



# Newsletter Spring 2014

## President Sheryl Hall passes the gavel to Michelle Moosbrugger!



*We thank Sheryl for her dedication and commitment to our professions and for the inspirational leadership she has given us over her two terms of service! Welcome Michelle: we look forward to your Presidency with much enthusiasm!*

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The entire MAHPERD Board and Leadership/Committee list can be viewed by visiting <http://www.ma-hperd.org/Executive%20Board.htm>

## 1<sup>st</sup> Annual MAHPERD Leadership Conference Mon., June 30 & Tues., July 1, 2014

A time of reflection, a time to gather and share and a time for action with our programs! This conference will be one that caters to directors and coordinators of all health and physical education programs in the state. Most school systems do not have a director, so “lead teachers” are invited to come as well!

MAHPERD has designed this conference specifically for directors/coordinators who often find themselves battling budgets, balancing schedules, hiring personnel and continuously trying to create an atmosphere of collaboration with their staff members. Directors/coordinators are always trying to take care of everyone else, so MAHPERD decided it was time to have an annual event whereby directors/coordinators are supported as well.

If you have not signed up as of yet or viewed the Final Schedule, please go to link below to attend this incredible professional development opportunity!

### Link to 1st Annual Leadership Conference

[http://www.ma-hperd.org/  
MAHPERD%20Leadership%20Conference.htm](http://www.ma-hperd.org/MAHPERD%20Leadership%20Conference.htm)

## 2014 Annual Convention Monday, Nov. 17 & Tuesday, Nov. 18 DCU Center, Worcester

### 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.

## *President's Message*

**Michelle Moosbrugger, Ph.D.**

I have been continually inspired and awed by the work of MAHPERD members throughout the Commonwealth. Whether it is completion of daily tasks or large-scale projects, MAHPERD members are making an impact on individuals across the lifespan. Massachusetts residents can count on plentiful resources and high-quality programming to support wellness for all, with K-16 physical education and health education as a focal point. It is with this great respect that I am incredibly thrilled to enter the coming year as MAHPERD President. In this role, alongside the hardworking, dedicated MAHPERD Board Members, I hope to continue in the tradition of our organization in supporting your efforts while also planning for and working toward the future. To that intention, my goals for the upcoming year are:

- Continue to coordinate impactful professional development, including specialized opportunities that meet the individual needs of all members;
- Establish new partnerships and strengthen existing ones – both within MAHPERD and with external organizations;
- Leverage partnerships to better advocate for our professions and our constituents at the local, state, regional, and national levels;
- Enhance approaches to recruit new professionals to MAHPERD, and to better meet their needs;
- Continue the work on MAHPERD's strategic plan to aid the organization leading into the future.

Plans are underway for professional development opportunities for the upcoming year! MAHPERD will be hosting the **1<sup>st</sup> Annual Leadership Conference** for Directors, Coordinators, and Lead Teachers of K-12 Physical Education and Health Education. Potential participants have been surveyed to identify needs and topics of discussion, so that the conference will be designed specifically for them. One key requested topic is District-Determined Mea-

asures (DDM's). I'm sure that attendees will discover much to bring back to their districts!

The **2014 MAHPERD Fall Convention** will be held November 17-18 in Worcester at the DCU Center. The theme is **"Educate – Advocate – Innovate"**. The theme speaks to what MAHPERD members strive to do on a daily basis, and to the impact we can have on others and our profession. The convention will be an opportunity to learn and build, connect and empower, challenge ourselves and inspire others. Outstanding general session speakers are lined up! **Dayle Hayes, M.S., RD** – currently having a tremendous influence on school nutrition advocacy efforts through her twitter handle @SchoolMealsRock – will share her expertise on child nutrition! **Tony DiCicco**, former head coach of the U.S. Women's National Soccer team, will discuss his experiences, which led to innovation in sporting experiences around the world! Who else is presenting at the MAHPERD Convention . . . ? well, it could be you! Proposals are now being accepted on the MAHPERD website. What do you do to educate others? To advocate for yourself, your constituents, your profession? To innovate and inspire? Please consider sharing with others by submitting a proposal for a convention workshop!

Also in relation to the goals mentioned above, I'd like to challenge you to take note of new professionals in our field. New educators, administrators, and recreation and dance professionals often welcome support and partnerships with others, but may not be familiar with available resources. Please consider inviting these individuals to join us as members of MAHPERD next year!

As we look forward to the sunshine and activities of the summer season, I enjoy reflecting on the past year. We've had abundant opportunities, and accomplished a great deal. What can we do to better ourselves and our profession next year?

I look forward to welcoming you back as a MAHPERD member for the 2014-2015 year, and working together to make an impact. Feel free to contact me anytime if you have suggestions, questions, or would like to become more involved!

## *President-Elect's Message*

### Constantine S. Psimopoulos

Dear MAHPERD members,

I am very honored and happy to have been elected by you to serve as YOUR next President-elect! I feel so grateful to be within the leadership of the new Executive Board, among many worthy and capable colleagues and pledge to serve you with all my power and heart.

Here are some highlights from this spring, regarding my professional activities and higher education:

#### **Senator Markey becomes a cosponsor of the Physical Act, (Promoting Health as Youth Skills In Classrooms And Life Act), S.392, with the provision to establish Health and Physical Education as core academic subjects.**

1. For the 6th time in consecutive years (2009-2014) I proudly participated in the [National Speak Out! Day](#), on March 11 & 12, on Capitol Hill in Washington, DC. I represented you and all of us members of MAHPERD once more and visited the offices of our elected officials in the US Senate and US Congress to advocate for quality Physical Education! This year the goal was to seek sponsors and co-sponsors for the Physical Act, (Promoting Health as Youth Skills in Classrooms and Life Act), S.392, with provision to establish Health and Physical Education as core academic subjects upon the ESEA re-authorization.

