



Massachusetts Association for Health,  
Physical Education, Recreation, and Dance

# NEWSLETTER

Volume V, No. 3

February 2000

## Co-Keynoters To Bring National Message to Convention:

### PHYSICAL EDUCATION and HEALTH ESSENTIAL to the CURRICULUM

MAHPERD Members are especially fortunate to have two nationally recognized experts serving as both Keynoters and lead presenters at the Association's 70th Annual State Convention on March 13-14. Beth Kirkpatrick of Iowa, and Jean Blaydes of Texas will be delivering separate but equally critical contemporary information on WHY our allied disciplines are, perhaps more than ever, an essential element in the foundation of every child's education.

Beth Kirkpatrick, who will Keynote at Monday's General Session and present two program sessions each day, taught Physical Education and Health for twenty

years at Tilford Middle School in Vinton, Iowa. During that time, she received national recognition for her development of the Physical Education program "Ultra Physical Education" that stresses Lifestyle Education and the integration of technology for individualizing instruction and a noncompetitive design for all team sports called "Ultra Shuffle". She has been recognized in *Life Magazine*, *Newsweek*, "Tom Brokaw's NBC Nightly News", and CNN. She was awarded the Emens Distinguished Professorship at Ball State University, Muncie, Indiana, in 1993. She is a former chair of the Middle and Secondary Physical Education Council for

NASPE, a past Teacher of the Year Award winner of NASPE, a former chair of the National Teacher of the Year Committee for NASPE, a member of the PE/TV Board of Advisors, and is the current Director of Education and the National Spokesperson for Polar Electro, Inc. Beth received the Honor Award and Distinguished Service Award from the Iowa AHPERD. She is a co-author of *Lessons from the Heart* and *The Ultra Shuffle* and numerous articles. Beth Kirkpatrick has keynoted over 35 state AHPERD conventions, the European National AAHPERD, the ICHPER-SD

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## 70th Annual MAHPERD State Convention

March 13-14, 2000 in Worcester

**PRE-REGISTRATION must be POSTMARKED by FEBRUARY 29, and include payment.**

If later than February 29, hand carry to On-Site Registration at WCCC. On-Site Registration opens at 7:30 a.m. on Monday, March 13 and at 7:00 a.m. on Tuesday, March 14.

## Dr. Carol V. Persson to Receive McKenney Award At the Honors/Awards Banquet on March 12



Former AAHPERD President Dr. Carol V. Persson of Westfield State College has been named recipient of the MAHPERD's most prestigious honor, the McKenney Award for 2000. The Joseph McKenney Award, established in honor of one of MAHPERD's pioneer leaders, is presented annually for long term Distinguished Service and Leadership in the Professions.

Dr. Persson, a graduate of Springfield College, currently serves as Chair of the Department of Movement Science, Sport and Leisure Studies at Westfield State. A long time member and supporter of MAHPERD, Carol has served as both President of the EDA ('89-'90) and AAHPERD ('95-'95). She has been a tireless and effective national leader for AAHPERD, served in multiple roles as a member of its Board of Governors. She has been a sought after speaker and presenter nationally, and has received over two dozen professional awards, including the Honor Award from MAHPERD.

Colleagues, friends, and students (past and present) of Dr.

Persson can honor her achievement by attending the MAHPERD Honors/Awards Banquet on Sunday, March 12 at the Crowne Plaza Hotel in Worcester. Reservations are required, and can be made using the form in the Newsletter, or by contacting Banquet Chair Joan Dolan at (617) 698-4596 or [jsdolan@massed.net](mailto:jsdolan@massed.net).

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2000 – MAHPERD CONVENTION – 2000  
WORCESTER CENTRUM CONVENTION CENTRE, WORCESTER, MA

## PRE-REGISTRATION MATERIAL

*If you have already EARLY Pre-registered, use enclosed forms as desired to add Banquet, Hotel Reservations, or share it with a non-member.*

### DIRECTIONS FOR PRE-REGISTRATION

1. **2000 Paid Membership** is required to pre-register/register for Convention. If not yet paid, complete Membership Form and include appropriate fee.
2. Complete Pre-Registration form; indicate type of Pre-Registration; and whether ordering banquet tickets (\$30.00 each), and include appropriate fees.
3. Write one check, or send one Purchase Order, for total amount of Membership, Pre-Registration, and Banquet as appropriate. Payment **must be included** with forms. Return entire sheet, filling in summary at bottom.
4. Be sure to mail as early as possible, **BUT** note that **ALL PRE-REGISTRATIONS MUST BE POSTMARKED BY FEBRUARY 29, 2000**, with payment or valid purchase order enclosed.
5. **Do not mail after February 29.** Hand carry forms to Convention for On-Site Registration (at on-site prices). If using purchase order, inform your Business Office to return to you if they cannot meet the February 29th deadline.
6. **No confirmation of Pre-Registration will be sent**, however you can check the Official Pre-Registered List on MAHPERD's Web Page: [www.mtpc.org/mahperd](http://www.mtpc.org/mahperd) on or after March 8, 2000.
7. Note: Your Banquet Tickets should be picked up at the door of the Crowne Plaza Hotel Ballroom on March 12 after 4:45 p.m.

Spend an Enjoyable Evening Honoring the Achievements of Your Colleagues

## MAHPERD's Annual HONOR / AWARDS BANQUET

Sunday Evening, March 12  
Crowne Plaza Hotel, Worcester, MA — 5:00 p.m.

*Tickets \$30.00 each*

*Use Pre-Registration Form to reserve your tickets*

# 2000 MAHPERD STATE CONVENTION

Monday-Tuesday, March 13 & 14, 2000 • WORCESTER CENTRUM CONVENTION CENTER, Worcester, MA

PRE-REGISTRATION <i>(2000 membership required)</i>	ON-SITE REGISTRATION <i>(2000 membership required)</i>	CONVENTION REGISTRATION INCLUDES:	HONOR/AWARDS BANQUET
Professional \$75	Professional \$90	• All Sessions	<b>Sunday, March 12, 2000</b>
Institutional \$75	Institutional \$90	• Exhibit Area & Monday Exhibit Gala	at Crowne Plaza Hotel,
Student \$15	Student \$30	• Coffee both mornings	Worcester
Retired \$15	Retired \$30	• One Lunch ticket for one day	Reservations \$30 each
		• Professional Development Points	<i>(use form below)</i>



## PRE-REGISTRATION for 2000 MAHPERD STATE CONVENTION

**2000 MEMBERSHIP REQUIRED TO PRE-REGISTER**  
 Check One: My 2000 Dues are:  enclosed  previously paid

Must be postmarked and include check or purchase order by **TUESDAY, FEBRUARY 29, 2000**

NAME \_\_\_\_\_ MEMBER NO. \_\_\_\_\_  
Last First M.I.

