

PAR *for* LIFE

We educate every body

Race Car Driver Lyn St. James to Keynote Convention

Who could be more fitting to give AAPAR's keynote address at National Convention than pioneering race car driver Lyn St. James? St. James was the first woman to win Rookie of the Year at the Indianapolis 500 in 1992, demonstrating her ability to win despite discrimination and overwhelming odds. At 53, she was the oldest driver in the 2000 Indianapolis 500. St. James, a popular and entertaining speaker, knows how to set goals, follow a passion, and embrace defeats as well as successes in order to break new ground—personally, professionally, and socially.



St. James set a women's world speed record in a closed-circuit course, reaching 225.722 mph in 1995 and held 31 international and national closed-circuit speed records over a span of 20 years. She had seven Indy 500 starts in nine years. She won the 24 Hours of Daytona race twice, winning GTO Team Driver in 1987 and 1990. She raced nine times in the 12 Hours of Sebring Endurance race, winning GTO Team driver in 1990. St. James is the only woman to win an International Motor Sport Association GT race. *Sports Illustrated for Women* named her one of the

St. James | continued on page 8

Gearing Up for Get Out!

Summer may be a distant memory but that doesn't mean you should be left out in the cold. Build your bailiwick of skills at the *Get Out!* Outdoor & Adventure Education Conference, where you will learn how to incorporate—and teach—winter sports into your school's physical education curriculum or community program. AAPAR's second *Get Out!* conference offers a fun-filled weekend with colleagues who share your passion for teaching and learning. Highlights:

- Explore how the training programs of elite athletes can inspire and guide your students in learning snow sports.
- Learn how to plan a snow sports trip for small and large youth groups.
- Discover the growing sport of ski archery and the basics of including it in your school curriculum.
- Learn how to teach cross-country skiing through dance and game play.

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PARticipate
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Back to School, Back to AAPAR

Rick LaRue, AAPAR President

The start of the fall semester reminds me that (except for five years with the YMCA) I've been going back to school every autumn for the past 47 years! This



Rick practices what he teaches

includes my K-12 and undergraduate/graduate experience, as well as my years teaching. Simply stated, education has defined my life's work—on both sides of the desk. I'm fortunate to have chosen a career in physical and health education and look forward to at least a few more years before I retire.

During my career, I've coached sports and participated in many outdoor activities. I've backpacked more than 3,000 miles and bicycled more than 2,000 miles. I wouldn't have been able to do any of that had I not been appropriately prepared by my teachers, including scout leaders and recreation directors. Physical education and health education underpin my life, in both work and play.

For more than a century, AAHPERD has stood as the premier national organization for educators in the fields of health, physical education, recreation, and dance. AAHPERD has served our fellow professionals by providing continuing education, significant professional development, indispensable programming, and valuable products and

services. In addition, AAPAR and the other AAHPERD national associations have enabled and empowered students and professionals to meet—and exceed—their full potential. That's why I will be in Indianapolis in March when we celebrate our 125th anniversary at the AAHPERD National Convention & Exposition.

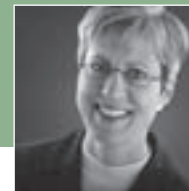
At Convention, AAPAR will host a new special event: the AAPAR Recognizing Outstanding Leaders Evening, where we will celebrate AAPAR's history and achievements, from the Recreation Division of 1939 through today. Join us to reflect on AAPAR's support of thousands of professionals throughout the decades and to recognize special individuals who have served the association over the years. We'll also present three new AAPAR awards—the Pathfinder Award, recognizing an AAPAR member's lifetime achievement; the Jan Seaman National Recognition Award, recognizing an organization's exceptional work in supporting physical activity/recreation; and the AAPAR Ambassador Award, recognizing members' outstanding leadership and advocacy contributions. In addition, the AAPAR/Red Cross Lifesaver Award will be given to any AAHPERD member who has saved a life during the calendar year (**page 5**). For more information on all AAPAR awards, and to nominate someone, visit the Awards page on AAPAR's Web site under Your Career.

I hope you are as excited as I am about celebrating AAHPERD/AAPAR's legacy. Too often we get bogged down in our work and fail to pause long enough to see that, as a collective—as members—we truly make a difference. Remember that, as each of you follows your passion in the work you do, enhancing the quality of life for countless others. Come gather in Indianapolis and celebrate our professional efforts, our creativity, our passion, and our work!

