



Loon Lines

VOLUME IV, ISSUE III

For more information about MN SHAPE, please visit our website at www.mnahperd.org or the national site at www.shapeamerica.org

DECEMBER 2015

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

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Message from the President

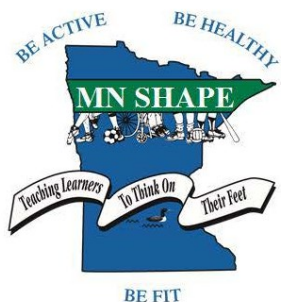
Mike Doyle



I would like to thank the 338 education professionals that took the time to attend the 2015 MNSHAPE Conference at Wayzata High School on November 13. We didn't know what to expect with the SHAPE America Conference coming up this April in Minneapolis, but it was great to see so many teachers learning from each other at the one day Health and Physical Education event. The dates for next year's MNSHAPE Conference have already been set. It will be held on November 10-11, 2016 at Wayzata High School. For those of you that attended this year's conference you might have noticed the construction at Wayzata High School. It will be quite an event next November when we have access to more gym, classroom, and commons space for some additional Health and Physical Education sessions.

Please be sure to consider attending the 2016 Minnesotans for Healthy Kids Coalition Lobby Day on March 16 at the State Capital. For those of you that don't know the Minnesotans for Healthy Kids Coalition is a diverse group of statewide partners that are committed to reducing childhood overweight/obesity prevalence through prevention using legislative advocacy and policy change. One of the statewide partners in this coalition is MNSHAPE. The American Heart Association takes the lead with this coalition and they are very busy organizing the 2016 Lobby Day at the State Capital for us. One of their "asks" from our state legislators will be to strengthen physical education by creating statewide grade-specific curriculum benchmarks and reporting requirements. This would be a huge step forward for Physical Education in the state of Minnesota. What does the Minnesotans for Healthy Kids Coalition need from MNSHAPE? They need you!!!! They need MNSHAPE to bring a very large group of its members to the State Capital on March 16 to show Minnesota legislators that quality Physical Education does make a difference and more Physical Education will mean a healthier Minnesota! Substitute cost will be covered if you choose to participate in this event in March 16.

Continued on page 2



To register for Lobby Day go to <http://goo.gl/DTVneg>

MNSHAPE is also continuing our regional workshop program this spring. After a very successful one day workshop in Bemidji last spring we are taking the show to southeast Minnesota for a one day Physical Education workshop in Winona, MN. On April 30, 2016 we will be combining forces with Wisconsin Health and Physical Education (WHPE) to offer a FREE Physical Education workshop at Winona Middle School. Presenters will be coming from WHPE and MNSHAPE to demonstrate new activities and lessons that can be used in elementary, middle, or high school Physical Education along with Adapted PE.

And please do not forget to take advantage of this once in a lifetime opportunity to attend a national SHAPE America convention in your home state this April 5-9 and the Minneapolis Convention Center. The last time the national convention was held in Minnesota was about 32 years ago and who knows when it will happen again. Registration has just opened on the SHAPE America website and remember that if you are a current member of MNSHAPE you do not need to pay the SHAPE America membership dues to attend. Before February 23rd the price is \$340 for professionals and \$140 for students for 5 days of amazing professional development. It would be really nice to see a large group of Minnesota teachers at the Minneapolis Convention Center the first week of April.

Once again, don't forget about how important our jobs as Health and Physical Education teachers are to the youth of Minnesota. We only get these students for a very small time when they are young and what we teach them will have an effect on the quality of their entire life.

