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# AUCOURANT

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



## Share Your Ideas at This Year's Convention

Presentation proposals for the 2018 Convention are being accepted. Visit the [Convention Web page](#) for details.

## Convention 2018 - "Power of 1"

November 1-2, 2018  
October 31, 2018 (Pre-Convention Workshop)  
Crowne Plaza Hotel and Convention Center  
Baton Rouge, LA

**It takes just "one" person.**

*Won't you be that one person to join your peers and attend the 2018 LAHPERD Convention to make it be the best convention ever?*

**It takes just "one" person to step out and change the thoughts of others.**

*Won't you be that one person to help others learn new ways to reach out and teach others how to become better teachers, coaches, and health professionals?*

**Become that "one" person. Join LAHPERD. Submit a presentation proposal, and register to attend "YOUR" LAHPERD Convention.**

Presentation proposal forms are on the [LAHPERD Web site](#).  
*Deadline: May 1, 2018*

Registration opens in August on the [LAHPERD Web site](#).



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**From the President**

Since our 2015 Convention, LAHPERD, including the members, have conquered some daunting tasks on personal, professional, association, and state levels.

Now that 2018 is well on its way, I hope this finds you well! On January 26-27, the LAHPERD board met at Bennett's Ski School for our annual retreat for sessions during which we participated in a DiSC behavior activity; reviewed our parliamentary process and strategic plan; learned about our budget, e-convention program proposal, e-exhibit applications, constitution, and bylaws; learned the criteria for our honor award, special awards and offices; and concluded our retreat with our quarterly board meeting.



Susan Gremillion

Full of energy, we left Bennett's with a better understanding of our purpose—the "POWER of 1." This is being that ONE that makes a difference in our students' days, sincerely listening to our students (even learning something from them), sharing ONE more smile in our school hallways, each of us bringing ONE more educator into LAHPERD, engaging ONE more of our members at Convention, and taking ONE more step outside our comfort zones to do something new for our classes. Please be a part of our efforts with sending us suggestions for session ideas, potential exhibitors, and, more importantly, nominations for awards and officers.

Reach out to me and our LAHPERD board to join our POWER of 1!

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## Honoring Our Own



Fifteen LAHPERD members were honored with awards at the 2017 Convention.  
***Congratulations to all!***

**Elementary Physical Education Teacher of the Year**  
Bonnie Baker Richardson

**Middle School Physical Education Teacher of the Year**  
Nicole Aucoin-Wilkins

**Dance Teacher of the Year**  
Rebecca Matthews Acosta

**Ellen Gillentine (Adapted Physical Education) Teacher of the Year**  
Deborah K. Fournet

**Health Educator of the Year**  
Lisa G. Johnson

**Taylor Dodson Young Professional Award**  
YuChun "Jean" Chen

**Jump Rope for Heart Award**  
Christina Courtney

**Hoops for Heart Award**  
Caryn Vance

**Outstanding Future Professional**  
Dustin Horton

**Athletic Director of the Year**  
Lynn Williamson

**President's Award**  
Danny Richardson  
Kathy Hill

**Service Award**  
EatMoveGrow - Donna Newton and Amy Karam

**Honor Award**  
Teresa Guillot

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## **Division News - General**

*Venessa Livingston, Vice President*

It is a privilege to once again serve on the LAHPERD board as vice president for the General Division. Our division is looking for interested persons for the following positions: Ethnic Minority Section chair-elect, Exercise Science Section chair and chair-elect, Higher Education Section chair and chair-elect, Research Section chair-elect, and Future Professional rep-elect.

If you are interested in serving or nominating someone for one of the above positions, anyone you know is worthy of an award or would be an excellent presenter, or if you have any Convention topic ideas for the General Division, please contact me at [vlivingston@centurytel.net](mailto:vlivingston@centurytel.net).

I look forward to working with each committee member and helping to fulfill the strategic goals for the LAHPERD organization.

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## **Division News - Health**

*Rachel Andrus, Vice President*

Is there a particular presentation you would like to hear at our next Convention? Please email me at [randrus@lsue.edu](mailto:randrus@lsue.edu), and we will see what we can do to get that presentation for you!

Our division is comprised of two sections: Health Education and Health Promotion & Wellness. We strive to meet the needs of ALL spectrums. I am fortunate to be working with Angela Simonton as vice president-elect; she will be taking my place next year.

In the Health Education section, I have Jena Blair as chair and Harriet Boddie as chair-elect. I am so pleased to have these two ladies to share their new ideas with us. In the Health Promotion & Wellness section, I have Julie Gill helping us. We are looking for a chair-elect. Would you be interested in getting involved with LAHPERD at the grass roots level? If you are, we would love to hear from you! Email me! Your main duties would be to help us with ideas for Convention presentations, help us find replacements for the elect positions within the Health Division, and help us to find worthy candidates for our division awards. We discuss these three jobs at each board meeting and meet in March, June, and September. I hope you consider getting involved. It is fun working with people who have the same passion!

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## Division News - Sport & Leisure

*JiJi Jonas, Vice President*

Contact JiJi Jonas at [jonas1134@cox.net](mailto:jonas1134@cox.net) if you are interested in presenting a Convention session on any aspect of sport and leisure. Examples are:

- Athletic training
- Coaching various sports
- Community and Outdoor Recreation
- Fitness/Leisure/Aquatics
- Sports Management

Sport & Leisure is also seeking a chair-elect for sports management. Contact JiJi to nominate yourself or someone else.



## CRAWISH CORNER

Tag games are great warm-ups/instant activities to begin your class. Students have opportunities to practice a variety of skills in a fun way.

**Fasted Tag in Louisiana:** Pick several students to be "it" and then give them short noodles with which to tag others. The first time a student is tagged, he/she holds the spot where tagged but continues to play. The second time a student is tagged, he/she leaves the game to complete an assigned exercise then returns to play the game. Examples of exercises are: jumping jacks, pushups, basketball foul shots, volleyball set ups, and passes against a wall. It is best if the teacher makes a poster listing the exercises and the amount to do. Change taggers often.

**Partner Tag:** Students get in partners, and the teacher calls out a locomotive movement. One student uses locomotor movement to get away from the partner while the other performs a fitness exercise called out by the teacher. After completion of set amount, this student chases the other. Once the student is caught, he/she performs the exercises while the other gets away. Change locomotor movements and exercises several times through the activity.

**Spell Check Tag:** A list of spelling words for each student who will serve as a spell checker and short noodles are needed. Two-to-four students are taggers and carry noodles with which to tag. Four students are spell checkers and carry a list of spelling words. When a student is

tagged, he/she freezes and calls for a spell checker. The spell checker calls out a word. If the student spells the word correctly, he/she may re-enter the game. If not, a second word is called. If the second word is misspelled, the spell checker spells it then the student resumes the game. If a word is spelled correctly, that student exchanges places with the spell checker. Ask the classroom teacher for spelling words and add words used in fitness and physical education. Use more spell checkers with large classes.

Please submit your activities to JiJi Jonas. If your activity is selected, you will receive a Crawfish Corner shirt.

**Have a Crawfish Corner idea? Submit it to JiJi Jonas at [jonas1134@cox.net](mailto:jonas1134@cox.net) or Joanna Faerber at [jfaerbe@lsu.edu](mailto:jfaerbe@lsu.edu).**



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