I visited Sen. Markey's and Sen. Warren's offices and advocated for quality health and physical education! I was immensely happy and grateful when on March 21st, only 10 days after my visit and just days after my follow up email and thank you card, Alex Jones, Legislative Correspondent in the Office of Senator Edward J Markey announced to me verbatim that: "I enjoyed meeting with you and learning more about this important issue and this important legislation. After further deliberation with my colleagues, Senator Markey will become a cosponsor of the bill", making him the first ever Senator from Massachusetts to cosponsor this bill or any or any bill for that matter since SHAPE America started this legislative effort by instituting the National Speak Out Day, This is what fruit sustained efforts can bear!

#### **"Making a Difference Together being Physically and Politically Active"**

2. Maintaining my Capitol Hill experience fresh and drawing from my past 5 years of advocacy experience and activity, I joined my colleagues and specifically a dozen of fellow higher education professionals to present a session during our MAHPERD Spring Conference A-Plus!" *Active, Advocating, & Achieving through Partnerships* which took place on Friday, March 21, 2014 at Westfield State University. My session was entitled: "Making a Difference Together being Physically and Politically Active". I was able to get a very good response from the audience and especially the WSU students who were present and heeded my call to travel to Washington, DC and join myself and col-

leagues from across our nation as we advocate for quality health and physical education during SPEAK Out Day 2015.

On reviewing the conference's program, I was very happy to observe that among the 10 sessions presented by Higher Education professionals (Faculty members), 5 (five) of them were sessions geared towards Higher Education, or Teacher Preparation (PETE). This is to me a great achievement and I would like to thank and acknowledge (then) President-elect and incoming President Michelle Moosbrugger for her leadership and all those who helped solicit this interest and encourage submissions.

#### **Harvard Symposium entitled: "Ancient Marathon, Boston Marathon, History, Present and Future: A Panel of experts reflecting on the Marathon as both an idea and a journey for a peaceful warrior"**

3. On April 22nd, a day after a peaceful and glorious 118th Boston Marathon I organized and hosted a symposium, panel discussion and documentary viewing through the Harvard University Graduate Commons program, in Cambridge, MA.

This panel was entitled: "[Ancient Marathon, Boston Marathon, History, Present and Future: A Panel of experts reflecting on the Marathon as both an idea and a journey for a peaceful warrior](#)"

This symposium was under the aegis of the Consul General of Greece in Boston, the Honorable Mrs. Iphigenia Kanara who graced us with her remarks. Former Governor of Massachusetts, the honorable Michael Dukakis offered a videotaped greeting. Among the panelists, Dr. Makis Asimakopoulos ([Race Director of the Athens Authentic Marathon](#)) connected live from Greece via skype, as well as Mr. Harris Kalofonos ([Coordinator of Sister cities project between Colorado Springs and Olympia](#) & International Relations Consultant of the [International Olympic Academy](#), who joined from Colorado Springs, headquarters of the United States Olympic Committee.

Mr. Tim Kilduff (Former Race Director of the Boston Marathon - [Founder and ED of 26.2 foundation](#) & International Marathon Center project), Mr. Dimitris Kyriakides (Marathon Good Will Ambassador & [Marine Consult International](#)), the son of legendary Boston Marathon Champion (1946) Stylianos Kyriakides, [Dr. Alexis Lyras](#) (Georgetown University & [Olympism4Humanity](#) Founder and Director, Special Advisor to the IOA on Olympism, Peacebuilding and International Development) comprised the panel.

The night closed with a Lecture on "Olympism, Olympic Education in the United States and the Marathon" and excerpts from Bob Costas' (2004) and of Freddy Germanos' documentary (1981) on Stylianos Kyriakides at the [Greek Institute of Boston](#) (Harvard square).

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### Promoting Quality Physical Education, MAHPERD's mission and the APE conference at a Boston Television Network

4. Upon the invitation of Ms. Ariana Cernius (Carl and Lily Pforzheimer Public Service Fellow at Harvard and co-founder of [HURAA at Harvard](#)) whom I helped expand at MIT and provide physical activity and therapeutic recreational programming at our MIT facilities through their organization and utilizing their funding, I gave an interview for the BNN (Boston Neighborhood Network) which aired live on Tuesday, May 6<sup>th</sup> at 2:30pm. This was purposefully done in April, as this is Autism Awareness month.

I feel this interview delivers a great promotion for quality physical education, MAHPERD's role and mission, as well as the shout out for the Adapted Physical Education conference on Friday, May 9<sup>th</sup> at the Massachusetts Hospital School.

[This active link](#) has 2 interviews (shows) in one YouTube video, and if you fast forward it to minute 25' and there on you will find my talk.

I did my best to promote the Adapted Physical Education conference at two occasions during the 25' interview, together with my analysis of what quality physical education is and the work that is currently being done – and that which still needs to get done – on a federal level. But it was also good to simply raise awareness for physical education with an emphasis on adapted physical education and geared towards a non-academic audience, but rather those outside our field who really don't know what quality physical education means.