Free PE Workshop

Saturday, April 30th 2016

8:00 AM-12:30 PM

Winona Middle School

1570 Homer Rd

Winona, MN 55987

Register at: <https://goo.gl/BTe8w8>



Message from the President Elect

Megan McCollom

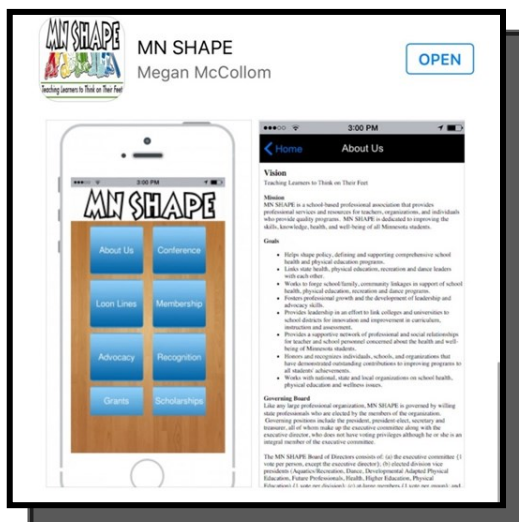


This fall was the 40th Annual DAPE Conference at Camp Friendship in Annandale, MN. There were a number of wonderful presenters who came from near and far to share their wisdom. The keynote speaker, Dr. Amanda Stanec, gave a wonderful speech about physical literacy and how we can all help our students with disabilities to become physically literate individuals. Other featured speakers who traveled to present at the conference were 2015 National SHAPE America Adapted PE Teacher of the Year, Greg Lukshaitis; 2014 National SHAPE America Dance Teacher of the Year and 2013 SHAPE America Central District Teacher of the Year, MacKenzie Mushel; and professor of Adapted Physical Education/Activity at Texas Woman’s University, Dr. Ron Davis. Thank you to all of these speakers as well as the rest of the presenters who presented at the conference.

I presented two sessions about Video Modeling. Video Modeling is a strategy that my school decided to start using last year and it made a world of difference for my students. I thought that it would be a beneficial tool for other DAPE teachers to use, so I created a presentation about what Video Modeling is, when to use it, and how to create a video in iMovie to use with your students. I use Video Modeling in my classes every day, whether it be to teach a new skill, show rules to a game, or for classroom rule reminders. My students love to see themselves and their friends in videos, and they do not realize that they are learning from watching the videos. Below is a link to my presentation, hopefully you will find this useful and you will begin to use video modeling in your classes.

http://prezi.com/4cjltk0m719m/?utm_campaign=share&utm_medium=copy

My vision for MN SHAPE is to incorporate more technology and make resources more readily available to our members. I have started to do this by creating a MN SHAPE app for our organization. Currently it is only available in the Apple App Store. The app is free and can be downloaded to iPhones, iPods, and iPads. When searching for the app on an iPad, you have to select “iPhone only” apps in the app store because it is built for iPhones but compatible with all Apple products.



Here is a screenshot of the app in the App Store.

I am honored to serve as the MN SHAPE President Elect for the next two years. Make sure to check our website (www.mnshape.com) and our app for updates and upcoming events.

Make a difference in the lives of your students.

Jump Rope For Heart and Hoops For Heart are educational fund-development programs. Each year more than 7 million children participate in a service learning event, engaging teachers, schools and their community in a shared collaboration to improve the health and educational success of students.

Teachers receive

- classroom resources
- teaching tools + support
- professional development
- networking opportunities

Students learn

- heart healthy living
- physical activity skill-building
- civic engagement
- teamwork and cooperation

Schools can

- increase access to PE
- earn equipment vouchers
- promote student success and well-being



Sign up to hold an event in your school and shape a new generation of healthy, physically active and engaged citizens!

Learn more! shapeamerica.org/jump

Thank You Volunteers!!

