

Loon Lines



VOLUME 11, ISSUE 2

For more information about MNAHPERD, please visit our website at www.mnahperd.org or the national site at www.aapherd.org



MNAHPERD

May 2013

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Message from the President

Jack Olwell

As summer rapidly approaches I find certain professional interests start taking a backseat to my summer plans and pleasures. I want to alert you to some changes that MNAHPERD is making on behalf of our membership. We have formed a partnership with Sports Authority so that members can receive a discount when making purchases. Sports Authority is making 20% off coupons available to our membership which can be found on our website. If you are like me you purchase a few pair of athletic shoes annually, the available discounts will more than pay for my annual membership (\$30) to MNAHPERD. Our executive committee will be attempting to add more discounts in the future. We are hoping you will spread the word to your fellow teachers concerning the immediate benefits they can receive by becoming a member.

In addition to this financial benefit we provide many and varied professional services to our members that include but are not limited to a great annual convention featuring regionally and nationally recognized presenters many of whom are our own. We have representation at the AHA, the MN Healthy Kids Coalition, and the Childhood Obesity Workgroup at the Capitol and have plans to be present at the state superintendents' conferences. We also represent our 2500+ teachers at the state legislature. We provide free regional workshops during the winter in various locations throughout the state and have advocacy materials and PowerPoints available.

To be effective we need a robust membership – one that is active and engaged. I am sure most of you have colleagues who are not members. Perhaps the discounts will convince them it is costly to not be a member. I am asking our current members to inform your co-workers of the value of being a MNAHPERD member.

Have a great summer.



Charting the C's with DAPE

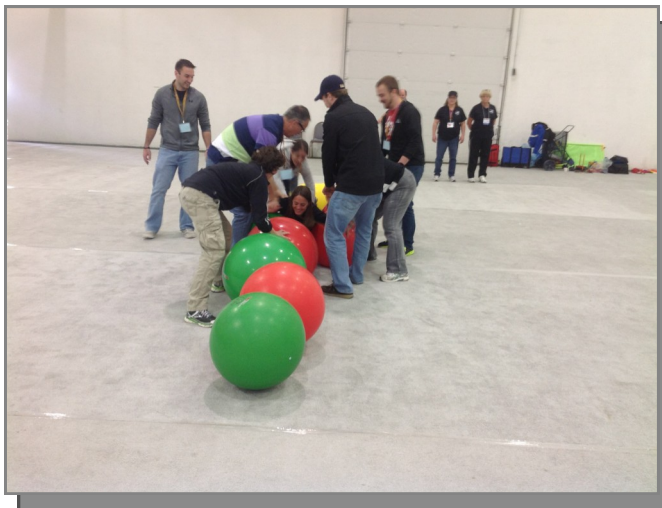
Mike Doyle , VP of Dape Division

This past April the 5th Annual Cross Categorical Conference “Charting the C’s” teamed with the MN DAPE Leadership Committee and held a full weekend of activities for parents, students, and DAPE teachers. On Saturday, April 20th members of the MNDAPE Leadership Committee hosted the first annual Student-Family Mini Conference at Arrowwood Resort in Alexandria, MN. It was an opportunity for families of students with disabilities from around the state to learn about how to actively interact and play with their children and learn about some of the newest assistive technology resources available. MNDAPE Leadership Committee members Kay Oling and Heidi Fisher led a session that demonstrated items that the students can use to increase movement opportunities like homemade kites and boomerangs. They also participated in simple movement games like Ups and Downs with some plastic cups. Rich Burke was next with movement and physical fitness activities like juggling, exercise balls, and relaxation positions. Rich led the students and families through a series of movements on stability balls that will increase core strength and balance. He also demonstrated easy lead up activities to juggling using scarves. Sue Tarr and Mike Doyle led the final session of transition aged activities that started with safely moving around the space on scooters and eventually led up to some cooperative partner activities on the scooters and a game of scooter floor hockey. Pete Westby finished up the transition aged activities session with an introduction to archery and the adaptations available for students with all disabilities to allow them to be successful. About 30 families were in attendance for the first annual Student-Family Mini Conference and they all left with new ideas of new ways to keep their students with disabilities active at home and at school.