### MAHPERD goes global and travels to Olympia Olympism4Humanity

5. Finally, I would like to share with all of you information on the [Olympism4Humanity](#) praxis summer program.

I think it will be beneficial to our membership and since I have been invited by their Executive Director and Founder, [Dr. Alexis Lyras](#), to both participate during this summer program in Greece and become a liaison for [Olympism4Humanity](#), especially now as President-elect, I would consider it a wonderful opportunity for teachers, practitioners, and students from MAHPERD and Massachusetts in general, to start thinking more globally and pursue this as a study abroad, educational trip, praxis, or professional development opportunity at the birthplace of the Olympic Games.

It would be wonderful if we could put together a group from Massachusetts, and ideally with some MAHPERD members. I am also in touch with the 26.2 foundation on this, as Tim Kilduff (whom our very own VP for PE Deb Pinto knows well) has already been invited from Olympism4Humanity directly.

[Click here for the e-brochure and here for the application form](#)

I hope you are all doing well and that you keep being healthy, physically active and good role models for your respective communities, including family, colleagues and students.

**Sincerely Yours in Physical Activity & Health**

**Constantine S. Psimopoulos**

**Chair of Higher Education**

**and Your next President-elect for MAHPERD(!)**

*Carpe Diem! (Seize the Day!)*

## *From the Desk of the Executive Director*

### **Maria Melchionda**

It is that time of the year again. School field days, class trips, parties, staff get-togethers, exams and inventory for next year. There is a lot on your plate.

There is one thing though that I do not want you to forget, *your impact*. Throughout the year, it is so hard to remember this aspect. You write lesson plans, tweak curriculums, go to IEP meetings, give countless assessments, make sure your program reflects the national standards in health and physical education, counsel students, talk with parents, plan school events, monitor recess, engage in staff meetings, etc., but do you realize how much *impact* you make within your school community? Do you realize how much *impact* you make on your students?

Not long ago, a teacher who taught self defense received an email from a student she had two years ago and now graduated and attends college. The student wrote how much of an impact this teacher had on her. So strong, it literally saved her life. The student was attacked in her dorm room and defended herself with all that she had learned in this teacher's class. In her heart felt email she wrote, ". . . I heard your voice and I remembered what to do. I fought him off and ran out of the room for help. I later pressed charges." The teacher was stunned. She had no idea how much of an impact she had made.

We all make an impact. Through our words, actions and teaching. The kindness we display, the time we take with our students, the smile we give, affects them all. Some of these students come from tough back grounds that entail poverty, hunger, no guidance at home and loneliness. Some come from middle and upper class communities whereby they have access to a lot more opportunity. What ever the lifestyle, *no student is exempt from needing help*. You make an *impact*. You are a mentor, lifeboat, counselor and hero. Whether you have made an impact on one or many, the impact is real and grateful are the hearts of these students.

Have a wonderful and restful summer!

## **Mark Your Calendar!**

June 30-July 1 ..... MAHPERD Leadership Conference

September 26 ..... MAHPERD Student Summit

November 17-18 ..... MAHPERD Annual Convention

***"Educate, Advocate, Innovate"***

November 17-18, 2014

DCU Center, Worcester, MA

Monday, November 17, 2014

Keynote Speaker Announced

## Dayle Hayes, MS, RD

**President, Nutrition for the Future, Inc.  
Advocating for Healthy Kids,  
Schools, and Communities**



Dayle Hayes is an award-winning author and educator. Her creativity and common-sense have made her a sought-after speaker across the USA. As a parent and member of the School Nutrition Association, Dayle is dedicated to make school environments healthy for students and staff.

She collected school success stories for Making It Happen, a joint CDC-USDA project, wrote a chapter on communicating with students in *Managing Child Nutrition Programs: Leadership for Excellence*, and co-authored the *Position of the American Dietetic Association: Nutrition Guidance for Healthy Children Ages 2 to 11 Years*.

In recognition of her professional and volunteer leadership, Dayle has received numerous honors, including Montana Dietitian of the Year, and an ADA Excellence in Consultation and Business Practice Award. In January 2012, she received the Silver FAME Award as a Friend of Child Nutrition from the national School Nutrition Association.

Hayes has served on the ADA Board of Directors where she chaired the Public Initiative Team and Technology Task Force. She also is a past president of the Montana Dietetic Association and Past-Chair of the School Nutrition Services DPG.

**FACEBOOK – School Meals That Rock**

**TWITTER @SchoolMealsRock**

**BLOG – [www.SchoolMealsThatRock.org](http://www.SchoolMealsThatRock.org)**

**WEBSITE – [www.NutritionForTheFuture.org](http://www.NutritionForTheFuture.org)**

Tuesday, November 18, 2014

Keynote Speaker Announced

## Tony DiCicco



An integral figure that put women's soccer on the map in the U.S. and globally, Tony DiCicco built an impressive run as the U.S. Women's National Team head coach from 1994-1999. He led the USA to its first gold medal in the 1996 Olympics and most notably was at the helm of the 1999 FIFA Women's World Cup champion

team that defeated China.

As the U.S. Women's head coach, DiCicco won a staggering 103 games - nearly 90 percent of his matches - in compiling a 103-8-8 international record. DiCicco is the only American coach to win a Women's World Cup, an Olympic gold, and a U-20 Women's World Cup (2008).

DiCicco's 1999 FIFA Women's World Cup team increased the popularity and prominence of women's athletics as more than 90,000 people were on hand at the Rose Bowl in Pasadena, Calif., to witness the thrilling victory against China. Nearly 18 million people viewed the match on television - the most-watched women's soccer match in U.S. history.