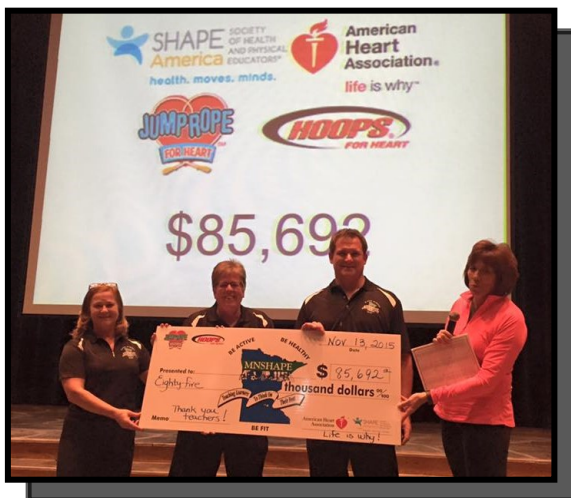
Amy Kaiser

Your help in promoting Jump Rope for Heart and Hoops for Heart has helped make the 2014-2015 the best year yet!! As you see in the picture we presented a check to MN-Shape for over \$85,000!!

A big shout-out and thanks for all of you!!! 2016 and the "DOGS" looks like we will have another great year. Keep up the good work by helping your students learn about heart health, exercise and helping their community.

Minnesota Top Jump Rope for Heart Schools:

Byron Elementary - Byron
 Meadowbrook Elementary - Golden Valley
 Oxbow Elementary - Champlin
 Hall Elementary - Minneapolis
 Jeffers Pond Elementary - Prior Lake
 Jonathan Elementary AND Clover Elementary - Chaska
 Shannon Park Elementary - Rosemont
 Morris Elementary - Morris
 St. Paul Academy - St. Paul



Minnesota Top Jump/Hoop Combined Schools:

Winterquist Elementary - Esko
 Bert Raney Elementary - Granite Falls
 SG Reintertsen Elementary - Moorhead
 Pillager Elementary - Pillager
 Wilshire Park Elementary - St. Anthony

Minnesota Top Hoops for Heart Schools:

Cannon Falls Elementary - Cannon Falls
 Sunset Hill - Plymouth
 Ripley - Litchfield
 Becker Intermediate - Becker
 Hayfield Elementary - Hayfield



MN SHAPE Award Winners

Sue Bremer

The annual MN SHAPE awards Celebration was held Thursday before November 12th. This banquet is to celebrate and recognize professionals in our state. Our Teachers of the year are now eligible to run for Central District TOY and National TOY.

Our award winners are: Developmental Adapted Physical Education Teacher of the Year - Peter Johnson who teaches in Red Wing, MN. Peter also serves on the MN DAPE Leadership team. Elementary Physical Education Teacher of the Year is Dawn Austin who teaches in Goodhue, MN. Dawn has taught for 30 plus years and also teaches DAPE. Middle School Teacher of the Year is Cyndee (CJ) Johnson who teaches in Esko, MN. CJ has taught for 38 years and coached many sports. CJ served on the MN SHAPE board and also on the Central District SHAPE America board. Winning the Carl Knutson Award was Connie Mettillie who teaches Health at Winona State University. Connie has been at Winona State since 2001 and has presented many times at MN SHAPE conferences. Steve Sizer from St. Peter was the winner of the George Hanson Developmental Adapted Physical Education Award. Steve recently retired from St. Peter schools where he taught Elementary Physical Education and DAPE. Steve also served on the MN DAPE Leadership team for many years. Steve is currently teaching at Minnesota State Mankato. Winning the Lou Keller Collegiate Award was Donna Palivec. Donna is currently Department Chair of the Human Performance Sport and Health Department. Donna has been at Bemidji since 1994. Donna served on the MN SHAPE board as the Higher Education Vice President. Amy Kaiser was the winner of the Dolly Strombel Distinguished Service Award. Amy recently retired from teaching Elementary Physical Education in Duluth, MN. Amy served as the Jump and Hoops for Heart coordinator for both MN SHAPE and Central District SHAPE America. Erik Prezel was awarded the Health and Fitness Advocacy Award. Erik served as a campaign coordinator for the American Heart Association and coordinated Lobby Day at the State Capital. Megan McCollom received the Presidential Award from Sue Tarr. Megan teaches Adapted Physical Education in the Robbinsdale Schools and serves as Presidential Elect for MN SHAP

Congratulations to all the award winners!

