



Produced by the American Association for Physical Activity and Recreation, an association of the American Alliance for Health, Physical Education, Recreation and Dance

# PAR FOR LIFE

Active Living Across the Lifespan

Vol. 1, No. 6  
Fall 2007

## First Get Out! Conference a Big Success

By Christopher Neumann, AAPAR Senior Program Manager

Heather Sawyer was excited about the prospect of attending Get Out!, AAPAR's inaugural outdoor and adventure education conference. But she had one big obstacle standing in her way. She

needed an inexpensive place to stay, and couldn't find one. So she did something we should have expected: She "got out!" She flew to Coeur d'Alene, Idaho with her camping gear in tow, and camped down the road

from the convention center.

Joining Sawyer in beautiful Coeur d'Alene were more than 100 dedicated participants, presenters, and exhibitors. From the opening remarks of keynote speaker Ben Lawhon, Educational Director with the Leave No Trace Center for Outdoor Ethics, to the closing sunset cruise on Lake Coeur d'Alene, participants exuberantly participated in the perfect mix of traditional indoor educational sessions and non-traditional outdoor hands-on workshops.

When asked about the conference, Paul MacKinnon, Outdoor Pursuits facilitator from Miramichi, New Brunswick, Canada wrote,

"By far the best conference I have ever attended. Well staffed and well put together, great location, great options, and fantastic networking opportunities with a pretty amazing cross-section of outdoor enthusiasts and educators. I have found new direction for my program and better sense of the steps I need to take to get there. I am going home with excellent resources, contacts. The generous bag of goodies (from the paddling workshop) was simply icing on a sweet cake. Thank you!"

MacKinnon was not alone. In fact, post-conference evaluations revealed that a whopping 97 percent of the respondents (who comprised more than a third of all attendees)



Photo by Ed Pinder

Led by Matt Chase, adrenaline-filled rafting trip participants paddle through rapids.

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# New Outdoor Initiative Activities

By Tom Evaul, AAPAR President

**A** number of councils have expressed interest in joining forces on an outdoor activity initiative.

It would focus on outdoor physical activities in which people could participate over much of their lifetime. The goals would be to develop curriculum modules for outdoor activities at various age levels, conduct workshops to prepare professionals to teach and lead these activities, produce publications on the activities and promotional materials to advocate for them, arrange for discounted equipment packages for organizations, and create other products and services that may help professionals increase the number of people engaging in outdoor physical activities.

We will seek funding from a variety of sources including government grants, industry groups, and private foundations, and form partnerships with selected groups.

Surveys show that most active adults participate in outdoor activities such as biking, fishing, golf, kayaking, snowshoeing and the like. However, participation in many of these activities has declined recently as people are becoming less active and more overweight. Professionals in our field need to consider offering out-

door activities in their programs to encourage lifelong participation. AAPAR can become a leader in promoting these activities.

At present, we have partnership agreements with the American Canoe Association, The League of American Bicyclists, and Family Ties (a fly fishing group). We have two grants from the United States Coast Guard for a canoe and kayak project in partnership with the American Canoe Association, and are anticipating start-up funding for the bicycle program. We can use these projects as our flagship to develop other projects and seek funding.

The expertise of many of our councils is needed to make this project a success. We will be forming a committee of representatives from participating councils to develop projects and proposals for funding. Individuals who have an interest in any outdoor activities are invited to contact me to get involved.

This initiative offers AAPAR an opportunity to become a leader in the field of outdoor activities, garner funds from a variety of sources, and spread our reputation through partnerships with related organizations.

# What Will Be Our Tipping Point?

By Mariah Burton Nelson  
AAPAR Executive Director

**I**n the future, people are going to talk about AAPAR's early years. They're going to wonder how we got so successful. They're going to marvel at how, after our humble beginnings in early 2006, we grew to be the most influential nonprofit organization in the country, achieving our goal of "a million members on the move" and earning household-word status.

They'll wonder how "PAR-ticipate!" became a rallying cry as ubiquitous and inspiring as "Just Do It" once was.

They'll wonder how AAPAR managed to train and credential thousands of physical activity professionals, thus ensuring that future generations would pass along AAPAR's commitment to lifelong activity, inclusive activity, and high professional standards in all aspects of the educational process.

They'll wonder how we partnered with powerful associations and corporations.

