



*au*courant

Spring 2015
Vol. 32, No. 1

2015 Convention Program Requests Being Accepted

Requests for 2015 Convention program sessions are now being accepted. This year, two requests forms are available--one for Health Division proposals only and another for all other proposals. Please ensure that you submit your request using the appropriate form.

[Visit the LAHPERD.org Convention page for details.](http://LAHPERD.org)

A Little Lagniappe for Your Professional Gumbo

Emily Beasley, LAHPERD President

It is before sunrise on a Sunday morning, and I am fairly certain the majority of my fellow LAHPERD members are cozy back home in their beds. I'll admit it, part of me wishes I was back in the bayou, but I would rather the entire LAHPERD membership here with me! That's right! ALL of you, sitting right here in the Atlanta airport and feeling like I do right now--this unique combination of exhausted, euphoric, enlightened, inspired, and borderline cranky. No, not because "misery loves company" and I want you to be cranky, but because this strange concoction (like a good gumbo) of emotions can only come from spending almost a week with approximately 800 of your closest friends and family. That is the only way I can describe experiencing a Southern District SHAPE America convention--like a family reunion where you go and gather this hodge podge of ingredients (emotions) for your gumbo. Some ingredients may not be your favorite (i.e. sleep deprivation), yet, miraculously



add something special that makes you feel a little warm and fuzzy inside. For example, chances are I will cross over into "two-year old temper tantrum cranky" territory by the time I get home, but it's worth it. Those hours of missed sleep were replaced with priceless memories of dancing with new friends, staying up late and sharing ideas with old ones, listening to stories about the dedicated past leaders of both organizations, and simply keeping myself up with racing thoughts of exciting new ideas. Adding a little exhaustion to my pot has certainly added some SPICE to my gumbo!

Although a great dream, I realize it's a little far-fetched to have all of LAHPERD here with me. So, I am sharing some of the ingredients I picked up in Atlanta to help you all add a little SPICE to your professional gumbo pot!

Dance like no one is looking (even if they are).

Granted, you might not be the type to wear a crawfish costume or to slide across a dance floor into a circle of future professionals while performing your best rendition of "Don't Stop Believin" (and be crazy enough to admit it), but there is something that makes you unique and special as a professional. Don't we believe in telling children how special they are all the time? So, when do adults stop following their own advice? When does different become bad? Spending time LAHPERD board members and SD leaders opened my eyes to how each one of us has something special to offer our organization whether it's a little silliness or a little seriousness. I believe the unique personalities that balance out the leadership help make our organization "simply the bests" I grew up hearing that "variety is the spice of life," so think about what variety you have to offer!

Imagination is your only limitation.

Charity Bryan, a LAHPERD past-president, is now president-elect for SD. During her acceptance speech, she shared what inspired her to seek out a regional leadership role. She recounted how she has developed professionally from an undergraduate student attending her first SD convention in 1996, looking on with admiration as her professor was elected SD president to stepping into the same role herself. What a fantastic achievement! It was such an inspiration to witness someone realize a dream that took root 20 years prior. The young woman who imagined she would follow in her mentor's footsteps made it happen, so why can't the rest of us do the same? Just imagine the possibilities in our professional lives if we choose not to limit ourselves!

Just breathe and jump.

During one of those sleep-deprived nights, Bonnie Richardson, LAHPERD president-elect, made a comment that struck me. "Just breathe and jump," she said. Although individually I should probably adhere to something more along the lines of "look before you leap," it seems that I have been hearing the phrase "I can't because..." more times than I can count lately.



Maybe someone doesn't want to submit a proposal because he/she has never presented before or is concerned with about being an introvert. I think "just breathe and jump" is fantastic advice for both; just take a deep breath, and go for it! So what if your presentation is not something new or if the person you say hello to turns and walks away? You may spark an idea for someone else or an observer may see your conversation fail, and you share a laugh about it!

I truly hope that that my own lasting impressions from this past week have you thinking about how you can spice up your professional gumbo. Maybe you thought you might not fit in a leadership role in LAHPERD but are beginning to realize you have a unique contribution to make. Maybe you have a long-term goal that Charity's story has inspired you to pursue, or maybe you're not quite as reluctant about stepping out on a limb and submitting that presentation proposal! I can't wait to

(L to R) Emily Beasley, Bonnie Richardson, and Karen Simpson at Southern District SHAPE America Convention. hear how you are going to "Spice it up" in 2015!

QuoteQuip

What does Bonnie Richardson have to say about LAHPERD?

I am honored and thrilled to be LAHPERD's president-elect. This is an exciting time, and I am ready to put in the work necessary to advance LAHPERD. We have a wonderful state organization, and I am so proud to be in a position to make a difference.



CRAWFISH **CORNER**

JiJi Jonas and **Joanna Faerber**



Inside Project Fit America Bunco

Make station cards (index cards) and place around the gym.