Do you know of a colleague who is worthy of receiving an award? If so, please go to the MN SHAPE website and under Recognition and Awards find a nomination form. There is a description of the awards we give out and address of where to send it. We have many great teachers in this state, let's get them the recognition they deserve.



MN SHAPE Partners with State Agencies to Provide FITNESSGRAM Trainings

Mary Thissen-Milder, PhD, Minnesota Department of Education

Through a partnership with the Minnesota Departments of Health and Education, MNSHAPE continues to provide FITNESSGRAM trainings to schools across the state. The purpose of these workshops is to provide physical education teachers an introduction to the Presidential Youth Fitness Program and the FITNESSGRAM Assessment tool. Teachers discuss appropriate test administration and participate in each test battery to ensure a kinesthetic understanding. The workshops are free and available for MN schools new to or desire an update on FITNESSGRAM. For information contact mary.thissen-milder@state.mn.us



MN SHAPE FITNESSGRAM trainers
Sue Bremer and Kay Oling provide a
FITNESSGRAM training in Duluth, MN

Active Schools MN Pilot Study is in Year 3

Mary Thissen-Milder, PhD, Minnesota Department of Education

In 2013, Active Schools MN, an initiative between the Minnesota Departments of Education and Health, initiated a 3 year Active Schools Pilot Study with fourteen elementary schools in northern Minnesota, focusing on grades 4-6. The study is designed with the premise that by increasing physical activity opportunities throughout the school day, students will become more physically active and positively impact educational outcomes such as attendance, behavior, and academic performance. Participating schools completed an initial physical education policy assessment, implemented FITNESSGRAM, and increased time in 2 of the 5 Active Schools MN strategies (physical education, recess, classroom, before/after school and Safe Routes to School). Students in grades 4-6 also complete a one day physical activity recall tool each year. This school year is the 3rd and final year of the study. Results will be released in the Spring of 2017. Participating schools include Lake of the Woods Elementary, Kelliher Elementary, Indus Elementary, Keewatin Elementary, Winterquist Elementary, Moose Lake Elementary, Swanville Elementary, Upsala Elementary, Menahga Elementary, Sebeka Elementary, Long Prairie Grey Eagle Elementary, Henning Elementary, Viking Elementary and Lake Park Audubon Elementary.

Announcing Physical Activity Leader trainings in Minnesota!

Mary Thissen-Milder, PhD, Minnesota Department of Education

The Society of Health and Physical Educators ([SHAPE America](#)), The MN Society of Health and Physical Educators ([MNSHAPE](#)), [Active School Minnesota](#), and the State Health Improvement Program ([SHIP](#)) are proud to partner with Let's Move Active Schools ([LMAS](#)) and provide [Physical Activity Leader \(PAL\)](#) trainings.



[PAL](#) trainings provide a professional development opportunity for school and community champions interested in supporting physical education and physical activity both within and outside the school day. Using the [Comprehensive Schools Physical Activity Program \(CSPAP\)](#) model utilized by the [Active Schools MN Moving Matters Toolkit](#). This training provides participants with:

- Personalized steps for implementation of an Active schools Day.
- Data to clearly communicate and make the case for a Comprehensive School Physical Activity Program (CSPAP).
- Leadership skills to foster support for a physical activity initiative (60-A-Day) in the local school/district.
- The ability to demonstrate the effectiveness of the five CSPAP components. The knowledge and know-how to serve as a local champion for Active Schools. The ability to plan and implement efficient lessons; coordinate and organize physical activity events; promote an Active School environment; and evaluate programmatic progress.

This opportunity is most helpful for school staff (such as but not limited to physical educators, classroom teachers, recess supervisors, before/after school staff, administrators, nurses) and supporting community members (such as, but not limited to Local Public Health SHIP grantees and state/local organizations) interested in implementing strategies and resources helpful in increasing physical activity options both during and outside the school day.

