

# MAHPERD

Massachusetts Association  
for Health, Physical Education,  
Recreation and Dance

February 2010  
www.ma-hperd.org

### Mark Your Calendar

Eastern District Convention  
Rye, NY February 24-27, 2010

MAHPERD Spring Conference  
March 5, 2010

MAHPERD Awards Banquet  
March 14, 2010

National Convention 125 Years!  
Indianapolis, IN-March 16-20, 2010

### MAHPERD Mission Statement

The Massachusetts Association for Health, Physical Education, Recreation and Dance (MAHPERD) is a non-profit organization for professionals and students dedicated to:

- Promoting healthy active lifestyles
- Advocating for quality programs
- Providing quality Professional Development opportunities
- Promoting leadership in each of the disciplines
- Recognizing outstanding professionals and quality programs
- Supporting research initiatives
- Disseminating research findings

MAHPERD promotes liaisons with allied organizations and memberships in Eastern District Association (EDA) and the American Alliance for Health, Physical Education, Recreation and Dance.

### This Issue

- President's Message
- President-Elect Message
- Executive Director's Message
- Honor Awards Banquet
- Spring Conference Program
- MAHPERD Awards

## MAHPERD Spring Conference Highlights

Friday, March 5  
8:00 a.m. - 3:00 p.m.

Westfield State College  
Woodward Center

### *Teamwork & Shared Leadership-A Recipe for Success*

Present by Nancy O'Neil  
Athletic Director & Wellness

Lincoln-Sudbury Regional High School

### *Building a School Community*

Present by Cindy Coughlin and Sandra Collins  
Physical Educator and Adjustment Counselor  
Springfield Public Schools

### *(Secondary) Project Adventure*

This workshop will introduce participants to the Middle and High School portion of Project Adventure's K-12 Adventure Curriculum for Physical Education

### *"Multi-disciplinary Approaches to the Physical Inactivity Crisis"*

Presented by Teresa Fitts

Associate Professor, Westfield State College

### *Dance & Magic 8 Count*

Presented by Dave Hay, Teacher  
Springfield Public Schools

### *"Presenting 101"*

Presented by Maria Melchionda  
Executive Director, MAHPERD

### *Fitness is Not an Option: Incorporating Fitness into All Standards-Based Activities.*

Presented by Bob Fitzpatrick

Adjunct Professor, Emporia State University (KS)

### *Give Rugby A Try*

Presented by Justin Goonan

Play Rugby USA, Director of Programs-Boston

## MAHPERD E-Board

### President

Donna Ruseckas  
[druseckas@watertown.k12.ma.us](mailto:druseckas@watertown.k12.ma.us)

### President Elect

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### Executive Director

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### Business Manager

Bill Riley  
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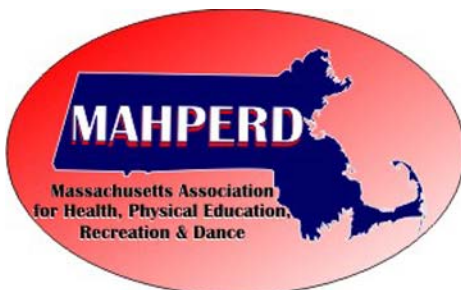
### Secretary

Dr. Deb Sheehy  
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### Newsletter Editor

Professional Development  
Marc Alterio  
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The entire MAHPERD Board and Leadership/Committee list can be viewed by [clicking here](#).



*Highway of Health Teaching Ideas*  
Presented by Dr. Patricia McDiarmid  
Assistant Professor, Springfield College

*Rockin' the Frameworks*  
Presented by Elizabeth Fernandez-O'Brien  
Teacher, Wildwood Elementary School, Amherst

*Advocacy Advocacy: Why bother?*  
Presented by Diane Smith & Jay Bersin  
MAHPERD Physical Education Advocacy Chair

*(Elementary) Project Adventure*  
This workshop will introduce participants to the Elementary portion of Project Adventure's K-12 Adventure Curriculum for Physical Education

*Small Sided Games and Benefits in the Physical Education Setting.*  
Presented by Kate Stanne  
Associate Professor, Westfield State College

