



MAHPERD eNews

MAHPERD Convention One Month Away!!

Register online at

www.mahperd.org or

print up the membership form
from the same site.

Don't miss the best
professional development
opportunity of the year!

In just one month, you will have the fantastic opportunity to listen and work with leaders in the fields of health education, dance, physical education, adapted physical education, and athletics. These individuals will ENGAGE you with their words and activities. You will be CHALLENGED to become updated and professionally current. The opportunity to become INSPIRED awaits you at the MAHPERD annual Professional Development Conference.

For many of you, professional development is an ongoing process. You seek new ideas and motivational activities to become a better teacher. You are a member of a profession. Members of professions are characterized by continually seeking knowledge. Many studies have been done as to what is the best way to improve instruction and teacher training is there at the top. Here is your opportunity to show that you want to be considered a professional--- a real teacher.

For some of you, October 15th will come and go without any thought of what you might be missing. Will you take the day to catch up on schoolwork, housework, or yardwork? Will you plan for a 3 day weekend for rest or recreation? What do your actions say about the type of professional you are? There is nothing you could do to better your self and your profession than attending the MAHPER Conference.

Inside.....

- Websites.....pg. 12
- Convention Preview.....pg. 2
- Respect- How to get it....pg. 9
- FREE Books..... pg. 10
- Blue Apple Awards..... pg. 7

MAHPERD Mission

To enhance and promote the health and wellness of all the citizens of Maryland, the MAHPERD organization provides advocacy and professional development opportunities designed to advance and unify the professions of health education, physical education, recreation, and dance.

MAHPERD Vision

MAHPERD's vision is to become a leading organization, which promotes and supports healthier, more creative and active Maryland citizens by advocating and promoting personal wellness and healthier lifestyles through educational and community programs.

What's NEW at the MAHPERD Convention?

"There never is enough time to talk to the people we know who may have answers to our problems and ways they solved our same problems." This year we created in the schedule a networking session right after lunch. This session will allow people to gather in similar disciplines to talk about what they learned and how they will use that information in their schools. Bring lots of business cards!

The executive committee is planning to distribute two postcards to each school as reminders about the convention. Please look or and keep these postcards because they are raffle tickets. When you come to the convention, you will drop the postcards into a box and then have the chance to win a one night stay at the Marriott Hunt Valley, site of our 2011 convention. You must be present to win!

As previously reported, Dom Splendor (<http://www.healthadvocatesllc.com/dom.html>) will be providing the keynote presentation for health education. Artie Kamiya (<http://artiekamiya.wordpress.com/2008/11/01/arties-short-bio/>) will be providing three sessions for physical education. Mr. Kamiya has been called the "nation's leading expert for K-12 physical education." We are pleased to have two nationally recognized speakers come to our state convention.

Check out your Journal that was mailed in September. REMEMBER keep those postcards, bring them to the convention, and win a great prize!

REMEMBER- In order to attend the convention, you need to be a current MAHPERD member. Don't wait too long to join and sign up for membership.

Take a Real Break! Spend the night at the Sheraton!!

Why get up early on October 15th and drive to Towson when you could have spent the night at the Sheraton talking with friends and experiencing the local attractions? Reservations for the Sheraton need to be made by September 21st in order to get the MAHPERD rate.

If you are an award recipient, why not spend the night following the convention and the awards dinner at the Sheraton rather than driving home. The following day you can treat yourself to a day of shopping at the Towsontowne Mall. (Tiffany's now has a branch there and there is always Macy's and Nordstrom Rack for your shopping pleasure.)

You deserve a real break. Call the Sheraton by September 21st to get the real deal.

Call 410-321-7400 and mention that you are going to be with MAHPERD when you register.

You Can Still Do Something

MAHPERD members although...

**I am only one
But still I am one.
I cannot do everything
But still I can do something;
And because I cannot do everything
I will not refuse to do the something that I can do.**

Edward Everett Hale

As we enter another school year and look forward to MAHPERD's annual convention, I hope that you will not overwhelm yourself with everything that you could do but **find the something that you can do**. As dance, health and physical education professionals the best "something" that we can do is ensure that our students receive **quality instruction** every day. Imagine the impact quality teaching would have on students if every dance, health and physical education professional committed to being a highly effective professional. Another "something" we can do is **support and encourage** each other in our journey to becoming highly effective professionals. Share ideas and resources that will help a colleague's commitment to quality instruction. By attending MAHPERD's "**Engage, Challenge, Inspire**" 2010 convention you will find many opportunities to help and support daily quality instruction.