Sites and dates are:

- Thursday January 14th; 9am – 4pm; Minnesota Department of Education, Conference Room 15-15; 1500 Highway 36, Roseville, MN, 55113.
- Friday, February 5th; 9am – 4pm; Minnesota Department of Education, Conference Room 15-15; 1500 Highway 36, Roseville, MN, 55113.
- Friday, Feb 26th, Bemidji State University, Physical Education Complex; 1500 Birchmont Drive NE, Bemidji, MN 56601.
- Friday, March 11, 9 am – 3 pm; March 11; Winona State University, Wabasha Recreation Center, 175 West Mark Street; Winona, MN 55987.

To register, got to the MNSHAPE website at www.mnshape.com

For more information, contact Mary Thissen-Milder, PhD, Active Schools Coordinator, MDE/MDH at mary.thissen-milder@state.mn.us.



Greetings from the MN SHAPE Health Division

Jenny Wamsley & Lindsay Leko

We would like to introduce ourselves.

Jenny Wamsley, is a Health and Physical Education teacher in the Saint Paul Public Schools. She has taught in Saint Paul since 2000. Jenny, presented at the MN SHAPE conference in November on Social Media and Collaboration. Currently her High school Health are reading the book, Thirteen reasons why Jay Asher. I recommend all Health Teachers get this book for your students. What a great book to have them read. She lives in Shakopee with her husband and two boys.

You can email Jenny Wamsley at Jennywamsley@comcast.net

You can follow her on Twitter @jennywamsley

My name is Lindsay Leko and I teach 4th-8th grade Health and Physical Education at the FAIR School in Crystal. This is my second year on the board and I am in my third year of teaching. I am from St. Paul and a graduate of St. Cloud State University. I presented "Dance the Day Away" with Tara Storts at the 2015 MN SHAPE conference.

You can email Lindsay Leko at lindsayleko8@gmail.com

You can follow her on Twitter @lindsayleko

Our Health goal for MN SHAPE was to start a MN Health Teachers Facebook page. By creating this page, our goal is to have a common place where Health Teachers from MN can go to collaborate, meet other Health teachers, share events, and be supportive of all MN Health Teachers. Please share this page and invite other Health Educators to the page.

Looking forward to representing the Health Division on MN SHAPE Board of Directors.

Jenny and Lindsay





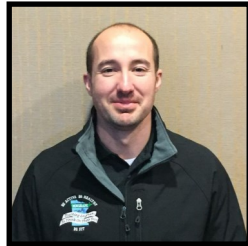
2015 MN SHAPE
Board of Directors



Mike Doyle -
President



Megan McCollom -
President Elect



Jeremiah Hinkemeyer -
Treasurer



Vicki Johnson -
Secretary



Cyndee Johnson -
VP Dance Division



Jane A.K. Carlson -
VP Elect Dance



Lindsay Leko - VP
Health Division



Jenny Wamsley - VP
Elect Health Division



Joe McCarthy -
VP PE Division



Samantha Nelson -
VP Elect PE Division



Karen Nash - VP
Aquatics/Recreation
Division



Bonnie Reimann - VP Elect
Aquatics/Recreation



Kay Oling - VP DAPE
Division



Pete Westby - VP
Elect DAPE Division



Kristen M. Ford - VP
Elect Higher



Mary Thissen-Milder -
Minnesota Department of



Tom Roberts - Jump Rope
For Heart Coordinator



Mary Cappel - At
Large Representative



Sue Bremer - At
Large Representative



Tara Storts - At
Large Representative



Amy Hinkemeyer -
Convention Manager

Fall Dance Division Report

Cyndee Johnson

The dance sessions at the 2015 MN SHAPE conference were well attended. Teachers got their hearts a'pumping by learning new Zumba steps. There is a lot of freedom that comes with Zumba, it is okay if you miss a step or don't do a dance move the exact same way as someone else plus you can add your own flair to the steps.

The "Dancing in the Gym for All" session provided non-dancers with simple ideas for teaching students dynamic activities and dance steps. "Dance the Day Away" gave attendees easy dances teachers could incorporate when they returned back to their schools and the presenters showed attendees how 21st century learning and technology impacts dance education.

