



MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

# LOON LINES

October 2021

Volume X, Issue 11



# 2021 Conference

October 31 & November 1, 2021  
Lakeville South High School

GO TO [www.mnshape.org](http://www.mnshape.org)

**EARLY BIRD REGISTRATION ENDS OCTOBER 4, 2021**

**\*You must be a MNSHAPE member to attend (become a member at the MNSHAPE site)\***

**PRE-CONFERENCE WORKSHOPS: 1:00-4:00**

## **Sunday, Oct. 31**

### **FUTURE PROFESSIONALS LEADERSHIP DEVELOPMENT – 1:00-4:00**

Dr. Scott Gorman –SHAPE America Central District Past President - Pittsburg State, KS

Dr. Vicki Worrell – SHAPE America Past President, CD Past President – KS

Dr. John Zody – SHAPE America Central District Past President – Fort Hays State Univ.

### **Leadership Through A Colorful and Privileged Lens – 1:00-4:00**

Shannon Milliken – Comprehensive PE & Wellness Senior Consultant for Colorado Department of Education

Lisa Smith – MNSHAPE 2017 TOY and Current MNSHAPE Past President

## **Monday, Nov. 1**

8:00-4:00

**MNSHAPE Awards Ceremony: 6:00 PM**

**A TOTAL OF 48 Action Packed SESSIONS!**

**GENERAL SESSION for ALL– SENATOR ANGIE CRAIG!**

**LUNCH IS PROVIDED!**

**VENDORS!**

**DOOR PRIZES!**

## **DYNAMIC PRESENTERS:**

### **Dr. Scott Gorman – SHAPE America Central District Past President**

University Professor and Graduate Coordinator at Pittsburg State, Kansas. He has written many, many articles; presented so many times we lost count and has been recognized over 35 times for his outstanding contributions to his students and our profession. We are so fortunate to have Dr. Gorman presenting the pre-conference for Student Leadership. Don't miss his two presentations on Monday!

### **Dr. Vicki Worrell – SHAPE America Past President**

19 years as an elementary physical education teacher and 23 years in higher education. She has presented all over the world including Australia, Puerto Rico, Singapore and Bermuda along with hundreds of presentations at national, regional, state and local events. She is the co-author of nine books who is passionate about physical education and will be an inspiration to all those who attend her sessions.

### **Dr. John Zody – SHAPE America Central District Past President**

Assists future and young professionals as they begin their journey to become leaders. As a retired Professor and former department chair at Fort Hayes State University Dr. Zody has nearly forty years' experience in our discipline which include serving as President for Kansas AHPERD and two terms on the AAHPERD (SHAPE America) Board of Directors. He has worked on increasing his knowledge as an oenophile.

### **Shannon Milliken – SHAPE Colorado Past President**

Shannon oversees federal/state grants that support schools and districts to implement healthy eating programs, physical activity, quality physical education programs, management of chronic diseases and social emotional learning. She has taught K-8 physical education and has a wealth of experience advocating at the state /federal level for quality physical education programs prior to working for CDE. We are so excited to have her join us.

### **Lisa Smith – 2017 MNSHAPE High School Physical Education Teacher of the Year**

Lisa is a Health, Physical Education and DAPE teacher at Lakeville South High School. She is the EDI Committee Chair for SHAPE America Central District, serves on the Unified Physical Education Coalition for Special Olympics Minnesota and is currently the MNSHAPE Past President. She brings a wealth of information from EDI work and you will not be disappointed in her presentations.

### **Mark Foellmer – 2018 Illinois AHPERD and SHAPE Midwest Middle School Physical Education Teacher of the Year**

As a retired Middle School Physical Education teacher of over 20 years he has served as IAHPERD President and currently serves on the SHAPE America Midwest Leadership Council as President Elect. Mark has presented at numerous state and national conventions. Mark is the creator of #iahperdchat and co-creator of cbhppe.org.