Help AAPAR conserve resources!

Sign up to receive *PAR For Life* via email.

Email us at aapar@aahperd.org;
subject line: "Email PAR"



Time for a Change? What Do YOU Think?

Mariah Burton Nelson, Executive Director

Wow, check this out! *Potential* change is afoot! As of this writing, we are uncertain about which of these will become *actual* change. AAPAR's Board of Directors wants to know what you think, so send us your input!

Girls and Women

At the fall AAHPERD Board of Governors (BOG) meeting, the National Association for Girls and Women in Sport (NAGWS) presented a successful motion to cease operating as an AAHPERD association in August 2010. AAHPERD mourns the passing of an organization that successfully advocated for Title IX and the Amateur Sports Act, co-sponsored the historic conference *The New Agenda: A Blueprint for the Future of Women's Sports*, promoted National Girls and Women in Sports Day, and much more. However, the end of NAGWS means the beginning of a **new Council within AAPAR**: The National Council for Active Girls and Women. NAGWS and AAPAR co-sponsored the motion to form this Council, and some NAGWS board members plan to take a leadership role in it.

Because AAHPERD's Alliance Assembly (AA), which only meets at the National Convention, must approve all bylaws changes, this transition will not happen without their approval. However, the AA is expected to approve the BOG's motion in March 2010. In anticipation of the opening of the National Council for Active Girls and Women (NCAGW), and in keeping with AAPAR's mission, we seek women and men with an interest in promoting lifelong and inclusive activity for girls and women. Won't you join us in developing NCAGW and planning meaningful events and projects? Email aapar@aahperd.org, subject line: NCAGW. Also, join us at Convention for the first NCAGW planning meeting.

NASPE-AAPAR Merger?

With support from the AAPAR Board of Directors, **AAPAR's Executive Committee approached NASPE leadership to propose a possible merger.** AAPAR is coming from a position of strength and vision, based on the belief that AAAR and NASPE members may be better

served—and our partners, sponsors, and potential members would be less confused—if we operated as one association. This combined organization would retain the NASPE name because it has better name recognition and a longer history with that name. An 8-person NASPE-AAPAR Merger Exploration Committee has begun a series of meetings to decide whether a merger is in the best interests of members. If so, a proposal will be taken to the full NASPE and AAPAR boards for their consideration. If approved there, a merger would have to be approved by the BOG and the AA.

A few factors are driving this discussion: 1) Our missions are similar and overlapping; 2) 68 % of AAPAR members are also NASPE members; 3) Despite efforts to differentiate ourselves in the marketplace, it's difficult for members, potential members, sponsors, and partners to understand the differences between AAPAR and NASPE; and 4) A merger could potentially improve both organizations by consolidating resources, providing economies of scale, better serving our members, and clarifying the brand.

What do you think? To weigh in on a potential NASPE-AAPAR merger, email me: MNelson@aahperd.org. And attend the NASPE-AAPAR Town Hall Meeting as part of the Round Table discussions at Convention. I'll forward your written comments to the Exploration Committee.

*AAPAR and NASPE
are considering a
potential merger.*

One Unified AAHPERD?

As if all that potential change were not exciting enough, the structure of AAHPERD itself might also change. At the September BOG meeting, the AAHPERD BOG asked the national association executive directors to share their vision for AAHPERD's future. Highlights of the executive directors' report:

- 1. The AAHPERD Executive Directors of AAPAR, NASPE, AAHE, NAGWS, and the RC proposed to the AAHPERD BOG that AAHPERD should become one national organization rather than an alliance of organizations.**
- 2. The first rule of marketing is keep it simple. Yet AAHPERD's complex structure confuses members, potential members, and the marketplace as a whole. Ninety-two percent of AAHPERD members work in educational settings; 79% are NASPE members. In other words, we are primarily a physical education/physical activity organization serving pre-K, K-12 teachers, and higher education faculty. The executive directors believe that if AAHPERD became one national organization, members would benefit because this organization would more clearly focus on their needs, more accurately represent them, and more successfully attract partners and sponsors.**
- 3. In response to the report and related presentation, the BOG passed a motion (14-1) that will create a member/staff ad hoc committee to develop a detailed plan for a unified AAHPERD. Member input will be sought in various ways and in various venues, including a Town Hall meeting at the 2010 Convention in Indianapolis. The draft plan will be revised based on member input.**

Even potential change can make people nervous, understandably, and can raise questions. You have my commitment to keep you informed, to forward your questions and comments to the appropriate member-leaders, and to supply you with any related documents you'd like to see. Send me your comments and attend the

continued on page 4

ED column | continued from page 3

AAHPERD Town Hall meeting. If you'd like to see the written report or a copy of the speech, email me: MNelson@aahperd.org.

