



# NDAHPERD Newsletter

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## CO-EXECUTIVE DIRECTOR'S MESSAGE

### Highlights from the Leadership Development Conference

*Becky (Rebecca) Gunderson, NDAHPERD Co-Executive Director*



Becky Gunderson

From June 25 to 27, president-elect Jaimie McMullen, co-executive director Amy Heuer, and I attended the Leadership Development Conference (LDC) for the second year in Green Bay, Wisconsin. This had been traditionally held in Washington, DC, and Reston, Virginia.

The Society of Association Managers (SAM, the executive directors of each state AHPERD) organized it in Green Bay under the leadership of Keith Bakken, executive director from Wisconsin, and Karen Dowd, executive director from Florida, along with several others. Approximately 100 presidents-elect and executive directors from most states and districts were in attendance. The program was organized so that many sessions were for both presidents-elect and executive directors, and many sessions contained topics specifically for presidents-elect or for executive directors.



Jaimie and Becky setting up the North Dakota table to promote NDAHPERD!

Several of the topics were as follows:

- Communicating Appreciation, by Brad Strand, AAHPERD past president
- Advocacy: Our Universal Mission, by Carly Braxton, AAHPERD staff
- AAHPERD Update: Mission, Reorganization, and Districts' Role, by Irene

[Continued to page 14](#)

## CO-EXECUTIVE DIRECTOR'S MESSAGE

## Summer Activities

Amy Heuer, Co-Executive Director NDAHPERD



Amy Heuer

Central District AAHPERD hosted its annual Leadership Summit at Mahoney State Park in Nebraska, July 8 to 10. North Dakota was represented well with Becky Gunderson, co-executive director, Amy Heuer, co-executive director, and Melissa Rindel, elementary vice president from Crosby, North Dakota. We spent two full days discussing what is happening in the nine states in the Central District. We also focused on what we should work on and improve for North Dakota. We heard from several speakers and gathered lots of information. Here are some of the topics:

- Advocating for physical education, presented by Carly Braxton from AAHPERD; we went over all of the documents available at AAHPERD at [www.aahperd.org/whatwedo/advocacy](http://www.aahperd.org/whatwedo/advocacy).
- Discussion of strategy for advocacy
- Implementing our action plans
- Let's Move in School

We also spent time developing our action plan for North Dakota. We have three main areas of focus for the next 12 months:

1. Redesigning our website to make it more user friendly with more information to advocate for high-quality physical education in North Dakota and using it to help our members advocate for physical education and physical activity in their communities
2. Updating the membership software to allow us to more easily send e-mail reminders, focus information going to members based on their topics of interest, and allow easier renewal and website access for our members
3. Educate our members on the Let's Move in School program

We will have started working on items 1 and 2 by the time this newsletter is printed, and will begin working on item 3 at our fall conference at the University of Mary on September 12, 2012. If you have any comments or suggestions for the website, please e-mail me at [amy.heuer@sendit.nodak.edu](mailto:amy.heuer@sendit.nodak.edu).

Be sure to check out the rest of the information in this newsletter about the fall conference. It's going to be great!



Amy Heuer, Melissa Rindel and Becky Gunderson at the Central District leadership Summit July 8-10 at Mahoney State Park west of Omaha NE



Amy and Melissa working on an action plan at the summit

## CONFERENCE PREVIEW

## Conference Information

**NDAHPERD State Conference****September 11 & 12, 2012****University of Mary****Let's Get Moving for the Health of It****Special Guests include:**

- Dr. Bradford Strand, AAHPERD Past President
- Dr. Gale Wiedow, AAHPERD President Elect
- Clayton Ellis, NASPE High School Teacher of the Year 2010

**Keynote Presentation:**

- Let's Move in School-What It Means for You

**Other Presentations will include:**

- Best Practices for High School Physical Education
- Karate in PE
- Advocacy for Pre-Professionals
- International Games: The Great Equalizer
- Schools Alive! – Promoting Let's Move in Schools
- Coordinated School Health
- Jump and Hoop for Heart
- Cardio GX, Polar Active Monitor
- Brain Rules-Why Exercise is #1, a Panel Discussion
- NASP-Archery in Schools
- Using Health Activities as Assessments
- Physical Best and Fitnessgram Updates-Changes that Affect You
- PE Challenge-A Fun Assessment for PE
- Ringette-A New Form of Hockey
- Everything You Need to Know to Create An-Out-of-Class Physical Activity Program (CSPAP)
- Implementing Models-Based Instruction in High School Physical Education
- Elementary Games



