



# Loon Lines

VOLUME V, ISSUE III

For more information about MN SHAPE, please visit our website at [www.mnahperd.org](http://www.mnahperd.org) or the national site at [www.shapeamerica.org](http://www.shapeamerica.org)

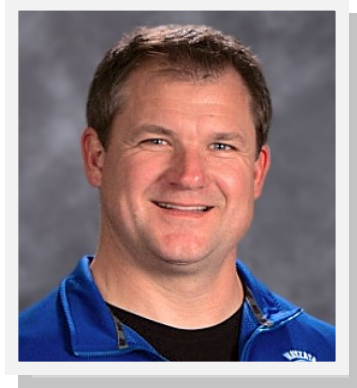
**DECEMBER  
2016**

**MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS**



## Message from the President

Mike Doyle



Thank you for attending the 2016 MNSHAPE Conference at Wayzata High School. It was great to see that many Dance, Health, and Physical Education professionals together for the purpose of professional development. I would like to personally thank our presenters that came in from other states. Mary and Wade Wentland along with Penny Kroening from Wisconsin, Shannon Loveridge from Colorado, and Dr. Amanda Stanec from Missouri. Thanks for traveling to Minnesota to share your expertise with us.

MNSHAPE also had a very good representation at the Minnesota Department of Education ESSA Stakeholder meetings in October. There were 6 meetings held around the state of Minnesota and members of MNSHAPE were present at each one. These meetings gave MNSHAPE members the opportunity to talk about the importance of Health and Physical Education being included in the definition of “Well-Rounded Education” in the Every Student Succeeds Act (ESSA). Not only was it important to convey that message to Minnesota's education commissioner Brenda Cassellius, but also to all of the administrators, parents, and other teachers in the room. Many people are unaware of the subject areas included in the definition of “Well-Rounded Education”. It is up to all of us to spread the word to the leaders of our school districts that Health and Physical Education are on the same playing field as all the other subject areas.

### Inside this issue:

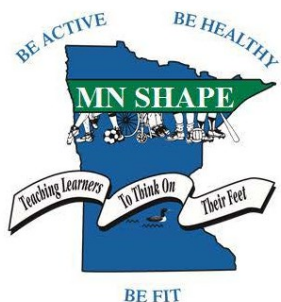
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The implementation of the SHAPE America Standards and Grade Level Outcomes as the new Minnesota Physical Education standards is kicking off soon. I encourage anyone that is interested to join the MDE Physical Education Standards Committee. Applications are now being taken to join the committee.

<http://education.state.mn.us/MDE/dse/stds/hpe/>

I have been very lucky this school year to be one of two PE Teachers in Minnesota to be teaching a Unified PE class. Unified PE

Continued on next page



is an elective that combines students from the Adapted PE program and general education in a daily Physical Education environment. It has been truly amazing to see how much the students have learned from each other and how much I have also learned from them. Seeing the students working together to increase their competence and confidence in motor skills and movement patterns in activities like badminton, soccer, biking, dance, and the ropes course has been a joy to watch. Most importantly in Unified PE is the relationships that are built between the students in the special education and general education populations. The friendships that have been created in this class go way beyond the classroom and continue into the halls, lunchroom, and even outside of school. Watching the school climate become more inclusive has been very exciting these last few months.

If you are interested in creating a Unified PE class at your school please contact Nick Cedergren at the Special Olympics Minnesota. [nick.cedergren@somn.org](mailto:nick.cedergren@somn.org)

The Minnesotans for Healthy Kids Coalition have another Lobby Day planned at the State Capital in St. Paul this year. This year's asks are defending the Statewide Health Improvement Program funding and asking for