*Educating the newly independent food consumer:  
Teaching teens to eat healthy in a marketing environment*  
Presented by Melissa Roti  
Assistant Professor, Westfield State College

*Social Dance-Good for the Body & Good for the Brain!*  
Presented by Sam Baumgarten  
Professor and Chair, Department

*Tech/Health Using Technology to Teach Parenting  
and Child Development*  
Presented by Katherine Swanson  
Teacher, Canton High School

*Leaving Them Breathless!*  
Presented by Dr. Robert Rausch  
Professor, Westfield State College

*"Education Through the Physical": Using Movement  
Activities to Teach Life Lessons*  
Presented by Diane Schwartz  
Professor, Westfield State College

*The Health Educators Bag of Tricks; Lessons that never  
fail when you need a lesson in a hurry!*  
Presented by Shannon Whalen & Suanne Maurer-Starks  
Professor, Springfield College; Assistant Professor Bridgewater  
State College

*We hope you can join us!*

## President's Message

I would like to take this opportunity to thank those who attended the "Catch the Wave" MAHPERD Convention, November 09! Because of you, it was the highest attendance we have had in a very long time. Your feedback was honest and appreciated and the Executive Board will work diligently to provide you with another successful convention next year. Do you have a fantastic lesson plan or teaching strategy you would love to share? Let us know about it and submit a request to be a presenter.



Donna Ruseckas  
President of MAHPERD

As we approach the 2<sup>nd</sup> half of the school year, I hope you have had access to quality lessons and strategies to keep your program moving towards excellence. As an organization, we are working hard to add the state mandate for time requirement in physical education class. It is still an uphill battle. Therefore, keeping programs current (21<sup>st</sup> Century Learning) while meeting NASPE and State Standards, is most important to sustain your program. Our common goal is to increasing fitness levels of all students, increase activity time, and teach the life skills necessary to remain healthy throughout life.

I am enjoying working as your MAHPERD President. Please stay in touch with MAHPERD and take advantage of our workshops, symposiums and conferences so we can continue to be a great resource for you. Enjoy your second semester.

Sincerely,

*Donna Ruseckas*

Donna Ruseckas  
President, MAHPERD

## President-Elect

*Pat St. Laurent, President-Elect*

### March: A Busy Month for MAHPERD Members

I don't know about you but I need to put my track shoes on this upcoming March. March of 2010 is going to be a very busy month for members of MAHPERD and AAPERD. Here's why-

First, we have MAHPERD holding its 2010 Spring Conference at the Woodward Center on the campus of Westfield State College. This will take place on Friday, March 5<sup>th</sup>. I am excited for this because I truly believe in the conferences theme of TEAM and all it implies. I am thrilled to have Nancy O'Neil, Athletic Director-Lincoln-Sudbury, as our Keynote Speaker. She is sure to get you inspired. I would also like to say thank you to all the outstanding presenters that have offered their services for this conference. Their individual credentials are impressive and their sessions too. Collaboration is such a beautiful thing!

Secondly, the 2010 MAHPERD Awards Banquet is coming up on Sunday, March 14 at the Crowne Plaza in Worcester. This is a great event where we can come together, share a meal, shine a light on some great accomplishments over the year and spend some time with some deserving individuals who make our profession so great. Get started thinking now about nominating someone for an award for next year!

Lastly, we have the 2010 AAHPERD National Convention in Indianapolis, Indiana. The convention will run March 16-20. MAHPERD President Donna Ruseckas and I are planning to attend and will report back to the board on our return.

By the end of March I will need a nap, but this is truly a labor of love and well worth it. I encourage all of you to attend these wonderful events. They are sure to delight and excite!

Look for the  
Spring Conference  
Program on  
page 6!

## From the Desk of the Executive Director

*Maria Melchionda*

One of the things that I am continually saying to members is that we cannot be “everywhere” and to keep the board informed of what is happening regarding the HPERD professions within your school district. The adage, “It takes a village..” holds true, especially with advocacy issues in health and physical education. We all need to work collaboratively to educate and communicate the necessity of quality health and physical education programs across the state.

