



IAHPERD NEWSLETTER

A publication of the Iowa Association
for Health, Physical Education, Recreation and Dance
Back to School Edition • Fall 2017

A Message from the President ...

As we begin the start of a new school year, I wanted to welcome you all back for another great year. I am excited about the work IAHPERD has done this year and look forward to continuing the work as we move into the 2017-18 school year. With that being said, I wanted to do a quick update to what has been going on. We have spent the spring working to advocate for health and physical education at both the state and national level. We had four individuals from the state of Iowa who went to Speak Out Day in Washington, D.C. to meet with our leaders there. We also have continued to work on collaborating with the American Heart Association's Governmental Affairs to build relationships to help us advocate at the state level and push to be a part of ESSA. In continuing with that partnership, we spent a day at the School Administrators of Iowa conference speaking to administrators across the state about the value of physical education and health.

We continue to work on our State Solution with IHT and have begun collecting data from those teachers involved in our first round. The data we are collecting is exciting for the state! We will be sending out more

information regarding a second round of applications, so keep watching your email for details.

The Leadership Council has been working this spring on getting our new structure up and functioning, so we are always looking for individuals looking to get involved and serve in some capacity. We have continued to work on growing our membership and will continue to do this moving forward. We also will have a fall workshop Oct. 15, so get the date on your calendar.

I continue to strive to create an atmosphere of learning, leading, and advocating. As we move into the new school year, please be that learner, leader and advocate at your school. Speak up for our profession, encourage colleagues to become a member, and seek opportunities to become involved in IAHPERD. It takes each and every one of us to make Iowa physical education and health a priority and to create quality physical education across the state. Let's do this together because we CAN! I am excited to continue to lead us forward and look forward to doing it with each and every one of you.

Sincerely,

Jodi Larson, President (jodiiowaahperd@gmail.com)

Follow us: Twitter @iowaahperd; Website: <http://www.iowaahperd.org>

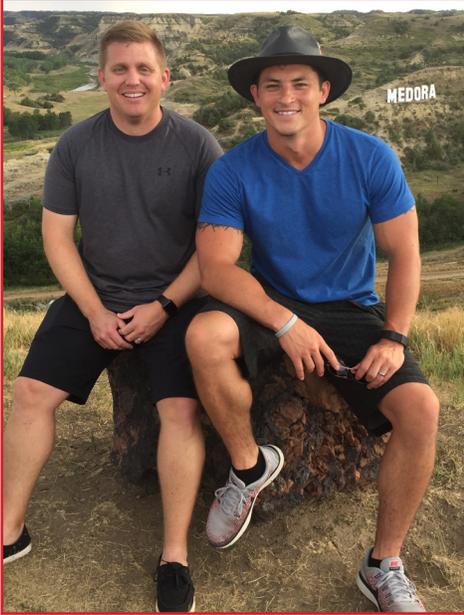
Register now for Oct. 15 workshop

Registration for the Fall 2017 IAHPERD Workshop is now open at www.iowaahperd.org. The workshop will be held Sun., Oct. 15 at Valley High School, West Des Moines.

Matt Pomeroy, Merton Intermediate, Wis., PHYSEDagogy Contributor, WHPE Board of Directors, and, Andy Milne, New Trier High School, Ill., the 2017 SHAPE America Health Teacher of the Year, will be featured speakers.

Cost is \$15, pre-registration (\$25 for non-members). A \$20 walk-up registration will be accepted the day of the conference.

The 2018 SHAPE American Central District Conference is being held at the Sanford Sports Complex in Sioux Falls, S.D. Jan. 25 - 27, 2018. More information is available at: <http://www.shapeamerica.org/about/districts/central/conference.cfm>.



LEFT, Leadership Council’s Chris Amundson and President-Elect Joe Burch traveled to Medora, N.D., for the SHAPE America Central District Scherrer Leadership Summit July 15-17. The summit provided time to work on Iowa AHPERD action plans for the upcoming year and networking with other Central District leaders.