The Wethersfield, Conn., native coached the U.S. goalkeepers in the first edition of the FIFA Women's World Cup in 1991, helping lead a defense that posted three shutouts and defeated Norway in the final. DiCicco also served as Assistant Coach with the U20 Men for the 1993 U20 World Cup in Australia.

He was the founding commissioner of the Women's United Soccer Association from 2000-2003, then coached the Boston Breakers of Women's Professional Soccer from 2009-2011. Tony also founded SoccerPlus Goalkeeper School and FieldPlayer Academy in 1982. In the 30+ years since, Tony has educated and inspired tens of thousands of dedicated student-athletes using The DiCicco Method.

As a player, DiCicco was an All-American at Springfield College and he played professionally for five years, playing for the American Soccer League's Connecticut Wildcats and the Rhode Island Oceaners.

DiCicco is married to Diane and they have four sons: Anthony, Andrew, Alex and Nicholas.

# In Celebration

*of some Amazing Professionals  
within the HPERD Fields!*



## Joseph McKenney Award 2014

### Robert Rausch Jr.

Dr. Robert Rausch is presently a professor at Westfield State University. He received his degree from the University of Wisconsin-LaCrosse and his Ph.D. from the University of Minnesota. Bob stated his teaching career as a K-8 physical education and health teacher in Wisconsin, from there he went on to coach basketball and track & field in the surrounding towns. At Westfield State, Bob became the head coach of the men's and women's cross country teams where his teams won several conference championships. He won the Women's Cross Country Coach of the Year in 2004, 05 & 06 and the Men's Cross Country Coach of the Year in 2002, 04 & 05.

Bob is presently an executive board member of MAPHERD and was in previous years the President of MAHPERD & an executive director of EDA. Currently Bob is the coordinator for the Homeschooled Children participation in Physical Education Methods Class. In March 2012 Bob received the Outstanding Professional in Physical Education from the Eastern District AAHPERD and in May 2012 Bob received the John H. Nevens Outstanding Educators Award from Westfield State University.



## Honor Award 2014

### Linda Davis-Delano

Dr. Linda Davis-Delano started her career as a high school physical education teacher in Illinois for 12 years where she coached softball and volleyball. She earned her Ph.D. at the University of Iowa and started teaching at Hamline University in Minnesota, where she spent the next 6 years as Director of Women's Athletics, Chair of Physical Education Department and a volleyball coach. For the past 20 years, Dr. Davis-Delano has been the Director of Educator Preparation & Licensure at Springfield College. She is a professor of physical education, a former MAHPERD board member and has been very active with the MA Department of Elementary and Secondary Education. Most recently she convened the Springfield College Physical Education Assessment Task Force that worked diligently for over a year to analyze what the Educator Evaluation System means for physical education teachers. She presented the results of their work at the Fall 2013 MAPHERD Convention.



## 2014 Presidential Citation

### Coleen Walsh

Coleen Walsh, director of Health and Physical education for the Springfield Public Schools, was the recipient of the MAHPERD Presidential Citation.

She has worked for the Springfield Public School System for 37 years. She began her career in Springfield as a Junior High Physical Education teacher in 1977. Since then she has served as a Resource Teacher, Supervisor and now Director. She has taught or supervised all grades, Pre-K through graduate school. Coleen was an adjunct professor at Springfield College for over 7 years and has served DESE as a regional health mentor for 10 years.

Coleen is a long standing member of MAHPERD and AAHPERD, she served on the MAHPERD board as Vice President for Health and in 2006 she received MAHPERD's Health Educator of the Year Award.

She has been a tireless advocate for the work of SASHA (Springfield Adolescent Sexual Health Advisory) committee appointed by the mayor. She is on the board for Partners for a Healthier Community and the Springfield Wellness Leadership Council.

On behalf of the Springfield Public Schools, Coleen has secured a DESE grant that will coordinate community reproductive health services and provide a safe environment for all students with a special focus of GLBT students. Most recently she has developed a safety curriculum for physical education K-12.

Coleen's passion and dedication has truly had a positive impact on both students and professionals.





# Teachers of the Year 2014

## Kerri Smith

Elementary Physical Education  
Teacher of the Year



Kerri Smith is currently in her ninth year teaching physical education at the Newman Elementary School in Needham, MA. Kerri has 17 years of teaching experience at the elementary level, including 8 years in the Springfield Public Schools. She is a 1997 graduate of Springfield College and received her Master's degree in Education from Lesley

University in 2002.

In 2007 Kerri participated in the Gold Medal Project through MA Action for Healthy Kids and Newman Elementary School Physical Education was recognized as a gold medal program.

Kerri has served on the MAHPERD executive board as the Vice President of Physical Education, and she has worked as part of the convention management committee for the MAHPERD State Convention for the last seven years.

In 2012 Kerri served as a Local Arrangements Committee Co-Chair for the AAHPERD National Convention and Exposition in Boston.

Kerri has presented on various topics at both the local and state level, and has served as a supervising practitioner for practicum students from Springfield College and Bridgewater State University. Additionally, Kerri has worked to update and develop assessments and curriculum in both health and physical education for both the Springfield and Needham districts, as well as participate on health and wellness committees.

## Caryn Keenan

Middle School Physical Education  
Teacher of the Year

Caryn Keenan grew up in Shrewsbury and attended Shrewsbury Public Schools. She was always interested in physical activity, participating in a variety of sports in high school including tennis, soccer, and track and field. Caryn attended the University of Rhode Island on a full track & field scholarship. She graduated from the University of Rhode Island in 1993 with certification in Physical Education and Health.