SAVE THE DATE  
**APRIL 6**  
 2017

Minnesotans for  
 Healthy Kids  
 Coalition

**LOBBY DAY**

## Message from the President Elect

Megan McCollom

I hope many of you were able to make it to our #MNSHAPE16 conference this fall. We had a great turnout and we had some awesome new additions to our conference! This year we had a photo booth with props that we hope to make even bigger next year. We also had a Unified dance to kick off our general session, which was recorded live on our Facebook page. After Amanda Stanec's inspirational keynote presentation, we had a demo slam. The demo slam was also filmed live for our Facebook page. You can still find the two live videos on the MNSHAPE Facebook page. Contact information for our demo slam presenters can be found on the conference schedule handout for the demo slam at <http://www.mnshape.org/conference-schedule.html> along with what a description for the demo slam. Another new addition to this year's conference was a social the Wednesday night before our conference started. This year's conference had quite a few changes and additions that we hope everyone enjoyed. If you have any feedback for us about our MNSHAPE conference, please feel free to complete a feedback survey through our conference schedule at the link listed above or send us an email at [minnesotashape@gmail.com](mailto:minnesotashape@gmail.com).



With the start of a new school year and following our fall conference, we now have some new board members on the MNSHAPE Board of Directors as well as some board members in new positions. We had our first board meeting with our new members at the beginning of December and they are all wonderful new additions to our board with fresh ideas and a drive to help better our organization. Alex Kvanli is our new Future Professional Vice President Elect; Alex is currently a student at Minnesota State University, Mankato. Kirsten Guentzel is our new Physical Education Vice President Elect; Kirsten is currently teaching in St. Peter Public Schools. Lisa Smith is our new Health Vice President Elect; Lisa is currently teaching in Proctor Public Schools. Manny Felix is our new High Education Vice President Elect; Manny is currently a professor at Winona State University. Shannon Norman and Samantha Nelson have moved from being Vice Presidents in various divisions to at-large members. Derek Picha is also a new board member for us. Derek is an at-large member who is teaching in Delano Public Schools and has previously served on the board of directors for Arizona. We are very excited to have all of these new board members on the MNSHAPE Board of Directors.

This January we are lucky enough to have the SHAPE America Central District Convention in our neighboring state of Iowa. The convention will be held January 26th through the 28th in Cedar Falls, IA at







**Jump Rope For Heart** is a national education and fundraising event created by the American Heart Association and SHAPE America-Society of Health and Physical Educators. Students learn to jump rope, learn the benefits of physical activity, healthy eating and avoiding tobacco; and raise funds for research and programs to fight heart disease and stroke.

Funds raised through Jump Rope For Heart give back to children, communities and schools through the American Heart Association's work:

- Ongoing discovery of new treatments through research
- Advocating at federal and state levels for physical education and nutrition wellness in schools
- CPR training courses for middle and high school students

Millions of students have joined us in being physically active and in fighting heart disease and stroke by funding research and educational programs. Be a part of this great event and your school will earn gift certificates for FREE P.E. equipment from U.S. Games.

**Call 1-800-AHA-USA1 or visit [heart.org/jump](http://heart.org/jump) to get your school involved.**

**It Takes Heart to be a Hero**



SHAPE America is a proud program partner of Jump Rope For Heart.

©2015, American Heart Association. Also known as the Heart Fund. 7/15/S9292

## JRFH/HFH Wall of Fame

Thomas Roberts

New to the MN Shape Fall Conference this year was the addition of the JRFH/HFH Wall of Fame (see photo on MN Shape website). Every school that conducted a JRFH/HFH event during the 2015-2016 school were recognized by a red heart that listed the school's name and the coordinator's name.

Please remember that if you conduct a JRFH/HFH event you are eligible for the MN Shape JRFH/HFH Grant. The grant is awarded annually to any JRFH/HFH coordinator who is a MN Shape member and whose event raises at least \$1,500.00. The deadline to apply is March 1, 2017. Grant information and application are on MN Shape website.

Also available to JRFH/HFH coordinators is the Shape America JRFH/HFH Grant. This grant has the same criteria as the MN Shape JRFH/HFH Grants and is valued at \$2,500.00. Information on the Shape America grants can be obtained on the Shape America website.