RIGHT, President Jodi Larson, President-Elect Joe Burch, Past President Ben Robison and Past President Jennifer Peterson traveled to Washington, D.C. April 26-27 for SPEAK Out! Day 2017.



IAHPERD announces scholarship recipients

The Iowa Association of Health, Physical Education, Recreation and Dance (IAHPERD) is proud to announce the scholarship winners for the 2017-2018 academic year. IAHPERD is a professional, non-profit organization whose mission is to provide leadership and support for the enhancement of movement, leisure and health-related programs central to healthy, active lifestyles and lifelong learning. IAHPERD annually recognizes outstanding future professionals by awarding a \$1,000 scholarship to two students attending an Iowa college or university. The recipient of the scholarships must be planning to enter the physical education, health, recreation or dance profession. The recipients must be of at least sophomore standing, enrolled in an Iowa college or university and maintain high academic standards within the classroom. The future professionals are also involved in student activities and professional organizations.

Congratulations go out to the recipient of the IAHPERD Scholarships for the upcoming academic year. The award winners for the academic year 2017-18 are Caitlyn Welch, Iowa Wesleyan College, and Chad Jamison, University of Northern Iowa.

Welch is from Braidwood, Ill., and is a senior currently studying to become a physical education teacher with an endorsement in health and coaching. She participates in basketball and has been involved with basketball camps and extracurricular activities on

campus. Welch is passionate about fitness and feels that a strong work ethic and responsibility to others are the two most important characteristics for success. She is impacting lives of youth by working at the water park near her hometown. She plans to strive to improve the lives of children to instill core life values and wants to teach in the great state of Iowa.

Jamison is from Nevada, Iowa, and is a senior currently studying to become a physical education teacher with an endorsement in health and coach. He has participated in numerous state, district and national conventions and workshops. He has organized and conducted many club events for Boys and Girls Clubs, activities for an elementary school, and youth running and games activities. Jamison is passionate about making a difference in the lives of his students. He was very proud and deserving to be named the UNI “PE Major of the Year” for this coming school year. He also plans to teach in the great state of Iowa.

IAHPERD is proud to recognize Welch and Jamison as outstanding future professionals, who uphold and practice the mission of IAHPERD, with their past accomplishments and future goals within the disciplines of health, physical education, recreation, dance and sport.

Bob Nutgrass, Scholarship Chair
Past President, IAHPERD

Burch, Lehman attend 2017 SAM-LDC Summer Conference

Each year SHAPE America hosts a SAM-LDC Conference for state executive directors and president-elects. SAM: Society for Association Management and LDC: Leadership Development Conference is an opportunity for leaders from each state to get together to learn, network, and share what works for their state.

This June, President-Elect Joe Burch and I traveled to Albuquerque, N.M. to participate in the conference. Sessions included Leadership 101 that reminded us you have to be committed to your organization to have success, to set goals and check them often, and to remember, it's all about building relationships.

Throughout the two days, Joe had the chance to be in sessions with other president-elects where he gained information on how to run an effective meeting, what type of leader he can be and challenges of leadership. While Joe was in his sessions, I worked with other executive directors on the bylaws, round table discus-

sions by states of similar size about state conventions, membership recruitment and grassroots advocacy.

One piece of information shared with us from SHAPE America CEO Judy Young was from the American Heart Association and Jump/Hoops for Heart. IAHPERD will receive 28-35% less from AHA this year due to a decrease in school participation in these two events. The funding we receive from AHA directly helps with our operating budget. It becomes important for all of us to consider participating in a Jump or Hoops event to help both the American Heart Association and IAHPERD.

The conference was only two days, but during that time, we both made new friendships, gained valuable resources for IAHPERD and developed a network across the country.