**NDAHPERD State Conference**  
**September 11 & 12, 2012**  
**University of Mary**  
***Let's Get Moving for the Health of It***



**Awards Banquet September 11, 2012**

**6 pm cash bar, dinner at 7 pm**

**Best Western Doublewood Inn  
& Conference Center**

1400 E. Interchange Ave.

Bismarck, ND 58501

(701) 258-7000

Rooms available for \$95.99

until Aug. 24, 2012

**NDAHPERD Conference September 12, 2012**

**8:00 am-4:00 pm**

**University of Mary Field House**

7500 University Drive

Bismarck ND 58504

Onsite registration begins at 7:00 am

1 Graduate Credit will be available through the  
University of Mary, \$50 fee

Please type or print clearly

**First Name:**

**Mailing Address:**

**City:**

**Phone (H):**

**Email:**

**School:**

**Last Name:**

**State and Zip:**

**(W):**

**Name on Badge**

	<b><u>Registration type</u></b>	<b><u>Early Bird</u></b>	<b><u>Pre-Registration</u></b>	<b><u>On-Site</u></b>
_____	Professional NDAHPERD member	Postmarked Aug. 10 \$90	Postmarked Aug. 31 \$100	Sept. 11/12 \$125
_____	Professional member of another state	\$125	\$125	\$125
_____	Student Member		\$30	\$50
_____	Non-member	\$120	\$130	\$155
_____	Banquet meal	\$15	\$16	\$13
_____	Prof. Member AND hosted a Jump or Hoop event 2011-2012 school year	Stuffed Chicken Breast \$45	Pork tenderloin \$100	Vegetarian \$125
_____	Renewing NDAHPERD membership			
_____	1 year-\$25	_____	2 year-\$45	_____
				4 year-\$85

**Registration Recap**

Registration Fee: \$ \_\_\_\_\_

Awards Banquet: \$ \_\_\_\_\_

Membership Fee \$ \_\_\_\_\_

Total Amount Due \$ \_\_\_\_\_

**Make Checks payable to NDAHPERD**

**Mail check and registration to:**

Becky Gunderson

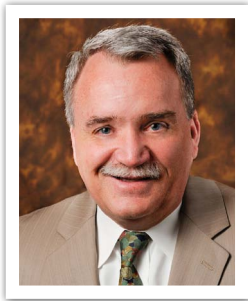
NDAHPERD

405 146<sup>th</sup> Ave NE

Portland, ND 58274

## CONFERENCE PREVIEW

## Teacher of the Year to Be Keynote Speaker



Clayton Ellis

Clayton Ellis is currently teaching physical education at Aurora Central High School in Aurora, Colorado. He was selected as the 2010 NASPE High School Physical Education Teacher of the Year. With more than 27 years

in education, Clayton's commitment to his students' physical education and health is evident in all of his work. He began his career at the elementary level with the parochial schools in Denver, Colorado. In 1990 he moved to Houston, Texas, where he taught K-5 physical education for two years, middle school for three years, and 9th- to 12th-grade health and physical education for five years with the Alief Independent School District. Clayton has been with Aurora Public Schools since 2000.

Aurora Public Schools superintendent John L. Barry says, "Clayton is a highly valued member of our school community because of his passion for students. He applies the teaching-learning cycle to his classes and truly knows the individual needs of his students. Clayton models for his students the type of behaviors he knows are important for promoting lifelong fitness and healthy lifestyles." Clayton's principal Lynn Fair says, "During my long career in education, no one that I know has been the voice for physical education that Clayton is and has been. You will see 100 percent engagement in his classes."

In addition to his exemplary teaching and leadership in Aurora Schools, Clayton is the vice president for physical education and sport for the Central District AHPERD. Clayton has been appointed to the board of the Colorado Governor's Council for Physical Fitness. He is a past president of Colorado AHPERD. Clayton has also served on the Colorado Department of

Education subcommittee to review and rewrite physical education standards for Colorado. He serves on the advisory board for the Denver Public Schools Sound Body/Sound Mind Program, the K-12 Advisory Board for the Metro State University PETE program, and on the Colorado Department of Education's Peer Review for Educator Preparation program. Clayton has an unwavering commitment to our profession, and his program is a bright beacon of high-quality high school physical education in the state of Colorado.