Caryn started her teaching career in the Shrewsbury Public Schools the following fall, where she has been now for 21 years. Upon moving to the middle school level, Caryn helped transform the middle school physical education program into a new age program. She also assisted in creating and revising the Shrewsbury Health & Physical Education Curriculum Review Project. Most recently, Shrewsbury has been awarded the Carol M. White PEP grant where Caryn has been a Building Project Assistant. As a Building Project Assistant, Caryn has helped to create Family Adventure nights and use innovative technology to help collect data for the grant. Caryn has certifications from NETA, which include Group fitness instructor, boot camp instructor, HIIT training, fitness ball and BOSU instructor training. She is Project Adventure high and low elements certified as well.

In 1998 Caryn was inducted into the Shrewsbury Athletic Hall of Fame for track and field. She has a love for all physical activity and most recently has been involved in Obstacle Course Racing. In addition to her teaching responsibilities, she has been a HS level track & field and soccer coach, 8<sup>th</sup> grade advisor, field day coordinator, and has even been disc jockey at many school dances!

Finally, Caryn started two extremely successful middle school programs in Cross Country & Ski club over 15 years ago. Both programs are still extremely popular to this day.

## Amelia Riou Award for Adapted Physical Education



### Bill McGoldrick

Since 2004, Mr. McGoldrick has been engaged in a variety of school programs in the Adaptive Physical Education field. Notably, he has designed and implemented seminars for classroom teachers throughout the City of Lawrence, integrating movement with classroom curriculum. Most recently, Mr. McGoldrick has brought his knowledge and experience to Cambridge College, expanding his seminars into comprehensive graduate-level coursework.

## Pathfinder Award

### Roger Anderson

Congratulations to Roger Anderson from Westborough, MA for recognition by MAHPERD as this year's Pathfinder Award recipient. Roger is someone who has made outstanding contributions and shown great commitment to girls' athletics at Westborough High School. He is the varsity girls' volleyball and indoor track coach, varsity boys' outdoor track coach, WHS Physical Education teacher, and Westborough Public Schools' K-12 Physical Education/Health/Wellness Department Chair... all while supporting two amazing children, Cole (10) and Quin (7) and a loving wife, Beth. In his entire coaching career, Roger has amassed almost 400 wins, with only 128 losses and proudly represents his volleyball team as state champions in 2007 and the state runner-up in 2013. He has been named Metrowest Daily News coach of the year seven different times for his outstanding coaching with these female athletes. His influence goes way beyond the record any team holds, but more focused on character, commitment, and confidence. Roger ensures that the athletes are having fun while expressing a strong work ethic and taking risks to improve themselves. His overall goal is to "have a positive impact on young people's lives" which he is successfully doing each and every day in Westborough!



## MAHPERD 2014 Exhibitor of the Year

**BOKS - Build Our Kids Success**

# Outstanding Future Professionals 2014

## Concetta D'Amato

Concetta is a senior at Salem State University majoring in Physical Education. Presently serving as president of the Sport and Movement Club, as well as president of the Phi Epsilon Kappa Honor Society is impressive. Within these organizations she has been able to coordinate numerous food drives and charitable tournaments for the entire university in which to participate. She is a group leader with fellow Salem State students at a local afterschool program working with children in grades K-5 promoting physical fitness and positive social interactions. Concetta is consistently honored with Dean's List status and in May of 2013 she received the Highest GPA Award for Salem State University Student Organization Leaders.

According to Concetta, "The relationships I have made at Salem State with not only the faculty, but my peers as well, has allowed me to look forward to attend class every day. Whether we were working on group projects or hanging out before our next class my new Salem State family has made a lasting impression on me and will forever be in my heart."

Concetta also received an EDA Outstanding Future Professional Award for her exceptional contributions.



## Kristiann Kassay

Kristiann is in her final semester at Springfield College. Kristiann is an active member in Springfield College's "Two Stripers" Physical Education program. Kristiann is a Co-Captain of the Women's Rugby Team, works at the Wellness Center on campus, and was an orientation leader for three years. Maintaining high academic standards, Kristiann has been on the Dean's list and received a Pride Award for being an outstanding junior at Springfield College. She is actively involved with the Serious Fun Children's Network founded by Paul Newman, which is a non-profit organization that sends children with chronic illnesses to one of many camps as part of the network. She has been involved with this organization as a volunteer and summer staff employee. This past summer she volunteered at three of the Serious Fun camps; Camp Korey in Seattle, WA, Double H Ranch in Lake Luzerne, NY, and The Hole in the Wall Gang Camp in Ashford, CT. Recently, Kristiann was awarded an EDA Outstanding Future Professional Award for her dedication to the field of physical education.



## Monique Maggiore

Monique is a senior at Salem State University majoring in physical education. At Salem State University Monique was involved in two research projects. One project explored the nationwide "state regulations" for physical education. Her findings were compiled in a poster presentation at the Salem State Undergraduate Research Day. Monique has been an active member of the Sport and Movement Science Club and served as president in 2012-2013. Since 2012 Monique has been serving on MAHPERD's Council of Future Professionals. Monique has volunteered her time in programs such as; the Purple Shoes Challenge, a competitive athletic event for children and adults with physical and/or sensory limitations, and for an afterschool program in Lynn, Ma. According to one of Monique's professors, "In her teaching experiences, Monique works endlessly to ensure students have multiple opportunities to succeed. Monique's enthusiasm and commitment to both the field of physical education and service within the fields are limitless."