AAPAR Rocks On

Meanwhile, AAPAR continues to develop and deliver exciting programs. Join us for a very cool *Get Out!* in New Hampshire in December (page 1). Submit a video to our *Every Body Can!* video contest and win terrific prizes from HOPSports and Flaghouse (page 7). Or contribute to our community conversation on Facebook. We want YOU to get involved, get to know other members and national leaders, and receive the information and connections that will help you in your career (and life.) See you at Convention in Indianapolis, if not before!

Call for Nominations: AAPAR President-Elect, 3 New Awards

Are you committed to helping AAPAR grow and thrive? Have you already PARTICIPATED in AAPAR leadership? If so, you might be a good candidate for President-Elect. Every two years, AAPAR leaders choose a President-Elect from among nominations submitted by the membership. To qualify, you must:

- have at least five years of continuous membership in AAHPERD and at least three years of continuous membership in AAPAR before election to office.
- have demonstrated leadership in AAPAR or AAHPERD activities; having served as an AAPAR committee chair or Council chair or is desirable.

To be AAPAR President-Elect requires a four-year commitment: two years as President-Elect followed by two years as President. The first term begins at the AAHPERD National Convention in Indianapolis. Attendance at all AAHPERD conventions during the term of service is required, and you must be willing to attend four Executive Committee meetings. The President-Elect chairs the Cabinet, works with the AAPAR staff to coordinate Convention programming, and serves as member of the AAPAR Executive Committee.

Candidates should plan to arrive at Convention in time for a Monday evening meeting and depart no sooner than Saturday evening.

Applications should include:

- 1) your name, title, and contact information;
- 2) a brief statement (no more than 200 words) describing how AAPAR would benefit if you were President-Elect; and
- 3) your CV.

Submit your application in Word format to aapar@aahperd.org. The staff will forward it to **Judy Ingram**, Chair of AAPAR's Awards & Nominations Committee. Due: December 15, 2009.

As President LaRue mentioned in his column, we're also seeking nominations for three new AAPAR awards. The Pathfinder Award recognizes an AAPAR member's lifetime achievement. The Jan Seaman National Recognition Award recognizes an organization's exceptional work in supporting physical activity/recreation. The AAPAR Ambassador Award recognizes members' outstanding leadership and advocacy contributions. For more information on these and other AAPAR awards, and to nominate someone (including yourself), visit the "Awards" page on AAPAR's Web site under "Your Career." Due: December 15, 2009.

Be an *amazon.com* Critic

Several of AAPAR's best-selling publications are listed on *amazon.com*, and we need your help selling them. If you have read or used any of our products in your classroom or workshops, please write an *amazon.com* review to let other potential buyers know how helpful AAPAR resources are. Just search for the title of the book in *amazon.com*.

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Have You Saved a Life?

AAPAR is teaming up with the American Red Cross to offer a new Lifesaver Award, which will honor and celebrate any AAHPERD member who has saved a life (or lives) in the previous year. In keeping with the values and teachings of two of our Councils (Aquatic Professionals and Safety & Risk Management), we hope the award will inspire others to learn and implement lifesaving techniques. Awards will be given to all nominated AAHPERD (not just AAPAR) members whose lifesaving stories can be verified.

Recipients will be announced at the new AAPAR Recognizing Outstanding Leaders Evening at National Convention, and the American Red Cross will donate cool prizes. (See AAPAR's Web site under "Awards" for an application form.) Winners' profiles and lifesaving stories will also be posted on our Web site. If you know of an AAHPERD member (including you!) who saved a life in 2009, please nominate him or her via our Web site.

First Outdoor Play Grants Awarded

Karin Spencer, HSBS Center Director

In September, the Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS) awarded nearly \$2 million in grants to 351 Head Start Centers across the country to improve their outdoor play spaces. During the next four years, an additional \$6 million will be awarded. The grants also include targeted training, expert technical assistance from physical activity consultants, and access to online courses, webinars, and resource materials.