For more information on Clayton, please visit <http://www.aahperd.org/naspe/awards/peAwards/toy/2010-c-ellis.cfm>



## CONFERENCE PREVIEW

## Special Guests on Schedule for Fall Conference

We are very lucky to have three very successful speakers at our conference on September 11 and 12, 2012. We hope that you will be able to come to the University of Mary in Bismarck to learn from each of them.



Dr. Brad Strand

**Dr. Brad Strand,  
Past President of AAHPERD**

Brad Strand is a professor with the department of health, nutrition, and exercise sciences at North Dakota State University in Fargo. Brad is a curriculum and instruction specialist who has

written extensively and spoken widely on pedagogy, fitness education, youth sports, sport ethics, and administrative issues. He has coauthored 5 books, published 57 refereed articles, and given over 180 presentations. Strand taught social studies and physical education and coached in a Minnesota public school. After he received his PhD from the University of New Mexico, he taught at William Paterson College in New Jersey, Utah State University, and North Dakota State University.



Dr. Gale Wiedow

**Dr. Gale Wiedow,  
President-Elect of  
AAHPERD**

Gale Wiedow is an associate professor of physical education and exercise science at Dakota State University (DSU) in Madison, South Dakota. Prior to joining the faculty at DSU, Wiedow

served as national program director for the National Youth Sports Program (NYSP), a federally funded summer day-camp program for economically disadvantaged and underserved youth. He has also served as department chair of HPER at the University of South Dakota, where he was a tenured full professor and associate dean for research and technology. Prior to full-time teaching, he worked in recreational sports at Indiana University and the University of Nebraska. Wiedow received his BA and MA degrees in physical education from the University of Northern Iowa and his PhD from the University of Nebraska in administration, curriculum, and instruction.

## MEMBER ARTICLES

# Let's Move in School

*Jaimie McMullen, NDAHPERD President-Elect*

Over the summer I was lucky enough to attend a Leadership Development Convention in Green Bay, Wisconsin. One of the main topics of discussion was Let's Move in School (LMIS) and all of the exciting things happening surrounding this initiative. The goal of LMIS is to ensure that schools provide a comprehensive schoolwide physical activity program (CSPAP) with high-quality physical education as the foundation because our youth need knowledge, skills, and confidence to be physically active for a lifetime!

More than 7,000 schools have joined the movement. Are you one of them? There is no cost

to become part of the movement, and when you sign up you get access to many great resources and tools to help you reach the goal of achieving a CSPAP.

As physical education, health, and recreation professionals, we should always be looking for ways to get young people more active. The facts related to physical inactivity and obesity among our youth are alarming. Something has to give, and it starts with us! Visit the LMIS website to sign up to be part of the movement and to access the resources NOW!!: [www.aahperd.org/letsmoveinschool](http://www.aahperd.org/letsmoveinschool).



AAHPERD CEO Paul Roetert posing with the new LMIS Mascot.

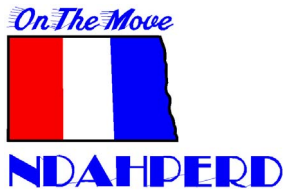
*Tami Doppler, NDAHPERD Secretary*

- Elections of Officers-A. Heuer will send out an email to members with an information form for them to fill out and send into President elect Jaime McMullan if they are interested on serving on the board.
- Positions that are up for election are: VP General, Secretary, Treasurer, Secondary Sport/PE, Recreation & Leisure and Adaptive
- Healthy Habits K-5 and Healthy Habits MS on June 20 and 21. Judy Thomson asked via email on April 4, 2012, to the executive committee, if NDAH-PERD would sponsor lunch for these trainings.\$300.00 for lunch a day was **APPROVED** with the agreement that NDAHPERD get good advertisement as a co-sponsor. Judy Thomson reported back that NDAHPERD is listed at the top of the flyer right under the title that we

NDAHPERD August 2012 Volume 2, No. 2







***Take a Leadership Role---Or Nominate a Colleague***

## ***Become an OFFICER in NDAHPERD!***

The Nominating Committee requests that professionals participate in identifying and recommending potential candidates (including you) for the following offices by June 1, 2012. All persons recommended must be a current member and indicate to the individual nominating them willingness to be a candidate.

### **Recommendations of Candidates for NDAHPERD Board Members**

\_\_\_\_\_ VP-General

\_\_\_\_\_ VP-Rec./Leisure

\_\_\_\_\_ Treasurer

\_\_\_\_\_ VP-Adapted

\_\_\_\_\_ VP-Secondary Sport/P.E.