HOME ADDRESS \_\_\_\_\_  
No./Street City State Zip

HOMEPHONE \_\_\_\_\_ SCHOOL/BUS. PHONE \_\_\_\_\_

**The following information is for your CONVENTION BADGE. Please list as you would like:**

Name: \_\_\_\_\_  
First Last

School/Agency: \_\_\_\_\_

Town: \_\_\_\_\_

Primary Field:  P.E.  Health  Rec.  Dance  Athletics  
 Adap. P.E.  Fitness  Elder  Other (\_\_\_\_\_)

E-MAIL ADDRESS: \_\_\_\_\_

PRE-REGISTRATION FEES	TOTAL ENCLOSED
<input type="checkbox"/> Professional/Institutional \$75.....	_____
<input type="checkbox"/> Student \$15.....	_____
<input type="checkbox"/> Retired \$15.....	_____
<input type="checkbox"/> Honor/Awards Banquet Ticket(s) @ \$30 each ...	_____
<b>TOTAL AMOUNT ENCLOSED</b> .....	_____

Make checks payable to MAHPERD

- Enclosed is a check for: \$ \_\_\_\_\_, which includes \$ \_\_\_\_\_, \$ \_\_\_\_\_, \$ \_\_\_\_\_
- Enclosed is a P.O. for: TOTAL MEMBERSHIP PRE-REG. BANQUET

**Please return form above, with one check or purchase order payable to MAHPERD:**  
**Mail to: MAHPERD Office, 81-B Seaver Street, Wellesley, MA 02481**

### The Massachusetts Association for Health, Physical Education, Recreation, and Dance

#### 2000 — MEMBERSHIP APPLICATION/RENEWAL FORM — 2000

- Check One:  New  Renewal  Rejoin  Other \_\_\_\_\_
- Check if *change of*:  Name  Home Address  Home Phone  Bus. Name  Bus. Address  Bus. Phone  Other \_\_\_\_\_

FOR MAHPERD USE ONLY

NEW \_\_\_\_\_

Member No. \_\_\_\_\_

\$ \_\_\_\_\_ Fwd \_\_\_\_\_

Ck \_\_\_\_\_ DE \_\_\_\_\_

PO \_\_\_\_\_

— Please complete ALL information below, typing or printing CLEARLY —

Type Member/Fee:  Professional (\$45)  Institutional (use or request discounted rates)  Student (\$10)  Retired (\$10 / \$5)

Name \_\_\_\_\_ MEMBER NO. \_\_\_\_\_  
Last Name First M.I. renewals please include

Home Address: \_\_\_\_\_  
Street City State Zip Home Phone

Bus. Address: \_\_\_\_\_  
School/Bus. Name City State Zip Bus. Phone E-Mail (home or business)

**Please mark a '1' before your primary professional field, level you work at, and responsibility; mark a '2' if you have a second field, level, etc.**

Field:  P.E.  Health  Rec  Dance  Athletics  Adap. P.E.  Fitness  Elder  Other (\_\_\_\_\_)

Level:  Elem.  Middle  H.S.  Jr. Coll.  Coll.  Pre-K  Other (\_\_\_\_\_)

Responsibilities:  Teacher  Coach  Ath. Dir.  City/Town Dir.  Dept. Head  Other (\_\_\_\_\_)

FEES ENCLOSED:  Member Dues \$ \_\_\_\_\_  Convention Pre-Registration \$ \_\_\_\_\_  Other \$ \_\_\_\_\_ **TOTAL ENCLOSED** \_\_\_\_\_

I am PAYING via enclosed:  Personal Check  School/Bus. Check  Purchase Order (must accompany this application)

New Members: EDUCATION: Undergrad Degree \_\_\_\_\_  
College year awarded Major

NEW RETIRED MEMBER: \_\_\_\_\_  
Yr. retired from school / Bus./Agency name Position Member of MAHPERD since (yr.)

CURRENT STUDENT MEMBER: \_\_\_\_\_  
(If Grad Student, must be enrolled full-time for student membership) College name City State Zip Yr. in school Major

Membership Year is January 1 thru December 31 — Institutional Dues Program deadline is Dec. 31 for following year.  
**Make Checks or Purchase Orders Payable to: MAHPERD — Mail to: MAHPERD Office, 81-B Seaver St., Wellesley, MA 02481**  
 For more information or assistance, e-mail to mahperd@erols.com or call MAHPERD Office at 781-431-9599



## President's Message

by Bill Riley

Over the past several months, I have received several calls and e-mails about school districts, across the state, trying to eliminate, reduce or amend Physical Education and health in the schools. I know that this is not news to anyone. Therefore, it is with great pleasure that I'd like to acknowledge the Worcester School Committee for recognizing the need to provide daily physical education for all elementary school students. The Physical Education staff is currently developing a plan to implement daily Physical Education for all elementary students, to submit to the School Committee. Congratulations to the Worcester Elementary Physical Education Staff. Great job!

I'm looking forward to MAHPERD Convention 2000, Healthy Strategies for a New Millennium. MAHPERD has scheduled over 100 quality sessions for the two-day event. There will be a keynote address on each day and the two keynote speakers, Beth Kirkpatrick and Jean Blaydes, will also be presenting morning and afternoon sessions for both days. We are extremely fortunate to have two such distinguished and nationally recognized keynote speakers and presenters for our convention.