I urge you to contact me and let me know how your school district views your programs. This information and history aids us in helping you when there is a problem. We'd like to prevent problems or negative ways of thinking of health and physical education as opposed to reacting to every situation that involves these two dynamic programs.

On Friday, March 5<sup>th</sup>, 2010 at Westfield State College, MAHPERD will host its annual Spring Conference. Advocacy will be on the agenda. Come and bring your thoughts and ideas on how to stay visible and on the forefront of major decisions being made in education today concerning our professions. See you there!

My best,

*Maria*

## Health Report

*Dr. Patricia MCDiarmid, VP Health*

Dr. Shannon Whalen, Past VP Health, took the lead designing and delivering a Health Symposium at Springfield College on January 14, 2010 to a group of interested health education professionals. VP-Elect Health Dr. Jim Leone's presentations on Effective Education for Preventing Anabolic Steroid & Performance-Enhancing Drug Use in Adolescents and Body Image for Boys were both well-received and attendees have been forwarded the PowerPoint slides electronically.

Anyone in attendance who has not received that information may contact Dr. Leone at [james.Leone@bridgew.edu](mailto:james.Leone@bridgew.edu).

Dr. Patricia McDiarmid, VP Health, has been invited to participate in the upcoming ACS/CDC SCHOOL HEALTH EDUCATION – HIGHER EDUCATION ACADEMY II in Atlanta sponsored by the CDC and the American Cancer Society from February 25-27, 2010.

sessions will include Linking Student Health with Academic Achievement: Exploring and Using the Evidence to Support Teaching and Learning in School Health and Practical Applications of the for Pre-Service and In-Service School Health Educators to Use the CDC's surveillance systems.



### Linking Up with the Eastern District

*click on links below*

#### [AAHPERD Eastern District](#)

[Connecticut](#)  
[Delaware](#)  
[Maine](#)  
[Maryland](#)  
[Massachusetts](#)  
[New Hampshire](#)

[New Jersey](#)  
[New York](#)  
[Pennsylvania](#)  
[Rhode Island](#)  
[Vermont](#)

No web link available: District of Columbia,  
Puerto Rico, Virgin Islands



*Spend an Enjoyable Afternoon  
Honoring the Achievements of Your Colleagues*

**MAHPERD's Annual Honor Awards Banquet**

*Sunday, March 14, 2010*

at the

**Crowne Plaza Hotel, Worcester, MA**

**12:00 noon Cocktails**

**1:00 PM Dinner**

**Tickets: \$40 per person**

*Come and support this year's awardees!*

Interested attendees should email Banquet Chair [Toni Duval](mailto:Toni.Duval@ma-hperd.org)  
or fill out the Banquet Registration below:

**17<sup>th</sup> Annual MAHPERD Honors/Awards Banquet**

Sunday, March 14, 2010 at the Crowne Plaza Hotel, Worcester, MA

Advance Reservations only ~ Reception: 12:00 noon ~ Awards Banquet: 1:00 p.m.

Spend an enjoyable afternoon honoring the achievements of your colleagues at the 2010 Honors/Awards Banquet. You may use the form below to make reservations. **Reservations must be postmarked by March 1, 2010.** After that date, please call the Banquet Chair Toni Duval at 781-331-2449 to inquire if reservations are still available.

Name: \_\_\_\_\_ Home Tel.: \_\_\_\_\_

Awardee you are supporting: \_\_\_\_\_

Other guests' names if you are purchasing more than one ticket: \_\_\_\_\_

Please reserve \_\_\_\_\_ tickets at \$40.00 each. My check is enclosed for \$\_\_\_\_\_.

Payment by check must be made out to MAHPERD and must be enclosed with order form.

Please mail to Toni Duval, 44 Burkhall Street, South Weymouth MA 02190

**Directions to Crowne Plaza Hotel:** Take Route 90 (Mass Pike) to Exit 10 (Auburn). After the tollbooth, bear left at the fork. Take Route 290 East. Get off at exit 17. Take a left at the top of the ramp at a set of lights. At the second set of lights at the bottom of the hill turn left onto Major Taylor Boulevard (formerly Worcester Center Boulevard). The hotel is on your right.