On Sunday, April 21st the MNDAPE Leadership Committee again partnered with the “Charting the C’s” conference and hosted the annual DAPE in Your Backyard workshop for DAPE teachers from around the state. About 30 DAPE teachers attended the one day workshop and heard Rich Burke start out the morning discussing part B2 assessment option and how to determine which assessments works best for each individual student. Kay Oling demonstrated some simple yard games that can adapted for students with disabilities and Heidi Fisher used foam noodles that were cut into small pieces to help improve bilateral coordination, balance, and agility skills. Mike Doyle discussed some technology trends and Pete Westby showed the group how to start Archery in the Schools program. Pictures and handouts from the Student-Family Mini Conference and DAPE in Your Backyard are available at www.mndape.org and can be found at the MNDAPE Twitter page @MNDAPE.

The 38th Annual MNDAPE Conference will be held September 26-27 at Camp Friendship in Annandale, MN. This year's conference theme is "Reaching All Students". The keynote speaker at this year's conference will be Dr. JoAnne Owens-Nauslar. If you would like to present at this year's conference, program proposal forms can be found at www.mndape.org along with the conference registration form. Be sure to follow updates with Developmental Adapted Physical Education in the State of Minnesota on Twitter at @MNDAPE.



DAPE Website Information

MNDAPE.org website has the ultimate resource for adapted physical education teachers. It lists all events that are happening at the state level as well as regional workshops. If you don't know what region you are in, it shows you a map to determine that. You also have region representatives. They are listed with their contact information. Email or call them with any questions. The website also has resources such as the MNDAPE Operational Guide, DAPE Tri-Fold, DAPE Laws and Links.

#AAHPERD2013!!

Mary Cappel, MNAHPERD Past-President

What a fabulous AAHPERD Convention in Charlotte, NC! So many changes going on with physical education and AAHPERD this year. The first change at the convention—the lights were on! And stayed on all week! After the blackout in Boston last year, it was wonderful to be able to experience all the national convention had to offer!

The opportunity to attend many great sessions revealed other big changes occurring this year. The new National Physical Education Standards (with benchmarks) final draft was shared, as was a great deal of information on the new Presidential Youth Fitness Program and implementation grant opportunities. Let's Move Active Schools is the new initiative from the White House, with Michelle Obama specifically referencing the importance of physical education during her press conference in Chicago! The Alliance Assembly saw years of hard work lead to a vote from the delegates for Unification of AAHPERD! What an honor to be part of that historic event! I am excited to see what the changes to our national organization will bring with this vote.

The national convention is also a time to network with other professionals from across the country—connecting with new colleagues as well as renewing acquaintances. It is a time of learning, sharing, discussing best practice, advocating for our profession, and socializing. My favorite part of the convention is always the presentations by the Teachers of the Year—so inspiring and energizing! We also spent some time working on our own MNAHPERD fall conference—planning, contacting potential presenters and browsing through the exhibit hall for new ideas.

Coming back from the national convention leaves me refreshed and committed to helping provide the best programs, products and services to the members of MNAHPERD, as well as making sure my students receive high quality instruction in an atmosphere that is caring, engaging, challenging, supportive and respectful. Please consider attending an AAHPERD convention in the future. You will be glad you did!



