



# Loon Lines

VOLUME V, ISSUE III

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

**AUGUST  
2016**

**MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS**

## A Message from the President

*Mike Doyle*



It is a very exciting time for Physical Education in the state of Minnesota. The Every Student Succeeds Act (ESSA) that took the place of No Child Left Behind was signed into law by President Obama on December 10, 2015. ESSA includes the subject areas of Physical Education and Health in the definition of a “well-rounded education” with 16 other subjects. It gives Physical Education and Health Education access to Title I, II, and IV Part A funding that we did not have access to before. Title II can be used for professional development while Title IV Part A money is set aside for a well-rounded education, supporting safe and healthy students, and the effective use technology. These are all things that are covered in Health and Physical Education. Currently the House appropriations committee approved \$1 billion for Title IV Part A, but we are still waiting for the Senate appropriations committee to decide on a number. All school districts need to create a needs assessment plan when deciding how to spend Title IV Part A money so please make contact with your Title I coordinator and make sure that Health and Physical Education’s voice is heard when it comes time to create that needs assessment plan during the current school year. ESSA funding begins on July 1, 2017. For more information on ESSA in Minnesota go to the newly created SHAPE America State Advocacy Toolkit.

<http://goo.gl/hRnJ96>



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On July 20, 2016 about 6 MNSHAPE members attended a public town hall meeting with the Minnesota Commissioner of Education Brenda Cassellius to discuss the implementation of ESSA in Minnesota. There are future town hall meetings coming up in October in different parts of the state. To stay up to date on the ESSA implementation in Minnesota go to the ESSA page on the MDE website.

<http://education.state.mn.us/MDE/dse/ESSA/index.htm>

On June 1, 2016 Governor Dayton signed into law the Omnibus Supplemental Appropriations Bill (HF2749) that included language that updated the Minnesota state Physical Education standards to the most recent SHAPE America standards and grade level outcomes. Over the next year MNSHAPE will be working with the Minnesota Department of Education to implement the SHAPE America standards here in Minnesota. Stay tuned for updates.

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November 10-11, 2016 will be the annual MNSHAPE conference at Wayzata High School. I am very excited for our keynote speaker Dr. Amanda Stanec from St Louis. She will be discussing the current state of Health Equity in our country. We also have the 2016 SHAPE America Elementary PE Teacher of the Year Penny Kroening along with WHPE Health Teacher of the Year Mary Wentland.

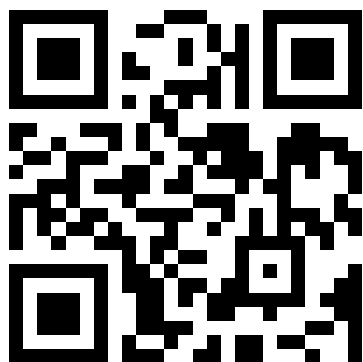
New this year at the MNSHAPE Conference will be a welcome social at the Crowne Plaza on the evening of November 9<sup>th</sup>. Come socialize with Health and Physical Education teachers from around the state and enjoy free beer and appetizers. You can also skip the lines on Thursday morning by receiving your registration materials at the Wednesday evening social event. Also, new this year is free admission to the Thursday evening awards celebration at the Crowne Plaza. Be sure to indicate when you register for the conference that you want to attend the awards celebration. We have a lot of deserving awards winners this year in the Health and Physical Education profession here in Minnesota. Registration, hotel information/discounts, and the conference schedule is already posted on the MNSHAPE website.

<http://www.mnshape.org/conference-schedule.html>

Enjoy the start to your school year and thank you for everything you all do for Health and Physical Education in the state of Minnesota!