How we persuaded Congress to enact the "No Person of Any Age or Ability Left Sitting on their Behind" Act of 2010, which led to the nationwide physical activity and recreation movement, which reversed and ultimately resolved the obesity and inactivity crisis that had plagued America when AAPAR was young.

People will ask, "What was the tipping point?"

Was it the 2007 Get Out! conference? People traveled from across

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See **Tipping Point** on page 8

# Service Learning Through Summer Camps for Children with Visual Impairments

By Lauren Lieberman (APAC Chair), Monica Lepore, and Kathleen Ellis

**S**ervice learning is sweeping universities throughout the United States.

“Service”: Students serve their communities by offering their talents and their time.

Learning: Students get to know their communities, develop new skills, and integrate their knowledge into their larger academic curriculum.

Here’s one example of a service learning collaboration between several universities and their Adapted Physical Education Teacher Education students.

Camp Abilities, founded by Camp Director Lauren Lieberman, chair of AAPAR’s Adapted Physical Activity Council, is a one-week developmental summer sports camp for children ages 9 to 19 with visual impairments, blindness or deaf-blindness. It began on the campus of SUNY-Brockport in 1996, and has now spread to five other locations as well.

The four purposes of Camp Abilities: 1) to empower children with visual

impairments to know what they *can* do related to sports and recreation, 2) to teach pre-service teachers how to teach children with visual impairments, blindness or deaf-blindness, 3) to conduct research on physical activity, and 4) to provide respite for parents.

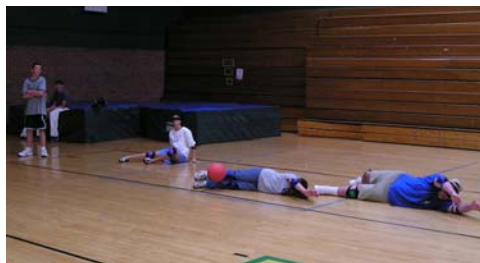
Students from universities all over the United States learn best practices related to instructional techniques and progressions; equipment and environmental modifications; and sport and fitness activities. Pre-service university student-teachers engage in an orientation, then are paired one-on-one with a young developing athlete full time for seven days.

Undergraduate and graduate students from SUNY Brockport, West Chester University, University of Rhode Island, Ohio State University, University of Virginia, University of California Santa Barbara, and other colleges have contributed to the camp by bringing enthusiasm, physical education and sports experiences, and unique skills and strategies taught at each of those colleges.

Teaching children with visual impairments is something you can not easily learn from a book, a video, or even a simulation. The pre-service teachers learn through doing and it has proven to be an enjoyable and quality experience.

In other words, Camp Abilities offers these education majors an experience that is not possible in the classroom or lab setting. Many students have commented on the depth of their experience, the networking available with professional staff and specialists, and the self-awareness they developed while serving at Camp Abilities.

Some universities offer course credit. Some students later present at conferences or in classes. Many are later seen as the “expert/consultant” related to visual impairments at their future schools due to this unique, intensive experience.



Campers enjoy the wind, water and a spirited game of Goal Ball (top middle).  
Photos by Lauren Lieberman





# Adapted Phys. Education Video to Benefit Teachers

By Lauren Lieberman (APAC Chair) and John Foley

Many teachers comment on how difficult it is to find information on how to teach children with visual impairments in inclusive settings. Thanks to a grant from the Children's Miracle Network, there will soon be an accessible video on how to teach physical education, fitness, sports, and recreation to children who are visually impaired, blind, and deaf-blind.

Nienke Dosa, a physician from the Center for Neurodevelopmental Pediatrics at SUNY Upstate Medical University, wrote the grant. This summer, SUNY Upstate Medical, SUNY Brockport, and SUNY Cortland collaborated to make this extensive video.

The video was filmed during Camp

Abilities, a summer sports camp for children with visual impairments. (See related article on page 3.) Along with Dosa, adapted physical education specialists Lauren Lieberman, Dan Tindall, and John Foley were involved in the project. David Smith, a professional videographer, did the taping and editing.

The video focuses on four children with various types of visual impairments. It includes:

1. What is a visual impairment
2. What you need to know about the child
3. Specific instructional techniques
4. Safety considerations
5. Other specialists in the field of visual impairment
6. Running techniques
7. Equipment and game

modifications; and

8. Teaching children who are deaf-blind

There are short video clips that the parent or teacher can click on for specific sports or activities, such as elementary activity modifications, volleyball, tennis, soccer, and basketball.