MAHPERD would like you to become and remain a **member** of our professional organization as "something" you can do this year. Did you know that it only costs 26 cents a day for each day you teach to become part of a state organization that is constantly advocating for quality dance, health and physical education? Teach your students about the importance of volunteering and healthy activity and host a **Jump Rope or Hoops for Heart Event**. Many of your colleagues and community members could assist you with these events. Better yet if you host an event your MAHPERD membership would cost 5 cents a day. Now that's a real deal! As a MAHPERD member you can benefit from many "somethings" and enjoy the many opportunities for professional development and support (conventions and conferences, publications, substitute days, grants) that MAHPERD offers. Maybe your something is becoming a member of our Executive Board or a member of one of our many committees. I've been so encouraged by how many of our members are reaching out to help. **Come join us** as part of your "something" for this year.

Don't refuse to **do the "something" that you can do to promote quality dance, health and physical education**. Best wishes as you continue to do the something that you can do to promote quality dance, health and physical education.

Anna Spring, MAHPERD President-Elect

Dear Charles..... by Charles Silberman

Dear Charles,

I am having a horrible time teaching my students the meaning of respect. Can you help?

-Disrespected-

Dear Disrespected,

I can truly empathize with your situation, especially at the start of the year. It often feels like the start of the year is spent teaching students how to speak nicely to one another and to listen more than it is about teaching actual curricular content. Please do not take it personally and internalize that you deserve to be treated this way. I believe that there are several strategies that you can use to help yourself in this situation.

Before I delve into suggestions for handling disrespect, let's define it and try to understand where it stems from. This will help us have a better basis from which to try and change the behaviors. The website <http://www.freedictionary.com> defines disrespect as, "a complex mental state involving beliefs and feelings and values and dispositions to act in certain ways." This means that people who display disrespectful behavior are acting from a value or belief system where disrespect holds worth. There may be several reasons why this core belief system exists. Once you understand where the value system stems from, you can more aptly address the issue purposefully.

The following are reasons for students to act disrespectfully:

- Negative peer pressure that encourages that support system
- Home environment that supports and teaches that value system
- A culture or sub-culture the person comes from that supports that belief system
- An errand thought process that leads the person to support that belief system
- A past negative experience that forced the person to develop that attitude such as bad experience with teachers, a childhood trauma, or some other event where the person internalized disrespect as a coping mechanism for interacting with the world
- A negative reaction to something the teacher does or says that reminds them of a negative adult or situation in their lives
- A learned response to having been yelled at by other teachers or adults (-
- A lowered school expectation for behavior with no consequences
- The person in the position before you allowed that behavior as an expectation
- The students are testing to see what they can get away with
- Low self esteem
- Lack of knowledge of the subject matter

These are just a handful of reasons I have come across or heard about that have resulted in students acting disrespectful. As you can see, when students act disrespectful it is not always such a simple expectation. So, you may have to do some digging on an individual or class basis as to why this is going on in order to get a better read on how to solve it.

Once you gain a better understanding, here are some suggestions on how to work with issues of disrespect.

Teach Them Otherwise - Our job is to teach. As physical education teachers, we have a wonderful opportunity to use sport as a way to teach character and build students' esteem. I would make your next unit specifically character-based using sports as the venue or start to implement a character-based behavior system into your teaching. Three examples of these suggestions are described below.

