

## AAPAR President's Corner

### Give Back! Get Involved!

*May 18, 2010*

As I wrap up another spring semester, thoughts of summer fun creep into my head: visiting family in Tennessee and Virginia; taking a vacation to somewhere exciting; planning how to arrange my flower beds. It sounds good, and my students think that fun-in-the sun is regular summer fare for college professors. But I also have certain commitments that will keep me busy, such as attending my niece's graduation from physical therapy school and parties for my soon-to-be-married nephew; teaching a graduate class; and supervising sport management interns.

Just the thought of all it all exhausts me, yet I quickly realize how blessed I am to have a large, healthy, and loving family. I've also been able to grow professionally through opportunities with colleagues and organizations like AAPAR. In fact, I learn from and am inspired by young people every day.

So, looking forward to summer activities, I also reflect on the past four months, in particular the exciting [AAHPERD National Convention](#) in Indianapolis last March! How wonderful to see old friends, make new friends, and absorb the depth and breadth of knowledge we shared. It was also a time for firsts such as the Recognizing Outstanding Leaders Evening, AAPAR's inaugural awards program. Thanks to all who packed the room in support of our dedicated professionals, partners, and Councils! And congratulations again to the award winners.

### Walk the HPERD Talk

During the AAPAR General Session at this year's Convention, AAPAR members chose walking as the physical activity of the year. Let's take this, eh hem, one step further as a metaphor for the theme of my AAPAR presidency. Many AAPAR members exemplify my theme of **Give Back! Get Involved!** AAPAR award winners, especially, have developed and delivered programs, products, and services that help fulfill [AAPAR's mission](#): To promote physical activity and recreation throughout the lifespan. Continued AAPAR success can only be accomplished with your willingness to contribute—to give back and get involved.

Past-President Rick LaRue began the [AAPAR Ambassador program](#) in 2009 to recognize AAPAR members who give to AAPAR by getting involved in many different ways. Ambassadors walk the talk of our profession. I invite you to become an Ambassador—or continue your Ambassadorship—by employing your ideas, talents, and knowledge to benefit your profession and, by extension, benefit AAPAR so that AAPAR can better support your profession. I invite you to challenge your friends, students, and colleagues to become AAPAR Ambassadors as well.

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We have a responsibility to advance our profession at every opportunity, and by mentoring young professionals, staying involved as seasoned veterans, and considering new ideas, each of us can make a difference.

### **Going the Extra Mile**

So how do you **Give Back! Get Involved!**? Start by taking a tour of this Web site. Explore AAPAR's [Councils](#), [professional consulting opportunities](#), [workshops](#), [resources](#), [books](#), and even PARTicipate in our *Every Body Can!* Adapted PE [Video Contest](#). Ask yourself, What am I passionate about and how can I use that passion to motivate others?

Take baby steps, keeping mind that walking can be done by anyone at any age; by those with special needs; at multiple skill levels; inside or outside; alone or with a group.

Don't keep ideas to yourself. Share your "walking" experiences, breakthroughs, and accomplishments on AAPAR's Facebook Fan Page. You might even find someone with whom you can collaborate to turn a creative idea into a reality. Propose your project idea to one of AAPAR's 11 Councils. Submit a program or poster session for the AAHPERD Convention in San Diego in 2011 or present at your District Convention. Volunteer for an AAPAR standing committee. Write a position statement. Create a new way to teach a certain skill or develop a new twist for an old activity. Ideas? [Send them my way](#).

AAPAR will be busy in the coming year, searching for grant opportunities, developing new partnerships, attracting new sponsors, and continuing work on current grants and projects already underway. Do you have ideas you'd like AAPAR to help promote? Do you know of organizations that might like to partner with us? How can we help each other and advance both AAPAR's mission and your passion? Let us know!

As your new AAPAR President, I thank you for the opportunity to **Give Back! Get Involved!** Together we can fulfill AAPAR's mission and move positively toward the future. I wish you all a safe and enjoyable summer. And send us a postcard!