The Dance Division teamed up with the Physical Education Division to show teachers two new ways to workout, PiYo and U-JAM. PiYo is a music driven, athletic workout inspired by Pilates and Yoga. It includes flexibility and strength training, conditioning and dynamic movement. U-JAM is an addictive cardio workout that fuses the hottest world beats with unique and fun pre-designed choreography which will make you move, sweat and smile.

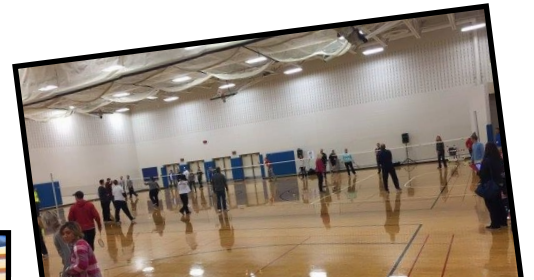


**Please join and share our Brain Boost Facebook Page titled:
Fun Brain Boosts and Movement in the Classroom Ideas!**

<https://www.facebook.com/groups/656030477802545/>



Dancing in the Gym for All



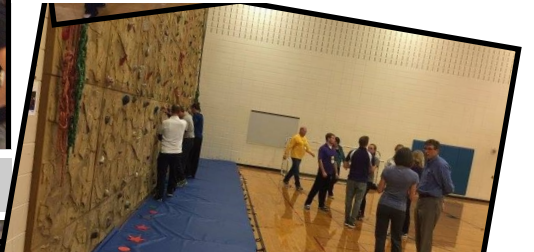
Badminton-A better way to flip a birdie



Insanity Live



Clogging: Like a Sport, Only Harder



Climb the Walls: Hand-On Traverse Wall Training

Fall Conference Highlights



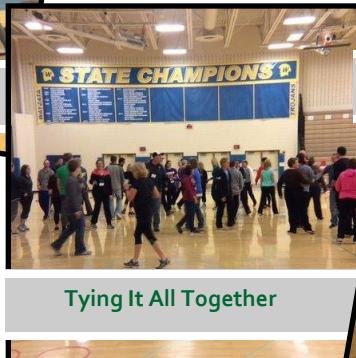
Classroom Management



K, 1, 2 – What To Do: Long Jump Ropes



Let's Do A Drumming Unit in PE/DAPE



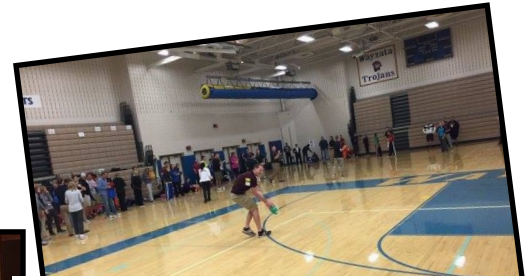
Tying It All Together



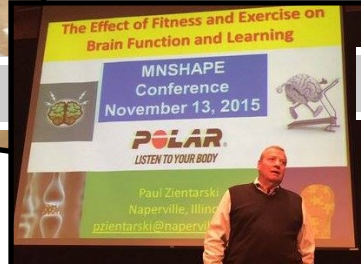
K, 1, 2 – What To Do: Long Jump Ropes



Minute to Win it...if You Can



The Three "I's" – Inclusive, Inspiring, Instant Activities



Keynote by Paul Zientarski



Ready, Set, GO



Let's Make It, Take It

Wayzata High School



Motivational Interviewing in the Classroom



Exhibitors



No Tennis Courts, No Problem



Strength Training



Exhibitors

Register now for the Minnesotans for Healthy Kids Coalition Lobby Day!

Joe McCarthy

On March 16th, from 8 am to 4 pm in Saint Paul MN, we have the opportunity to advocate for more Quality Physical Education to our state legislators. We need to be there and educate our lawmakers for the future health of our students! Please register through this link!