2010 MAHPERD Spring Conference  
Friday, March 5, 2010 - 8:00 a.m. - 3:00 p.m.  
Westfield State College, Woodward Center, Westfield, MA

## Program

\*Registration in Woodward Center from 8:00 a.m. - 9:00 a.m.

Time	Room	Track	Presenter and Session Topic
9:00-9:45	Gym 2	All	Keynote Speaker: <u>Teamwork &amp; Shared Leadership-A Recipe for Success</u> Nancy O'Neil, Athletic Director & Wellness for Lincoln-Sudbury Regional High School. Nancy and her team will share their experience on how being a great team is priceless. It is something that will influence who you are for the remainder of your life. Collective leadership is the trademark of the Lincoln-Sudbury Wellness Department. This "team-first" disposition results in success beyond belief! Let us show you how.
9:55-10:55	Gym 1	Elem PE	<u>Building a School Community</u> Presented by Cindy Coughlin and Sandra Collins, Physical Educator and Adjustment Counselor, Springfield Public Schools. Cindy and Sandra will share their work on The Good Neighbor Walking Program, Monthly School-Wide Community Meetings, and Footloose Fridays. All to promote fun and school community through your building.
	Gym 3	Rec/Sec PE	<u>(Secondary) Project Adventure</u> . This workshop will introduce participants to the Middle and High School portion of Project Adventure's K-12 Adventure Curriculum for Physical Education. This energizing curriculum was developed based on state and national standards. Participants will have the chance to experience adventure activities that they can use immediately with their students.
	Classroom 1		Health <u>"Multi-disciplinary Approaches to the Physical Inactivity Crisis"</u> Presented by Teresa Fitts, Associate Professor, Westfield State College. Teresa and her honor students will share collaborative material on the inactivity crisis.
	Dance Studio		Dance <u>Dance &amp; Magic 8 Count</u> Presented by Dave Hay, Teacher, Springfield Public Schools. In this workshop, the participants will be given ideas on how to create choreography using repeated 8 counts of music, culminating into an exciting group dance.
	Classroom 2		Future Profess/Advocacy <u>"Presenting 101"</u> Maria Melchionda, Executive Director, MAHPERD. This session will focus on "how to present to different target audiences."
11:00-12:00	Gym 1	Elem PE	<u>Fitness is Not an Option: Incorporating Fitness into All Standards-Based Activities</u> . Presented by Bob Fitzpatrick, Adjunct Professor, Emporia State University (KS). You will get a sneak preview of NASPE's

Continued..

schedule

Time	Room	Track	Presenter and Session Topic
	Gym 3	Sec PE	soon to be released publication, <i>Flash Fitness and The Incredible Activities</i> . You will also utilize contemporary themes and alternative sports skills to motivate your students to reach new levels of fitness for a lifetime. These activities require no new equipment and can be implemented in your classes tomorrow! <i>Give Rugby A Try</i> Presented by Justin Goonan, Play Rugby USA, Director of Programs-Boston. Play Rugby USA uses their fully inclusive activities and games captured in their curriculum to educate teachers how to introduce the <i>non-contact</i> version of this recently added Olympic sport to physical education students. Participants will learn the basic skills of Rugby while developing leadership and team building skills important for life.
	Classroom 3	Health	<i>Highway of Health Teaching Ideas</i> Presented by Dr. Patricia McDiarmid, Assistant Professor, Springfield College. Come journey down a "highway" filled with ways to keep students interested and engaged when designing and delivering instruction inside health classroom settings. These learner-tested strategies have stood the "test of time" and promise to be easy and inexpensive to implement. Attendees of this session will be actively involved and leave with handouts ready for immediate use with health students of all ages.
	Dance Studio		Dance <i>Rockin' the Frameworks</i> Presented by Elizabeth Fernandez-O'Brien, Teacher, Wildwood Elementary School, Amherst. This session will address using the traditional dance forms to involve students in fun, fitness and dance.
	Classroom4	Advocacy	<i>Advocacy: Why bother?</i> Presented by Diane Smith & Jay Bersin, MAHPERD Physical Education Advocacy Chair. In this session participants will learn the basics of advocacy, and why it is important to be an advocate. The principles can be applied to advocating for legislature or for your school budget.
12:00-12:45	Lunch		All Student Lounge in Woodward Center
12:50-1:50	Gym 1	Rec/Elem PE	<i>(Elementary) Project Adventure</i> , This workshop will introduce participants to the Elementary (K-5) portion of Project Adventure's K-12 Adventure Curriculum for Physical Education. This energizing curriculum was developed based on state and national standards. Participants will have the chance to experience adventure activities that they can use immediately with their students.
	Gym 3	Sec PE	<i>Small sided Games and Benefits in the Physical Education Setting</i> . Presented by Kate Stanne, Associate Professor, Westfield State College. This workshop will introduce the value and multiple uses of small sided games in the physical education classroom, included will be lead-up games, traditional games modified, and how these benefit students.
	Classroom 1	Health	<i>Educating the newly independent food consumer: Teaching teens to eat healthy in a marketing environment</i> Presented by Melissa Roti, Assistant Professor, Westfield State College. This presentation