The first is the game of Cricket. Yes, cricket! In cricket, disrespect is not allowed. If a player looks at the umpire the wrong way, he can be suspended for multiple games without pay. Because around 80% of our communication is non-verbal, and a majority of students display disrespect with body posturing, I love using Cricket to highlight the importance of non-verbal communication and express that there are consequences for all disrespectful actions. In addition, teaching a new and foreign sport allows students to learn about another culture and how others may view our students character traits such as disrespect. This, then, becomes a launching board for discussing character more in detail and also acts as a mirror where students can see how their value system looks to others. Once they see this, they begin to internalize the notion that others receive poor principles negatively and that they might need to change their value system if they want to operate in the outside world. There is an organization that can aid you if you are unfamiliar with how to teach Cricket and don't have the equipment. The Maryland Youth Cricket Association comes out to schools to teach Cricket to children and donates equipment so they can play the game after this visit. Visit <http://www.marylandyouthcricket.org> or email mdyouthcricket@gmail.com for more information. Of course, you can use any foreign game to teach character, as well. Cricket worked for me, but something else might work better for you.

The second example of teaching character is through using materials from a website like <http://charactercounts.org/> or your school guidance counselor. I use Character Counts materials to teach a character unit. I cover one topic per class. The lesson starts with a definition of our trait for that day, followed by some games and discussion that emphasize the trait. One example activity has the students standing in two circles. One circle is on the inside and the other is on the outside. Students stand in the circles and face each other. Students on the inside circle step up to students on the outside circle and say something nice to them. They then step back and move one person to the left. They step up to that person and say something nice to them. This continues until the students get back to the person they started with. Next, the outside circle completes the same process. This game teaches students how it feels to say something nice to someone else and how it feels to receive a compliment. It also teaches them that the expectation for the class is politeness among other implicit lessons you can choose to draw out of it. In addition to activities, assessments are given. From past experience, the children responded very well to this initiative, and as a result of the unit, I saw a gain in more positive social interaction.

The third example is simpler. I observed a teacher once who used wristbands of different colors. Each wristband represented a character trait. Each day he would wear a different color wristband, and that was the trait he was looking for the children to display on that day. He had a system set up around this that included recognition for displaying the day's character trait. Over time, he got more positive behavior and social interaction.

Be The Model/Set the Expectation/Have Discussions – We are role models to students. Therefore, what we model, students will follow. Display the behavior you want and set expectations that students will display the same behavior. Students generally rise to the level of expectation we set and display. Some actionable examples of this include thanking students, complementing them on positive attitudes, showing appreciation for hard work, and just being the kind and caring person you would want them to become. If the students are not meeting your expectations, then have discussions with them about why it is important to behave a certain way. Use the discussions to get across the expectations you want. After a while, most students will start to get your message.

Some Not So Good News!

Trust for America's Health and the Robert Wood Johnson Foundation released a report, "F as in Fat: How Obesity Threatens America's Future 2010." The report findings include, "Adult obesity rates increased in 28 states in the past year, and declined only in the District of Columbia (D.C.), according to F as in Fat: How Obesity Threatens America's Future 2010, a report from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). More than two-thirds of states (38) have adult obesity rates above 25 percent. In 1991, no state had an obesity rate above 20 percent."

National Physical Activity Plan as well. That can be found at www.PhysicalActivityPlan.org

The new report may be found at <http://healthyamericans.org/reports/obesity2010>

Think You Have A Healthy School?

The Blue Apple Health Education Awards will recognize up to 12 U.S. schools for their commitment and creativity in teaching students about the power of practicing a healthy lifestyle.

The Blue Apple Health Education Awards are designed to capture how schools empower teachers and administrators to teach and promote health education, utilize best practices in the classroom and coordinate with other aspects of school health.

Recipients will receive a host of benefits associated with the award including:

- **Trip to attend the 2011 AAHE/AAHPERD Convention for health teacher and principal**
- **Paid registration at the 2011 AAHE/AAHPERD Convention**
- **One year paid membership to AAHE/AAHPERD**
- **Reimbursement for substitute teacher while traveling**
- Two tickets to the Awards Luncheon at the 2011 AAHE/AAHPERD
- Free one-year subscription to HealthTeacher, a comprehensive online health education curriculum
- Recognition plaque and flag denoting their school as a Blue Apple Award recipients
- Inclusion in national and local public relations campaign highlighting Blue Apple Award recipients
- Recognition on plaque as a Blue Apple Award recipient at the AAHE headquarters

2011 Applications Available August 2010

2011 Application Deadline November 1, 2010

Don't miss this exciting opportunity!