Wednesday, March 16th, 2016
 Minnesota History Center
 345 W. Kellogg Blvd, St. Paul, MN 55102
 8:00 AM—4:00 PM

THANK YOU

Joe McCarthy, MN SHAPE Board Member, @JoeMcCarthy09
 Pete Westby, MN SHAPE Board Member, @PeteWestby

Register online now:
<https://www.surveymonkey.com/s/MHKLobbyDay16>
 Or call: 952-278-7928 by March 2, 2016

Join other advocates from Minnesota to speak with legislators in a strong, unified voice about the importance of active living, physical activity and combating childhood obesity. Attend workshops and training and utilize those skills when you meet with your state legislators.

This year's issues include:
 Quality Physical Education
 Safer Walking and Biking

Breakfast & lunch included. No cost to attend but registration is required.

SHAPE America Minneapolis 2016 National Convention and Expo

Join us in Minneapolis, April 5-9, for the 2016 SHAPE America National Convention & Expo which will be held in partnership with SHAPE America Central District and Minnesota SHAPE.

- *Learn from experts in the profession. Engage face-to-face with thousands of your peers*
- *Grow your network and build new relationships*
- *Enhance your leadership skills and be a change advocate in your school and community*
- *Discover valuable new programs, products and services for your school*
- *Earn contact hours and CEU credits through hands-on workshops and educational sessions*

Whether you're a pre-K to 12 health or physical education teacher, teacher educator, specialist or student teacher, the opportunities for learning, sharing and networking are waiting for you.

Minneapolis Convention Center
 1301 2nd Ave S
 Minneapolis, MN 55403

<http://www.shapeamerica.org/events/convention2016/index.cfm>



save the date

2016 SHAPE America National Convention & Expo

APRIL 5-9

MINNEAPOLIS, MN

Mark your calendar for the SHAPE America National Convention & Expo, which offers unparalleled opportunities to engage with thousands of health and physical educators.

- Explore hundreds of sessions that showcase **effective teaching strategies** and best practices
- Learn from **world-renowned speakers** and researchers
- Discover how to **gain more support** for your school's health and physical education program
- **Meet, socialize, network** and trade tips with your peers



shapeamerica.org/convention
#SHAPEMinneapolis



The convention will focus on 50 Million Strong by 2029, SHAPE America's initiative to ensure that all of America's students are benefitting from the skills, knowledge and opportunities to enjoy healthy, meaningful physical activity.

Be a Member of our Profession!

Current Educators and Future Professionals... you can obtain so many benefits by attaining a National Shape America Membership! Please consider putting some of your professional development money and/or book money to your SPA profession!

<http://www.shapeamerica.org/about/membership/>
http://www.shapeamerica.org/about/membership/students_members.cfm

Access to Scholarships & Awards

- **Ruth Abernathy Presidential Scholarship**—Awarded to three undergraduate and two graduate students at SHAPE America's National Convention & Exposition held in the spring of each year.
- **Barbara A. Cooley Scholarship Masters Level**—Open to a master's level student who is currently enrolled in a health education program.
- **Bill Kane Undergraduate Scholarship**—Awarded to an outstanding student officially recognized as an undergraduate health education major at any four-year university/college.

Staying Informed

- **Momentum**—A quick read newspaper that covers SHAPE America's news and updates on the latest trends, people on the move, upcoming conferences and workshops.
- **Etcetera**—SHAPE America's weekly e-newsletter is packed with the latest stories focusing on school-based health education, physical education, physical activity and sport.
- **Quest, Measurement in Physical Education & Exercise Science**, and the **Journal of Sport Sciences** are also available to student members free of charge and are in addition to your selected publications. Available through Taylor and Francis Publishing. Log into your membership account and select "view my journals" to access the Taylor and Francis publications.