Continued..

schedule

# schedule

Time	Room	Track	Presenter and Session Topic
	Dance Studio		will examine determinants of healthy eating in teens including marketing/media influences, the food environment, individual factors and common nutritional problems. Then several classroom projects will be discussed that can facilitate discussion of nutritional issues and educate about proper nutrition and eating behaviors, as well as, promotion of media literacy. <i>Dance <u>Social Dance-Good for the Body &amp; Good for the Brain!</u></i> Presented by Sam Baumgarten, Professor and Chair, Department of Movement Arts, Health Promotion and Leisure Studies, Bridgewater State College. This workshop will focus on describing and teaching social dance using Laban's Movement Framework as the underlying perspective, combined with Brain-compatible principles. Dances and dance steps introduced may include the polka, swing, cha-cha, and tango. This session is appropriate for upper elementary through adult. Warm-up will include Gilbert's Brain Dance.
	Classroom 2		Tech/Health <i><u>Using Technology to Teach Parenting and Child Development</u></i> Presented by Katherine Swanson, Teacher, Canton High School. The presentation will include an overview of the parenting and child development course at Canton High School and its use of blogging and the computerized infant simulator program. The simulator program is used by students during an at-home weekend assignment as a way to experience, as closely as possible, real-life parenting issues. Blogging, also known as online journaling, is a method used to share with classmates their personal experiences of caring for the infant simulator during the 3 day experience.
1:55-2:55	Gym 1	Elem PE	<i><u>Leaving Them Breathless!</u></i> Presented by Dr. Robert Rausch, Professor, Westfield State College. This session will include activities that are guaranteed to encourage participation and have your students begging for more!
	Gym 3	Sec PE	<i><u>"Education Through the Physical": Using Movement Activities to Teach Life Lessons</u></i> Presented by Diane Schwartz, Professor, Westfield State College. This session will explore the concept of "education through the physical" by providing examples of movement activities that can be used to teach life lessons. Participants will have the opportunity to participate in a variety of activities. The activities included in this presentation require minimal equipment and can be modified for a variety of spaces.
	Classroom 3		Health <i><u>The Health Educators Bag of Tricks; Lessons that never fail when you need a lesson in a hurry!</u></i> Presented by Shannon Whalen & Suanne Maurer-Starks, Professor, Springfield College; Assistant Professor Bridgewater State College. Come to this workshop to role play and experience a handful of health education lessons that you can teach tomorrow! Learning experiences are written for the middle and high school student but may be adapted for elementary students too. Handouts will be provided.
	Dance Studio		Dance TBA
2:55-3:00		All	Evaluations and PDP's