Irene Cucina and Mary Cappel



AAHPERD
Stability Ball



Mary Cappel



AAHPERD Cooperative



AAHPERD Ab Work



AAHPERD Drums Alive



AAHPERD MNAHPERD Crew



AAHPERD Sit and Reach



Alliance Assembly Group

A Summer Sendoff -Give Them the Tools to Enhance Health Habits

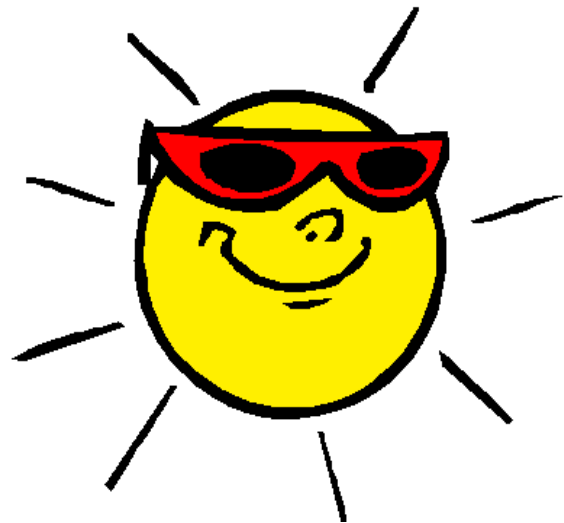
Joel Heitkamp

As the school year begins to draw closer and closer each day, many of us will think about all of the information we crammed into our kids. The various sports skills, fitness testing, and cardiovascular fitness in physical education; the most important foundations in the areas of decision-making, nutrition, drugs and various other health education topics; as well as countless other important lessons we all taught everyday. We think about all of that and wonder, will much of it, or any of it, carry over as our students leave on their three month summer break. Ultimately, in the areas of which we teach, we are not only trying to enhance a student's overall education, but we are also trying to engage a student to be proactive and to change their daily behaviors to positively affect their health and their lives. We all want students to make healthy decisions with their eating, stay active everyday, and empower them to encourage others to make those decisions too! These are skills I feel we don't think students can or should take a break from. Much like reading daily and practicing math problems are important, continuing with the habits of a healthy, daily, lifestyle are also important.

There are so many different methods to ensure that students get the daily physical activity that we all know is so important. There are so many great teaching methods to instill the values we teach in our health, dance and recreation classes. If we didn't find value in it, we wouldn't work so hard to promote our programs and make sure that everyone sees our content area as a valid part of the school day. That promotion, like the healthy habits we teach, cannot take a three-month break. We need to make sure we as educators continue to make connections to our students and prove to be of value, even over the summer break.

With that being said, the following activity is something our Health and Physical Education Department at South Junior High in St. Cloud came up with to send home with students. This activity will remind them that there are many different ways to stay active and healthy. In the past, we have used this as an extra-credit assignment. This year, I am going to send it home on the last days of school as a reminder to get kids active at home over the summer break. The activity is called "Exermercials". This is something that is easy to do and can be done anytime, anywhere. The idea is for a student to complete a series of physical activities each time they sit on the couch and watch TV. Really, how long can you go watching TV without a commercial coming on? The "Exermercial" activity will help limit the time that our students sit and will get them moving every 10-12 minutes!

Use the activity as you wish. Maybe you don't think it will work for you or your kids. Either way, I challenge you to find something to engage your students over the summer break and to continue to build the relevance and validity of your program.



EXERMERCIALS!

What is an exermercial? It's a combination of exercise and TV commercials! Next time you watch TV, see if you can do one or more of the following challenges during each of the commercial breaks. **The more TV you watch, the healthier you can get!**

1. Count how many sit-ups you can do over an entire commercial break. Record the number on the line below. (Remember to keep your knees bent and your arms folded in front of you!)

2. Race the next car, truck or vehicle commercial. How many jumping jacks can you do before the commercial is over? GO FAST!

3. Can you do mountain climbers for the length of an entire commercial break? Remember to pace yourself and write the total number of in the blank. (Start in the pushup position and alternately bring one leg at a time under your chest and back down straight.)

4. During the commercial break, jog to the kitchen and drink 1 full glass of water. If you do it, put an X on the line!

5. Can you jog in place and get 300 steps in during a commercial break? Record "Yes" or "No". You still get credit for trying.

6. Try and do 5 pushups for each new commercial that come on during an entire commercial break. How many pushups did you do?

7. Turn-off the lights! During 1 commercial break go to every room where you live and turn off anything that does not need to be on. See if you can save some power. Record how many things you turned off.

8. Get your stretch on! Stretch 5 muscle groups during a commercial break. Your choice. Check the line when complete.

9. What are a couple of other physical activities you could do during a commercial break to get your heart pumping? Record your ideas below and "star" each of them once you complete your own idea.

- 1.
- 2.
- 3.

10. What would be the effect on your body if you exercised regularly during commercial breaks while watching TV? Give a short explanation of the benefits of regular physical activity.

MEMBERSHIP UPDATE

One year ago the MNAHPERD Board of Directors established an August to August membership enrollment. This is a reminder that all memberships will be due on August 1, 2013. You may fill out the registration form enclosed in this newsletter or you may update on-line. If you do not wish to pay the credit card fee for on-line registration, it is perfectly acceptable to mail your membership with a check to Nancy Christensen – 25673 Muskrat Lake Dr., Detroit Lakes, MN 56501. You will receive a receipt with a membership card either way. We know that sometimes confusion results when there is change, we apologize for any inconvenience. Thank you!!



