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AUCOURANT

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*Official newsletter of the Louisiana Association for
Health, Physical Education, Recreation, and Dance*



**Thank you, LAHPERD, for a successful
2017 Southern District Conference!**

President's Thoughts

Bonnie Richardson

"We Are Family" was the theme of this year's Southern District Conference that was held in Baton Rouge January 9-12, 2017. LAHPERD showed everyone in attendance that we are truly family. We were the host state--the Ground Crew!

LAHPERD members worked together as a family unit to make everything move smoothly from registration to Kaleidoscope to the Bal Masque and to all the sessions. Susan Gremillion and her crew were seen calmly walking from room to room making sure that each session had all of the equipment in each room that was needed, then picking it up and putting it away at the end of the day. Kathy Hill and her Fun Committee made sure that no stone was left unturned for the best LAHPERD Bal Masque and all the decorations that went with it. Kerrie Slaton did such a wonderful job securing the Crewe of Carrolton for the Mardi Gras Spectacular, putting make-up on our Dukes and showing us where to stand, curtsy, and walk! My Kaleidoscope crew helped me so much with getting the flooring down and rolled back up, watching the students, and getting all of the dance groups organized for a smooth flowing dance gala. Bill Dickens and Lynn Williamson did wonders making sure that the "Behind-the-Scenes" Crew never missed a step and was one step ahead of everyone else to make sure that everything proceeded without a hitch.



Bonnie Richardson

The Southern District leaders--Charity Bryan, Donna Dunaway, Donna Hester, Cam Davis and all the others who were involved in the planning, coordinating and executing all the working parts of the Southern District Conference--were so well organized and gave us so much help, advice, and support. Thank you to all of our hard working "Family"!

Now it is time to turn our thoughts to our upcoming November 1-3, 2017, LAHPERD Convention. The theme for this convention is "LAHPERD Strong." It will be at the Crowne Plaza in Baton Rouge. My vice presidents are busy securing presenters. If you are interested in presenting, [please submit a proposal online](#). The deadline is May 1, 2017, so if you are thinking about presenting, now is the time to submit your request.

We are also looking for interested people to run for our president-elect, vice president-elect positions in dance, health, sport and leisure, general, and physical education. We also have openings for chair and chair-elect positions. Please consider running for an office or a chair position. This is a great way to learn about our organization, make a difference, and form lasting friendships.

We are making 2017 a great year, and we are already off to a great start. Make a difference!

Northwestern State to Host NSCA Clinic

Join fellow NSCA professionals for a clinic at Northwestern State University in Natchitoches on Saturday, April 8, 2017. For more information, contact:

Benjamin Gleason
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318.357.5199



Why Join Let's Move! Active Schools?

JiJi Jonas, LAHPERD's Let's Move! Active Schools Coordinator, jonas1134@cox.net

Do you remember when the best thing about being a kid was recess - running around, playing ball, chasing your friends? Unfortunately, our children don't play enough anymore. Only one in three kids is active every day. Only 20% of school districts require recess.

Research shows that active kids do better in school and in life. Physical activity not only helps kids stay healthy, but also it can lead to higher test scores, improved attendance, and better behavior in class.

It is really easy to register for Let's Move! Active Schools. You simply go online and answer a few questions about your program. You will not have to spend hours of additional work to be a Let's Move! Active Schools' member. Activities that you probably already do such as field day, Jump Rope or Hoops for Heart, or anything that you do in addition to your regular program will count. See, you may already be an "Active School" and didn't know it!

Grant opportunities are coming soon to Let's Move! Active Schools' members. You will be guided every step of the way to apply for resources that will help you turn your school into an active school. So, you see, it is a "win-win" activity for you. Details will be provided to you soon.

We may not always be able to get out and exercise, but we can set up a way for our kids to play like we used to. Your school is the best place to start!

You can learn more and register your school at letsmoveschools.org.



Numerous LMAS Resources to Explore

Grants for Presidential Youth Fitness Program, yoga classrooms, cycling, and much more. [Click here for details.](#)

News from Louisiana Action for Health Kids. [Read more here.](#)

Louisiana school and teacher, Bonnie Richardson, earn national LMAS award. [Learn more here.](#)



CRAWISH CORNER

A Variation on Fitnessgram Pacer Run

GRADE LEVEL: 3 - 12

NATIONAL STANDARDS: 1, 3, 4, 5

GOALS: Aerobic capacity

PRIOR KNOWLEDGE: None

AREA: Aame as for Pacer Run

EQUIPMENT: Pacer Run music with beeps and cone or two lines drawn 20 meters apart

ORGANIZATION: Two per team

DIRECTIONS:

1. Set up according to the Pacer run instructions from Fitnessgram.
 2. Pairs of students line up behind the start line as if doing the Pacer run.
 3. Partner #1 runs across and back (two Pacer laps) with the beeps.
 4. Partner #2 runs across and back. Partners continue alternating for set number of laps.
- NOTE: This gives students practice doing the Pacer run, learning how to pace themselves, and allowing a more gradual build up of cardiovascular fitness.

VARIATIONS:

1. If you have a large number of students or students who are poorly conditioned, use groups of three or more so that they have more rest time.
2. In groups of three, have each student run one lap (across) at a time. On the first beep, the first person runs across and remains. On the second beep, the next person runs across and remains. On the third beep, the third person runs across and remains. On the next beep, the first person runs back to the starting line. They all return to the start line in order. Continue the rotation. All students end up on the same side every three beeps. Monitor students to ensure they run correctly with the pace.

ACCOMODATIONS: Run with a buddy to help learn pacing.

Have a Crawfish Corner idea? Submit it to Jiji Jonas at jonas1134@cox.net or Joanna Faerber at jfaerbe@lsu.edu.

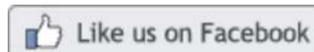


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