Our goal is to increase the number of schools that conduct a JRFH/HFH event in the 2016-17 school year.

If you are interested in conducting a JRFH/HFH event at your school here are some easy ways to get started:

1. Contact Tom Roberts-MN Shape JRFH/HFH Coordinator  
 Email: [roberts.tom@slpschools.org](mailto:roberts.tom@slpschools.org)  
 Phone: (952)928-6499

2. Go to either the Shape America website or MN Shape website for information on how to get started and the many benefits

of





## Go Big!

Kristi O'Keefe

Like many people, around this time of year I think about the things for which I am thankful. As a Senior Youth Market Director for the American Heart Association I am so grateful for physical education and its teachers who continue to educate the youth on the importance of physical activity and living a healthy life. There are a lot of noble causes out there and there just are not enough words to say thanks to each of you who partner with the AHA in our service learning programs. I am overwhelmed by the incredible volunteers I have encountered who participate in Jump Rope for Heart and Hoops for Heart to make a difference in these children's lives while raising funds for lifesaving research. I am incredibly thankful for your time and talent.

This year my team's theme is Go Big, inspired by the volunteers, donors, and children we have met who have gone above and beyond to help save lives and make a difference. We need to go big this year because for the first time in history, this generation of children has a lifespan shorter than that of their parents and a new report by the CDC, heart disease and stroke death rates are on the rise following decades of progress. By working together, we have an opportunity to give our youth those 5 years back and just maybe change this alarming trend. The work and your support is also very personal. The work of the American Heart Association has funded research and saved the lives of children like my cousin Lucia, who suffered cardiac arrest when she was only eight years old and survived because a responder had an AED. Unfortunately, 50% of the children with Lucia's condition, CPVT, don't survive.

Lucia's Story, Part 1:

<https://www.youtube.com/watch?v=Nk-5vQfAOGs>

Lucia's Story, Part 2:

<https://www.youtube.com/watch?v=Vzk2oZid2ZA>

We need to go big this year because our children are counting on us, your communities are counting on us and those affected by heart disease and stroke are counting on us. Thank you to each and every one of you who volunteer and participate in Jump Rope and Hoops for Heart. It is because of you and your dedication to the American Heart Association's lifesaving mission that you are making a difference in your schools and your community and the



**Hoops For Heart** is a national education and fundraising event created by the American Heart Association and SHAPE America-Society of Health and Physical Educators. Students learn basketball skills, learn the benefits of physical activity, healthy eating and avoiding tobacco; and raise funds for research and programs to fight heart disease and stroke.

Funds raised through Hoops For Heart give back to children, communities and schools through the American Heart Association's work:

- Ongoing discovery of new treatments through research
- Advocating at federal and state levels for physical education and nutrition wellness in schools
- CPR training courses for middle and high school students

Millions of students have joined us in being physically active and in fighting heart disease and stroke by funding research and educational programs. Be a part of this great event and your school will earn gift certificates for FREE P.E. equipment from U.S. Games.

**Call 1-800-AHA-USA1 or visit [heart.org/hoops](http://heart.org/hoops) to get your school involved.**



SHAPE America is a proud program partner of Hoops For Heart.



## Physical Education Standards Review Launched

Mary Thissen-Milder, PhD, Minnesota Department of Education

Recent legislation requires that MDE convene a Standards Committee during the 2016-2017 school year to review the current (2010) standards and adopt new standards. Applications are now being accepted for individuals interested in serving on the Physical Education Standards Review Committee. The application period is open through December 22<sup>nd</sup>. For more information, visit the Health and Physical Education Web page. Please share this message with curriculum coordinators, physical education teachers, and others who may be interested in applying for the Standards Committee. For more information about the physical education standards review, contact MDE's health and physical education specialist, Mary Thissen-Milder, at 51-582-8505, [mary.thissen-milder@state.mn.us](mailto:mary.thissen-milder@state.mn.us)

## Physical Education Standard Comment Period Launched

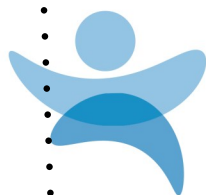
Tell MDE what you think about the current physical education standards!