Preparing Kids for Summer

Mary Cappel

As the last weeks of the school year wind down, the warm, sunny days bring out shorts, sandals and the anticipation of summer fun. As an elementary physical education teacher, helping kids stay on task becomes more challenging, but also offers the opportunity to prepare kids for the summer weeks ahead!

Summer brings lots of organized activities for kids--soccer, softball, baseball, tennis, swimming, day camps--the list can be endless. But because not all kids are involved in these organized activities, it is important to help kids stay active on their own. As adults, we sometimes try to manage things for kids that they can manage on their own. It is not our job to keep them from being "bored," which is actually a term I never use. Really, how can a 7-year-old know what that even means unless we have put the idea in their heads?

The most important part for me, in preparing kids for summer, is helping them realize their own potential for play. We need to challenge their creativity and imagination in creating their own activities. All kids need is a Frisbee to create their own Frisbee golf course using whatever "targets" are in the area. Playground equipment can become a "fitness trail." Any piece of sporting equipment can be used to create a new game. And kids LOVE obstacle courses! It is amazing what a few household and backyard items can become when they use their imagination!

They also should be able to organize their own games--find the equipment they need, make fair teams, establish their rules, and most importantly, settle their disputes on their own without adult intervention. These are life skills that are best learned as early as possible. Plus, a good old game of "Rock, Paper, Scissors" usually solves everything!

So, here's to a summer of activity, creativity, and fun! Let kids be kids, and also enjoy some time playing with them. You will be amazed at what they can come up with! (...and don't forget summer safety—seat belts, bike helmets, life jackets, sunscreen, and plenty of water....)

(this article was published in the Live Well Winona May newsletter)

Plan to Change Your Plans

Ben Tressel, VP of Physical Education

As a new physical education teacher 15 years ago, my plans were very detailed and specific. I had a thoughtful progression, creative teaching cues, and every minute of each lesson planned out. Unfortunately, that is not how my students planned out their day. Now, I look at planning as being prepared for and ready to respond to anything. Planning cannot be limited to how you divide the 30 minute class period between two activities you found on the internet. As you sit down to plan for the end of the school year, whether you write down 5 words or 5 pages in your notebook, here are a few things to consider:

Plan to Learn. The outcome of the lesson needs to be the guiding factor in everything you do. What learning do you want to occur? If you do not have a distinct outcome, you will be side tracked by the flavor of the moment. You may have noticed I did not use the word objective. An objective often focuses around an activity or process; we need outcomes in the form of learning.

Plan to Assess. As a teacher in PE, we know students are learning something every day, but do they know it? Are they able to articulate it? One of the most powerful pushes in the world of education is formative assessment. Taking a pause to check for understanding, to make sure we are on track towards our intended outcome is essential. Without frequent and intentional assessment, how will you be sure learning is taking place? You must have a plan as to how and when you will implement formative assessment strategies. Observation is one of our foundations, but observation alone without student input only allows us to hypothesize about the learning taking place.

Plan to Differentiate. Every lesson or activity you lead needs to have built in opportunities to differentiate. Differentiation in PE can take place based a number of ways and for an individual, partnership, team, or class. These decisions to alter instruction need to be based on the assessments you have implemented. Many activities have tiered levels of variation/rigor, but increasing the difficulty or changing the rules for all without evidence to support the change is not best practice. Assessment and differentiation must work in partnership for success.

As the rookie teacher, my plan for any given tag game had differentiation. I started with skipping, then moved to running, then added more taggers, then added a way to save your friends, etc. I changed these elements based on my plans, not by student readiness or by the learning taking place. I may have insured everybody had a turn to be tagger, but I did not ensure that every student learned. That is not differentiation.

Plan to Change your Plans. If your plans are student centered instead of teacher centered, your lessons will need to be flexible and ready to change directions at any second. You need to have a great learning opportunity ready for any path your students lead you on. Consistent assessment practices will help you predict these pathways, but as you know, every day brings new adventures.

So as you sit down to plan your remaining lessons, please leave space and freedom to meet the needs of the learners, not your needs as an instructor.