This video series will be available this fall on the APAC page of AAPAR's website ([www.aapar.org](http://www.aapar.org)) and also on the Camp Abilities web site ([www.campabilities.org](http://www.campabilities.org)), and the Deaf Blind Link website ([www.tr.wou.edu/dblink/](http://www.tr.wou.edu/dblink/))



## Fat and Lazy... Now What?

Commentary by Kathie Garbe, Fitness and Wellness Council Chair

Our nation is growing larger – and I mean by the waistline. Everywhere you turn, you read about obesity rates climbing and fitness levels falling. Last year, obesity rates continued to climb in 31 states, and not one state showed a decline. Obviously, we are not as active as we should be.

We are a nation of “screeners” – we spend a large amount of time looking at screens: TV, movie, cell phone, video game, and computer screens. Often, while we're sitting still, we're watching other people move in all types of individual and team sports shows, adventure programs, and fantasy games.

I know this is not news to you. Many of you are working tirelessly, creating and teaching activities that combat

this epidemic of sedentary living.

So why are we still “growing” and falling behind in our efforts to decrease the size of our nation? If there were an answer and I had it, I certainly would share it! But this is a complicated problem. So...what do we do? Here are a few suggestions:

First: Please continue motivating and educating. After all, that's what we do and do well. But do it *louder!*

Second, serve as a positive role model. Eat well, exercise, and take care of yourself. Impact others with your behavior, knowledge and motivation. If you are not a strong role model – be *stronger!*

Third, take time to re-energize and rekindle your original love for move-

ment, play, and healthy living.

And finally, be *visible!* Remember, you are an ambassador for our profession. Be seen participating in health and fitness events at your school and in your community. Be seen eating nutritional foods. Be a champion of our profession. Do it *louder, stronger* and more visibly.

*Kathie Garbe is Chair of AAPAR's Fitness & Wellness Council.*

What's on your mind? In your heart? In your muscles? Chat about topics we all care about via Team AAPAR (our listserv; to sign up, drop a line to [AA-PAR@aahperd.org](mailto:AA-PAR@aahperd.org)) or Bodies In Motion, Mariah's blog ([BodiesInMotion.wordpress.com](http://BodiesInMotion.wordpress.com))



Photo by Ed Pinder

Conference planner Tom Coates gets fly tying instruction from workshop instructor Diane Briggs.



Photo by Tom Ewall

Learning canoe safety on Lake Coeur d'Alene.



Photo by Gayle See

Fly fishing workshop participants "work" on their casting.



Photo by Ed Pinder

Adventure Skills participants hang out in their climbing harnesses.



Photo by Christie Peterson

Rafters get a break from the rapids to enjoy the stunning scenery.



Photo by Chris Neumann

Participants mingle with exhibitors after a morning session.

AAPAR offers kudos and deep appreciation to the Get Out! planning committee: Gayle See (chair), Tom Coates, Todd Davis, Laurie Morley, Bob Melson, James Nendel, and Chris Neumann



Photo by Chris Neumann

Amy Lutz helping the bikers check their gears before they ride.



Photo by Chris Neumann

Conference planner Laurie Morley (near flag) enjoying the cruise



Photo by Ed Pinder

Capsizing is all part of the fun of learning kayak safety.

## **Get Out** continued

agreed that the conference met or exceeded their expectations, and that same 97 percent reported that they'd attend another one!

What set Get Out! apart from other outdoor and adventure education conferences were the workshops, which included fly fishing, cycling, geo-caching, rafting, Dutch-Oven cooking, "Teaching Adventure Skills in the Gym," "Paddle Safe, Paddle Smart," and, "How to Plan a Camping Trip."

One person who did not have to attend "How to Plan a Camping Trip" was the aforementioned Heather Sawyer. As she put it when we spoke at the conference, "attending this conference was so important to me that I was willing to do what I did. I must say, it was definitely worth it!"

Will AAPAR plan a second Get Out! Conference? We hope so. Like to consider attending or presenting? Send us your email, and we'll keep you in the loop.

For more photos of smiling faces and gorgeous scenery, go to [www.aapar.org/getout](http://www.aapar.org/getout).



Photo by Ed Pinder

Mike Aho demonstrates Dutch Oven cooking.