Please find more information and to download and application at www.blueappleaward.org

Blue Apple Award Winners- Maryland Leads the Country with Two Winners

Parr's Ridge Elementary School - with Distinction

Grades included in the school: K-2

Level Applying for: Elementary

Number of Students in School: 522

Principal: Ann Marie Blonkowski

Contact: Ashley Bacon

Parr's Ridge Elementary School

202 Watersville Road

Mt. Airy, MD 21771

410.751.3559 fx:

410.549.7221

aabacon@carrollk12.org

Superintendent: Dr. Charles Ecker

Carroll County Public Schools

125 N. Court Street

Westminster, MD 21157

Havre De Grace Middle School

Grades included in the school: 6-8

Level Applying for: Middle

Principal: Glenn Jensen

Contact: Angela Taddia

Havre De Grace Middle School

401 Lewis Lane

Havre De Grace, MD 21078

410.939.6608 fx: 410.939.6613

angie.taddia@hcps.org

Incorporating the Nintendo Wii in Physical Education

the third of a three part series by
Brett Stark, Frederick County Public Schools

Fitness based games vs. traditional sporting games

I have reservations about using any of the sporting games from Nintendo for the physical education classroom. It is my belief that these games portray the wrong message for physical education classes and it is very difficult to link curriculum standards to these games. -I recommend sticking to only the fitness games associated with the Wii. Just as anything else you use in the classroom you want to research the games before you buy them. Some games such as the Wii Active may only be appropriate at the secondary level because of the complexity of the skills.

I have seen the sporting games have a positive impact on students with disabilities. For example, if a particular student cannot be successful at the skill of striking while holding a bat he may be able to be successful holding a Wii remote and perform the same striking skill. In this example the Wii was projected on a large wall so the student also benefited from visual effects.

The Wii Fit and Wii Active games are the most relevant of the Nintendo games for our physical education programs. There is a direct link between these exercises and our essential curriculum. The exergaming activity must be accompanied with appropriate instruction, feedback, and an assessment tool.

Inappropriate Practices and Limitations

One major drawback of the gaming system is that it does not provide specific or corrective feedback to students. There are times when the gaming system does say “you need to keep up” or “relax the tension in your shoulders”. The first time I got on a machine I was surprised at how accurate some of the feedback was. However, feedback is central to what we do as PE teachers and vitally significant for student achievement in our field. The Nintendo Wii is extremely limited in terms of providing students feedback on individual performance. However this is not an excuse to eliminate lessons which include the Wii; we as educators know how to give appropriate feedback. The gaming system lacks the details for fundamental movements and manipulative skills. The Wii does not instruct students in proper body placement e.g. not lunging with the knee over the length of the foot, or simulating a run by simply shaking the remote. This is a limitation of the program but does not discount its value in the physical education setting. For those educators opposed to its incorporation into the curriculum, this lack of feedback has been expressed as a reason against using the program. I disagree with this theory that the Nintendo Wii should not be included because of the obvious value in reaching students with a tool that will sustain their interest. If we don't incorporate new technology and keep current, it is more difficult to reach our students. We must continue to search for fun and exciting new ways to teach fitness concepts. Instruction as to proper form and use of the equipment is mandatory for students using a treadmill, rower, or bench press.

Another potential inappropriate practice for using the Wii is for the instructor to leave the station unattended. This is a recipe for injury or problems with discipline.

Some games such as the Wii Fit game have the option of performing a BMI assessment. Before implementing any game it is very important the instructor is well versed on every facet of the game. Some school systems may not allow for BMI screenings and therefore there could be large ramifications for performing such an exam on a student.

There are no assessment tools that come with the games. Therefore teachers will have to create their own tool for assessing the students or include the Wii in some sort of a daily exercise log.

There are times when the gaming system is verbally and visually inappropriate for school-aged children. For example if a student were to create their own character the games system would take the student through a series of balance and coordination tasks and then calculate their age, weight, etc. to determine their "Wii age". Their Wii age could be much lower or higher than their actual age depending on how the student scored on the tests. The Wii character could potentially balloon up in terms of size. If the students was overweight and scored poorly on the tests then there is the chance that the Wii character would increase in terms of its physical appearance. Again this type of negative feedback could be detrimental and extremely embarrassing for a young learner. However, the BMI and negative feedback from the Wii character are very easy to avoid. By having the students sign in as a guest, the game will not do a BMI screening or any type of height, weight, balance, and age assessment. With proper supervision and an understanding of its limitations, the Nintendo Wii will be another successful tool in classroom instruction.