### **Becky Foellmer – Illinois AHPERD Technology Chair**

She has a BA in Mathematics and a BS plus MS in Physical Education. Formerly a middle school Mathematics and Computer teacher, she has served as an Instructional/Technology Coach. Becky has presented numerous PD sessions/workshops/ trainings and has authored Breakout EDU Games for HPE. She is the co-creator of cbhppe.org. We truly are excited to have Mark and Becky at our conference.

## Victoria Otto – 2011 Illinois AHPERD and 2012 Midwest Secondary Physical Education Teacher of the Year

As a 25 year teaching veteran, certified personal trainer, group fitness instructor, Level 2 Kundalini Yoga Instructor and an OPEN National Trainer she creates a classroom for students to focus on developing meditative and mindful living skills through cross-training and yoga. Blending pure science with fun, giving the students a great workout and inspiring individual empowerment, each student leaves feeling uplifted and with an “I can do it” attitude.

## Molly Dado – 2018 Wisconsin HPE and 2019 Midwest Secondary Physical Education Teacher of the Year

She is a 23 year secondary Physical Education teacher veteran for the Hudson, WI School District. Her passions are teaching dance, teaching students the power of an inclusive environment, and mentoring future PE professionals. She has also found great personal fulfillment by co-coaching Hudson High School’s one to one Unified cheer team for the last five years. Welcome Molly – we look forward to your presentations.

You Can't Afford to MISS This!

# Monday, Nov. 1

### MNSHAPE Conference – Monday, November 1, 2021

	Classroom 1 PE	Classroom 2 Health	Classroom 3 Tech/PE	Lecture Hall Tech/ Future Prof	Performance Gym	Aux Gym A	Aux Gym C	Dance Studio	Lobby
Session 1 8:00 am - 8:50 am	MN PE Standards Implementation Mary Thissen-Milder	Health Toolbox Exchange Jessica Matheson		Tips & Tricks to Passing edTPA Ben Schwamberger	Balloons, Noodles etc. Derek Picha		Let's Play fitGames Donna Hardie	Finding Joy in the Beat Kristy Mally	Registration 7:00-2:00
Session 2 8:55 am - 9:45 am	Introduction to Unified Wellness Nick Cedergren	Change The Outcome Deb Van Klei		Leadership Through A Colorful & Privileged Lens Shannon Milliken	Assessing SEL w/ IHT Software Lois Mauch	The Healing House Method (2 hour session) Drew Williams, Tara Storts, Robin Loken	YABADABADOO Scott Gorman	Bend it Like Yoga Victoria Otto	Exhibits & Registration
Session 3 9:50 am - 10:40 am	Introduction to Unified PE Nick Cedergren	SHIP Presentation Deb Van Klei	What the Tech?! Megan McCollom	Gifs That Keep On Giving Mark & Becky Foellmer	Music + Activity=Fun Dean Downs		Team Building Activities on & off the wall Mertyce Mrvos	Joyful Jumping Molly Dado	Exhibits & Registration
Session 4 10:45 am - 11:35 am	Constructing Meaning through Exploration, Choice, & a 'Just Right Fit' Kristi Mally	Moving to Think & Collaborate Jessica Matheson	The 3 J's Jump Rope, Juggling & Jammers Vicki Worrell	Intro to MNSHAPE for Students Nicollet Gammon-Deering, Macayla Braun	OPEN Bridging the Gap Victoria Otto	In Unified We Trust Paula Harrison	Creating a Sensory Pathway in your PE Program Sue Tarr	Teaching Dance For Understanding Ben Schwamberger	Exhibits & Registration
11:40-12:30	<b>General Session – Tom Roberts, Congresswoman Angie Craig, Mary ThissenMilder, Etc.</b>								
12:30-1:10	<b>Lunch (Provided) &amp; Vendor Time</b>								
Session 5 1:10 pm - 2:00 pm	Home Fun In PE Alaina Driscoll	Future Professional Champions Vicki Worrell	MNSHAPE Website Support Megan McCollom	Do It Yourself PE Mark & Becky Foellmer	Unified PE Live Jen Heebink and Pete Westby	Advocating for Whole Child; Healthy & Sustainable Movement Williams, Storts	Knots, Knots, and More Knots Scott Gorman	Leading DanceThat Students Love Tom Horner	Exhibits & Registration
Session 6 2:10 pm - 3:00 pm	Fitness Testing Done Easy Lois Mauch	So, You Want to be Involved in MNSHAPE Derek Picha, Deb Van Klei, Joe McCarthy		Seesaw – Your New PE Playground Jenny Linker			Double Dutch Rope Jumping Tom Roberts	Life of the Party Line Dance Molly Dado	Exhibits
Session 7 3:10 pm - 4:00 pm	Grip Strength: Interventions to increase children's over all strength Cristina Suits	Health Session Lisa Smith		Little Things that Make the Difference Mitch Reed	Action! Team Games with MVPA Gopher Doug Satre		Bin Ball Randy Spring	Dances that Work! Liz Parr-Smestad	
4:00-4:15	<b>Closing and Door Prizes</b>								