## Tippling Point Continued

the county, and from as far away as Canada, Singapore, Japan, and South Africa, to attend that inaugural meeting. AAPAR redefined what it means to "attend" a conference, offering outdoor workshops in fly fishing, biking, cooking, camping, and more. Perhaps that was the tipping point, since attendees raced home ready to spread the word not only about their new skills, but also about AAPAR.

Or was it the workshop series of 2008? That was the year AAPAR's Councils made a commitment to tour the country offering intensive one-two- and three-day workshops on adapted aquatics, aquatic fitness, adapted physical education, adventure skills, senior fitness, and paddling safety. Suddenly AAHPERD's District and state partners were clamoring to host these innovative workshops, which were in turn praised by the attendees. And suddenly everyone was talking about AAPAR: its effective, engaging programs; its generous, insightful instructors. (Interested in attending or hosting? Let us know! These plans are real!)

The subtitle of Malcolm Gladwell's best-selling book, The Tipping Point, is "How Little Things Can Make a Big Difference."

## Council Member Making Waves

**T**omas Leclerc, past chair of AAPAR's Council for Aquatic Professionals, now represents the council on the United States Lifeguard Standards Coalition. The coalition will analyze evidence-based research in order to develop national lifeguard standards for certification training agencies to follow.

It is an honor for AAPAR's Council on Aquatic Professionals to be represented on this project. Other Council members on the Coalition include

So maybe it won't be one conference or workshop series that will serve as AAPAR's "tipping point," catapulting us toward as-yet-undreamed of achievements.

Maybe it's the "little things" – like members who say "yes" when asked to contribute an article, an idea, or a program.

Like members who take the time to welcome new members.

Like members who serve as AAPAR ambassadors, urging colleagues to join AAPAR, and talking passionately about our mission of lifelong and inclusive physical activity.

Little things add up. When you participate with AAPAR, you help lead us toward the tipping point that will eventually make phenomenal success inevitable.

I'm not really sure, of course, exactly what form our success will take. It probably won't involve legislation that refers to lazy rear ends.

But I do believe that we're going to tell one heck of a success story some day.

Here's my question for you: Will you help shape that story? If so, how?

Roy Fielding, Dr. Ralph Johnson, Dr. Stephen Langendorfer, Terri Lees, Laura Slane, and Kay Smiley.

Leclerc, an Assistant Professor and the Aquatic Program Coordinator at Alabama A&M University, has also assembled a task force of experts to develop national accreditation standards for aquatic programs at colleges and universities.



## Lees Invests in Water Safety Education

**F**or almost 20 years, Terri Lees has been teaching aquatic fitness and preparing others to do so. However, she noticed that many instructors are weak in the area of aquatic safety. So in 2005, Lees wrote a basic water safety and shallow-water rescue course for a chapter of the Arthritis Foundation.

Now Lees, chair of AAPAR's Council for Aquatic Professionals, is expanding this course by creating a DVD to promote water safety and rescue skills.

With the assistance of Julie Twynham (president of WaterART Fitness International,) Lees is producing "Personal Water Safety and Elementary Rescue," designed for individuals who teach aquatics but have not been exposed to aquatic safety. Unlike videos from other certifying agencies, this DVD focuses on teaching in pools and recognizing what to do before the lifeguard responds to the emergency.

The DVD, due out in October, features personal water safety skills such as managing buoyancy, sculling, recovering to a stand, rolling from prone to supine to standing, and recovery from a side fall. It includes basic rescue skills, tips on how to assist a lifeguard when removing a victim, and information on recognizing a person in distress or drowning.

The DVD and supporting booklet will be marketed to AAPAR aquatic instructors, WaterART Fitness instructors, and Arthritis Foundation instructors.

For more information, contact Terri Lees at [talees@nkc.org](mailto:talees@nkc.org).

# Amelia Lee Selected for Prestigious Post

**A** APAR member Amelia Lee has been selected to join the National Physical Activity Coordinating Committee.

The Centers for Disease Control and Prevention has charged this Committee with the responsibility of devising a National Physical Activity Plan. The team will build on the work of the World Health Organization and a growing number of countries (Scotland, New Zealand, Canada, Brazil, Australia, and others) that have developed physical activity plans.

In addition to AAPAR/AAHPERD,

this elite Coordinating Committee includes representatives from such organizations as the American Heart Association, National Association of Parks and Recreation, American College of Sports Medicine, and the American Cancer Association.

The goal is to develop the plan within the next 12-18 months, and release it in early 2009.