As part of the state physical education standards review process, the public is invited to comment on the current state (2010) physical education standards. See the Health and Physical Education Web page for directions. The comment period is open through January 6<sup>th</sup>, 2017. For more information about the physical education standards review, contact MDE's health and physical education specialist, Mary Thissen-Milder, at 651-582-8505, [mary.thissen-milder@state.mn.us](mailto:mary.thissen-milder@state.mn.us)

## Active schools Minnesota Video is Launched

Active Schools Minnesota, an initiative between the Minnesota Departments of Health and Education, has released a video that describes the active schools model and highlights two Minnesota successfully implementing it. The video can be utilized to promote more physical activity opportunities before/after and during the school day. See the video at the MDH active schools webpage at <https://www.facebook.com/search/top/?q=minnesota%20department%20of%20health>.

Training for Active Schools Minnesota and individual strategy workshops (quality physical education, active recess, active classrooms and before/after school physical activity) is offered through the



SHAPE  
America®

central district  
conference 2017

January 26-28 • Cedar Falls, IA • #SHAPEcentral



## Minnesota Society of Health and Physical Educators

For almost 100 years, Minnesota's Health and Physical Educators have collaborated and shared their best ideas. MNSHAPE provides leadership, advocacy and support for educators at every level, from preschool to university professors. MNSHAPE has been Minnesota's foremost advocate for our profession. Your MEMBERSHIP makes us stronger and better.

### What MNSHAPE Membership Provides for You:

- Annual State Conference – Over 80 quality program sessions on professional practices and updates are held with continuing CEU credits
- Workshops, Clinics – Half and full day programs are scheduled in various parts of the state with the goal of bringing continuing education opportunities directly to members
- MNSHAPE Newsletter – The MNSHAPE newsletter, Loon Lines, is posted on our website or mailed in December, March, May and August
- Multiple resources can be found on our up and new website, MNSHAPE.org. Connecting through MNSHAPE's social media provides ways for you as a member to obtain new ideas for activities, new assessments, advocacy tools and to be kept up-to-date regarding professional development opportunities.
- Opportunity to serve on the MNSHAPE Board of Directors and/or committee's
- Opportunity to be nominated as a State Teacher of the Year in health, physical education; elementary, middle, high school, dance, and DAPE. State recognition is also given in aquatics with other recognitions given
- Opportunity to receive scholarships to attend district and national conventions
- Opportunity to receive grants if you have conducted a jump rope for heart/hoops for heart event

### What MNSHAPE Has Been Doing for You This Past year:

- In 2010 and 2011, with the American Heart Association, we hired a lobbyist to pass legislation for Physical Education Standards in Minnesota – the end result after six years; Minnesota now has Physical Education Standards and representation at the Minnesota Department of Education
- Provided funding and personnel to represent Minnesota teachers at Speak Out Day in Washington, DC regarding ESSA
- A MNSHAPE Board member has been present at all six Minnesota Department of Education ESSA meetings with MN Education Commissioner Brenda Cassillius to discuss Health and Physical Education being a part of “a well-rounded education.” Health and Physical Education are now included so we need to make sure that the voice of our disciplines are heard when decisions on the implementation of ESSA are being made. MNSHAPE has been there to make sure this happens. ESSA gives us access to Title I, II and IV Part A funding with many other subject areas
- MNSHAPE was the core of hosting, promoting and manning a very successful 2016 SHAPE America National Convention
- MNSHAPE was represented at the Minnesota School Board Conference
- MNSHAPE spoke at the Elementary Principles Conference
- MNSHAPE was present at Education Minnesota
- Multiple workshops have been provided on successful implementation of the Physical Education Standards and Fitness Gram at no cost to regional districts coordinated with the Department of Education
- MNSHAPE continues to provide successful state conferences with excellent keynote speakers, session speakers, exhibitors, and award recognition

Clearly, you are dedicated to making a difference – not only in your career but also for the children and communities you serve. As a member of MNSHAPE you are extending our commitment to empowering all children to lead healthy and active lives through effective health and physical education programs!!