MNAHPERD Fall Conference Update

Mary Cappel, MNAHPERD Past-President

Plans are in full swing for the MNAHPERD Fall Conference to be held on November 7-8, 2013 at Wayzata High School. This year's theme uses the tag line associated with MNAHPERD for many years: "Teaching Learners to Think On Their Feet!" We thought it was very appropriate to some current trends in physical education—who knew how far ahead of their time the original creators of that slogan were!

We are very fortunate to have three nationally recognized presenters coming in: Dr. Jayne Greenberg from Miami-Dade, Florida, Clayton Ellis from Colorado, and Mike Spiller from Texas will be making his return! (Please see biographical information on the next page.) Proposals are also coming in from fabulous presenters in our state as well, including sessions on advocacy, dance, Active Schools, the new Presidential Youth Fitness Program, technology, and many others. We are still accepting proposals until the June 15 deadline, so please consider sharing your expertise with other professionals and students! Please see the program proposal form included in this newsletter.

We are looking forward to a great conference this fall. Please plan to join us! If you have questions, please feel free to contact me.

Mary Cappel, MNAHPERD Past-President and 2013 Conference Chari
mary.cappel@winona.k12.mn.us

SAVE THE DATE!!!

MNAHPERD STATE CONFERENCE

On Line Registration Begins August 1, 2013

"Teaching Learners to Think on Their Feet"

Wayzata High School

4955 Peony Lane, Plymouth, MN 55446

Conference – All day Thursday & Friday

Awards Celebration, Thursday Evening

Thursday, November 7 & Friday, November 8, 2013

For Program Proposals contact Amy Hinkemeyer
at amyhinkemeyer1@gmail.com or check our website at
www.mnahperd.org



Registration form
on Page 14

“Teaching Learners to Think on Their Feet”

CONFERENCE LINE-UP YOU WILL NOT WANT TO MISS

NOVEMBER 7 & 8, 2013

Dr. Jayne Greenberg from the Miami-Dade Public Schools is the Director of Physical Education and Health Literacy. Dr. Greenberg is recognized for developing one of the best programs in the country. In her current position, her primary responsibilities include supervising Physical Education, K-12 Health Education, Safety Education, HIV/AIDS Education, Adapted Physical Education, Sports Program for Students with Disabilities, Learn to Swim Program, and Special Projects. Jayne is a tireless and inspirational curriculum leader. In 2005 she was recognized by NASPE as the National PE Administrator of the Year. Dr. Greenberg also serves on the President’s Council on Fitness, Sports and Nutrition. Dr. Greenberg recently published a book, “Developing School Site Wellness Centers.” We are so honored to have Dr. Greenberg attend this year’s conference as a keynote speaker and session presenter.

Mike Spiller. Games throughout the centuries are Mike’s interest. Mike honored us with his presence at our conference in 2010 and you have been asking to bring him back. We have. Mike has traveled the world to find innovative and stimulating game data for his summer camps, teacher in-services and Games of the World workshops. He has worked with hundreds of schools and youth organizations in the U.S. as well as dozens more worldwide. Mike believes knowledge, novelty, and nurturing are the keys to a successful interactive play session. His varied experience, vast knowledge, enthusiasm, and leadership abilities make him one of America’s most outstanding recreational leaders. As the “Texas Games Guru,” Mike is just what you need to enlighten and educate your students. To learn more about Mike go to his website – www.msgow.com/mike2.html.

Clayton Ellis currently teaches physical education at Aurora Central High School in Aurora, CO. He was selected as the 2010 NASPE High School Physical Education Teacher of the Year. Clayton was awarded the AAHPERD Honor Award at the 2013 Charlotte National Convention for his efforts in advocating for and promoting quality physical education. In addition to his exemplary teaching and leadership in Aurora schools, after one year of being appointed to the Board for the Colorado Governor’s Council for Physical Fitness, Clayton was recently elected to be the President of the Governor’s Council for Physical Fitness. Clayton will bring our convention outstanding presentations for the middle and high school teacher who is looking for new, innovative teaching methods. He is a must see!!

Our conference this year promises to be the best ever, with over 40 other sessions, our three keynote speakers, exposure to 20 plus exhibitors, and lots of time to network. Put it on your calendar now – On-line registration will be open August 1, 2013, but you may certainly send your registration NOW to Nancy Christensen.