## Message from the President

*Tom Roberts*

Greetings fellow MNSHAPE members. I hope that the start of your school year has been safe and successful. I know personally it has been wonderful to connect with my students in person which allows for authentic connections and meaningful relationships.

We are extremely excited for our upcoming MNSHAPE Fall Conference on Oct 31 and Nov. 1<sup>st</sup> at Lakeville South High School. This year we are featuring 48 action packed sessions that feature dynamic presenters from across the nation (Including several Teacher of the Year recipients). The pre conference on Oct. 31<sup>st</sup> from 1:00-4:00 p.m. will have two concurrent presentations focusing on Future Professionals and Equity, Diversity, and Inclusion. Refer to the registration link in this edition to register. We are pleased that this years conference has returned to our traditional date of the first week of November. We hope this will encourage more HPE professionals to attend.



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I would also to take this opportunity to personally thank our Executive Director, Nancy Christensen, for your service and dedication to MNSHAPE.

Nancy is retiring at the end of this year. She has had a remarkable career that has spanned several decades. Nancy is well respected in the HPE community and has been a positive influence on her students, colleagues, and MNSHAPE BOD members. She also was heavily involved in Central District serving on numerous committees at the district level. Under her leadership and direction MNSHAPE has become an organization that currently stands on solid ground as we look to the future.

It has been an honor and a privilege to serve as MNSHAPE’s President this past year. As an organization MNSHAPE continues to look at ways that we can support our HPE teachers in Minnesota. Support that comes in the form of providing quality professional development opportunities, HPE curriculum resources, advocating for quality HPE at the state and national

level, and offering professional liability insurance to our members. If you plan on attending our MNSHAPE Fall Conference on Oct. 31 and Nov. 1<sup>st</sup>, feel free to connect with me to say “Hi” or if you have suggestions as to how MNSHAPE can better serve our members.

Sincerely,

Tom Roberts-President

## Message from the President-Elect

### Moving Forward Together

*Derek Picha*

Greetings fellow health & physical educators,

As president-elect, one of my priorities is to strive to help move health and physical education forward so that ALL students in Minnesota can achieve success and gain the knowledge and skills needed to live healthy and active lives. This cannot be achieved alone, and we all know that we are #StrongerTogether! Here are some steps we are taking to expand our reach.

For the first time, MNSHAPE is inviting any principal or administrator in the state of Minnesota to attend our state conference for FREE! Administrators play a critical role in developing a healthy school culture for students. When you register for the conference, be sure to invite your principal too. If you know a principal or administrator who wants to drive change in their health and physical education program, then make sure to spread the word to them as well!

I'm personally issuing a challenge to all of our incredible MNSHAPE members (including myself). I want each of you to find ONE colleague or connection who has never attended a MNSHAPE conference and bring them with you to #MNSHAPE21 on October 31 and November 1! Let's get interactive with this challenge leading up to the conference by sharing on social media using #MNSHAPE21 and #ChallengeAccepted. Together we RISE!