Jan Grenko Lehman
IAHPERD Co-Executive Director

Recognition and Awards

I would encourage all of our members to take a look at all the awards at the Central District and National levels (SHAPE America). We would love to see more Iowa educators and friends of education nominated for these awards, so please consider nominating a deserving teacher, administrator, or even community member/business where applicable. Here are the links to find more information:

Central District - <http://www.shapeamerica.org/about/districts/central/awards.cfm>
SHAPE America - <http://www.shapeamerica.org/recognition/awards/index-old.cfm>

At the state level, be on the lookout this fall when we announce our IAHPERD award winners for the 2017-2018 school year. Once again, congratulations goes out to our past winners from the 2016-2017 school year:

- ELEMENTARY TEACHER OF THE YEAR - Justin Wiese, Pleasant Valley
- MIDDLE SCHOOL TEACHER OF THE YEAR - Cindy Hutcheson, Cedar Rapids
- HIGH SCHOOL TEACHER OF THE YEAR - Abby Goodlaxson, Okoboji (also Central District winner)
 - HONOR AWARD - Valerie Unkrich, Iowa Wesleyan University
- DISTINGUISHED SERVICE - Bev Brown, Interactive Health Technologies and Jay Gunnels, retired
 - STEVE FRANCE AWARD - Mike Sinram, retired

Nominations for the 2018-2019 IAHPERD state level awards will be accepted Jan. 1, 2018 - May 31, 2018. You may visit the following link to our website for more information: <http://www.iowaahperd.org/awards.html>.

Jen Neubauer
IAHPERD Recognition & Awards Chairperson



IAHPERD \$1,000.00 Scholarship!

The Iowa Association of Health, Physical Education, Recreation and Dance is offering two- \$1,000 scholarships to undergraduate students for the 2017- 2018 school year.

Requirements: The applicants must be undergraduate students who are planning to enter the Physical Education, Health (non-medical), Recreation, or Dance profession. Applicants must be at least a sophomore and enrolled in an Iowa college/university. The students should have a current GPA of at least 2.5 and be involved in student activities, professional organizations **and** be a member of IAHPERD. Application and other supporting materials (to include rationale of why you are wanting the financial support and three letters of recommendation) ***must be postmarked no later than April 6, 2018.***

The \$1,000 will be sent to the school's business office in the recipient's name in the fall of his/her junior or senior year. The award is for one year only, although scholarship recipients may apply for the scholarship the following year. **Recipients may change schools as long as the school is in Iowa.** See your advisor (or department head) for an application form.

Student membership information may be obtained from:

Jessy Smith, jessbibler@gmail.com, 6356 110th Ave, Storm Lake, IA, 50588 and 712-229-5687

For additional information please contact:

Bob Nutgrass
IAHPERD Scholarship Chairperson
Simpson College, Johnson Fitness Center 109
701 North C Street
Indianola, Iowa 50125
515-961-1678
E-mail - bob.nutgrass@simpson.edu

Deadline is April 6, 2018.

IAHPERD
IOWA ASSOCIATION FOR
HEALTH – PHYSICAL EDUCATION – RECREATION – DANCE
Scholarship Application Form

Requirements: The applicant must be an undergraduate student who is planning to enter the Physical Education, Health (non-medical), Recreation, or Dance profession. Applicant must be of a least a sophomore standing, enrolled in an Iowa college or university and have a current GPA of at least 2.5. The student should be involved in student activities and professional organizations **and be a member of IAHPERD.**

Application deadline is April 6, 2018.

Personal Data

Name _____
(Last) (First) (College) (Year in School)

Home Address _____
(Street) (City) (State) (Zip) (Telephone)

College Address _____
(Street) (City) (State) (Zip) (Telephone)

Major: _____ Minor: _____ E-mail: _____

Student ID Number: _____ Social Security Number: _____

Expected semester and year of graduation: _____

Activities: List college and community organizations and activities, including volunteer services.

| | |
|---------------|-----------------------|
| Organization: | Dates of Involvement: |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

****Are you currently a member of IAHPERD?** _____ Other Professional Organizations? (List each)

| | |
|--|----------------|
| Honors: List any honors which you have received. | Date Received: |
| Honor: | |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

Employment: List any full or part time work experience you have had during the past three years.

| | | | |
|-------|---------|-------------|--------|
| Type: | Agency: | Hours/Week: | Dates: |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

(OVER)

SCHOLARSHIPS, GRANTS, WORK STUDY, LOANS, ETC: List each of these awards which you are currently receiving.
Title: _____ Amount: _____ Mo./Year of Expiration: _____

Financial Need: Estimate percentages of these categories from which you receive money.