I have attended two Beth Kirkpatrick workshops and also a keynote address. Beth is one of the finest speakers that I've heard. She is witty, intelligent, funny and a tremendous motivator. Beth delivers her message on quality physical education, heart rate monitors, and advocacy with amusing stories and anecdotes. Her activity sessions are loaded with movement activities, games and accentuated with interesting stories. Beth will also be the featured speaker at the MAHPERD Awards Banquet. I know that everyone who attends her sessions will find it informative, entertaining and well worthwhile.

Jean Blaydes has been studying, training, and presenting workshops and inservices on brain research and its implications to physical educators, classroom teachers, curriculum supervisors and administrators in Texas and throughout the nation. Jean is spreading the word about brain research and has cited Dr. Carla Hannaford's book, *Smart Moves* as a great resource. Jean has listed a brief summary with the link of movement to learning, and therefore the need for Physical Education in the curriculum:

- The bodily kinesthetic multiple intelligence is one of 8 identified ways we learn. 85% of school age children are natural kinesthetic learners. Lack of Physical Education erases 85% of our kids' dominant learning styles.

- Movement facilitates cognition. Physical activity increases learning". (Quotes from *Newsweek* article "Your Child's Brain" by Sharon Begley, Feb 19, 1996)

- Cerebellum research says that what makes us move is also what makes us think. Physical Education teaches basic movement skills that the brain uses to process learning. When the children master these basic movement skills they prepare the brain for learning patterns in procedural memory (Math facts, ABC's, etc).

- Cross lateralization prepares the brain for learning by strengthening the same neural connections that the brain uses for reading, writing, and math (Dr. Paul Dennison)

- 98% of all learning happens through the body and only 2% through the synaptic connections in the brain. (Dr. Candance Pert)

Physical Activity stirs up BDNF, a neurotropic growth factor in the brain that allows one nerve cell to communicate with another.

- The heart controls the brain and not vice versa, therefore the stronger the heart the stronger the learning (Heart Brain Entrainment Research for Heartmath Institute).

- Lack of Physical Activity is as detrimental to health as smoking (Surgeon General's Report).

- Physical Activity raise endorphin levels for higher self esteem and exercise is the natural stress reliever.

- There is a study just released from the Salk Institute of Biological Studies that physical activity increases the size of the cortex in the area that involves memory retention and retrieval.

- Exercise, in conjunction with proper diet, balances serotonin levels, the neurotransmitter that controls violent, aggressive, impulsive behavior

- Emerging new research in animals and humans suggests physical exercise may boost brain function, improve mood, and otherwise increase learning.

The findings about physical activity and brain function are reflecting a growing understanding of the brain's amazing ability to adapt and develop. Jean Blaydes will provide everyone with the most up to date fact filled sessions on brain based learning and physical education. Don't miss it.

I feel this year's state convention is one of the best ever. We are very fortunate to have some many quality presenters and workshops. The knowledge and information that you acquire from this convention will give you the ammunition that you need to provide your administrators and school committees the factual information that will support the critical importance of maintaining and, in fact, increasing physical education and health for children in the schools.

I'd like to close with the following quotes from two past US Presidents.

*"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity."*

John F. Kennedy

"The Soft American

Sports Illustrated, December 26, 1960

*"Physical education plays a vital role in today's society. Mounting medical, social, and psychological research continues to support the role of physical fitness in promoting mental and physical health, well-being, improved work capacity, and intellectual performance. We are a nation in search of excellence. Promoting physical fitness in education will help us achieve that goal."*

Ronald Reagan

July 16, 1986

**Official Hotel  
for the 70th Annual  
MAHPERD  
State Convention**

# Crowne Plaza Hotel,

Worcester, MA

## March 12, 13, 14, 2000

A Special overnight room rate has been reserved for you during the MAHPERD Convention at the beautiful Crowne Plaza Hotel, just two blocks from the Worcester Centrum Convention Centre. Your special MAHPERD rate is \$89.00 single/double occupancy and \$99.00 for triple or quad. Use the form below or call the Crowne Plaza at 508-791-1600 to make your room reservations. To be guaranteed the MAHPERD Convention rate, **your reservation must be received at the Crowne Plaza Hotel no later than FEBRUARY 29.**

### RESERVATION FORM (please print all information)

Name _____	Group/Convention <b>MAHPERD</b>
Dates _____	Rates <b>\$89.00 s/d, \$99.00 t/q</b> Cut-off Date <b>FEB. 29, 2000</b>
Address _____	City/State/Zip _____
Phone # _____	Number of Rooms _____
Arrival Day/Date _____	Departure Day/Date _____
Sharing with _____	Special Requests _____
Guarantee (credit card type) _____	
Credit Card Number _____	Exp. Date (for check or money order deposits, please send in envelope) _____
Signature _____	Date _____

- I authorize the Crowne Plaza Hotel to charge the above credit card for one night's deposit and applicable taxes, 12.45%.
- Check-in time is 3 p.m. Check-out time is 12 Noon.
- Reservations made after the cut-off date are based on availability and subject to the non-discounted rate program
- Cancellation must occur 24 hours prior to arrival for refund of deposit. Special requests will be honored based on availability.

<b>DO NOT MAIL TO MAHPERD</b>	Please mail this form to: <b>CROWNE PLAZA HOTEL, Attn. Reservations</b> 10 Lincoln Square, Worcester, MA 01608 Telephone (508) 791-1600	<b>DO NOT MAIL TO MAHPERD</b>
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## ANNUAL MAHPERD HONORS/AWARDS BANQUET

**Sunday, March 12, 2000 at the Crowne Plaza Hotel, Worcester**

**Reception: 5:00 p.m. Awards Banquet: 6:00 p.m.**

**Advance Reservations Only — \$30 each**

You may use the form below OR your Convention Pre-Registration form to make reservations to Honor Your Colleagues at the 2000 Honors/Awards Banquet. Reservations must be postmarked by February 29, 2000. After that date, call Convention Banquet Chair Joan Dolan at (617) 698-4596 to inquire if reservations are still available.