Sincerely,

Derek Picha      President-Elect



# *Congratulations!* 2021 MNSHAPE Award Winners!



**Dance TOY**  
**Karis Sloss**  
Robbinsdale



**Aquatics TOY**  
**Chad Dougherty**  
Eden Lake Elementary



**Health Education TOY**  
**Kathryn Menke**  
St. Paul



**DAPE TOY**  
**Pete Westby**  
Dassel-Cokato



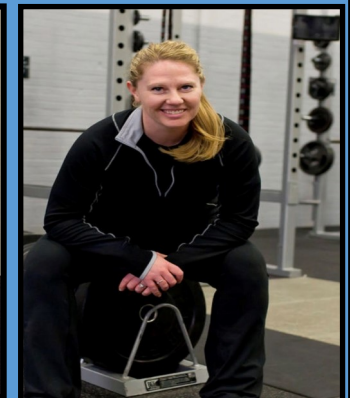
**George Hanson DAPE Award**  
**Mike Doyle**  
Cloquet



**Elementary P.E. TOY**  
**Heather Burd**



**Middle School P.E. TOY**  
**Jeremy Leuer**  
Robbinsdale



**Secondary P.E. TOY**  
**Amanda Berg**  
Dassel-Cokato



**Health and Fitness Advocacy Award**  
**Donna Hardie "Fit"**  
Sanford Children's  
Health & Fitness Initiative



**Dolly Strumbel "Distinguished Service Award"**  
**Nancy Christensen**  
Retired Minnesota State University Moorhead  
Retired MNSHAPE Executive Director



**Lou Keller Award**  
**Dr. Shannon Norman**  
Bemidji State University

**Thank you US Games for Sponsoring these Awards!!!**  
**Join us in Celebrating @ MNSHAPE Awards Ceremony: October 31, @ 6:00 PM**



**SAM SCHLIEMANN**  
*Mary Lampe Scholarship Winner*

It is with great pleasure that MNSHAPE has awarded the Mary Lampe Scholarship to Sam Schliemann from the University of Minnesota Duluth.

Sam has been a MNSHAPE member for 2 years, a MNDAPE member for 1 year, as well as a presenter at both MNSHAPE and MNDAPE. He expects to receive his Bachelor of Science degree in December of 2022 with a Physical and Health Education concentration with coursework in instruction, planning, assessment and classroom management. He has been the Burnsville head baseball coach from 2020 to the present. A comment made by one of his instructors: “what impresses me most about Sam is his attention to detail. He shows he truly cares about this work academically, thus demonstrating his passion, commitment, and ability to serve as an emerging leader in our Health and Physical Education profession.

***Congratulations Sam*** – MNSHAPE is proud to provide this financial scholarship to help with your education.

## Future Professional Division

### Why Join Extracurricular Activities in College?

*Macayla Braun and Nicollet Gammon-Deering*

Extracurricular activities provide a setting to become involved and to interact with other students, thus leading to increased learning and enhanced development. Students have opportunities to improve their leadership and interpersonal skills while also increasing their self-confidence. Extracurriculars are a critical part of your college experience, as they demonstrate who you are outside of the classroom and provide an opportunity to showcase your skills and community involvement.

One of the great benefits of joining extracurricular activities in college is increasing your social skills and meeting new friends that have similar interests. When you join extracurricular activities, you are meeting individuals who have similar interests as you or possibly have the same major. This is a great way to connect with individuals who may be in your same classes and provides you opportunities to make friends, find a new study buddy, and get to know the people in your classes and community. If you join extracurricular activities that relate to your major, like a majors club, this is a great way to boost your resume and get experience in your field. This will show your employers that you are eager to learn more about your field and that you want to get involved.

