to guarantee your reservation. You will be charged for the first night if reservations are not cancelled 48 hours prior to arrival.

☐ Amex ☐ Visa ☐ Mastercard ☐ Discover Card ☐ Advanced Deposit

Credit Card # _____ Exp. Date _____

Please check preferred accommodations

	Single \$109 (1 person)	Double \$109 (2 persons)	Triple \$109 (3 persons)	Quad \$109 (4 persons)
1 King Bed	_____	_____	_____	_____
2 Double Beds	_____	_____	_____	_____

☐ Smoking
☐ Non-Smoking

Special Requests: _____

(Mail / Phone / Fax directly to EMBASSY SUITES HOTEL)