ESSA Meeting at MDE  
July 20, 2016



Dr. Amanda Stanec  
Founder of MoveLiveLearn  
@MoveLiveLearn



November 10-11 at #MNSHAPE16

Mary Wentland  
2012 WHPE Health TOY  
@PrideandJoyMary



November 10-11 at #MNSHAPE16

Shannon Loveridge  
SHAPE Colorado President  
Founder of Beatz for Feet



November 10-11 at #MNSHAPE16

Friday Morning Yoga  
General Session led by  
Chris Freytag



November 10-11 at #MNSHAPE16

## A Message from the President-Elect

Megan McCollom



As the president-elect, I have had the opportunity to attend two leadership conferences this summer. I attended the SAM Leadership Development Conference with the executive directors and president-elects from all of the state organizations within SHAPE America. I was able to network with other president-elects and talk about what their state organizations are doing, what MNSHAPE is doing, and how we can combine ideas in order to improve each of our own organizations. We had the opportunity to hear Dr. JoAnne Owens-Nausler speak about leadership. Carly Wright spoke to us about the Every Student Succeeds Act (ESSA), what has happened, what will be happening, and how we can get involved at our local level to help get funding for physical education. The President of SHAPE America, Jacalyn Lund, and the CEO of SHAPE America, Paul Roetert, spoke to us a little about what is happening with SHAPE America and their plans to move to a new location.

The other leadership conference that I attended this summer was the Sally Scherrer Central District Leadership Summit. At this summit I was able to work with a few MNSHAPE board members to come up with action plans and ideas for ways to improve MNSHAPE and what we can offer to our members. We were also able to collaborate with the other states within the Central District to discuss ways that we could strengthen our state's organizations. A week after the leadership summit, myself and a few other board members got together to begin working on these action plan items. We have updated our website to include a resources page for each of the different divisions that we have on the MNSHAPE board. On the top right corner of our homepage you will see a resources tab with dropdowns for each of the different areas that we have resources for; we are not promoting or being sponsored by any of these resources, they are just some things that we thought could be helpful to our members. Another new feature to our website is under the "Read More" section of the "Board of Directors" tab. We have added a Google Form for people who are interested in joining our board of directors. If you are interested in becoming a member, please complete the Google Form titled "Board of Directors Election". On the form, you will be able to see what positions are available for this upcoming school year and what the roles of these positions are on the board. Board positions will be voted on at our fall conference on November 10<sup>th</sup> and 11<sup>th</sup> at the newly remodeled Wayzata High School.

### FUTP60 Corner

Check out how **YOU** can empower youth, your school, and community to stay healthy with Fuel Up to Play 60! Improve nutrition and physical activity at your school by working with students and other adults to implement healthy initiatives, called "Plays". Boost your efforts with [funding opportunities](#). Join [online](#) and Fuel Up to Play 60 will help you bring the program to your school with trusted tools, resources and step-by-step guides.



[www.fueluptoplay60.com](http://www.fueluptoplay60.com)

Check out the [welcome video](#) to get inspired at <https://www.fueluptoplay60.com/about/about-the-program>



## 2016-2017 Six Steps

Show your school's commitment to improving health and wellness with Fuel Up to Play 60 by completing the Six Steps each school year to get — and keep — Fuel Up to Play 60 going in your school!

Please note:

- The Six Steps can be done in any order. Start wherever works best for your team!
- All actions under each Step must be completed in order to complete the Step.
- When a Step is complete, the Step icon will change from black and white to color!

### STEP ONE Join the League!

#### To Complete Step One:

- Join Fuel Up to Play 60.
- Become a Program Advisor.
- Encourage students to join!
- Work with students to create flyers and posters to display in a prominent place in your school. Be sure to check out the resources offered under My Perks on your Dashboard!

### STEP TWO Build Teams and Draft Key Players

#### To Complete Step Two:

- Have at least one student at your school who has earned 30,000 Points become an Ambassador for the 2016-2017 school year!
- Encourage other adults and students to create an account on FuelUpToPlay60.com.
- Enlist the support of school administrators and community members.

### STEP THREE Kickoff!

#### To Complete Step Three:

- Hold a Kickoff event at your school to build visibility for Fuel Up to Play 60!

### STEP FOUR Survey the Field

#### To Complete Step Four:

- Download and print the School Wellness Investigation from under Step Four on your Dashboard and work with your students to complete it!



A PROGRAM OF



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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## STEP SIX Light Up the Scoreboard!

### To Complete Step Six:

- Share your success with FUTP 60! Submit a Success Story on FuelUpToPlay60.com, or share a story on social media or in an email message to colleagues, friends and family!