Name \_\_\_\_\_

Home Phone \_\_\_\_\_ School or Work Phone \_\_\_\_\_

**Please reserve \_\_\_\_\_ tickets at \$30.00 each. My check/purchase order is enclosed for \$\_\_\_\_\_.**

**Payment, either by Check or Original Purchase Order made out to MAHPERD, must be enclosed with order and be post-marked by FEBRUARY 29, 2000 to:**

**Banquet Reservations/MAHPERD Office, 81-B Seaver Street, Wellesley, MA 02481.**

*Easy to Get There . . . Easy to Park*  
**DRIVING DIRECTIONS**  
**to the WORCESTER CENTRUM CONVENTION CENTRE**  
**(and CROWNE PLAZA HOTEL)**

From **MASS TURNPIKE (I-90)** take **Exit 10**. After tollbooth, take **I-290 East** to **Exit 16**. Turn **LEFT** at bottom of ramp. At the third (3rd) set of traffic lights is Worcester Center Blvd. Turn **LEFT** onto Worcester Center Blvd., stay right as you pass WCCC and bear right into the Tunnel down to the Worcester Common Outlets Parking Garage. Walk up from the garage and enter the Convention Centre Lobby through Entrance Door #2.

From **I-495** take **Exit 25B**, onto **I-290 West** to **Exit 16**. Take a **RIGHT** at end of ramp and follow directions above.

### CONVENTION NOTES

**PARKING** — There are 3,800 parking spaces at the Worcester Common Outlets Parking Garage, directly across the street from the Centrum Convention Centre. For more information call WCO Garage directly at (508) 793-9638.

**CONFIRMATION** of Pre-Registration cannot be provided EXCEPT you may check the Official Pre-Registered List on the MAHPERD Web Site: [www.mtpc.org/mahperd](http://www.mtpc.org/mahperd), **on or after March 8, 2000**.

**BANQUET RESERVATIONS** may be made using either your Convention Pre-Registration Form, or the Special Order Form found in this packet, and must include payment and be postmarked by February 29. After that date, call Banquet Chair Joan Dolan at (617) 698-4596 to inquire about remaining availability.

**HOTEL** — Official Convention Hotel is the Crowne Plaza Hotel, 10 Lincoln Square, Worcester, just two short blocks from the Convention Centre. Use enclosed HOTEL RESERVATION FORM or call the Hotel at (508) 791-1600 to make your direct reservations at the Special MAHPERD Rate by February 29, 2000.

**PROFESSIONAL DEVELOPMENT POINTS** — Six (6) PDPs are available to registered MAHPERD Members for full participation EACH DAY. Partial PDP cannot be provided for early departure. You **MUST PICK UP YOUR PDP Certificate** before leaving on EACH DAY. PDP Certificates will be available beginning at 3:45 p.m. in the Exhibit Area each day.

**EXHIBITS GALA** — MAHPERD and our Exhibitors will host a gala social occasion with beverages, snacks, prizes, music, dancing and lots of opportunity for meeting old and new friends on Monday afternoon from 3:30-5:30 p.m. Why not plan to stay around awhile and enjoy a relaxing end of the day together after picking up your PDP certificate in the Exhibit Area on Monday afternoon.

**PURCHASE ORDERS** — May be used for Registering, Membership and/or Banquet tickets. If used, the ORIGINAL SIGNED P.O. must accompany the forms and be postmarked by the February 29 deadline. Please call your Business Office, rather than MAHPERD, to inquire whether they have mailed your Pre-Registration material. If after February 29, hand carry to on-site registration at on-site fees.

**MEMBERSHIP NUMBERS/MEMBERSHIP CARDS** — Please note that Members may conveniently find their Member Number on the Mailing Label of this (and all) mailings received from MAHPERD. Year 2000 Membership Cards will be provided at Convention Check-In to all who attend, and mailed for receipt in April to those not attending the Convention.

**WEATHER EMERGENCY** — MAHPERD will make every effort to conduct the Convention as scheduled regardless of weather conditions. In an **EXTREME WEATHER EMERGENCY** call the following numbers **after 6:00 a.m.** on March 13 or 14 for information: **(781) 431-9599 (office), (508) 755-6800 (WCCC), or (508) 791-1600 (hotel)**

## Co-Keynoters To Bring National Message to Convention

(continued from page 1)

conference in Malaysia, and over 600 other conferences, conventions, and workshops throughout the world.

for NASPE, a member of the PE/TV Board of Advisors, and is the current Director of Education and the National Spokesperson for Polar Electro, Inc. Beth received the Honor Award and Distinguished Service Award from the Iowa AHPERD. She is a co-author of "Lessons from the Heart" and "The Ultra Shuffle" and numerous articles. Beth Kirkpatrick has keynoted over 35 state AHPERD conventions, the European National AAHPERD, the ICHPER-SD conference in Malaysia, and over 600 other conferences, conventions, and workshops throughout the world.

Jean Blaydes, who will Keynote at Tuesday's General Session, will also make two additional program presentations each day. Jean, now recognized as one of the profession's foremost experts on Brain Research and its findings on the relationship between Physical Activity and Learning, spent 22 years as an Elementary Physical Educator, and holds degrees from Southern Methodist University and East Texas State University. She has been selected as Texas Elementary Physical Education Teacher of the Year 1992, one of six National Physical Education Teachers of the Year 1993, and has been the recipient of the Texas Association of Health, Physical Education, Recreation and Dance (TAHPERD) Honor Award 1997; TAHPERD Media Award 1998. She has served as Vice President for Physical Education 1996-98 of TAHPERD and the TAHPERD Board of Directors

1992-00. Jean serves on the National Joint Projects Committee for the American Heart Association's Jump Rope for Heart program, and is Texas Chair of the National Coalition for the Promotion of Physical Activity for Children. She was chosen as one of Eric Jensen's FSC 100, a select group of "brain zealots" and presented at the 1999 and 2000 Brain Expo. She has authored articles on Brain Research and Movements Link to Learning in the TAHPERD Journal, Texas ASCD Leader of Learners, PENpal Magazine, Parenting Magazine, and is a curriculum writer for the Cooper Institute for Aerobic Research's Voyager program; a curriculum redesign project facilitator; Neuro-Educator consultant; and has been interviewed on radio, television, newspapers advocating children's health and learning. Jean has been a presenter, keynote speaker, a workshop facilitator on the subjects of brain theory supporting movement's link to learning, integrated cross curricular teaching techniques to anchor learning, and curriculum development. She has been an international presenter/trainer in Germany, London, Amsterdam, Czech Republic, Lithuania, and Sweden.