Other benefits of joining extracurricular activities include:

- \* Helps you explore interests and create broader perspectives
- \* Improved academic and athletic performance
- \* Improved social and life skills
- \* Productive breaks from homework
- \* Higher self esteem
- \* Resume booster



## DAPE Division– Freezin’ For a Reason:

### Bringing “The Mobile Plunge to The MNDAPE 2021 Conference

*Jen Heebink, DAPE Vice President-Elect*

Fresh off our first in-person MNDAPE conference at Camp Friendship since 2019, our MNDAPE 2021 Conference and Leadership Committee had much to be grateful for. This year, we welcomed just over 100 DAPE teachers from all over the state back to our camp home in Annandale, MN, where we took in sessions that featured our Central District Teacher of the Year, Judy Smaic, Eastern District Teacher of the Year, Eric Kohl, and National Adapted Teacher of the Year (Southern District), Eileen Tirado. Being with our fellow DAPE teachers, we experienced the joy of learning from the best, networking with teachers who we have not seen in-person for 2 years, and enjoyed an evening of learning about whole school engagement by participating in a Mobile Plunge hosted by Special Olympics Minnesota.

Participants who stayed the night at camp, were given the opportunity to take the plunge in freezing cold water (55 degrees) as MNDAPE and Special Olympics shared about a campaign with the Champion Unified Schools Program. When one is a part of a school that is participating in Unified PE/Unified Sports, Unified Club, and a whole school engagement campaign such as “Words Matter” (spreading the word to end the “r-word”) one can sign up with Special Olympics to bring “The Plungester” (that giant red pool on wheels) to your school as a fundraiser that comes back to your program. This three pronged program is a powerful tool to raise awareness for inclusion of all students within our school and shift the culture of school toward inclusion as a movement.

As DAPE teachers climbed “The Plungester” stairs toward the pool and anticipation rose, with splash after splash the laughter continued to echo through the small crowd. Cannon balls were in full form. Pictures with Snowflake the Polar Bear were taken to prove to our families, friends and colleagues that we plunged. As you can see from the pictures, there is no doubt that this whole school engagement experience is an incredible tool to reach schools, raise awareness and fundraise to grow the movement of inclusion. Check into becoming a Champion Unified School and bring “The Plungester” to your school!





## Higher Education Division

### Letting your Ethnic Heritage Fly!

*Dr. Aaron Banks ( Higher Education, Gustavus Adolphus College)*

As we enter the fall semester on college and university campuses around the state, it has been very exciting to welcome back large numbers of students, faculty, and staff. It seems that our months of quarantine have left everyone itching to interact in person and in nature. Personally, I am finding my students highly engaged, energetic, and willing to try new experiences. With that said, I always love to use the fall semester as an opportunity to ramp up our existing curriculum and try something new/different. This year I have decided to incorporate intercultural competence through ethnic based physical activity and general leisure offerings! Specifically, I would like to highlight some of the glorious leisure activities Scandinavian culture has to offer during our most dreaded season: the winter.

I teach at Gustavus Adolphus College, which is an institution founded by Swedish immigrants and rooted in Lutheran values. As it was for my own relatives, Minnesota became a destination for many Scandinavians throughout the latter part of the 18<sup>th</sup> and early part of the 19<sup>th</sup> centuries. Because of this migration, our educational institutions espoused the values and activities common within the “old” country. As a Minnesotan of Scandinavian descent, I was exposed to a great many leisure practices of the past, yet never really thought about where the activities originated. As an adult with a broader perspective, I have been able to travel throughout Scandinavia, meet my relatives, visit educational institutions and museums, attend sporting events, and generally enjoy the culture. Through these interactions and life lessons, I better understand how leisure practices may be used as a vehicle to comprehend and navigate specific cultures, values, and parts of the world.

With that said, I have created a list of Scandinavian-based activities that might be of interest to you, either personally or professionally. I have focused on physical activities that take place on the snow and ice, leisure activities that increase social interactions, and historical information to better understand the cultural context Scandinavia. While I have chosen to focus on one region of the world, you might be interested in shining a spotlight on different regions, values, and customs that are unique to you, your family, or community. Either way, I wish you well as we enjoy the beautiful fall weather and prepare for the upcoming winter months!

#### Snow Sports

[Alpine Skiing \(downhill skiing\)](#)

[Snow Boarding](#)

[Snow Tubing](#)

[Down Hill Sledding](#)

[Nordic Skiing \(cross country skiing\)](#) – Sweden is home to the famous Vasaloppet, while WI is home to the American Birkebeiner, a.k.a., the Berkie.