## STEP FIVE It's Game Time!

### To Complete Step Five:

- Review the Healthy Eating and Physical Activity Plays in the online Playbook.
- Decide on one Healthy Eating and one Physical Activity Play to implement in your school.

# TOUCHDOWN!

Complete all Six Steps and become a Touchdown School!

**Remember:** Get credit for the Six Steps you've completed! Log in to your Dashboard and mark them as complete.

**Also:** Score a Touchdown by April 1 and qualify to receive a brand new, redesigned Touchdown School Banner!

*WHILE SUPPLIES LAST*



**NDC**  
NATIONAL DAIRY COUNCIL

A PROGRAM OF

**Play60**

**FUEL UP**

THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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# Jump Rope for Heart & Hoops for Heart Successes!

Jessica Lundgren

In Northwestern Minnesota, Jump Rope for Heart and Hoops for Heart has been taking off! We are so excited to say that in the 2015-2016 school year, we had 40 individual schools in 13 different counties participate in our program. These students are carrying out heart healthy lifestyle habits, all the while having fun and learning about volunteerism and citizenship. We are fortunate to be able to work with these school systems to be able to provide educational resources and build strong relationships to ensure our kids have a healthier future ahead of them.

In highlighting some of our successes, I'd like to start with our top school in Northwestern Minnesota- **Stephen-Argyle Elementary**. With an enrollment of around 180 students, they raised a record setting \$17,281.25 this year! Their coordinator, Scott Groven, pushes the kids to take charge of their own heart health and encourages them to help others. The kids and the communities take great pride in doing something bigger than themselves. On top of being the top school in Northwestern Minnesota, their school received a whopping \$1000 in US Games certificates to further their PE program.

This year, we also had multiple schools significantly increase their event and invite more students to join our mission of building lives free of cardiovascular disease and stroke. Some of the schools we would like to recognize are **Kittson Central Elementary** in Hallock, MN, **Vandyke Elementary** in Coleraine, MN, **Newfolden Elementary** in Newfolden, MN, **Fertile-Beltrami Elementary** in Fertile, MN, **Roseau Elementary** in Roseau, MN, **Win-E-Mac Elementary** in Erskine, MN, **Greenbush Middle River Elementary** in Greenbush, MN, **Keewatin Elementary** in Keewatin, MN, and **Warren-Alvarado-Oslo Elementary** in Warren, MN. Congratulations to all other schools in Northwest Minnesota that participate!

Their continued success allows us to further our research and gives us the greatest chance of saving lives, improving health, and finding cures. Research is the cornerstone of the American Heart Association's lifesaving mission.

So, to everyone that participates and volunteers, thank you. We couldn't do it without you.

With a *grateful* heart,  
**Jessica Lundgren**



**SAC Jump Rope For Heart Raises \$17,281.25**

Stephen/Argyle Central Elementary Jump Rope for Heart raised \$17,281.25 for the American Heart Association. The event was held last month and the photo above show all the participants.

The top fundraisers for each grade in the Jump Rope for Heart fundraiser are pictured to the right: Back Row (L-R) Rylan Anderson (2nd), Shianne Kostrowski (3rd), Katelyn Groven (4th), Alden Anderson (5th), and Madelyn Groven (6th). Middle Row (L-R) Payton Kusnie (Kindergarten), Madison Wolnarowicz (1st), Ava Weisenberger (1st), and Jacalyn Groven (1st). Front Row: Lily Lloyd (1st)

Lily Lloyd (pictured top left) raised \$1,055.00 for the American Heart Association. GREAT JOB, LILY!!

## Nominate an Outstanding Teacher

As the school year starts many of us sit with our peers and think what wonderful teachers they are and that they really deserve to be recognized! This is a great time to consider nominating them for one of the many MNSHAPE Awards. We have Teacher of the Year awards for Developmental Adapted Physical Education, Elementary Physical Education, Middle School Physical Education, Secondary Physical Education and Health Education. We have an Aquatic Award and a Pathfinder Award. We also have awards named after some very special Minnesota Educators: The George Hanson DAPE Award, The Carl Knutson Health Award, The Lou Keller Award, The Paul Schmidt Award, The Dolly Strumbel Distinguished Service Award and an Advocacy Award. For more information about these awards and a nomination form please check out the website: <http://www.mnshape.org/recognition-information.html>. Our Award winner for 2016 have been selected and will be announced at the Awards Banquet Thursday evening November 10<sup>th</sup> at 6 pm at the Crowne Plaza.