## In Memoriam

Dr. Bridget Ann Duoos

1953 – 2016

Dr. Bridget Duoos, PhD in Sports Biomechanics, of Cambridge, passed away peacefully surrounded by her family on June 21, 2016. She was 63 years old. Bridget was a Professor and Department Chair at the University of St. Thomas Health and Human Performance.

Bridget taught at St. Thomas from 1995 until 2016. Bridget worked hard with her colleagues to build the department into a very successful Health and Human Performance Department with hundreds of students majoring in Exercise Science, Health Promotion, Public Health Studies and Physical and Health Education for teaching candidates. She spent her time teaching Biomechanics (her specialty area), Kinesiology, and Exercise Science Research Methods, perhaps her favorite course.

Bridget was also a friend and mentor to MNSHAPE; serving for over ten years on our Board of Directors.

- She held multiple offices on our board chairing physical education and higher education
- She wrote dozen of articles for our newsletter
- She presented at state, district and national conventions multiple times.
- She was a strong member of the advocacy committee and the conference committee
- On the district level Dr. Duoos served on the Advocacy Committee
- At the National level was on the Steering Committee for the NASPE STARS program.
- Bridget was the recipient of the following awards:
  - ◊ **MNAHPERD Presidential Award**
  - ◊ **MNAHPERD Lou Keller Award**
  - ◊ **Central District AAHPERD District Scholar – one of the highest awards that Central District AAHPERD presents**

For Dr. Duoos's commitment to the MNSHAPE Board of Directors, her dedication to her students, her enthusiasm for health and physical education, and her willingness to share her knowledge with other professionals we will miss her terribly. Bridget Duoos you were a STAR!

George Louis Hanson

1935-2016

George Hanson left us on September 22, 2016 – to return to the earth, the trees, the wind, and the stars. He was born in Superior, Wisconsin to Lulu and Gordon Hunter – who preceded him in death two short years later. He was adopted from the Fairlawn Orphanage by Rudy and Alice Hanson. George reached many lives as a dedicated and humble teacher, coach, mentor, volunteer, Minneapolis Park Board Member and small business owner.

In the world of Developmental Adapted Physical Education, George was truly a pioneer, as he was in so many ways. His legacy will live on with MNSHAPE, as the George Hanson Award is the top honor that can be received by Minnesota Developmental Adapted Physical Education Teachers. As the Namesake for the Award, George has always and will continue to set the bar very high.

George will be greatly missed and lovingly remembered as a man of great character and great deeds.

## Higher Education Division

### Kristen Ford & Manny Felix

We would like to introduce ourselves—Kristen Ford and Manny Felix. We are honored to represent the Higher Education Division on the BOD.

Kristen Ford, Ph.D.: Dr. Kristen (Hetland) Ford is the Chair of the Health, Physical Education and Exercise Science Department and associate professor at Concordia College (Moorhead, MN). She is the director of both the K-12 physical education and health programs. She is a co-trainer and instructional designer for *SchoolsAlive!* and a two-time Dakota Medical Foundation (DMF) Breakthrough Idea Challenge grant recipient. Dr. Ford's academic preparation includes an undergraduate degree in Physical Education and Health (Concordia College, Moorhead, Minnesota), a master's degree in School Health Education (University of Wisconsin, La Crosse), and a Ph.D. in Human Development with an emphasis in Wellness (North Dakota State University). Kristen's professional experience includes five years of K-12 teaching physical education, health, and first aid along with a variety of coaching experiences (North Branch, MN). She has over ten years of experience in higher education including an assistant professor position at NDSU and adjunct work at Minnesota State University, Moorhead. Kristen currently serves on the MNSHAPE Board of Directors as the higher education VP and has served on the Central District Leadership Board (CDSHAPE America). Dr. Ford also contributes a brain boost segment for The Forum called "Cobber Wellness Corner." Finally, Kristen was a recipient of Dakota Medical Foundations STAR award in 2013.