Although holding the celebrity of earned national stature, both Beth and Jean are real people, and real Physical Educators who have both indicated a desire to fully participate in our Convention. In addition to their formal presentations, each will be present at the MAHPERD Honors/Awards Banquet at the Crowne Plaza Hotel on Sunday evening, March 12, and each plans to be available to meet and talk informally with YOU at the Convention Exhibit Gala on Monday afternoon.

### Division of Girls' and Women's Athletics *Getting Ready for* **MAHPERD Convention 2000**

By Jodi Michna, Vice President, DGWA

As many of us spend this month celebrating Girls and Women in Sport, we are also looking ahead to next month's MAHPERD State Convention. This year's Pathfinder Award recipient, Dr. Diana Schwartz of Westfield State College, will be honored at the Annual MAHPERD Banquet on March 12th at the Crowne Plaza Hotel in Worcester. This year's Convention will be held in the beautiful Worcester Centrum Convention Centre on Monday, March 13 and Tuesday, March 14.

We have a number of excellent presenters this year. Kathy Brophy, 1998 Pathfinder Award Recipient and assistant coach at Stonehill College, will be presenting a soccer goalkeeper workshop featuring some of her Stonehill College goalkeepers. Henry Shterenberg, head coach of the Women's Varsity Soccer Team at Emmanuel College, will do a presentation on teaching soccer skills well without a strong soccer background. With the recent surge of popularity in women's soccer, these will surely be workshops many of us will not want to miss. Also presenting at the Convention will be Virginia Anderson, Associate Executive Director of the MIAA, on the Newfund Grant to help train female officials.

I hope that you get a chance to enjoy all of the informative sessions that will be going on at this year's Convention.

**AAHPERD**  
National  
Convention  
Orlando, Florida  
MARCH 21-25, 2000

**For more information:**

**1-800-213-7193**

**[www.aahperd.org](http://www.aahperd.org)**

**EDA**  
Convention  
Philadelphia, PA  
FEBRUARY 22-26, 2000  
**[www.eda-aahperd.org](http://www.eda-aahperd.org)**

# MAHPERD Names Honor Award Winners for 2000

The long and illustrious list of MAHPERD Honor Award Recipients will grow by three deserving Honorees with the addition of **Cheryl Hitchings**, **Dr. John Kilbourne**, and **Joyce Tolken** as the year 2000 selections. Each will be honored in special presentations at the Annual Honors/Awards Banquet on Sunday, March 12 in the Ballroom of the Crowne Plaza Hotel in Worcester as the kick-off event of MAHPERD's 70th State Convention.

### DR. JOHN KILBOURNE

Dr. John Kilbourne, currently Professor at Bridgewater State College, has also taught at Ohio State University, the University of Michigan, and the Philadelphia College of Performing Arts. He is a teacher, choreographer, fitness trainer, author and performer. His related professional work has been as varied as Artist in Residence for Dance, and Strength Coach for the NBA's Philadelphia 76ers. Dr. Kilbourne has contributed to many publications including articles on social responsibility in sport, and creativity in education, as well as on fitness, dance, and skating.

### JOYCE TOLKEN



Joyce Tolken is immediate Past President of MAHPERD and much more. After a long teaching tenure in the Hanover Public Schools, Joyce moved to her current professional position as Director of Health and Fitness for the Wellesley Public Schools. Joyce has made many significant contributions to her profession, primarily through extensive service to MAHPERD over time. She has served as Vice President for Physical Education, as well as with distinction as President-Elect, President and now Past President over the past three years. Joyce's leadership expanded the Fall Conference, added a major national workshop, overhauled the Association's Operating Codes, helped initiate an Investment Program, and expand member services. She currently Chairs the Association's Finance Committee, and serves as a member of the MAHPERD Convention Management Team.

### CHERYL HITCHINGS



Cheryl Hitchings, a member of the Bridgewater State College Athletic Training Faculty, is also a licensed Physician's Assistant, has been a contributor to NATA as lecturer and representative, and has published books and articles on Sport Injury Management. She was a member of the United States Field Hockey Team, and worked at both the 1996 Olympics and the Pan American Games. Cheryl is credited with motivating many students to pursue meaningful careers in athletic training, and with contributing to safer sport. In presenting her nomination for the Honor Award, her colleagues strongly emphasized her professionalism and contribution to their Department.

## Pathfinder Award

### DR. DIANA SCHWARTZ Westfield State College

Dr. Diana Schwartz of Westfield State College is the DGWA Pathfinder Award Winner. She has been a dedicated contributor to female athletes at both Westfield State College and her community at large. She is the driving force behind WSC's Annual Celebration of National Girls and Women in Sports Day, and organized the first "Take A Girl to the Game" event for local Boys and Girls Clubs with the New England Blizzard Women's Professional Basketball Team. Diana has also organized Movement Science events during National Women's Awareness Week at Westfield. She has championed the Women in Sports course in the College's Women's Studies Program, and serves as a sport psychologist for local female athletes in Western Massachusetts. Dr. Schwartz continues to be a role model for future professionals at Westfield State College, and within MAHPERD where she serves as Student Section Co-Chair.

## Health Teacher of the Year

### JOYCE ALLEN Braintree Public Schools

Joyce E. Allen, R.N., LCSW, a member of the Braintree Public Schools, has been selected by the Health Division as MAHPERD's Health Teacher of the Year for 2000.

She will be honored, along with other MAHPERD Teachers of the Year (to be announced) at the Association's Honors/Awards Banquet at the Crowne Plaza Hotel in Worcester on Sunday, March 12.

*MAHPERD's Physical Education Teacher of the Year Awards, Outstanding Future Professional (Student) Awards, and Amelia Riou Adapted Physical Education Award will be presented at the Honors/Awards Banquet on March 12.*



## The MAHPERD MESSAGE

MAHPERD is a non-profit, professional association of educators dedicated to:

1. enhancing quality of life through education based in the allied disciplines of Health, Physical Education, Recreation and Dance;
2. providing lifelong opportunities for growth, service, achievement, and recognition for its members
3. advancing public knowledge and understanding of, leading to respect and appreciation for, the value of these disciplines when properly and fully implemented, and for the professionals who practice them with consistent skill and dedication.