Sharing and Staying Connected

- **SHAPE America's Annual Convention & Exposition and District Conferences**—SHAPE America conferences are the world's largest gathering of school-based health education, physical education, physical activity and sport professionals and students—an unparalleled professional development opportunity. Whether you're a first-year student or graduating this year, you'll be inspired by your colleagues' experiences and ideas. You'll come away enriched, motivated, and invigorated. SHAPE America student members receive a significant discount on registration.
- **SHAPE America's Undergraduate Student Leadership Forum, the Graduate Student Forum and District Leadership Conferences** bring together students and young professionals to discuss the challenges and opportunities individuals are faced with when starting a career.
- **Facebook**—"Like us" to follow all posts and happenings.
- **Twitter**—Follow us on Twitter @SHAPE_America

Preparing for Your Future

- Find your first job on **CareerLink**. Post your resume online, search jobs and get email notifications when new jobs are posted. Other resources include resume building and interview tips.

A Voice That Matters

- Make your voice heard on matters affecting SHAPE America. Student members are eligible to serve as **delegates** at the SHAPE America National Convention & Exposition.

Saving Time and Money

- **Membership Dues Automatic Payment Plan**—Renew your SHAPE America membership automatically with your credit card on an annual basis.
- **GEICO Insurance**—Student members receive discounts on home and auto insurance.
- **SHAPE America-Sponsored Student Liability**—Available through the Forest T. Jones and the Trust for Insuring Educators, take advantage \$1 million of coverage for \$25/year. Coverage pays all defense costs over and above the limit of liability.
- **More Savings!** - Don't forget the huge savings SHAPE America student members get on books and other resources, and convention registration!

(SHAPE America Website, 2015)



MN SHAPE Membership Form
 (or register online at www.mnahperd.org)

Name (first, middle, last) _____

Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

School Where You Teach _____

Work Address1 _____

Work Address2 _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

of years in HPERD Profession _____

Membership Categories (select one)

- | | |
|---------------------|---|
| | Membership Fee (annual/includes processing fee) |
| Professional Member | <input type="checkbox"/> \$35.00 |
| JRH/HFH Coordinator | <input type="checkbox"/> \$25.00 (\$10 discount off professional membership for coordinators) |
| Student Member | <input type="checkbox"/> \$20.00 College attended full-time: _____ |
| Retired Member | <input type="checkbox"/> \$20.00 Year Retired: _____ |
| Associate Member | <input type="checkbox"/> \$35.00 |
| Lifetime Member | <input type="checkbox"/> \$650 |

Payment Method

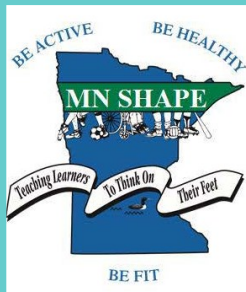
- Personal Check (Make check payable to MN SHAPE)
 Institutional Check (Make check payable to MN SHAPE)

Mail to: Nancy Christensen
 25673 Muskrat Lake Drive
 Detroit Lakes, MN 56501
 218-847-9769 (Home Phone)
 Fax to: 218-846-2416

Questions: Call Nancy Christensen at 218-847-9769 or email nancy1485@gmail.com

MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

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



MN SHAPE

www.mnahperd.org

**DECEMBER
2015**

LOON LINES

DECEMBER 2015

MN SHAPE

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

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



Contact information for MN SHAPE Board of Directors is posted on www.mnahperd.org

MN SHAPE Executive Committee

<i>President</i>	<i>Mike Doyle</i>	<i>(763) 221-3375</i>
<i>President Elect</i>	<i>Megan McCollom</i>	<i>(763) 504-4198</i>
<i>Past President</i>	<i>Sue Tarr</i>	<i>(320) 217-2371</i>
<i>Treasurer</i>	<i>Jeremiah Hinkemeyer</i>	<i>(218) 329-2088</i>
<i>Secretary</i>	<i>Vicki Johnson</i>	<i>(218) 847-5212</i>
<i>Executive Director</i>	<i>Nancy Christensen</i>	<i>(218) 847-9769</i>

The mission of the MN SHAPE 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

Amy Knopf at aknopf@detlakes.k12.mn.us.

You can also access this newsletter in PDF format on the web at www.MNAHPERD.org