# Outstanding Future Professionals 2014

## Katherine Robinson

Katherine is currently a junior at Westfield State University enrolled in the Movement Science Program with a concentration in Elementary Physical Education. Katherine is proud to have made Dean's List for the past five semesters, and plans to continue to do so. Katherine has always enjoyed working with children, which is what drove her to choose her path. For the past five years, she has been very involved with Little League in her hometown of East Hampton, Connecticut, dedicating her time to volunteer as an assistant coach to the girls' softball teams. While at Westfield State University, Katherine has been a member of SAAC (Student-Athlete Advisory Committee), a member of the Movement Science Physical Education Club and is currently serving as co-president, as well as a member of the varsity softball team. This year Katherine is also on MAHPERD's Council of Future Professionals. Katherine volunteers for her community in many ways; one is being a Special Olympics volunteer which has sparked her interest in becoming an adaptive physical education teacher.



## Julia Warner

Julia Warner is a Mathematics and Movement Science double major at Westfield State University with a certification in teaching secondary math and a concentration in teaching elementary physical education. Julia has been named to the Dean's List every semester and, in addition to this, has been a member of the Westfield State Varsity Volleyball program for all four years of her college career. Julia feels, "Choosing to play volleyball has been one of the best decisions I have made, shaping me into the person I am today." Through volleyball, she has been honored with great awards including being named to the Capital One Academic All-District Women's Volleyball team, Massachusetts State Collegiate Athletic Conference Player of the Year and Tournament MVP for the final MASCAC tournament in 2013. On top of being a student-athlete, Julia is actively involved in both mathematics and movement science communities as the president of the Movement Science Major's Club, Member of MAHPERD's Council of Future Professionals and a member of the Pi Mu Epsilon Mathematics Honor Society. Julia has also volunteered outside of school in the Special Olympics and coordinating a summer volleyball program for middle and high school students. Julia was recently honored at the EDA banquet in Newport, Rhode Island for being one of the EDA Outstanding Future Professionals. Julia is extremely grateful for the opportunities that she has been provided at Westfield State University.



## 2014 Major of the Year Award

### Patrick Hennessey, Salem State University

Patrick Hennessey was recognized at the 2014 MAHPERD Awards Banquet for receiving a National Major of the Year Award. As a senior, in the Physical Education Teacher Education Program (PETE) at Salem State University, Patrick's largest contribution is the design and launching of a PETE student web site. He is a member of the Phi Epsilon Kappa National Honor Society and Patrick graduated with Magna Cum Laude distinction in May 2014. He is pursuing a position as an elementary physical educator and will direct the Let's Play Sports Summer Camp, in Danvers, for the 2014 season.



# Adapted Physical Education Conference

## Held on May 9, 2014

Over 50 teachers and APE professionals attended the Adapted Physical Education Conference on Friday May 9 at the Massachusetts Hospital School in Canton, MA.

Opening speaker Nico Calabria provided a moving discussion about the impact sports have had on his life and the importance of including and empowering individuals with special needs in P.E. and sports. Additionally, former NASPE Teacher of the Year John Smith presented "Everyone Included," which focused on small equipment, individualized learning, and modifying and adapting games and equipment for everyone.

The Massachusetts Hospital School has agreed to be our host site again next year, so look for more information about the 2015 APE Conference next spring!



# active kids day

FREE  
event



## SATURDAY JUNE 14

live music performances ★ fun run ★ spartan race kids experience  
olympic gold medalist Aly Raisman ★ celtics experience ★ field games  
project adventure ★ reebok shopping ★ bouncy houses ★ food samplings  
and so much more!

## 11:00 AM - 4:00 PM

Reebok Headquarters 1895 JW Foster Blvd. Canton, MA

Use this QR code or visit [www.bokskids.org](http://www.bokskids.org) to pre-register TODAY!\*

\*onsite registration will be available



 [facebook.com/boks](https://www.facebook.com/boks)

 [twitter.com/bokskids](https://twitter.com/bokskids)

 [activekidsday](https://www.instagram.com/activekidsday)



# MAHPERD Is Teaming Up With *SAFE ROUTES TO SCHOOLS!*

*Submitted by Erin Reed, SRTS Statewide Coordinator, and Cate Dill, "Coach Cate", MAHPERD Liaison to SRTS*



International Walk/Bicycle to School Day last fall at  
The Peter Noyes Elementary School in Sudbury

Spring is in the air, and with that more and more people are out walking and bicycling! MAHPERD has teamed up with the **Massachusetts Safe Routes to School Program** and we hope that your school will team up with Safe Routes To School too!

So far, over 600 elementary and middle schools, reaching over 270,000 students in 175 communities throughout the Commonwealth, now participate. I am sure that it would be of no surprise to most of us, that Massachusetts is one of the top states in the nation in school participation for this very important Lifestyle Movement program.

Safe Routes to Schools is a federally funded initiative of the Massachusetts Department of Transportation (MassDOT). The Commonwealth's Safe Routes to School program is unique in that MassDOT runs a statewide model wherein any public K-8 school can have a Safe Routes To School Program and since it is federally funded – it's free!

Established in 2006, the Massachusetts Safe Routes to School program aims to get kids excited about increasing their physical activity and choosing active transportation to get to where they want to go. SRTS Champions are often physical education and health teachers, nurses, principals, parents and community members. Massachusetts SRTS Program emphasizes a collaborative, community focused approach that fosters partnerships between education leaders, advocacy groups, law enforcement, and public health departments.