### GOALS

As fundamental, continuing basic purpose., MAHPERD exists:

- for ongoing EDUCATION, providing basic contemporary and historic information for both the continuing education of its members, and for the benefit and appreciation of external constituencies and the Public at large;
- as a COMMUNICATION link, internally for members and externally with/for other individuals or organizations having interest in, influence on, or authority over education in general and the allied disciplines in particular;
- to provide quality opportunities for the on-going growth and development of current and future HPERD professionals through such as written articles, oral presentations, and progressive leadership challenges within and without the Association;
- to help stimulate, and to particularly recognize and reward significant and worthwhile Achievement in Quality Programs, Service, Research, Innovation and the like by skilled and dedicated Individuals in these allied disciplines and professions;
- to foster full inclusion in these disciplines/professions without regard and to race, gender, religion, ethnicity, or perceived physical limitation;
- to apply its resources wisely to appropriately assist in maximizing the contribution of Health, Physical Education, Recreation and Dance to the Quality of Life in the Commonwealth of Massachusetts and beyond.

### Specific OBJECTIVES

The short term and longer range end results specifically sought by the Association at this time include but may not be limited to:

- reaffirmation or establishment of requirements and guidelines for School Programs of Physical Education and Health Education which are of both appropriate content and sufficient “Frequency, Intensity, and Duration” as to be able to provide meaningful results contributing to long term quality of life;
- reaffirmation of stringent certification and recertification requirements in the allied disciplines assuring that they will be taught by fully trained professionals with “discipline specific” credentials to do so;
- creation and implementation of an ongoing plan to develop and maintain greater understanding, appreciation and value of Health, Physical Education, Recreation and Dance in Massachusetts Schools, and to thereby increase cooperation and support of key agencies and individuals for quality in these essential Educational programs.



# MAHPERD ELECTION CANDIDATES

The candidates below have agreed to serve MAHPERD over the next several years. Eligible Professional and Institutional Professional Members were mailed ballots in late January. Even though these offices are uncontested this year, eligible voters are encouraged to return their ballots supporting and encouraging these colleagues' important willingness to serve their Professional Association. This year's ballots includes a special election for President for 2000-01 due to a current vacancy in the President-Elect position. Deadline for return of ballots is (postmarked) February 29, 2000.

## PRESIDENT (2000-2001) \*

**PAUL DOUCETTE.** Paul has been an active contributing member of MAHPERD for many years since beginning his teaching career in the Whitman Public Schools in 1972, after earning his B.S. in Physical Education and Health at Northeastern University in 1971. He later completed his M.A. at Bridgewater State College in 1987. In addition to being an Elementary Physical Educator in the Whitman-Hanson Regional District, Paul has also served as Visiting Lecturer, Cooperating Teacher, and Supervisor of Student Teachers for Bridgewater State College. He has also been broadly active in community and recreational activities in both his school and home areas, ranging from youth soccer, basketball and softball coach, to Youth Commission member, to being an elected member of the Halifax School Committee since 1998.



Paul's service to MAHPERD has included Workshop Leader, Convention Coordinator, and as a presenter at both Fall Conference and State Convention. He currently serves as MAHPERD Advocacy Co-Chair. He has also been a guest speaker at events ranging from PTO meetings, to the Elementary Principals' Association Convention, to the EDA and AAHPERD Conventions. His expertise and achievements have been recognized by numerous awards including from the PCEA, the President's Council on Physical Fitness and Sports, as well as being named MAHPERD's Elementary Teacher of the Year in 1992, and was recipient of the prestigious MAHPERD Honor Award in 1997.

## PRESIDENT-ELECT (2000-2001)



**MARJORIE SMITH.** Marge received her B.S. from the University of Massachusetts-Amherst in 1967, followed by an M.Ed. from Springfield College in 1973. She has been with the Braintree Public Schools since 1967, primarily at Braintree High School. She currently serves as Director of Physical Education for the Braintree Public Schools. She brings a relevant and well rounded background to the MAHPERD Presidency ranging from Middle School physical educator to district director, from freshman and JV coach to New England District "Coach of the Year" in a coaching career that included 100 wins vs. 14 losses, nine Bay State Conference Championships, and two State Championships in Gymnastics. In 1999, those credentials earned her induction into the Braintree High School Athletic Hall of Fame.

Marge has been an active member, supporter, participant, and leader in MAHPERD, in roles ranging from Frameworks Sub-Committee to C-TAPE to Vice President-Elect for Physical Education. She has also contributed her expertise as a presenter at both the MAHPERD State Convention, and the Fall Conference.

## VICE PRESIDENT-ELECT FOR PHYSICAL EDUCATION

**ANN M. HOFFMAN.** Ann received her B.S. in Physical Education and Health from the University of New Hampshire and subsequently taught in Attleboro, Lynnfield, Weston and since 1992, in the Wellesley Public Schools. She has developed curricula, served as an Adaptive Physical Educator, and developed expertise in adapting Physical Education programs to their spatial environment.

In addition to being active as a teacher representative in her school PTO and School Council, Ann has been an active contributing member of MAHPERD in recent years. She currently serves as MAHPERD's Liaison to the Governor's Committee on Physical Fitness and Sports, and as a member of the MAHPERD Finance Committee. She has spoken at the Fall Conference, and will be a presenter at the 2000 MAHPERD State Convention.

## VICE PRESIDENT-ELECT FOR HEALTH

**DIANE M. SMITH.** Diane received her B.S. in Health and Physical Education in 1974 from Northeastern University's Boston-Bouve College, had done graduate work at U. Mass.-Amherst, and is very close to completing her doctorate at Springfield College. Her teaching experience has included at Northern Essex Community College and Springfield College as well as at the Cold Spring School and the Chestnut Hill Community School in Belchertown before joining Belchertown High School in 1993.