Professional development will include Head Start Body Start's new training module, *Take It Outside!*, which provides Head Start programs with information and strategies to increase outdoor physical activity. Outdoor play is associated with greater amounts of physical activity in children, and research has shown that opportunities for whole body exercise have a long lasting influence as preschool physical activity tracks throughout childhood. We want to help the Head Start staff discover the benefits of outdoor play across developmental domains and learn about the features of high quality outdoor play spaces that promote movement opportunities for children of all ability levels.

HSBS seeks additional physical activity consultants to fill needs across the country, a great opportunity for AAPAR members! For more information: HeadStartBodyStart@aahperd.org.

AAPAR Web Gets a Facelift!

After many months of planning, designing, and uploading information, photos, and video, AAPAR's new Web site launched in early October. In addition to the site's vibrancy and freshness, the simpler navigation allows visitors to more easily find their favorite links—and discover new ones. One of the new features includes an online version of *PAR For Life's* Member News section. We invite members to contribute by emailing updates about you or your colleagues to aapar@aahperd.org ("member news for Web" in the subject line). Be sure to check our homepage frequently under "Items of PARTICULAR Interest" to stay connected with the latest news. You can also bookmark

favorite pages, receive updates, and link to Facebook and other sites. Likewise, if your Council has news to share, you don't have to wait until the next issue of *PAR*. Simply let us know and we'll post appropriate items. In addition, we're updating our library of free resources, including position papers, short articles, Lead-up Games, and

other resources. Let us know if you have something to share or know of resources we could post to benefit others in the HPERD fields.

We're excited about a new promotional video that you'll find on our homepage in the left-hand column. Hit the PLAY button and turn up the volume. You might even be in the video or know someone who is! AAPAR isn't the only association that's had a facelift. The entire Alliance has a new look, so take a tour and discover each site's unique feel. Because our new Web site is still a work in progress, during the next several months, we will continue to enhance it with information, free resources, and images.



AAPAR's new homepage



Adapted Physical Activity Council

ISAPA 2009: A Recap

Michelle Grenier, APAC Chair-Elect

Midnight sun, Swedish kronas, and smoked fish provided the cultural backdrop for this June's International Symposium of Adapted Physical Activity (ISAPA) in Gavle, Sweden, where professionals worldwide gathered to discuss research, demonstrate effective practices, and present ideas for improving the lives of individuals with disabilities. Rehabilitation, inclusion, and sport sociology were just a few of the topics covered.

The beautiful venue of Gavle, situated a few miles from the coast, coincided with long days and short nights. As the midnight sun set, the town square was filled with people chatting, riding bikes, or sitting by the fountain. A farewell party at a local attraction included amusements, animals, and entertainment.

The 2011 ISAPA conference will held July 4 – 9 in Christchurch, New Zealand. I invite you to attend to meet and discuss ideas with others in ways that can be both enriching and challenging. Also, consider submitting a presentation proposal, to establish yourself professionally and broaden your horizons personally.

Keeping Connected

In August, New Jersey joined Minnesota and Maryland in passing legislation that requires adapted athletic programs

for students with disabilities. Way to go New Jersey! Georgia has a voluntary system of participation, but in May the state's department of education cut all funding (some was later restored). Advocates are seeking legislation and additional restorations to Georgia's funding cut for adapted athletic programs.

Western Michigan University has begun offering an online master's degree in adapted physical education. For more information, **Jiabei Zhang**: ZhangJ@wmich.edu; Department of Health, Physical Education, and Recreation, Western Michigan University; 269-387-2949.

A physical education standards writing committee with the Alaska Department of Education has successfully advocated for including language in the draft state physical education standards document, which now reads: "...including students with special needs" throughout.

The 38th Annual National Adapted Physical Education Conference, November 19-21, features keynote speaker and comedian Jennifer Rawlings, an advocate for the disabled. Contact **Drisha Leggitt**, CAHPERD, 916-206-2553 or 922-3596; www.napeconference.org.

Correction

In the spring/summer issue, a story by **Pamela Skogstad** ("Improving IDEA") should have stated:

*"..., the lack of **state** APE standards and guidelines can lead to discretionary school district policies in which districts can choose whether or not to offer APE services or drop them."* The sentence had inadvertently referred to national APE standards and guidelines. The Adapted Physical Education National Standards Project promotes national standards and a national certification exam (APENS).

AAPAR's 2009 Adapted PE Teacher of the Year



David Martinez recommends the new Sportime GoalBall™ Trainer for skill development.