## 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. **Due December 15.**

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. **Due February 15.**

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). **Due February 15.**

Apply online at [www.mnshape.org](http://www.mnshape.org)



## Dape Conference Opportunities

Kay Oling & Pete Westby

As I sit here typing out this first newsletter for the 2016-2017 Loon Lines, I just received and finished reading my school's "Welcome Back Letter" which has me thinking about another exciting year with my students and the various activities we can learn together and the great opportunities that are on the horizon this year for us DAPE teachers.

The MN DAPE Leadership Committee's annual Fall Conference will be held on September 29<sup>th</sup> and 30<sup>th</sup> at Camp Friendship in Annandale, MN. Please visit the MNDAPPE web site for the Mail-In registration form and details. Registration Deadline is September 12<sup>th</sup>, 2016.

In November, the 2016 MNSHAPE Conference will be on the 10<sup>th</sup> and 11<sup>th</sup> held once again at Wayzata High School in Plymouth, MN. Please visit the MNSHAPE web site for registration information.

January brings SHAPE America Central District's Conference beginning on the 26<sup>th</sup> through the 28<sup>th</sup> at the University of Northern Iowa. Please visit the SHAPE America web site and click on the Central District tab for registration and other events.

Please continue to visit the MNSHAPE and MNDAPPE web sites for more upcoming dates and locations for activities, conventions, workshops, and the latest trends in our profession!



## JRFH/HFH Presenting at MN SHAPE Fall Conference

Tom Roberts

This fall the new school year brings excitement and many new ideas and programs within the MN Shape JRFH/HFH division. We are proud to be presenting at the MN Shape fall conference. The session is titled "How to Supplement Your Physical Education Budget". We encourage everyone to attend and discover how to become a better physical education teacher by using these budget building tips.

Also, at the MN Shape fall conference we are going to be displaying a heart for every school that conducted a JRFH/HFH event at their school last year and raised money to support the American Heart Association. These hearts will be in the main foyer and will express our heartfelt appreciation of all those schools for all their fundraising efforts.

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 conducting a JRFH/HFH event.
  - shapeamerica.com
  - mnshape.net





# Standards-Based PE Curriculum

Dr. Jane A.K. Carlson  
Vice-President Elect of Dance

Our nation is on the brink of a health crisis, and more now than ever, physical education plays a vital role in our educational system. It has evolved as a result of a change in national standards and grade-level outcomes for physical education. School districts need to embrace the value of physical education as a curricular subject and expect the same rigor and accountability as other academic disciplines for curriculum, assessment, instruction, and student learning.

The national standards and grade-level outcomes for K-12 physical education developed were developed by the Society of Health and Physical Educators (SHAPE America) in 2014. The five core standards for physical education are the new state PE standards for Minnesota which state that a physically literate individual can do the following:

**Standard 1:** demonstrate competency in a variety of motor skills and movement patterns;

**Standard 2:** apply knowledge of concepts, principles, strategies, and tactics related to movement and performance;

**Standard 3:** demonstrate the knowledge and skill to achieve and maintain a health-enhancing level of physical activity and fitness;

**Standard 4:** exhibit responsible personal and social behavior that respects self and others; and

**Standard 5:** recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

The physical education standards and grade-level outcomes represent a paradigm shift from a curriculum that was sports-focused and competition-oriented and one that appealed to a façade that teachers were competent if students were busy, happy, and good (Placek, 1983) to one that prepares students for a physically active and healthy lifestyle. Appealing to the personal interests of students and providing a variety of opportunities is paramount when building a curriculum that motivates the student and develops the mastery of skills necessary for a lifetime of physical activity. Additionally, the teacher's role has evolved from one who is merely a supervisor of games or sports to one who is a facilitator of learning. A mastery learning climate (Garn, Ware, et al., 2011; Hamilton & White, 2008; Ntoumanis et al., 2004) focuses on self-improvement, student choice, and de-emphasizes competition and peer comparisons, is the optimum learning environment for developing physically literate students. Furthermore, students must be knowledgeable about the standards and outcomes for a physical education course, be assessed on key skills and knowledge, and given timely and specific feedback that builds their competency. The expectations for student learning and mastery should mirror the rigor of other academic subjects.