American Alliance Becomes One

History was made on Saturday, April 27, 2013 when the American Alliance for Health, Physical Education, Recreation and Dance unanimously approved unification, making AAHPERD one organization, with one name, one brand, one mission. As a result of this Alliance Assembly approval, AAHPERD's five national associations, six district associations and its Research Consortium are now one unified organization.

"This is an historic moment in time for our Alliance," said AAHPERD President Gale Wiedow of the Dakota State University in South Dakota. "With unification we are confident that we will be better able to serve the needs of our members by creating a more efficient, effective, member-focused and forward-looking organizational structure."

This Alliance Assembly also elected Dolly Lambdin of the University of Texas at Austin as its new President-Elect. Lambdin joins President Wiedow, Past President Irene Cucina of Plymouth State University and Chief Executive Officer E. Paul Roetert on the AAHPERD Executive Committee.

The goal of the mission and vision statements is to serve as a guide for the unified organization and articulate who we are and what we stand for. They are:

Mission Statement

To advance professional practice and promote research related to health and physical education, physical activity and sport

Vision Statement

Healthy People – Physically Educated and Physically Active!

Minnesota was represented at the Alliance Assembly by Past President Mary Cappel, President Elect Sue Tarr and Executive Director Nancy Christensen.





2013 Fall Conference
Program Proposal
 November 7 & 8th • Wayzata High School
www.mnahperd.org

Teaching Learners to Think on Their Feet

NAME _____

MAILING ADDRESS _____

CITY _____ State _____ ZIP _____

WORK PHONE _____ CELL PHONE _____ FAX _____

EMAIL _____ SUMMER EMAIL _____

BRIEF BIOGRAPHY (Information to introduce speaker(s)): _____

TITLE OF PRESENTATION _____

DESCRIPTION OF PRESENTATION _____

TYPE OF PRESENTATION: LECTURE DEMONSTRATION ACTIVE PARTICIPATION

Select the one that best applies:

LENGTH OF PRESENTATION: 50 minutes OR 2 hours

Select your preference:

PREFERRED AUDIENCE: ELEMENTARY MIDDLE SCHOOL HIGH SCHOOL TECH

Select all that apply: HEALTH DAPE DANCE HIGHER ED OTHER _____

AUDIO VISUAL REQUESTS _____

An Honorarium will be given to presenters; \$50 per session or \$75 for two sessions. If there is more than one presenter per session, the honorarium will be split among the group. (All presenters must be current members of MNAHPERD or other AAHPERDs). No honorarium will be awarded without a signed program contract.

Please mail or email form to:
Amy Hinkemeyer
150 Spruce Street
Kindred, ND 58051
amyhinkemeyer1@gmail.com

<p> Program Proposals must be received by June 15, 2013 </p>

**“TEACHING LEARNERS TO THINK ON THEIR FEET”
MNAHPERD FALL CONFERENCE REGISTRATION FORM
NOVEMBER 7 & 8, 2013**

Wayzata High School & Crowne Plaza Minneapolis West

4955 Peony Lane, Plymouth, MN 55446
Crowne Plaza Minneapolis West – 3131 Campus Drive, Plymouth, MN 55441
Phone: 763-559-6600 Fax: 763-559-7516
Reservations: www.CPplymouth.com

**Postmark Deadline for Advanced Registration is October 25, 2013
Hotel Reservations are due before Wednesday, October 16, 2013
(Room rate of \$99.00 which includes breakfast for two)**

Please Print or Type Clearly _____

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone (H) _____ (O) _____ Are you a MNAHPERD Member? _____

School/State _____

Email address _____

Cancellation Policy: All pre-registration cancellations must be requested in writing before Friday, October 25, 2013. A \$5.00 processing fee is assessed to all cancellations received by October 25, 2013. Faxes and emails are acceptable. No refunds will be made after Friday, October 25, 2013. Please email or fax Nancy Christensen at nancy1485@gmail.com or 218-846-2416 (fax).