\_\_\_\_\_ Student Representative

Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City, State, Zip \_\_\_\_\_

***Return this form ASAP to Jaimie McMullen***

\*\*\*\*\*

It takes many individuals to successfully run any professional organization. Unfortunately, all of the work is voluntary and done without compensation. Service, however, is an important part of professionalism.

Many of you do not think you are qualified to serve on a state board or that it takes too much of a commitment. The NDAHPERD Executive Board meets three to four times a year. One meeting is held in the fall or prior to the State Conference, two in the winter over IVN, and one in the spring. The IVN meetings have been on Monday evenings. The other two are face to face meetings that have been held on a Sunday in a central location. A term of service is two years, with the exception of VP-General which is a four year commitment. A training session is held prior to the first meeting.

Please consider nominating yourself or someone you respect as a candidate. Election for these positions takes place during the State Conference or Fall Workshop. If you have questions please contact the chair of the nominating committee:

**Jaimie McMullen**

**Swain Hall 108B**

**500 University Ave.**

**Minot, ND 58707**

**or call (701) 858-3288 (w)**

**or email: [Jaimie.McMullen@minotstateu.edu](mailto:Jaimie.McMullen@minotstateu.edu)**

***Help us make good decisions for the future of your profession!***

## Why become a professional in the North Dakota Association for Health, Physical Education, Recreation and Dance?

- NDAHPERD provides opportunities for service.
- NDAHPERD provides a channel for communication.
- NDAHPERD provides a means for interpreting the profession.
- NDAHPERD provides a source of help in solving one's professional problems.
- NDAHPERD provides an opportunity for fellowship among professionals.
- NDAHPERD provides an avenue for research.
- NDAHPERD provides a feeling of belonging.
- NDAHPERD provides a means of distributing costs.

Take the challenge and join!! Share the qualities you have and how you can work to move our association forward. Put this memorable statement into context:  
 “Ask not what NDAHPERD can do for you, but what you can do for NDAHPERD.”

## How can NDAHPERD benefit you?

- 3 NDAHPERD newsletters annually
- Assistance in organizing school Hoops/Jump Rope for Heart
- Representation at regional and national meetings
- Leadership opportunities
- Public relations assistance
- Joint projects with allied agencies
- Promotion of legislation to benefit HPERD programs
- Travel opportunities
- Information and ideas

For Further Information: Amy Heuer  
Executive Director  
2806 Manchester Street  
Bismarck, ND 58504  
[amy.heuer@sendit.nodak.edu](mailto:amy.heuer@sendit.nodak.edu)

# NDAHPERD Membership Form

## Memberships EXPIRE June 1

\_\_\_\_ Professional Membership \_\_\_\_New \_\_\_\_Renewal

\$25.00/1 year \_\_\_\_

\$45.00/2 years \_\_\_\_

\$85.00/4 years \_\_\_\_

\_\_\_\_\$15.00 Associate Membership \_\_\_\_New \_\_\_\_Renewal

\_\_\_\_\$10.00 Student Membership \_\_\_\_New \_\_\_\_Renewal

Make checks payable to Human Kinetics please.

Credit card (Visa, Master Card, American Express)

Card Number |\_|\_|\_|\_|\_|\_|\_|\_|\_|\_|\_|\_|\_|\_|\_|\_| Exp. \_\_\_\_\_

Name on Card \_\_\_\_\_

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_

School Phone: \_\_\_\_\_

National AHPERD member \_\_\_\_yes \_\_\_\_no

Areas of Interest: Grade Level:

\_\_\_\_ Physical Education \_\_\_\_ Elementary

\_\_\_\_\_ Dance \_\_\_\_\_ Middle School

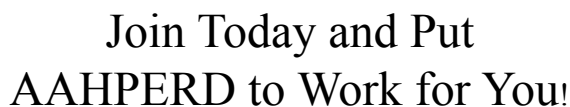
<u>Adapted Ed</u>	<u>Secondary</u>
-------------------	------------------

Health College

Recreation/Leisure Administration

other

Return form to: Human Kinetics, Attn: Jackie Moore, P.O. Box 5076,  
Champaign, IL 61825-5076, Fax to: 217-351-1549



American Alliance for Health, Physical Education, Recreation and Dance  
1900 Association Drive, Reston, VA 20191-1598  
Phone: 800-213-7193 • Fax: 703-476-9527 • [membership@aahperd.org](mailto:membership@aahperd.org) • <http://www.aahperd.org>

**Your satisfaction is 100% guaranteed. Cancel any time and you'll receive a full refund on all the months remaining on your membership. Join AAHPERD with confidence!**