Utilizing standards and grade-level outcomes as the foundation of a PE curriculum creates a focus on student learning and the need to show evidence of student achievement through appropriate assessment. This curricular shift supports students as they gain skills and knowledge to be physically active for a lifetime. The first step on this journey is to purchase the \$35.00 book from the Society of Health and Physical Educators America. (2014). *National standards & grade-level outcomes for K-12 physical education*. Champaign, IL: Human Kinetics.

# 1<sup>st</sup> Annual COLLEGE CUP Registration for Physical Education and Health Education Future Professionals

Submitted by MNSHAPE Board Members:  
 Dr. Shannon Norman (Bemidji State University)  
 Katelyn Jones (Minnesota State University-Moorhead) &  
 Reilly Fawcett (Bemidji State University)

**When:** Thursday, November 10<sup>th</sup>, 2016

**Where:** MNSHAPE State Conference, Wayzata High School

**Who:** University/College Physical Education and/or Health Education majors (future professionals)

**Cost:** Just submit your registration for the MNSHAPE conference

**Sign-up:** Interested participants must sign-up for the COLLEGE CUP via email prior to the state conference. Deadline is Thursday, November 3<sup>rd</sup>. Each participant must sign-up with a partner from their school.

Send your name, major, teammate and where you are from (University or College) to Shannon Norman [snorman@bemidjistate.edu](mailto:snorman@bemidjistate.edu) by the November 3<sup>rd</sup> deadline.

The MN SHAPE Board of Director representatives for Future Professionals would like to invite ALL current University and College students to participate in the 1<sup>st</sup> Annual COLLEGE CUP session at this year's State Conference. This session will include friendly competition in some of our favorite activities such as Spikeball, Cornhole and Tic-Tac Toe Relays. Your school will compete for the COLLEGE CUP traveling trophy while you network and meet future professionals from other University/College programs from across the state.



Bemidji State University Future Professionals at SHAPE America 2016

## Dance Division Information

Cyndee Johnson

### Interested in getting involved and serving on the MN SHAPE board of directors?

The dance division is looking for individuals interested in serving as the Vice President of the Dance Division this coming year and in future years. Terms are two years long (one year as Vice President Elect and one year as Vice President) and responsibilities include attending four board meetings per year, help find dance presenters for the fall conference, help with various duties at the fall conference and serving on other MNSHAPE committees. If interested or have questions, contact Cyndee Johnson ([cjohnson@esko.k12.mn.us](mailto:cjohnson@esko.k12.mn.us)).

### Know someone who should be recognized for their teaching of dance?

MNSHAPE is looking for nominations for dance teacher of the year. If you know of a dance teacher who is a member of MNSHAPE and who deserves to be recognized, please nominate them by April 15th.

More information is available at <http://www.mnshape.org/recognition-information.html>

### What are your favorite dance resources?

MN SHAPE is currently putting together a list of favorite dance resources on the association's website. Some of my favorite resources include: Ben Pirillo and Chad Triolet YouTube channel dance videos (Ben will be starting with a new dances this fall), SPARK curriculum and PE Central's dance lessons. Please contact Cyndee Johnson ([cjohnson@esko.k12.mn.us](mailto:cjohnson@esko.k12.mn.us)) with your favorite resources so we add them to our resource list.

### Do you know someone who would like to present a dance session at our 2017 fall conference?

If you know someone who loves dance, has something unique to share with PE teachers and who you would like to see present a dance session contact Cyndee Johnson ([cjohnson@esko.k12.mn.us](mailto:cjohnson@esko.k12.mn.us)) with their name, contact information and presentation topic(s).

## WANTED RETIRED PHYSICAL EDUCATION AND HEALTH EDUCATORS

Call your former School District or a School District close to you.

Volunteer to help with FitnessGram Testing

You and your expertise are needed and wanted!