Get students in groups of 3-4, each group gets three dice. Take turns rolling the dice. The shortest person in the group gets the first roll, or all can roll at the same time.

Roll the dice. If all the dice are different, add the total and everyone in the group does the following at a station: The station number is determined by the total of the dice.

- 17...Step-ups on can boxes, 10x
- 16...Sit-ups, 10x
- 15...Jump rope, 10x
- 14...Push-ups, 10x
- 13...Jumping Jacks, 10x
- 12...Hubba Hubba Hoops, 10 secs.
- 11...X-jumps (arms and legs), 10x
- 10...Plank shoulder touches, 10x
- 9...Superman, 10x
- 8...Run in place, 10 secs
- 7...Bicep curls*, 10x
- 6...Mountain Climbers, 10x
- 5...Scissor Jacks, 10x

4...Jack and turn (180/360), 10x

3...Crabwalk around paper, 3x

If a bunco is rolled (all dice are the same or three of a kind), everyone in the group runs a lap around the gym.

*Bicep curls are done with sand bottles.

Aligns with NASPE Standards 1, 4, 5, 6.

Submitted by Bonnie Richardson

LAHPERD President-Elect/2014 Project Fit America National Teacher of the Year

A big round of applause goes to Bonnie Richardson who has been named Project Fit America's 2014 National Teacher of the Year. Bonnie is also our LAHPERD president-elect and teaches in Baton Rouge.

Bonnie submitted one of the many activities she uses with Project Fit America. For submitting, she will receive a LAHPERD Crawfish Corner shirt.

Don't forget to submit a game or activity that you have found successful with your students, and, if your submission is chosen, you will receive a shirt.

Have an Idea? Try for a Grassroots Grant.

The NFL Foundation and Local Initiatives Support Corporation (LISC) are now accepting applications for the NFL Foundation Grassroots Grant Program--a funding opportunity that provides non-profit, neighborhood-based organizations with financial and technical assistance to improve the quality, safety and accessibility of local football fields. Grants of up to \$200,000 in capital improvement projects may be awarded through this grant. Note that this grant requires a 1:1 match.



[Visit the Web site](#) for more information.

[Download the Request for Proposals \(RFP\)](#) for proposal and submission requirements.

Richardson Named Project Fit America Teacher of the Year



Baton Rouge teacher wins national award - WAFB 9 News Baton Rouge

LSU's Lauren Stanley Named SHAPE America Major of the Year

Lauren Stanley, an LSU student, has been named one of SHAPE America's 2015 Outstanding Majors of the Year. Lauren's "outstanding work ethic and contributions to both...school and community" were just some of reasons for her selection, according to a letter from Andrew Mead, SHAPE America's program manager. Mead wrote further that, "It's because of individuals like [Lauren] that the future of our field is so bright." Stanley was nominated by kinesiology faculty at LSU and will be honored at SHAPE America's 2015 National Convention and Expo next month in Seattle, WA.



LAHPERD and Southern District



Grant Money at Work

JiJi Jonas and Kathy Hill

One year and a half ago, the authors submitted an Advocacy Grant Application to Southern District SHAPE and were awarded the grant to carry out an advocacy project. Combined with the line-item money allocated to advocacy in the LAHPERD budget, the committee rented exhibit space at the Louisiana State Principals' Association meeting and the Louisiana State Superintendent and Administrators' annual meetings in Baton Rouge. In our booth, we gave a copy of the NASPE National Standards, a copy of a document that helps principals determine the quality of physical education programs based on best practices, and information on Let's Move Active Schools. Attendees also received a variety of "give aways" left over from previous conventions along with other handouts. Also helping us was LAHPERD

president Emily Beasley. The opportunity to talk face-to-face with school administrators about the importance of maintaining quality physical education in their schools at a time when budget cuts are looming was invaluable. Many of the administrators sought us out as their colleagues showed them the materials, and they wanted to have copies for themselves. The Advocacy Committee spent time evaluating the effectiveness of the previous advocacy project, Legislative Fitness and Wellness Day, and determined that attending and speaking with people who make those critical decisions at the local level would be more effective uses of our resources. The Advocacy Committee and Community Liaison Committee are grateful to Southern District SHAPE for without their contribution to the project, we would not have been able to reproduce the materials in the professional manner and numbers that we needed. Thanks to executive director Bill Dickens for obtaining the necessary paperwork to achieve this goal. LAHPERD hopes to continue this program in the future.



Dates to remember...

[2015 SHAPE America National Convention & Expo](#)
March 17-21 | Seattle, WA

[2015 PETE and HETE Convention](#)
October 27-31 | Atlanta, GA

[2015 LAHPERD Convention](#)
November 4-6 | Baton Rouge, LA

Don't miss out on these opportunities. Start planning - and saving - today!

OUR PARTNERS



Au Courant is the official newsletter of the Louisiana Association for Health, Physical Education, Recreation, and Dance.

Dustin Hebert and Dan Denson, Editors



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