[Dog Sledding](#) – Northern Minnesota, look for the [Northern lights \(aurora borealis\)](#) when you're out!

[Snowmobiling](#)

[Fat Tire Biking](#)

[Snowshoeing](#)

#### Ice Sports

[Ice Hockey](#)

[Broomball](#)

[Ice Skating](#)

[Speed Skating](#)

[Bandy](#) – A very popular sport gaining worldwide attention. There are many [Gustavus alumni](#) playing for the national American Bandy team.

[Curling](#) – Did you know that the United States Curling Association moved its headquarters to Eagan, Minnesota in April 2021?

#### Leisure Activities

[Snow Play](#)

[Sauna](#)

[Snow Hiking](#)

[Winter Camping](#)

[Ice Hotel](#)

[Ice Fishing](#)

[Polar Plunge](#) – Check out this link to polar plunging for Special Olympics in Minnesota.

Of Finnish origins, the sauna provides both health and leisure benefits.

[Kubb](#) (a.k.a. Norwegian Chess) – a thousand-year-old game of Norwegian Viking heritage, Kubb is rapidly gaining in popularity throughout the Midwest

#### History & Heritage

[Lifestyle](#)

[Heritage](#)

[Culture](#)

[Vikings](#)

[Trolls](#)

# Health Division

*Deb Van klei and Madison Bergren*

Welcome back! Kudos to all of you for finishing strong during the year of the pandemic. This year will continue to bring it’s challenges but we are confident that YOU will continue to keep kids at the center of everything we do! Please let us know how we can support you by either calling or emailing us at:

[vankleid@stillwaterschools.org](mailto:vankleid@stillwaterschools.org) 651-351-8388 [mbergren@stpetersschools.org](mailto:mbergren@stpetersschools.org) 507-934-4210 ext.5048

Over the course of the year we have been highlighting two National Health Education Standards and sharing resources that would be easy to implement into your classrooms. This month we highlight Standards 5 & 6.

National Health Education Standard	Resources & Lesson plans
1.Students will comprehend concepts related to health promotion and disease prevention to enhance health. (CC)	1. <a href="#">Health Care strategies</a> 2. Cassie Brooks <a href="#">Human Body Systems</a>  Facebook Hyperdoc Community
2. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (INF)	1. <a href="#">Mental Illness Advocacy</a> 2. Janelle Key <a href="#">Influence Stations</a> - Amber Arnold Dudley
3. Students will demonstrate the ability to access valid information and products and services to enhance health. (AI)	1. <a href="#">Facticious</a> (Kahoot) 2. <a href="#">@CommonSenseEd</a>
4.Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (IC)	1. <a href="#">Virtual Health Scavenger Hunt</a> (Jess Matheson)
5. Students will demonstrate the ability to use decision-making skills to enhance health. (DM)	1. <a href="#">Decide webquest</a> (Danielle)

We are seeking Health teachers to help us build a treasure of resources to share with one another with Skills Based Health Education lessons and ideas. Can you please fill out the following [MNSHAPE Skills Based Education Inquiry form](#) by October 30th? We will then be reaching out to YOU, to develop the platform to share with teachers across the state of Minnesota.

Continue to keep your pulse on the development of the National Health Education Standards under SHAPE. This will be important work!! Please access the updated [press release here](#).

\*\*lessons found on Facebook Health Teacher Central, Facebook Hyperdocs Community, Teachers Give Teachers, Twitter



**MNSHAPE FALL CONFERENCE**  
**Sunday, October 31, 2021 & Monday, November 1, 2021**  
**REGISTRATION FORM**

Pre-Conference "Future Professionals Leadership Development - October 31, 1:00-4:00  
Pre-Conference EDI, "Equity Meets Mastery" – October 31, 1:00-4:00

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_ Phone \_\_\_\_\_

School Email \_\_\_\_\_ School Where you Teach \_\_\_\_\_

Is your MNSHAPE Membership Current, if not be sure to renew? **All memberships expired August of this year.**  YES  NO

**(Must be a member of MNSHAPE or another state organization to attend the conference)**

\*Award winners are provided with 2 tickets, all other non-member guests the cost is \$15 prior to October 4th, \$20 at the door.