Safe Routes to School encourages elementary and middle school students to walk and bicycle to school safely by implementing the **Safe Routes Five E's: Education, Encouragement, Enforcement, Evaluation and Engineering**. The Safe Routes to School Program currently has two programs that can be incorporated into your

physical or health education curriculum. At the 2nd Grade Level there is a Pedestrian Safety Program and at the 7th Grade Level there is a Bicycle Safety Program. These Pedestrian and Bicycle Safety Education Programs are available to all Partner Schools and again, all of this is at no cost to your school district.

MA Safe Routes to School Outreach Coordinators also serve as resources and partners by assisting with the organization of events and activities such as: Walk and Bike to School Days, Walking School Buses and Park n' Walks.

The MassRIDES Statewide Travel Options and Safe Routes to School Programs are central to supporting a number of the Massachusetts Department of Transportation's (MassDOT's) policy initiatives, including GreenDOT, the Commonwealth's comprehensive sustainability initiative; the Mode Shift Goal that is intended to triple the share of travel by bicycling, transit and walking in Massachusetts by 2030; and the Healthy Transportation Compact, an inter-agency initiative established by the 2009 Transportation Reform Law that is designed to promote healthy lifestyles through transportation system design and operations that facilitate walking, bicycling, and other active transportation modes. MassRIDES is a key element of MassDOT's efforts to create healthy communities, reduce greenhouse gas emissions, and produce a sustainable transportation system that supports job growth and economic development.

As physical and health Educators, we know the extreme importance of giving our students the knowledge and skills they need to form **Lifelong Healthy Habits**. Teaming Up with the Massachusetts Safe Routes to School Program will give your students those skills needed to be active and safe pedestrians and bicyclists for life!

Currently, the Massachusetts SRTS Outreach Staff is gearing up for another successful **MA Walk/Bike to School Day on May 7th**, along with **Bay State Bike Week May 11th-18th**.

To learn how your school can become a Safe Routes to School Partner, contact SRTS Statewide Coordinator Erin Reed at [erin.reed@erin.reed@state.ma.us](mailto:erin.reed@erin.reed@state.ma.us) 857-368-8648.

## Ray and Sons Cycle Shop Maynard, MA

MAHPERD appreciates Ray and Sons Cycle Shop for their support during our Fall Convention. If you live in the MetroWest area, please consider Ray and Family for all your Cycling needs!

## RECREATION

**MICHAEL BURTCH**  
MAHPERD Vice President Recreation

### Tchoukball in Massachusetts = Massa/Tchoukball

For those members who have attended state, district or national conventions in the past five years, **Tchoukball** may sound familiar. For some schools, it managed to work its way directly into your curriculum, just by being an invasion sport that breaks the mold on what we often expect from an invasion sport.

Tying it into life long physical activity to this point has been somewhat challenging, as venues to play outside of schools have been non-existent in the U.S. The United States Tchoukball Association (USTBA) is looking to change that. Last year they sponsored the first ever USA Tchoukball National Championship featuring Massa/Tchoukball and TchoukballNJ. This year they plan to continue with another National Championship expected to include up to five teams.

With most major equipment suppliers now carrying all you need to start Tchoukball in your physical education classes or recreation department, now may be a great time to get involved. You can usually even purchase the frames from a booth at the MAHPERD Convention. If this is already included in your physical education classes, it may be worth

speaking to your town/city recreation department about hopping on board with this growing trend.

If you are teaching in a high school setting and have some students who have developed into quality Tchoukball players, you can now inform them that the United States is getting in on the world of competitive Tchoukball. As someone who started playing Tchoukball in my education preparation classes at Westfield State College (University) and fell in the love with the game, I can say that I could not be happier.

I have started my training with Massa/Tchoukball and look forward to representing our state in the United States Tchoukball Association 2014 Championship on Saturday, July 19 in Woodbridge, CT. Who knows? Maybe one of your current students will be a National Champion some day.

If you would like more information on Tchoukball or the USTBA visit <http://www.tchoukball.net/>.

## HEALTH

**JEFF BARTLETT**  
MAHPERD Health Vice President

Twitter has been my top source of professional development for all things relating to education. Twitter is a great resource that can be used to share lesson ideas, engage in conversations with colleagues from all over the country, and see what kind of work other educators are doing in their own classrooms. Personally, it's made me a more well-rounded teacher, especially relating to topics like education reform and assessment. Want to see what's going on in the Twittersphere? You don't even need an account to test the waters. Type in a topic into the search bar on <https://twitter.com/>; try starting with the topic "#healthed".

There are daily updates to the hashtag #healthed, where health teachers post the topics/lessons for the day. Here in Massachusetts, we have health teachers from Newton, North Reading, and Fiskdale posting pretty consistently; at the college level the BU PE/HE program has been posting frequently, too. I've shared lesson and unit ideas with teachers here in

Massachusetts, but also in Michigan, Wisconsin, and even overseas. Right now, different individuals are looking to #healthed for advice on body image discussions, resources for suicide prevention, and resources for a high school disease unit. Articles, infographics, links, videos, resources, etc. are shared daily. Other relevant hashtags to search include #pegeeks, #physed, and #edchat.