MN/IX/IX/P



**CENTRAL DISTRICT  
ASSOCIATION 2013**

**JACKSON, WY  
FEB. 21-23**

**RIDE FOR THE BRAND**

**CENTRAL DISTRICT AAHPERD CONVENTION  
FEBRUARY 21 - 23, 2013 - JACKSON, WY - SNO KING RESORT**

**KEYNOTE SPEAKER: J.P. OWEN OF THE CENTER FOR COWBOY ETHICS**

**REGISTRATION - \$165 • PRE-CONVENTION WORKSHOPS - \$25**

**ROOM RATES - \$85/NIGHT SUITES AVAILABLE FOR \$205**

**NUMBER TO CALL FOR RESERVATIONS : 1-800-522-KING (TELL THEM YOU ARE WITH CD)**

**COME EARLY OR STAY OVER AND ENJOY THE FOLLOWING: SKIING AT SNO KING, TETON VILLAGE OR GRAND TARGHEE,  
NATIONAL WILDLIFE MUSEUM, TUBING AT THE BASE OF SNO KING, ICE SKATING AT SNO KING ARENA,  
NATIONAL ELK REFUGE TOUR, SNOWMOBILING TO YELLOWSTONE NATIONAL PARK  
CONTACT THE JACKSON HOLE CHAMBER OF COMMERCE FOR MORE INFO.**

**THERE WILL BE A LIVE AND SILENT AUCTION TO RAISE FUNDS FOR A LOCAL CHARITY. PLEASE BRING ITEMS TO DONATE.**



## NDAHPERD Executive Board 2011-12

### Co-Executive Director

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 Fargo, ND 58103

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701-232-6686 (h)  
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Discovery School-Fargo, ND

Roughrider Health Conference

### Department of Health

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600 E. Blvd. Ave. Dept 301  
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jlthomson@nd.gov

### Dept. of Public Instruction

Tony Roness

### Standing Committees

By-Laws/Op-Codes--Tami Doppler  
State Conf./Workshops-Tami Doppler  
Nominating-Rachel Krug  
Advocacy/PR-Executive Director  
Applied Strategic Planning-TBA  
Chairperson for the Let's Move in  
School initiative-Vicky Bender

michael\_porter@bismarckschools.org  
Solheim Elementary- Bismarck, ND

### VP Leisure/Recreation

### VP Students

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University of Mary

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Prairie rose elem. -Bismarck, ND

NASPE

### Appointed Representatives

Archives-Executive Director  
Parliamentarian-Executive Director  
Web site & IVN Coordinator-Amy Heuer  
Necrology-Deb Conlon  
Retirees-



Continued from page 14

### Highlights from the leadership ...

electronic vote of the Representative Assembly.

A lot was packed into 2 ½ days in Green Bay. Jaimie, Amy, and I are ready to help make our state and national organization a strong, viable voice.

I wish you a great school year and the opportunity to serve you for the 2012-2013 school year. I hope very much to meet you personally in Bismarck on September 11 and 12 for our recognition banquet and conference.



Becky Gunderson, NDAHPERD Co ED; Amy Heuer, NDAHPERD Co ED; Gale Wiedow, AAHPERD President Elect; and Jaimie McMullen, NDAHPERD President Elect at the LDC-Leadership Development Conference at Green Bay WI

Continued from page 8

### NDAHPERD Board meeting highlights

are sponsoring lunch and co-hosting the event. During each session there will be time to give information out on the membership and hand out brochures. Judy will be giving out Healthy ND pedometers to each new member that signs up ON SITE. Gunderson will be printing up new brochures to hand out at the workshops.

- Certificates of Appreciation- Gunderson handed each board member a certificate of appreciation for serving on the board for the 2011-2012 school year.
- Executive Board Meeting is scheduled for August 19 @ St. Mary's Elementary School from 10 am-????
- The next NDAHPERD board meeting will be in Bismarck on September 12 at 4-5pm. CDT at University of Mary.

### Upcoming Date for Conventions/ Workshops

- NDAHPERD fall conference, Bismarck, ND---September 12, 2012
- Central District Convention, Jackson Hole, WY—February 21-23, 2013 "Ride for the Brand"
- AAHPERD National Convention-Charlotte, NC—April 23-27, 2013

### NDAHPERD NEWSLETTER

NDAHPERD Editor: Jaimie McMullen

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Copy Editor: Jan Feeney

Designer: Sean Roosevelt



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www.HumanKinetics.com