Manny Felix, PhD. : In his third year at Winona State University (WSU), Dr. Manny Felix is an Associate Professor in the Department of Physical Education and Sports Science and currently serves as the Coordinator of the Adapted Physical Education Teaching Minor. Prior to WSU, Dr. Felix taught 20 years at the University of Wisconsin-La Crosse in the graduate and undergraduate adapted physical education teaching programs that were federally funded by the U.S. Department of Education, Office of Special Education and Rehabilitation Services. His extensive professional contributions include: directing numerous community- and university-based activity programs for children, youth, and adults with disabilities; presenting extensively at state and national conferences regarding adapted physical education, including best practices in teaching students with autism; and, publishing in professional journals as well as two recent book chapters in the internationally recognized text *Adapted Physical Education and Sport (2017)*. Previous service contributions include serving as President of Wisconsin Health and Physical Education and on the Executive Board of the National Consortium on Physical Education for Individuals with Disabilities. Dr. Felix's academic preparation includes a B.S. in Physical Education (University of California-Davis), an M.S. Ed. in Physical Education (Northern Illinois University), and a Ph.D. in Movement Studies in Disability (Oregon State University). Now with MNSHAPE as the Higher Education VP-Elect, he is committed to highly effective curriculum and program development for physical education teacher preparation programs, high quality professional development for future professionals, and proactive advocacy in the physical education profession.

#### Contact Info:

**Kristen M. Ford** E-mail: [KMFord@cord.edu](mailto:KMFord@cord.edu) Phone: 218-299-4710  
**Manny Felix** E-mail: [EFelix@winona.edu](mailto:EFelix@winona.edu) Phone 507-457-5694

Continued on next page.

- **2016 Conference Highlight:** 1<sup>st</sup> Annual College Cup! Preservice teachers partnered up and participated in three different fun and competitive activities (i.e. ping-pong, Spikeball, and bags.) Scores were recorded after each round in an attempt to determine one winner. *Drum roll please.....* Congratulations **St. Cloud State University** on winning the 1<sup>st</sup> Annual College Cup trophy!
- This year in the Higher Education Division, we will continue to promote Future Professional initiatives including: College Cup participation to represent all higher education PE teacher preparation programs throughout MN; more widespread participation in MNSHAPE events;



2016 College Cup Champions  
Tanner Schafer and Adam Reidenbach

**MNSHAPE 1st Annual College Cup  
“2016 Conference Champions St. Cloud State”**

- On behalf of MNSHAPE and your Future Professional board representatives we would like to thank all the participants in the first annual college cup competition.
- There were over 50 future professional participants that took part in this year’s session. We look forward to the next event and hope that you will continue to participate and represent your University/College at MNSHAPE.

**CONGRATULATIONS Cyndee Johnson**

**SHAPE AMERICA CENTRAL DISTRICT MIDDLE SCHOOL TEACHER OF THE YEAR**

- Minnesota is very proud of the great educators we have working with our children and young professionals. The passion, the leadership, the excellence demonstrated by our teachers is a true inspiration of our profession. Please join the MNSHAPE Board of Director’s in congratulating Cyndee Johnson, SHAPE America Central District Middle School Teacher of the Year. Cyndee now goes on to complete for SHAPE America Middle School Teacher of the Year – our best to you CJ.

- Cyndee earned her Minnesota’s Elementary Physical Education Teacher of the Year award in 2004, Dance Teacher of the Year in 2008 and Middle School Physical Education Teacher of the Year in 2014. Now Shape America Central District announced she is the 2016 SHAPE America Central District Teacher of the Year.