As educators, sometimes we have to take initiative to keep ourselves current within our fields. With the Internet and Twitter, professional development can take place on your own time and at your own pace. We become better teachers when we share with others and open ourselves up to new ideas. If you want to reinvigorate what you're doing in the health education classroom (or any classroom), check out Twitter for your personal professional development!

Swampscott XC: "You Matter"

<http://www.swampscottxc.com>

Twitter: SwampscottXC



# BRING **Tennis** TO YOUR SCHOOL!



## NO COURTS? NO PROBLEM!

- **Training and Curriculum**

Host a free USTA School Tennis training at your school! USTA staff come to your school to train your P.E. teachers on how to teach tennis in their classes. Each school that attends will be eligible to receive a curriculum guide that meets NASPE standards with 8 detailed lesson plans.

- **Equipment**

A free equipment package with a net, racquets, and balls will be sent to the host of eligible schools. Additional free racquets are available for schools at the training that commit to doing an after school program. Great equipment discounts and grants are also available for schools that become USTA Organizational members (only \$35).

- **After School Tennis and Kids Tennis Clubs**

Once your students are playing tennis in P.E. class, they're going to want to play more! Start an after school program or Kids Tennis Club to grow their love of the game. Free resources including an organizer's playbook, participant playbooks, certificates and more are available.



[ustanewengland.com/schools](http://ustanewengland.com/schools)

508-366-3450 ext. 27

Set it up  
anywhere!



NEW ENGLAND

# ATHLETICS

ALI RHEAUME

Athletic Division

## Roger Anderson Receives Pathfinder Award

Congratulations to **Roger Anderson** from Westborough, MA for recognition by MAHPERD as this year's Pathfinder Award recipient. Roger is someone who has made outstanding contributions and shown great commitment to girls' athletics at Westborough High School.



## Call for Proposals

Think you have what it takes to present an awesome session about Athletics at the fall MAHPERD Convention in November? Let us know! Visit the [website](#) and stay tuned to submit a proposal.

## MIAA's 2014

### Student Leadership Conference



Every summer, student-athletes and school activities participants from MIAA member schools have the unique opportunity to network with students from Connecticut, Maine, New Hampshire, Rhode Island, Vermont and New York at the annual New England Student Leadership Conference. The third annual event will be conducted in the summer of July 15-18, 2014. [REGISTRATION](#) CLOSES MAY 23, 2014!

## MASCAC Winter All-Academic Team

Check out the top student-athletes from the Massachusetts State Collegiate Athletic Conference [here!](#)



# GO BRUINS!



# Massachusetts Association for Health, Physical Education, Recreation & Dance

PO Box 182  
Attleboro, MA 02703  
774-254-4657 Phone & Fax  
riley@ma-hperd.org  
www.ma-hperd.org

## Membership Application/Renewal/Registration Form

Memberships	
Professional	\$75.00
Retired	\$10.00
Full Time Student	\$20.00

Convention Pre-Registration	
Professional 1 Day	\$125.00
Professional 2 Days	\$140.00
Retired	\$35.00
Full Time Student	\$35.00

Convention On-Site	
Professional 1 Day	\$140.00
Professional 2 Days	\$160.00
Retired	\$50.00
Full Time Student	\$50.00

Member #: \_\_\_\_\_ (Leave blank if you don't know)

New:\_\_\_ Renewal:\_\_\_ Rejoin:\_\_\_

Name: \_\_\_\_\_ Home Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

School/Business: \_\_\_\_\_ School/Business City/Town: \_\_\_\_\_

Professional Responsibilities (Check all that apply)						
Responsibilities:	<input type="checkbox"/> Teacher	<input type="checkbox"/> Coach	<input type="checkbox"/> City/Town Director	<input type="checkbox"/> Dept Head	<input type="checkbox"/> Other	
Field:	<input type="checkbox"/> PE	<input type="checkbox"/> Health	<input type="checkbox"/> Adapted PE	<input type="checkbox"/> Recreation	<input type="checkbox"/> Dance	<input type="checkbox"/> Other
Level:	<input type="checkbox"/> Elementary	<input type="checkbox"/> Middle	<input type="checkbox"/> HS	<input type="checkbox"/> College	<input type="checkbox"/> Other	

**\*Student membership status is for full time students only (9 credits per semester, proof required)**

Current Full Time Student: \_\_\_\_\_

College Major Year of Graduation

**Voluntary donation for "Legislative Initiative 2014-2015"**

Please consider including a voluntary donation, in addition to your annual dues, with your 2014-2015 membership. Add "whatever you can afford" to aid in this critical campaign for the new law for Quality Physical Education. I am contributing \$5 \$10 \$20 Other(\$\_\_\_\_\_) as my support for the MAHPERD Legislative Initiative.

**Registration for the 2014 MAHPERD Annual Convention - Nov 17 & 18**

1. 2014-2015 membership required to register for the convention, unless you choose to register as a non-member. (non-member registration is \$275.00)
2. Convention pre-registration must be completed online, faxed or "postmarked" & include check or purchase order by **Wednesday, November 5th** to receive the pre-registration rate.

Enclosed is a check or purchase order for:

\$ \_\_\_\_\_ Membership (There are no refunds on memberships)

\$ \_\_\_\_\_ Registration

Please check day(s) attending - Monday \_\_\_ Tuesday \_\_\_ Both Days \_\_\_

\$ \_\_\_\_\_ Non-member registration (\$275.00)

\$ \_\_\_\_\_ Voluntary Donation

\$ \_\_\_\_\_ Total

Mail to: MAHPERD, PO Box 182, Attleboro, MA 02703