_____ Parents _____ Employment or other self supporting means
_____ Grants, Scholarship, etc. _____ Other Considerations (Specify): _____
_____ Loan(s)

How many siblings are presently in college or will be in college next year? _____

If you are awarded a scholarship, what is the name **and** address of your Hometown Newspaper(s) where the announcement should be sent? Name (s) _____

Address(es): _____

Name and address of Principal and High School from which you graduated:

Supporting Material – To be considered, all applicants must also submit the following:

1. Letter written by you, stating clearly your qualifications for the scholarship for which you are applying. In this letter, describe your plans for a career in your specific area of interest. (Health education, recreation, physical education, dance, intramural, athletic training, or other).
2. Official transcript of college credits.
3. Three letters of recommendation. One from a major professor, another from a member of the faculty other than the major department, and one from a source not associated with your college/university.

I hereby certify that the information completed is accurate to the best of my knowledge and authorize the Scholarship committee to use and reprint any information stated above as they deem necessary for the scholarship determination.

Signature _____ **Date:** _____

This application form must be filled out in full and mailed by the applicant with attached letter, transcript, and the three letters of recommendation to:

Bob Nutgrass
IAHPERD Scholarship Chair
Johnson Fitness Center 109
Simpson College
701 North C St.
Indianola, IA 50125

515/961-1678; E-mail: bob.nutgrass@simpson.edu

This application and other supporting materials must be postmarked no later than **April 6, 2018.**

**Membership Chair- Jessy Smith, 6356 110th Ave, Storm Lake IA, 50588 712/229-5687. jessbibler@gmail.com

Jump Rope Camp 2017



The end of the school year is always bittersweet in the life of a teacher. However, in Cedar Rapids, the beginning of summer always brings one of the highlights of the entire year, Iowa Skipper Jump Rope Camp. This summer, 161 kids from all over the state of Iowa joined the Iowa Skippers team and coaches for three days of jumping fun. The goals: helping kids improve their jumping and endurance skills, meeting new friends and emphasizing a lifelong activity to keep the body healthy.

While at camp, students, age five and up, were introduced to over 75 individual tricks and partner rope activities, including Chinese wheel, long rope jumping, kangaroo chase, and even double-dutch. For three days, students answered the challenge to continue to improve their personal skills through lots and lots of practice. The Iowa Skipper team also used this time to create and hone their routines and skills for their upcoming season and put on a short demonstration for kids aspiring to be an Iowa Skipper.

The success of Iowa Skipper Camp was greatly due to the dedication of the group leaders and Skipper coaches. Current and former Iowa Skippers joined us each day and acted as group leaders by turning ropes, teaching skills and jumping with the campers. Providing small groups with experienced leaders/turners has always been the key to the success for this camp. The opportunity to make connections and build relationships with kids through exercise was priceless.

The culminating event for Iowa Skipper Camp always takes place the last day of camp – the Jump Rope Camp Show. Parents packed into the gym to watch students perform routines and tricks and skills they have learned throughout the week. This year, parents were even invited to join us in a fun dance activity to remind them that being physically active is a family affair and more fun when shared with those you love.

Thank you to IAHPERD for your financial support to make 2017 Jump Rope Camp a huge success! A huge thank you also to Jim Patterson and Hal Garwood for sticking with camp 18 years after retirement. We look forward to another great Jump Rope Camp in 2018.

Kathy Szabo
Coolidge Elementary, Cedar Rapids, PE Teacher
K-5 Curriculum Facilitator
Iowa Skipper Director