## Council of Professionals Corner

- The Fresh, Fun, and Fantastic: Instant Activities Collaborated by the Council of Future Professionals Session was a great success, thank you to all the participants that attended.
- For the second year consecutive year the Westfield State College students are the Champions of the MAHPERD Superstar College Challenge. The trophy is displayed at Westfield State College until the 2010 Convention, where the colleges will face off again for the championship title.
  - 2009 – Westfield State College
  - 2008 – Westfield State College
  - 2007 – Salem state College
- The Council of Future Professionals extends their gratitude to all of the members that showed their support by purchasing raffle tickets at the convention

### 2009-2010 Council of Future Professional Representatives

Bridgewater State College	Springfield College	Salem State College	Westfield State College
Alison Donahue	Chelsea Barnicle	Tina Taylor	Katie Garcia
KJ Rich	Iain Brandbury	Marc Turiano	Jayson Ramalho
Dr. Karen Richardson	Dr. Ann Marie Gallo	Alyssa Wesoly	

Look for upcoming information about the 2010 MAHPERD student summit in the fall.



*Superstar College Challenge Participants*



*2009-2010 Council of Future Professionals*

*Collaborating for the betterment of our audiences!  
(Teaching, Energizing, Activating and Mentoring  
for success)*

## MAHPERD One-Day Conference

March 5, 2010 TEAMing Up at  
Westfield State College

*By Patricia St.Laurent, President-Elect*

The word “*team*” by definition is a group of people working towards a common goal. As I was preparing this year’s conference I wanted to focus on some of the facets that encompass us as educators, instructors, etc. So, I took the word *team* and made it into an acronym (T.E.A.M.) for what I think speaks to the heart of MAHPERD members and the audiences we are in front of.

T is for teaching, where we facilitate education to and for others. This is the art of what we do daily.

E is for energizing, where we fine new ideas and get excited about why we do what we do. This is our passion for what we do daily.

A is for activating, where we take what we learn and put it into practice. This is the action piece, physically or verbally, for what we do daily.

M is for mentoring, where we embrace the next generation of professionals or colleagues and share our experiences. This is VITAL for what we do daily.

If a team is a group of people working towards a common goal, then team building is the process of enabling that group of people to reach their goal. I hope this year’s conference team of presenters will provide you an opportunity to re-teach, re-energize, re-activate and re-connect with your audiences. Please join the MAHPERD Team and TEAM build with us at Westfield State College this March 5<sup>th</sup>. Here is a preview of what’s to come:

Keynote speaker: Nancy O’Neil, Athletic Director & Wellness, Lincoln-Sudbury Regional High School. Nancy, and her team, will be addressing “Teamwork & Shared Leadership-A Recipe for Success.”

Elementary PE: Bob Fitzpatrick, Adjunct Professor, Emporia State University (KS). Bob will present on

T. E. A. M.



M.A.H.P.E.R.D.

Incorporating Fitness into Standards-Based Activities along with a preview of NASPE’S *FLASH FITNESS* and *The Incredible Activities*. Cindy Coughlin and Sandra Collins, Physical Education Teacher, Adjustment Counselor, Springfield Public Schools.

Cindy and Sandra will share activities towards “Building a School Community”. Bob Rausch, Professor, Westfield State College. Bob will present activities guaranteed to “Leave Them Breathless!”

PE/Recreation: Project Adventure, Will be providing two sessions one for elementary physical education and one for secondary physical education. The session will be focus on introducing participants to portions of the Project Adventure K-12 Adventure Curriculum.

Secondary PE: Diana Schwartz, Professor, Westfield State College. Diana will be presenting “Education Through the Physical”: Using Movement Activities to Teach Life lessons. Kate Stanne, Associate Professor, Westfield State. Kate will present “Small Sided Games and Benefits in the Physical Education Setting”. Justin Goonan, Rugby USA, Director of Programs-Boston. Justin will share why you should “Give Rugby a Try” with activities and games to introduce this non-contact version, and recently added Olympic sport, to physical education classes.