## MAKE CONNECTIONS THAT MATTER

The **Minnesota Society of Health and Physical Educators (MNSHAPE)** will connect you to the people, programs and advocacy opportunities that can improve your instructional practices and inspire physical literacy and healthy lifestyle habits in your **students**.

### SAVE THE DATE

## Thursday and Friday, November 10 & 11, 2016

This will be the third year we are fortunate enough to have our conference at Wayzata High School – a great facility for a great conference. Thursday evening will again be the evening to congratulate and honor fellow teachers and others for their outstanding service, you will not want to miss the **Awards Celebration**.

We are very happy to announce that we are hosting this event at the Crowne Plaza where we have also reserved a block of sleeping rooms.

Crowne Plaza – Minneapolis West  
3131 Campus Drive  
Plymouth, MN 55441  
763-559-6600  
[www.CPplymouth.com](http://www.CPplymouth.com)

To make a room reservation and get the rate of only \$105.00 a night per room, **CALL** today. This rate also includes the breakfast buffet for 2. Rooms must be booked before October 8, 2016 to get this rate.

So, whether you are looking for ways to incorporate new technology into your curriculum or getting up to speed on new standards, we will have it covered. Look to our website the middle of June for a more complete program, registration form, and membership form. See you in **November!!!!**

### MNSHAPE State Conference

"Teaching Learners to Think on Their Feet"  
Thursday & Friday, November 10 & 11, 2016  
Wayzata High School, Plymouth, MN

Awards Celebration  
Thursday, November 10, 2016  
Crowne Plaza Minneapolis West  
Plymouth, MN



**MNSHAPE FALL CONFERENCE  
REGISTRATION FORM**

November 10 & 11, 2016 ♦ Wayzata High School  
4955 Peony Lane, Plymouth, MN 55446

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

School Email \_\_\_\_\_

Are you a member of MNSHAPE?  YES  NO

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

**Conference Registration:**

- \$125 Early Bird Professional (Due October 7<sup>th</sup>)       \$50 Early Bird Student (Due October 7<sup>th</sup>)
- \$150 Onsite Professional       \$65 Onsite Student
- \$50 Retired

**Awards Celebration:**

**Thursday, November 10, 2016 ♦ Crowne Plaza ♦ 6:00pm**

FREE TO ALL CONFERENCE ATTENDEES

*\*Award winners are provided with 2 tickets, all other non-member guests the cost is \$10 prior to October 7, and \$15 at the door.*

**PAYMENT**

- Check Enclosed (Check # \_\_\_\_\_) *Please make checks payable to MNSHAPE.*
- Cash
- Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3 Digits \_\_\_\_\_ Billing Zip Code \_\_\_\_\_

**LUNCH**

Do you have any special dietary needs?

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

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

**LODGING**

Hotel rooms have been blocked at Crowne Plaza in Plymouth, MN at a rate of \$105 with 2 complimentary breakfasts.

Please contact the hotel directly to reserve your room before **October 8, 2016**

Crowne Plaza Minneapolis West ♦ 3131 Campus Drive ♦ Plymouth, MN 55441 ♦ 763-559-6600

**Please return form with payment to:**

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

Cancellation Policy: All pre-registration cancellations must be requested in writing before Friday, October 31, 2016. A \$5.00 processing fee is assessed to all cancellations. Faxes and emails are acceptable. No refunds will be made after Friday, October 31, 2016. Please email or fax Nancy Christensen at [nancy1485@gmail.com](mailto:nancy1485@gmail.com) or 218-846-2416 (fax).

<p><b>FOR OFFICE USE ONLY</b>  Date Rec'd _____ Amount Rec'd _____ Rec'd by _____</p>
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# 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.mnshape.org](http://www.mnshape.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**

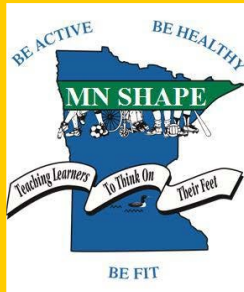
- Personal Check (Make check payable to MN SHAPE)  
 Institutional Check (Make check payable to MN SHAPE)

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

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



**MN SHAPE**

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

**August 2016**

## LOON LINES

AUGUST 2016

### 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.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:sjtarr@stcloudstate.edu">sjtarr@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 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](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)