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this an excellent modification for other physical education activities as well. Students who are blind, visually impaired, or require the use of auditory cues to achieve success will benefit from the use of this innovative piece of equipment.



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AAPAR Launches New Video Contest

In the last newsletter, Mariah Burton Nelson introduced *Every Body Can!*, AAPAR's new nationwide video contest to encourage, celebrate, or teach adapted and inclusive physical activity. The contest, promoted by the Adapted Physical Activity Council (APAC) and sponsored by HOPSports and Flaghouse, will raise awareness about the opportunities for and accomplishments of people with disabilities, furthering AAPAR's mission to support lifelong physical activity for all.

If you're an adapted physical educator or a physical activity leader of any kind—teacher, university faculty, recreation leader—*Every Body Can!* will offer you ideas, inspiration, specific lessons, and support for increasing disability awareness and creating effective inclusive lessons and programs. But you don't have to be a teacher, instructor, or community leader. The contest is open to anyone who has a cool video to share that promotes participation by all in one or more of six categories:

1. Disability Awareness
2. Lifelong Activity
3. Good Games
4. Effective Instruction
5. Public Service Announcement
6. Wild Card

Winners will receive prizes and recognition at the 2010 AAHPERD National Convention in Indianapolis. Prizes, donated by Flaghouse, include balance soft pads, Scoot-A-Round, Connect-A-Scooter set, single adjustable golf putter, exercise dome, and mini trampoline.

Winning videos will be shown at AAPAR's new awards evening at Convention. They'll also be featured on AAPAR's Web site. The deadline is noon Eastern Time, December 2. The first 50 entrants receive a FREE DVD from the HOPSports Fitness series, featuring three of the industry's leading aerobics instructors! For more details: www.aapar.org.

Council on Aging & Adult Development

Tinetti Receives MacArthur Genius Grant

Mary E. Tinetti, the 2009 recipient of the Council on Aging & Adult Development's (CAAD) Herbert de Vries Award for Distinguished Research in Aging, was recently named a MacArthur Fellow. Tinetti will receive \$500,000 over the next five years. She received the de Vries Award for her groundbreaking work as one of the first investigators to note it was possible to identify older people who were at risk for falling and injury, that risk factors could be identified, and that a combination of strategies could be effective at reducing the rate of falls. Tinetti spoke at the 20th Annual CAAD Symposium on Research on Aging at the AAHPERD National Convention in Tampa last April.

In Memoriam: Herbert A. de Vries

Herbert de Vries, after whom one of CAAD's most prestigious awards is named, passed away October 1, days before his 92nd birthday. Professor emeritus of kinesiology at the University of Southern California, de Vries was one of the world's leading muscle and exercise physiologists throughout the 1960s and '70s. His long-term research focused on senior citizens and exercise, particularly on residents of Laguna Beach, CA. He conducted extensive research on Alzheimer's and Parkinson's diseases and authored many scholarly essays on physical fitness and aging, examining the effects of exercise on quality of life. De Vries maintained that the most important outcome of physical activity is stress reduction. He was a long-time member of AAHPERD/AAPAR.



Millions to Fund Wellness Initiative

The U.S. Department of Health and Human Services (HHS) has created the Communities Putting Prevention to Work initiative, designed to reduce risk factors, prevent/delay chronic disease, promote wellness, and provide positive sustainable health change. HHS will use \$373 million of the \$650 million from ARRA to fund the initiative's cornerstone: the Community Program, which aims to increase physical activity, improve nutrition, decrease obesity, and decrease smoking. As health and fitness professionals, you can work with your local or state health departments (the only entities eligible to apply for the grants) to develop and implement community policies and programs. Schools cannot apply but can benefit by working with local and state health departments to complete the application package.

Deadline: December 1. More information: www.AAHPERD.org.

Get Out! | continued from p.1

- Gather strategies and tactics for including children with Asperger's syndrome and autism in mainstream snow sport lessons.
- Uncover the secrets to creating safe winter camping sites, properly layering clothing for comfortable winter activities, building a winter campfire, and more.

Spaces are still available but filling fast for the December 3 – 5 conference in Laconia, New Hampshire. Registration includes two dinners, two box lunches, and three full days of lift tickets and equipment rentals (Friday-Sunday). In addition, adult family members who accompany you, but aren't attending the conference, can buy three full days of lift tickets and equipment rentals for just \$100. What a deal!