Health: Shannon Whalen & Suanne Maurer-Starks, Professor Springfield College; Assistant Professor Bridgewater State College. Shannon and Suanne will be providing a “The Health Educators Bag of Tricks; Lessons that never fail when you need a lesson in a hurry!” A variety of health topics will be covered. Patricia McDiarmid, Assistant Professor, Springfield College. Pat will be presenting “Highway of Health Teaching Ideas”. A journey to keep students interested and engaged. Katherine Swanson, Teacher, Canton High School. Katherine will be presenting on using Technology to Teach Parenting and Child Development”. Melissa Roti, Assistant Professor, Westfield state College. Melissa will sharing how to educate and teach teens to eat healthy in a

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marketing environment. Teresa Fitts, Associate Professor, Westfield State College. Will present on "Multi-disciplinary approaches to the Physical Inactivity Crisis".

Dance: Sam Baumgarten, Professor, Bridgewater State College. Sam will be presenting on "Social Dance-Good for the Body & Good for the Brain!" Dave Hay- Teacher, Springfield Public Schools. Dave Brings his energy and passion for teaching dance to educators with his presentation on "Dance & Magic 8 Count". Elizabeth Fernandez-O'Brien, Teacher, Wildwood Elementary School, Amherst. Elizabeth will share a presentation on using traditional dance forms to involve students in fun, fitness and dance.

Advocacy: Diane Smith & Jay Bersin, Will present their session on advocacy title Advocacy: Why Bother? Maria Melchionda, MAHPERD Executive Director. Will speak on "How to Present to Different Target Audiences."

And more! Pre-Registration is in the works.  
Don't miss out. Save the date Friday, March 5<sup>th</sup>.

# MAHPERD Awards

## Outstanding Future Professional



Kaitlyn Hanlon (pictured left) and Alyssa Wesoly have been selected to represent Massachusetts as nominees to the Eastern District Association Outstanding Future Professionals Program.

Congratulations to the colleges and communities these students represent. They are truly a positive addition to the Health, Physical Education, Recreation, and Dance professions. The candidates are:



Jesse Michael Craddock  
Senior, Springfield College  
Majoring in Physical Education

Kaitlyn Hanlon  
(pictured above)  
Final Semester,  
Springfield College  
Major: Physical Education  
Minors: Health and Coaching.

Timothy Lane  
Senior, Salem State College  
Degree: Sport and Movement Science  
Major: Physical Education



Christopher Roche  
Senior, Westfield State College  
Bachelor's Degree:  
Movement Science  
Concentration: Physical Education.



Marc Turiano  
Graduating Salem State College this spring after transferring from Fordham University to study Physical Education.



*Continued...*



## MAHPERD



Amelia Riou Award  
Keith Weston of the Westford Public Schools is the recipient for the Amelia Riou Award. Keith teaches students in adapted, wellness, and physical education classes at the Nabnasset school in Westford.

### Honor Award

This year's Honor Award recipient, Gary Nihan, K-12 Director of Health, Physical Education and Nursing Services for Danvers Public Schools.



### Teacher of the Year Winners



*Elementary Physical Education*  
Mary Robertson  
Huckleberry Hill School  
Lynnfield, MA



*Middle School Physical Education*  
Roger Day  
Holten Richmond Middle School  
Danvers, MA



*High School Physical Education*  
Chris Belmont  
Lincoln-Sudbury Regional High School  
Sudbury, MA



*Health Education*  
Ilene Sharpe  
Wellesley Schools  
Wellesley, MA

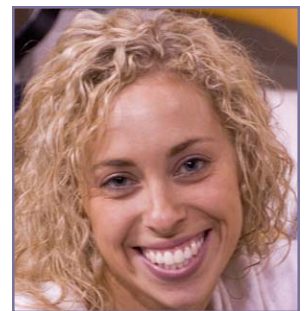
### 2010 Pathfinder Award

The 2010 Pathfinder Award Winner is Dr. Patricia L. McDiarmid (Retired). For the past 33 years, McDiarmid served the athletic community of Western Massachusetts as parent, teacher, coach, official, tournament director, and conference commissioner.