**Conference Registration:**

- \$125 Early Bird Professional (Due October 4<sup>th</sup>)
- \$150 Onsite Professional
- \$200 NON MNSHAPE Member (Or other non-state member)
- I will be attending Pre-Conference "Future Professionals Leadership Development"
- I will be attending Pre-Conference EDI "Equity Meets Mastery"
- \$50 Early Bird Student (Due October 4<sup>th</sup>)
- \$65 Onsite Student
- \$50 Retired
- \$50 MNSHAPE Board Member

**Awards Celebration: Sunday, October 31, 2021**

FREE TO ALL PAID CONFERENCE ATTENDEES:

Yes, I will attend.  No, I will not attend. Number Coming \_\_\_\_\_

**PAYMENT**

Check Enclosed (Check # \_\_\_\_\_) Please make checks payable to MNSHAPE.  Cash

**LUNCH**

Please check your preference  Ham  Turkey  Veggie

Do you have any special dietary needs?

Vegetarian  Gluten free  Other \_\_\_\_\_

**We cannot guarantee accommodations for dietary needs or for lunch for onsite registration.**

**LODGING**

A block of rooms have been reserved at Holiday Inn Hotel & Suites, 20800 Kenrick Avenue, Lakeville, MN 55014 952-469-1134

**Please return form with payment to:** Nancy Christensen, 25673 Muskrat Lake Dr., Detroit Lakes, MN 56501 or register on line at [www.mnshape.org](http://www.mnshape.org)

Cancellation Policy: All pre-registration cancellations must be requested in writing before Sunday, October 13, 2019. A \$5.00 processing fee is assessed to all cancellations. No refunds will be made after Monday, October 14, 2019.

FOR OFFICE USE ONLY:

DATE REC'D \_\_\_\_\_ AMT REC'D \_\_\_\_\_ REC'D BY \_\_\_\_\_

# MNSHAPE

MNSHAPE Executive Director  
 Nancy Christensen  
 25673 Muskrat Lake Dr.  
 Detroit Lakes, MN 56501



WWW.MNSHAPE.ORG

## MNSHAPE

MNSHAPE is a school-based professional association that provides professional services and resources for teachers, organizations and individuals to provide quality programs.

MNSHAPE is dedicated to improving the skills, knowledge, health and well-being of all Minnesota Students.

Contact information for MNSHAPE Board of Directors is posted on [www.mnshape.org](http://www.mnshape.org)

### MNSHAPE Executive Committee

President	Tom Roberts		<a href="mailto:tom.roberts@mnshape.org">tom.roberts@mnshape.org</a>
President Elect	Derek Picha		<a href="mailto:derek.picha@mnshape.org">derek.picha@mnshape.org</a>
Past President	Lisa Smith		<a href="mailto:lisa.smith@mnshape.org">lisa.smith@mnshape.org</a>
Treasurer	Karen Nash		<a href="mailto:karen.nash@mnshape.org">karen.nash@mnshape.org</a>
Secretary	Vicki Johnson	(218) 847-5212	<a href="mailto:vicki.johnson@mnshape.org">vicki.johnson@mnshape.org</a> <a href="mailto:vjohnson@arvig.net">vjohnson@arvig.net</a>
Executive Director	Nancy Christensen	(218) 847-9769	<a href="mailto:nancy1485@gmail.com">nancy1485@gmail.com</a> <a href="mailto:nancy.christensen@mnshape.org">nancy.christensen@mnshape.org</a>

The mission of the MNSHAPE newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization's activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email Liz Parr-Smestad at [liz.parr-smestad@mnshape.org](mailto:liz.parr-smestad@mnshape.org)

You can also access this newsletter in PDF format on the web at [www.mnshape.org](http://www.mnshape.org).