REGISTRATION (Check one)	Advanced (Before 9/25/13)	On-Site (After 9/25/13)	Indicate Amount:
____ Professional MNAHPERD Member (1 Day)	\$ 90.00	\$105.00	_____
____ Professional MNAHPERD Member (2 Day)	\$125.00	\$140.00	_____
____ Professional Other State Member (1 Day)	\$ 90.00	\$105.00	_____
____ Professional Other State Member (2 Day)	\$125.00	\$140.00	_____
____ Student Professional Member (1 & 2 Day)	\$ 50.00	\$ 65.00	_____
____ Retirees (1 & 2 Day)	\$ 50.00	\$ 50.00	_____

MNAHPERD AWARDS/RECOGNITION CEREMONY

6:30 Friday, November 7, 2013, Best Western Plus Kelly Inn # _____ @ \$10.00
2705 North Annapolis Lane, Plymouth, MN

Social Ticket Cost After Monday, October 25, 2013 # _____ @ \$15.00

(If you are an award winner you will receive 2 tickets at no cost. For additional tickets please mark above)

<p>Payment Method (Please Check One)</p> <p>Personal Check _____</p> <p>School Check _____</p> <p>Company Check _____</p> <p>Money Order _____</p> <p>Cash _____</p> <p>Other _____</p> <p>Total Amount Enclosed _____</p>	<p>** Credit card payments only available through online registration. Please visit the MNAHPERD website for more detailed information: www.MNAHPERD.org</p> <p>Name you would like on badge:</p> <p>_____</p>	<p>Office Use Only</p> <p>Amount Received _____</p> <p>Date Received _____</p> <p>Received by _____</p> <p>Check Number _____</p> <p>Other Information:</p>
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*******Make checks payable to MNAHPERD**

Mail to: Nancy Christensen, 25673 Muskrat Lake Dr., Detroit Lakes, MN 56501

Please Note: Purchase Orders will NOT be accepted. All registration & membership fees must be paid in full by conference day. If school check has not been received, personal check will be required and held until school check has been received.



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

Name (first, middle, last) _____

Home Address _____

Home City _____ State _____ Zip _____

Home Telephone _____

School where you work _____

School District in which you work _____

Work Address _____

Work City _____ State _____ Zip _____

Work Telephone _____

Email Address _____

of years in HPERD Profession _____

Areas of responsibility (circle all that apply): Advocacy, Agencies, Aquatics, Athletics, Curriculum, Dance, DAPE, Exercise Science, Health, Recreation, Retired, Physical Education, Sport Management, Other: _____

Level of responsibility (circle one): Community College/University, Early Childhood, Elementary, Middle School/Junior High, High School

Membership Categories (select one)

	Membership Fee (annual/includes processing fee)
Professional Member	<input type="checkbox"/> \$30.00
JRH/HFH Coordinator	<input type="checkbox"/> \$20.00 (\$10 discount off professional membership for coordinators)
Student Member	<input type="checkbox"/> \$15.00 College attended full-time: _____
Retired Member	<input type="checkbox"/> \$15.00 Year Retired: _____
Associate Member	<input type="checkbox"/> \$30.00
Lifetime Member	<input type="checkbox"/> \$600

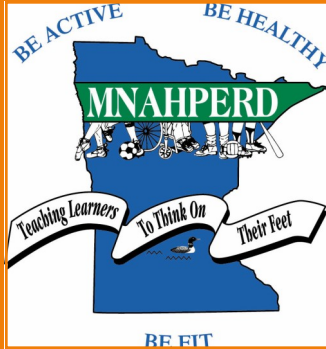
Payment Method

- Personal Check (**Make check payable to MNAHPERD**)
 Institutional Check (**Make check payable to MNAHPERD**)

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

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



www.mnahperd.org

Loon Lines

May 2013

MNAHPERD

MNAHPERD is a school-based professional association that provides professional services and resources for teachers, organizations and individuals to provide quality programs. MNAHPERD is dedicated to improving the skills, knowledge, health and well-being of all Minnesota students.

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

MNAHPERD Executive Committee

President	Jack Olwell	(612) 432-9082
President Elect	Sue Tarr	(320) 217-2371
Past President	Mary Cappel	(507) 454-1641
Treasurer	Jeremiah Hinkemeyer	(218) 329-2088
Secretary	Vicki Johnson	(218) 847-5212
Executive Director	Nancy Christensen	(218) 847-9769

The mission of the MNAHPERD 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