Diane's diverse experience and expertise includes secondary teaching methods, instructional strategies, curriculum consulting, and successful grant writing. She has administered several grants including "Diversity in Healthy Schools" in 1994. She has made numerous presentations including "Wellness Curriculum", and "Implementing a Health-Related Fitness Curriculum." Her MAHPERD service includes chairing the Teacher of the Year Awards since 1996, serving as Alliance State Fitness Co-Coordinator, and presenting at the MAHPERD State Convention. Among her research credentials are the 1994 publication of "Integrating Curricula and Interdisciplinary Teaching: A Status Report" in the *Journal of the New England League of Middle Schools*. Her community service includes the Hampshire County Red Cross and the Belchertown School System Health Advisory Council.

## SECRETARY

**KRISTEN KINNEEN.** Kristen is a 1994 graduate in Physical Education and Health from Bridgewater State College. She has been Secretary for MAHPERD since 1996, and has agreed to accept a third term in that important Association role in 2000. Kristen lives in Groton, MA, where she teaches at the Roche Elementary School, and also coaches JV Field Hockey and Softball, as well as Middle School Basketball in the Groton Public Schools.

*First Annual*  
**MAHPERD EXHIBITS  
 GALA**

**Monday, March 13, 2000 - 3:30-5:30 p.m.**

**Exhibit Hall of the  
 Worcester Centrum Convention Centre**

*Help Establish a New Tradition at our 70<sup>th</sup> Convention!*

- **Have Fun**
- **Win Prizes**
- **Enjoy Beverages, Snacks & Music**

Plan to meet Friends and Colleagues at the end of the day

and

***Support Our Exhibitors!***

*Honor Your Colleagues and Enjoy A Great MAHPERD Night*  
 attend the

***Annual Honors/Awards Banquet***

***Sunday, March 12, 2000***

***The Crowne Plaza Hotel***

***Worcester***

*(Our Official Convention Hotel — 2 blocks from the Convention Centre)*

***Reception 5:00 p.m. Banquet 6:00 p.m.***

*Tickets \$30 each. Use Pre-Registration Form or Banquet Order Form in this Issue*

*Mail by February 29, 2000 with payment.*

*After February 29, call Banquet Chair Joan Dolan at (617) 698-4596*

# Swifter, Higher, Further

By Amy Hicks  
Chair, Activity for Senior Citizens

This past summer I had the honor of participating in three National Masters Championships and one World Championship in three different sports - speed swimming, synchronized swimming and track & field. The thing that impressed me most at all these events was the age of the athletes and their level of fitness. Arthritis, joint replacements, pace makers, triple bypasses, being blind, nothing seemed to slow them down. It didn't seem to matter, they were out there doing their thing and having the time of their life competing against the best.

These seasoned athletes have long established rivalries and eagerly looked forward every two years to meeting their friends on the field of competition. Last June at Greeley, Colorado, at the National Masters Weight Pentathlon, I met a marvelous athlete. Betty Jarvis, in her eighties, from Oklahoma, who not only was a volunteer fireman, but had an artificial knee, a total hip replacement and had the use of only one eye, and after "World's", planned to have her rotator cuff operated on. What spunk! We both won gold medals in our age group and went on to the XIII World Veterans (Masters) Athletic Championships in Gateshead, England held on July 29 to August 8. Nearly 6,000 athletes took part from 74 nations in the 13th biennial championships. This was the second largest ever for the WAVA World Championships, surpassed only by 12,175 competitors in Miyazaki, Japan in 1993. The competition was held in five year age groups, beginning with 35 for women and 40 for men. There were seven athletes over age 90, the oldest participant at age 96. Of the 5,949 entries, USA was the third largest contingent there with 547 athletes. The most exciting part of the games besides winning the gold medal in the pole vault, was meeting the athletes from all over the world - it was language everywhere. I met a lady representing Sweden who lives on Cape Cod, two twin sisters from Ireland who helped me a great deal during my pole vault practice session and one memorable moment during the shot put competition in which I was able to help a shy, lady from Japan, improve her technique well enough to get a mark of about 14' on her last and final throw. I met her again later in the week and she was so excited to see me. She grabbed my sleeve and pulled me over to a gentleman who turned out to be her husband. He was describing to me in Japanese as well as demonstrating how she had put the shot that day. We all had a great laugh. It was such fun communicating with each other without knowing the other's language. At the 1999 US National Masters Synchronized Swimming Championships held at Miami University, Oxford, Ohio in October, there were over two hundred athletes ages 20 to 80+ competing in

solo, duet, trio and team events. One New Englander, Louise Wing age 81, won her 25th consecutive National Solo title. Although unopposed this year, the win was quite an accomplishment as she spent five days in the hospital prior to the meet recovering from a painful bout of arthritis. Her double ballet leg

sequence in her routine is awesome. It takes great shoulder strength and flexibility. Another lady

in her late 70's was also recognized at the annual banquet for her return to the sport after having both hips replaced and could now once

again do beautiful routines. These swimmers were an inspiration to all of us. This

years National Senior Games-Senior Olympics which attracted some 12,000 athletes from all the States as well as

four countries, has become the largest Multi-Sport event in the World. 250,000 people began the quest to reach the National Senior Games and 20 months later over 27,000 qualified with 12,000 competing representing the top 5% of all NSGA Senior athletes in the country. When we marched onto the field at the Citrus Bowl it was electrifying, especially when they brought in Olympic torch, and lit the cauldron. The Games are held every two years and all competitors must be at least 50 years old and qualify at NSGA sanctioned state games. The NSGA's mission is dedicated to promoting healthy lifestyles for Seniors through education, fitness and sports. Through its programs, the NSGA assists seniors in achieving greater value and quality in their lives by staying healthy, active and fit. Year after year, as I attend these Senior Olympics, I am thrilled at the total family support of their Athletes, who come dressed in special "T" shirts, wearing buttons or displaying banners with their athletes name on it, even a cheering section to spur them on. "Go Aquaman" or "Yea Mom", "Go Grandpa"! We as athletes have become role models of how individuals can exercise and keep fit at any age. Exercise in the senior years means fewer years of disability and dependence adding life to later life. Even moderate exercise or activity can have a profound effect on your quality of life. It's never too late to start to exercise and reap the benefits of a healthy lifestyle. I am reminded that it isn't so much about who won or lost but in the struggle, to have taken part and performed to the best of your ability.



Photo: October 24, 1999. National Senior Games-Senior Olympics, Orlando, FL. Amy Hicks met with the Massachusetts contingent at the Opening Ceremony. Parade of Athletes, Citrus Bowl, Louisiana, and behind the group, 12,000 athletes in attendance.