Brett F. Stark

Curriculum Specialist for Secondary Physical Education and Health
Frederick County Public Schools

Today, Trust for America's Health and the Robert Wood Johnson Foundation released a report, "F as in Fat: How Obesity Threatens America's Future 2010." The report findings include, "Adult obesity rates increased in 28 states in the past year, and declined only in the District of Columbia (D.C.), according to F as in Fat: How Obesity Threatens America's Future 2010, a report from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). More than two-thirds of states (38) have adult obesity rates above 25 percent. In 1991, no state had an obesity rate above 20 percent."

National Physical Activity Plan as well. That can be found at

The MAHPERD eNews is a monthly publication from the Maryland Association for Health, Physical Education, Recreation, and Dance. The Editor is Executive Director, Elaine Lindsay. For submissions, questions or reactions to the information included, please email Elaine at elindsay@mahperd.org. The archives of all eNews editions is available on the website. Members who would be interested in working on or compiling information for the eNews are WELCOME!

FREE



FREE

Free!!!! Really---Free! Books, Books, And More Books

We have quite a number of books that have been donated by a generous member. There is no shipping or handling fee that will be incurred. MAHPERD will send the books to you. Free.

The first MAHPERD member that requests the book will get it. If there are several that you would like, list them in the preference that you would prefer. If you have gotten a book in the past, this is a new year and you will be eligible to get others. Some of these authors are famous!

Here they are:

Fit and Active: The West Point Physical Development Program by LeBoeuf and Butler
Lifetime Sports Lessons Included- Skills and Tests

Fitness Education for Children: A Team Approach by Virgule (famous)

Teaching Self-Defense in Secondary Physical Education by Joan L. Neide *Includes 19 lesson plans including handouts overheads and assessments.*

Teaching Martial Arts for Fitness and Fun by Jason M Winkle and John C. Ozmun
This book has lesson plans for a variety of unit lengths.

Right Fielders are People Too by John Hichwa (famous)
This famous author has had this book in print since 1998. If you don't have it, you should. It is an inclusive Approach to Teaching Middle School Physical Education. Connections to National Standards are included.

Personal Fitness for You by Roberta Stokes and Sandra Schultz 2nd edition
Teacher's Edition.

Dynamic Physical Education for Secondary School Students by Darst and Pangrazzi 5th Edition by Locke and Lambdin
If you like to read research, especially as it applies to elementary teachers and students, you will love this book. Autographed by Dolly Lambdin!

Teaching Children Physical Education: Becoming a Master Teacher 2nd edition by George Graham *Dr. Graham is the guru for elementary physical education*

Are You in Graduate School? Do you like to read research that is relevant to your field?

If you can answer “yes” to either of these questions, MAHPERD has some other resources for you.

The following resources are primarily research reports that have been compiled by a variety of sources:

The Journal of Teaching in Physical Education is published by Human Kinetics.

The Journal of Physical Activity and Health is published by Human Kinetics.

The American Journal of Health Education is published by American Association for Health Education.

The Research Quarterly for Exercise and Sport is published by the Alliance Research Consortium. All articles meet the stringent requirements for professional research.

We also have a number of periodicals that include information about education in general.

Educational Leadership is published by the Association for Supervision and Curriculum Development. This association’s principles of education are the only ones that seem to take teachers’ opinions into account.

JOPERD, published by the Alliance, usually contains articles that are relevant to physical education at all levels.

If you are interested in perusing these resources, please contact Elaine Lindsay to arrange for a time to visit the office. You may have as many as you wish. If you would like me to send a variety for you to use, I can also do that.

Websites, Blogs, News Articles, Contests, Newsletters, Etc.