- CJ is a physical education teacher at Esko Public Schools, has 38 years in education and is currently serving on the MNSHAPE BOD. She received the inaugural Let’s Move! Active Schools Outstanding Physical Activity Leader (PAL) Award this past May at the SHAPE America National Convention. “CJ is an outstanding professional who champions her commitment to the importance of physical activity in every aspect of her teaching career.” Dr. Thissen-Milder said.



- CJ has been a long-time advocate for education and wellness, according to her colleagues. “CJ is an innovator when it comes to physical education,” said Winterquist Elementary Principal Brian Harker.
- Our students are always exploring new ways in which to move, whether it be in a team game or during



# AWARDS PRESENTED AT 2016 MNSHAPE CONFERENCE



PRESIDENTIAL AWARD

Mary Cappel



AQUATICS TOY

Amy Knutson



HEALTH EDUCATION TOY

Aaron Murray



MARY LAMPE SCHOLARSHIP

Ben Gort



MIDDLE SCHOOL PE TOY

Samantha Nelson



ELEMENTARY PE TOY

Julie Mickschl



DAPE TOY

Sandy Chelsey



HEALTH & FITNESS ADVOCACY AWARD

Jess Nolan



PAUL SCHMIDT K-12 HPE AWARD

George Beran

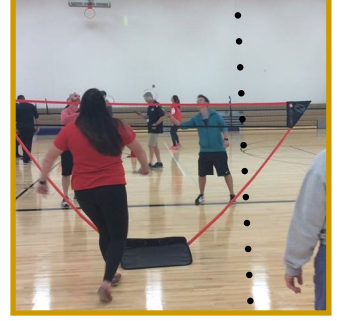




# 2016 MNSHAPE







# CONFERENCE HIGHLIGHTS









## REGIONAL CONFERENCE

# Passionate & Purposeful Teaching: *The Ticket to Empowering Students*

central district  
conference 2017

January 26-28  
Cedar Falls, IA

#SHAPEcentral

## 2017 SHAPE America Central District Conference

Register by  
Dec. 16 and  
**SAVE**  
up to \$45!

Co-hosted by IAHPERD

University of Northern Iowa

Cedar Falls, IA • January 26-28, 2017

Join us at the 2017 Central District Conference to learn from top speakers and connect with health and physical education colleagues from throughout the region.

No matter what your teaching level or discipline, you'll find sessions of interest. Come hear about the latest trends and best practices in these areas:

- Adapted Physical Education
- School Health Education
- Jump Rope For Heart/Hoops For Heart
- Physical Activity
- K-12 Physical Education
- ESSA News & Advocacy Tips

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“Collaboration, inspiration, camaraderie and dedication are what come to mind when I think of SHAPE America Central District. By attending the conference, you gain access to priceless networking and learning from the best in the field, while sharing the passion for teaching physical education and health.”

— Dr. Tracy Nelson

PETE Program Coordinator  
South Dakota State University

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Register today at [shapeamerica.org/central2017](http://shapeamerica.org/central2017)

## MNSHAPE Scholarships – It Could Be A YOU!!!

MNSHAPE awards three different scholarships throughout the year for students in undergraduate and graduate school. These are: the Ellen Cromwell-Cercle Student Travel Scholarship, Mary Lampe Scholarship, and the Trish Meek Developmental Adapted Physical Education Scholarship. Applications are available at the MNSHAPE website and due at different times throughout the year. We encourage students and professionals alike to apply for the appropriate scholarships.

Ellen Cromwell-Cercle Student Travel Scholarship: This scholarship is awarded to full-time undergraduate students majoring in the field of health, physical education, recreation, or dance to assist them in traveling to district or national conventions.