**Please Report LOCAL CHANGES  
In TIME Allotted to PHYSICAL EDUCATION**

MAHPERD continues to hear reports and/or concerns about REDUCTION in TIME allotted to PHYSICAL EDUCATION in the weekly schedules of Massachusetts Schools by Local School Boards or Administration. PLEASE HELP us to gauge and address this issue by filling out and returning the PHYSICAL EDUCATION 2000 SURVEY below as soon as possible to: Paul Doucette, MAHPERD Advocacy, 103 Brandeis Circle, Halifax, MA 02338.

**MAHPERD Physical Education 2000 Survey**

SCHOOL DISTRICT \_\_\_\_\_

SUBMITTED BY: \_\_\_\_\_ POSITION: \_\_\_\_\_

DATE \_\_\_\_\_ TELEPHONE # \_\_\_\_\_

*(PLEASE INCLUDE NUMBER OF TIMES AND MINUTES PER WEEK)*

	CURRENT AMOUNT OF P.E.	PREVIOUS AMOUNT OF P.E.	APPROX. DATE OF CHANGE
K			
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

**ATHLETICS/PHYSICAL EDUCATION:**

Are athletes excused from Physical Education during the season?     YES     NO

Is Physical Education credit given for Interscholastic Athletic participation?     YES     NO

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

# MAHPERD 1999 — OFFICERS, EXECUTIVE AND STATE COMMITTEES DIRECTORY — 2000

## EXECUTIVE COMMITTEE

**President**  
Bill Riley  
Hyman Fine Elem. School  
790 Oakhill Ave.  
Attleboro, MA 02703  
(508) 222-1419

**Past President**  
Joyce Tolken  
Dept. of Fitness & Health  
Wellesley Schools  
Wellesley, MA 02481  
(781) 446-6210 x4516  
Fax (781) 446-6207

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Dr. Charles L. Crawford  
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81-B Seaver St.  
Wellesley, MA 02481

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(781) 585-3821

**Secretary**  
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Main St.  
Groton, MA 01450  
(978) 448-6665

## HEALTH

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Fax (413) 787-7211

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## RECREATION

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jpass@massed.net

## STATE COMMITTEE SECTIONS

**Student Action**  
Deb Arthur  
Bridgewater State College  
Bridgewater, MA  
(508) 531-2136

Diane Schwartz  
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dschwartz@wisdom.wsc.mass.edu

**Governor's Committee on Physical Fitness Sports Liaison**  
Ann Hoffman  
Hunnewell School  
Wellesley, MA 02481  
(781) 446-6275  
ahoffman@gis.net

## STANDING COMMITTEES

### MAHPERDAwards

Fran Bevans (see Treasurer)

### Teacher of the Year Award

Diane Smith  
Belchertown H.S.  
62 N. Washington St.  
Belchertown, MA 01007  
(413) 323-0433

P.O. Box 119  
Belchertown, MA 01007  
(413) 323-5881  
diane28028@aol.com

### Wellness Task Force

Kathy Pinkham  
Dept. of Health & Phys. Ed.  
Needham Public Schools  
Needham, MA 02494  
(781) 455-0800 X842  
Fax (781) 455-0895  
kathy\_pinkham@needham.k12.ma.us

Leslie Belcher  
Lincoln-Sudbury H.S.  
Sudbury, MA 01776  
(978) 443-9961 x245

## PRESIDENT'S COMMITTEES

**Legislative Chair**  
John Franceschini  
Quincy Public Schools  
107 Woodward Ave.  
Quincy, MA 02169  
(617) 984-8783

26 Main St.  
Quincy, MA 02169  
(617) 773-9176

### EDA Rep to Council

**For Services**  
Dr. Jan Harris  
(see Vice President, Recreation)

### EDA Rep to Council

**For Conventions**  
Dr. Jacqueline Haslett  
UMass/Boston  
100 Morrissey Blvd.  
Boston, MA 02135-7489  
(617) 287-7489

18 Chatham St.  
Arlington, MA 02174  
(781) 648-1943

### Athletic Training

Mieka Davis  
Newton South H.S.  
140 Brandeis Rd.  
Newton Centre, MA 02159  
(617) 552-7540

100 Granger Blvd. #502  
Marlboro, MA 01752  
(508) 481-3217  
miekadavis@aol.com

### Activity for Senior Citizens

Amy Hicks  
Longfellow Club  
524 Boston Post Rd.  
Wayland, MA  
(508) 358-7355

127 Marked Tree Rd.  
Needham, MA 02492  
(781) 444-3181

### Necrology

Amy Hicks (see above)

### Alliance State Fitness

Toni Duval (See DGWA)  
Diane Smith (See Teacher Awards)

## MAHPERD ADVOCACY

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John Duval School  
Regal St.  
Whitman, MA 02382  
(781) 447-7055

103 Brandeis Cir.  
Halifax, MA 02338  
(781) 293-9777

Maria Melchionda  
Needham Public Schools  
Needham, MA 02492  
(781) 455-0800

36 Gladstone St.  
Brockton, MA 02401  
(781) 580-6947

## CONVENTION

### Honors/Awards

### Banquet Chair

Joan Dolan  
Dorchester High School  
Dorchester, MA 02124  
(617) 635-6415

50 Gov. Stoughton La.  
Milton, MA 02186  
(617) 698-4596

### Convention Program Chair

Peter Loiter  
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(781) 446-6260  
ploiter@postal.wellesley.mec.edu

P.O. Box 419  
Sandwich, MA 02563  
(508) 833-3655

### Convention Registration Chair

Paul Klenk  
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Chartley, MA 02712

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Meet Friends and Colleagues*

**AND**

*Support our Exhibitors  
by attending the*

**— 1<sup>st</sup> Annual —**

# **MAHPERD EXHIBITS GALA**

**Monday, March 13 — 3:30 to 5:30 p.m.**

**at the Worcester Centrum Convention Centre**

**MAHPERD Newsletter**  
Massachusetts Association for Health,  
Physical Education, Recreation, and Dance  
81-B Seaver Street  
Wellesley, MA 02481

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