A lot of information compiled from a variety of sources that I
thought would be of interest
from Elaine Lindsay

Understanding the Body-Mind Connection:

September 23, 5:45PM (EDT)

In this webinar, you'll learn How Physical Fitness Can Improve Student Outcomes and Build Better Brains, *From The Aruthur M. Blank Family Foundation in Partnership with Play 60.*

Featuring Cooper Institute Founder Ken Cooper and Harvard Medical School Clinical Associate Professor Dr. John J. Ratey, author of [SPARK: The Trevolutionary New Science of Exercise and the Brain.](#)

Study: Belly bulge can be deadly for older adults

The New York Times Share    

If your pants are feeling a bit tight around the waistline, take note: Belly bulge can be deadly for older adults, even those who aren't overweight or obese by other measures. One of the largest studies to examine the dangers of abdominal fat suggests men and women with the biggest waistlines have twice the risk of dying over a decade compared to those with the smallest tummies. Surprisingly, bigger waists carry a greater risk of death even for people whose weight is "normal" by the body mass index, or BMI, a standard measure based on weight and height. [MORE](#)

Poor health care communication can cost money, lives

Wausau Daily Herald Share    

The ability to understand your doctor could be a greater predictor of your health than your age, income, employment status, education level or race. At least that's the conclusion the American Medical Association has made, and it's one of the reasons the medical establishment has put the concept of health literacy under the national spotlight. The U.S. Department of Health and Human Services has included improved health literacy as an objective in its report, "Healthy People 2010." [MORE](#)

More Websites, Blogs, News Articles, Contests, Newsletters, Etc.

Download *Edutopia's* [Back-to-School Guide: Jump Start Learning with New Media](#). *Edutopia* is committed to highlighting what works in education and providing educators like us 21st-century strategies, tools, and resources to help our children learn. Download your copy today at edutopia.org/back-to-school-classroom-resource-guide.

7 tips for making students feel comfortable at school

The director of the Social-Emotional Learning Lab at Rutgers University offers several tips for teachers on how to excite students and make them feel comfortable as the school year begins. In this blog post, Maurice Elias writes that teachers should greet students in a positive way, focus on the good things the class will be doing and allow students to share what they did over the summer. Elias also writes that teachers should give students a chance to comment on class rules and procedures, share information with parents and give students time each day to reflect on what they have learned.

[Edutopia.org/Maurice Elias' blog](http://Edutopia.org/Maurice%20Elias%27%20blog) (8/27) Share: [in](#) [f](#) [t](#) [E-MAIL](#) [RELATED STORIES](#)

What teachers want most for students: A good night's sleep

A good night's sleep for students was the most frequent request by teachers surveyed by cognitive scientist Daniel Willingham, who writes this guest blog post for The Washington Post. Studies have shown that sleep deprivation results in impaired memory, attention and cognitive ability, and it is also likely to affect a child's ability to control his or her emotional behavior in school, Willingham writes. [The Washington Post/The Answer Sheet blog](#) (8/30) Share: [in](#) [f](#) [t](#) [E-MAIL](#) [RELATED STORIES](#)



Presenting the Master Class at the MAHPERD Convention will be Danielle Sten and Lance Guillermo. All Maryland Dance teachers should not miss this opportunity. Register for membership and the convention at www.mahperd.org

Finding Peace in Play



MAHPERD Member Profile

Dr. Dean Ravizza

Salisbury University

Read more about Dr. Raizza's Uganda involvement at <http://www.heifer.org/site/c.edJRKQNiFiG/b.201480/> Click on the World Ark publication on the right with the lady in pink on the cover. Go to page 10 entitled "Asked and Answered."

Dean Ravizza is a pioneer in the use of sports to rehabilitate and reintegrate former child soldiers and other victims of Uganda's bloody conflict. Ravizza, an assistant professor of health, physical education and human performance at Salisbury University, Salisbury, Md., who holds a doctorate from Virginia Tech University, has been researching children of war and sports in northern Uganda since 2006. His findings support the premise that sports can effectively build peace and promote conflict resolution to help the children avoid poverty and become successful members of their communities.

MAHPERD PHOTOGRAPHER NEEDED

Are you a good photographer? Would you be interested in being the MAHPERD photographer for the upcoming convention and the preconference and postconference events? Maybe this is a way you can be of service to MAHPERD. Email Elaine Lindsay if you are interested and for more information. elindsay@mahperd.org

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