Mary Lampe Scholarship: The Mary Lampe Scholarship is awarded to full time undergraduate and graduate students in good standing with MNSHAPE in their quest to enhance professional/educational development. The establishment of this award was to honor and recognize the outstanding efforts, services and contributions of Mary Lampe, who retired from the Health, Physical Education, and Recreation Department at the University of Minnesota, Minneapolis.

Trish Meek Developmental Adapted Physical Education Scholarship: Trish Meek DAPE Scholarship is awarded to full-time undergraduate student(s) pursuing licensure in Developmental Adapted Physical Education (DAPE).

## Be an Advocate for Physical Education!

Joe McCarthy

Thank you to all those teachers who desired more professional development by attending the 2016 MNSHAPE Conference at Wayzata High School in November!

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

As physical educators we also need to continue to be advocates for our students and profession. Please consider presenting at the next principals conference, school board conference, and the education MN conference. Besides presenting, you could write to your local paper and share your success stories, develop a program at your school that could be placed in social media.





## Simple Dance Mixer

Jane A.K. Carlson, Vice-President of Dance  
Glenn Carlson, University of Wisconsin-Superior

### Circle Waltz Mixer

- **Music:** New England String Quartet – *Always with Me*
- **Skills:** waltz rhythm, twirl
- **Formation:** Single-circle formation
- **Directions:**
  - (1-3 beats) Forward hesitation step in,
  - (4-6 beats) Back hesitation step out
  - (7-9 beats) Twirlers perform a roll-away to the right (twirl to the right)
  - (7-9 beats) Post stand still
  - (10-36 beats) Repeat 1-9 beats three more times (total of four times)
  - (37-49 beats) Partners face each other—for 12 beats – beats 1-3 inside foot hesitation step towards the center, beats 4-6 outside foot hesitation step out, 7-12 beats each partner performs a full circle
  - (50-62 beats) Partners face each other —for 12 beats – beats 1-3 outside foot hesitation step towards the outside, beats 4-6 inside foot hesitation step towards the center, 7-12 beats each partner performs a full circle(63-75 beats) Partners face each other—for 12 beats – hold hands and perform a two-handed circle, and turn a full circle together and open like a book ending up on the same side you started (all facing the center of the single circle)

### **Version II: Post & Twirlers twirl**

- Twirlers twirl twice to the right, then Post twirl twice to the left (all else is the same in the dance)
- <http://>



# 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](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](http://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)

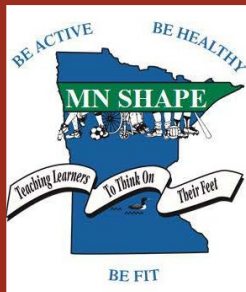
Mail to: Nancy Christensen  
 25673 Muskrat Lake Drive  
 Detroit Lakes, MN 56501  
 218-847-9769 (Home Phone)  
 Fax to: 218-846-2416

Questions: Call Nancy Christensen at 218-847-9769 or email [nancy1485@gmail.com](mailto:nancy1485@gmail.com)



# MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

MNSHAPE Executive Director  
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Detroit Lakes, MN 56501  
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**MNSHAPE**

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

**DECEMBER  
2016**

## LOON LINES

DECEMBER 2016

### 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)

### MN SHAPE Executive Committee

President	Mike Doyle	(763) 221-3375	<a href="mailto:Michael.doyle@wayzata.k12.mn.us">Michael.doyle@wayzata.k12.mn.us</a>
President Elect	Megan McCollom	(763) 504-4198	<a href="mailto:megan_mccollom@rdale.org">megan_mccollom@rdale.org</a>
Past President	Sue Tarr	(320) 217-2371	<a href="mailto:starr@stcloudstate.edu">starr@stcloudstate.edu</a>
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088	<a href="mailto:moorhead18@hotmail.com">moorhead18@hotmail.com</a>
Secretary	Vicki Johnson	(218) 847-5212	<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>

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 Amy Knopf at [aknopf@detlakes.k12.mn.us](mailto:aknopf@detlakes.k12.mn.us).

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