Lee, the Mary E. Baxter Lipscomb Professor and Chair of the Department of Kinesiology at Louisiana State University, was chosen by the Alliance's Executive Committee after a call for nominations. Her research

explores how beliefs, expectations, motivations, and attitudes serve as mediators between teaching and learning in physical activity settings. She has published more than 70 refereed research articles, offered more than 100 presentations, and co-authored four books on elementary physical education. AAHPERD accolades and leadership roles include being named a 2003-2004 Alliance Scholar, being honored as a Fellow in the Research Consortium, and serving as a Board of Governors Representative.

***Congratulations, Amelia!***

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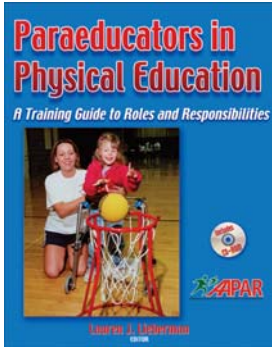
# New Books, DVDs and CDs for You!

By Kate Fallen, AAPAR Administrative Assistant/Publications Coordinator

**A** AAPAR is excited to announce the release of five new publications:

## PARAEDUCATORS IN PHYSICAL EDUCATION: A Training Guide to Roles and Responsibilities

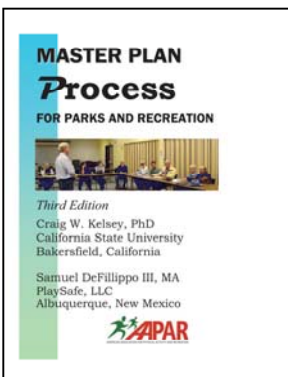
*Edited by Lauren J. Lieberman*



This book and CD-ROM package puts everything you need at your fingertips for effective training from pre-kindergarten through high school settings, for both general and adapted physical education. Paraeducators enhance knowledge, expertise, and experience in physical education.

## MASTER PLAN PROCESS FOR PARKS AND RECREATION, 3<sup>RD</sup> EDITION

*Craig W. Kelsey, Ph.D. and Samuel DeFillippo III*



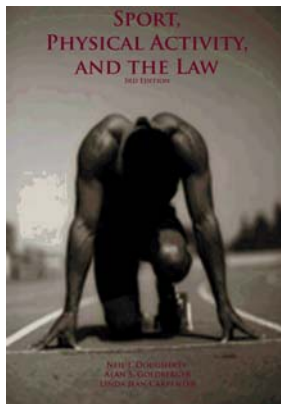
This text walks the university student or planning professional through the intricate process of preparing a comprehensive and detailed parks and recreation master plan.

*"This book is the definitive guide for planners and recreation professionals who prepare community master plans or who oversee the preparation of a master plan. Each section is explained in clear and concise lan-*

*guage that makes this an indispensable resource for the user. After twenty-five years working in public recreation, this remains the one book I refer to regularly."* — Stan Ford, General Manager, Coachella Valley Recreation and Park District Palm Desert, California

## SPORT, PHYSICAL ACTIVITY & THE LAW, THIRD EDITION

*Neil J. Dougherty, Alan S. Goldberger, and Linda Jean Carpenter*



This book provides a practical approach to using the law as a day-to-day management tool. It includes supplementary case studies, management guidelines,

and discussion questions on issues such as risk management, responsibilities of game officials, breach of contract, product liability, role of the EEOC, right to participate, and statutes such as the Americans with Disabilities Act.

## MOTIVATED TO MOVE: Senior Activity for Life! DVD

*Developed by Pamela McFarlane and Eva Montee*

This TESA (Training and Encouraging Senior Activity) DVD includes a selection of exercises to be used by an exercise instructor when teaching exercise routines for a group. The selection includes loosening exercises, warm up, cardiovascular routine, mobility exercises, strengthening exercises, weight shifting, and seated stretching. These seven sets of activities can be selected from a menu to create varied routines so

students are sure to stay interested.

## THE SAFETY NOTEBOOK CD-ROM

*Compiled by Neil J. Dougherty*

Based on the popular Safety Notebook newsletter, this new compilation CD can help every physical education teacher, athletic director, and coach manage risk and promote safety. It is a great supplement or addendum to any textbook in the field of safety, risk management, sport management, and sports law, and is also very useful for anyone who wants to prevent injury, reduce risk, or make their environment a safer place to be.