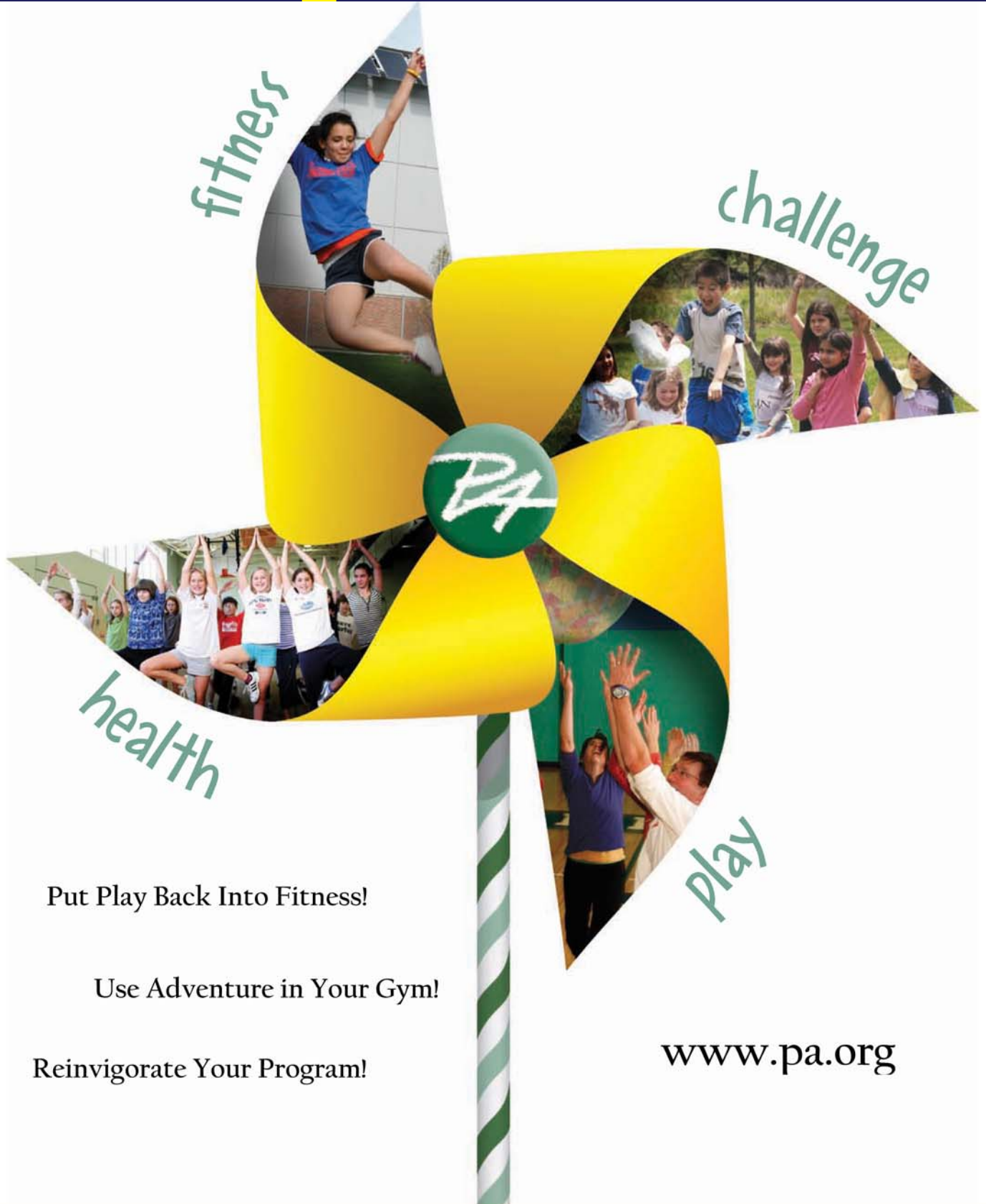


### Dance Award

Lauren Schneider  
Fitness and Health Educator,  
Wellesley Middle School  
Wellesley, MA



*Congratulations to all!*



Put Play Back Into Fitness!

Use Adventure in Your Gym!

Reinvigorate Your Program!

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

**800-468-8898**



**Project Adventure, Inc.**  
*Advancing Active Learning*