Intrigued? To order these publications, go to [www.aapar.org](http://www.aapar.org), or call 1-800-321-0789.

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American Alliance for Health, Physical Education, Recreation and Dance | American Heart Association

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# AAPAR and ACA Receive Second Grant

In partnership with the American Canoe Association, AAPAR has received a second grant from the United States Coast Guard to conduct eight workshops on canoeing and kayaking. The grant will cover all expenses for these workshops and be free to participants. It builds on last year's grant, which funded the development of a curriculum enti-

led Paddle Safe - Paddle Smart (PS2).

This year's project is to train 100 teachers in grades 5-12 to implement this curriculum. We are currently identifying sites throughout the country to conduct these workshops. Most will be in conjunction with AAHPERD Districts. Teachers must apply for

admission since space will be limited.

Interested in participating? Contact Chris Neumann to receive an application form.



# Advocates Who Promote Physical Activity Support PLAY Every Day Act H.R.2045

AAPAR joined more than a dozen organizations committed to promoting physical activity and community livability, and signed a petition expressing our strong support for a bill currently in Congress: The PLAY Every Day Act (H.R. 2045).

As you probably know, the Institute of Medicine, the U.S. Surgeon General, and public health experts agree that children and youth need at least 60 minutes of moderate to vigorous physical activity every day. Most

kids do not receive nearly that amount. In an era of increasing academic testing, there just is not 60 minutes of time during the school day to offer kids physical activity options. To realistically accomplish the goal of 60 minutes a day, we are going to have to find ways to provide kids with at least 30 minutes during the school day and 30 minutes before and after the school day.

The Play Every Day Bill supports the development of a well-validated community assessment tool – a

“community play index” that can measure the policy, program or environmental barriers to youth participating in physical activity. Communities will use the index to assess their unique opportunities to provide physical activity for kids, and will identify the gaps that exist in providing spaces for kids to play.

We urge you to support the PLAY Every Day Act as this bill by contacting your representative.

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# AAPAR Supports Reston Community

By Kate Fallen, AAPAR Administrative Assistant/Publications Coordinator

**A**APAR was delighted to contribute to the 3<sup>rd</sup> Annual Rivercrest Kids Triathlon in Potomac Falls, Virginia (not far from AAPAR headquarters) on Labor Day. Ninety children, whose ages ranged from 3 to 14, competed in a variety of events while wearing stickers donated by AAPAR. The stickers, which debuted at AAHPERD's 2007 National Convention in Baltimore, say, "PAR-ticipate! For Fitness. For Fun. For Life."

The purpose of the triathlon is to promote children's fitness and to remind kids that physical activity is fun. It's

the brainchild of athletic parents in the community who were concerned that children these days are not sufficiently engaged in physical activity. By including kids with a variety of abilities and ages, the event also demonstrates that when it comes to physical fitness, everyone can PAR-ticipate!

"Our triathlon provides a healthy, safe environment for us to promote



Photo by Jennifer Jones

kids' fitness," said Jackie Funk, Rivercrest's 2007 Kids Triathlon Director. "It's amazing to see the sense of accomplishment on the face of each participant as they cross the finish line."

In addition to promoting fitness and community camaraderie, this year's event raised over \$1,200, which was donated to the Sterling Volunteer Fire Department and the Sterling Fire and Rescue.

# Research Consortium Call for Applications

**T**he AAHPERD Research Grant Program funds important new research in the HPERD disciplines and has awarded over \$400,000 to member-researchers' institutions to date. Grants are restricted to direct costs only in five key categories: 1. Established Investigator Grants; 2. Collaborative Research Grants; 3. Seed Grants; 4. Research Dissemination-Application Grants, and 5. Graduate Student Research Grants.

For more information including membership criteria and application forms, visit the RC Web site at [www.aahperd.org/research](http://www.aahperd.org/research) and click on the "Programs and Events" tab.

**Applications due: October 1, 2007.**

The RC Fellow Program recognizes members who have made significant contributions to research in the areas of concern to AAHPERD. Fellows are eligible to hold elected office in the RC and serve on selection committees and the RQES editorial board. Accepted candidates will be

inducted during the AAHPERD National Convention in Fort Worth. For application criteria, instructions, and forms, visit the RC Web site at [www.aahperd.org/research](http://www.aahperd.org/research) and click on the "Programs and Events" tab.

**Applications due: November 1, 2007.**



Get Out! Pictures: See pages 6-7

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