Paul MacKinnon, a leader of outdoor pursuits from New Brunswick, Canada, attended the summer 2007 *Get Out!* conference in Idaho. "By far the best conference I have ever attended," he reported on a post-conference survey. "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."

We're sure you'll feel the same way about the winter conference!

AAPAR brings you *Get Out!* in collaboration with Eastern District Association AAHPERD and New Hampshire AHPERD. Our Black Diamond Sponsor is Winter Feels Good, an initiative of SnowSports Industries America. For more information: www.aapar.org/getout.

St. James | continued from p.1



Top 100 Women Athletes of the Century. She is a recipient of the Guiding Woman in Sport Award given by the National Association for Girls & Women in Sport.

St. James, president of the Women's Sports Foundation (1990-93), is now Vice Chair of the Indiana Governor's Council on Fitness &

Sport: InShape Indiana. Join her for a fast-paced, entertaining, and inspiring keynote address on Thursday, March 18, 2010, in Indianapolis, IN. We guarantee a unique and exhilarating chance to reflect not only on one woman's extraordinary career, but also on your own work and passion!

Survey Says...

Stephanie Lussier, AAPAR AA

Thanks to all who participated in AAPAR's recent survey of our Adapted Physical Education Assessment Scale (APEAS II) software. We received lots of great feedback (see the box). APEAS is designed to help educators identify students, ages 4½ to 17 years, who qualify for extra help in physical education. One user commented that APEAS offers a "quick, easy way to get stats and the ability to present them in a visually pleasing, understandable way. I can't say enough about the way the score sheet and profile are designed. Fabulous." Check our new Web site for more testimonials.

Get a Kick Out of Life!

AAPAR is pleased to announce its nonprofit partnership with Genzyme Corporation, which is promoting lifelong physical activity for people with osteoarthritis. The "Get a Kick Out of Life" campaign encourages people with osteoarthritis of the knee to stay active through hiking, dancing, exercising, and other physical activities. The goal is to increase awareness of Synvisc-One, a treatment option that can help patients get a leg up on their osteoarthritis.

On September 24, AAPAR's Senior Program Manager, Chris Neumann, traveled to the Time Warner Center in New York City to participate in the kick-off campaign, which included a press conference, prizes, and a brief appearance (outside the building) on the CBS Early Show. Campaign spokespersons include Mary Six, a former Radio City Rockette, and Dr. Nick DiNubile, a leading orthopedic surgeon.

Genzyme has made a generous donation to AAPAR in return for our support of this campaign, and AAPAR was able to staff a booth and distribute educational materials at the event.

Survey Results

- 76.8% of the respondents said they found APEAS easy to use.
- 86.2% would recommend APEAS to a colleague.
- 79% were satisfied with the overall pricing.

Here is feedback from our pilot APEAS Workshops:

- 95% found the training helpful.
- 100% agreed that the speakers were knowledgeable.
- 95% would recommend the training to others.

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Ride On!

Chris Neumann, AAPAR Senior Program Manager

If there is one thing that AAPAR staff members love to do, it's see our members in action. In early September, I participated in a Bike Smart Virginia! workshop facilitated by AAPAR's bicycle safety curriculum consultants **Vicki Miller** and **Heather Board**. Besides getting out of the office for a few days, one of the more awesome things about taking part was the chance to experience the workshop from your perspective—that of a physical education teacher/recreation specialist, for whom the course is designed. About 22 local teachers participated as part of their continuing education and preparation to teach the curriculum, using their fleet of new bikes. Six of them had taken the course before. They enjoyed it so much, they returned for a refresher.

One of the more useful things I learned was how to reengage a fallen chain without touching it, keeping my hands grease free. I had the chance to try that handy trick on a bike ride the following week—and it worked! I also learned some tips on how to encourage parents to reinforce helmet use at home, and equally important, how to use defensive riding maneuvers. I hope I won't ever have to make quick stops and instant turns to avoid collisions, but if I do, I'll be able to thank Vicki and Heather for teaching me to avert disaster.

AAPAR's Executive Director, Mariah Burton Nelson, also attended for a half-day and was impressed by Vicki and Heather's tremendous knowledge and teaching skills. The bicycle safety curriculum is made possible by a generous grant from the National Highway Traffic Safety Administration.



Vicki Miller instructs teacher trainers in Virginia

PARTicipate!

To keep you informed, AAPAR is launching a new e-newsletter. *PARTicipate!* will be an extension of *PAR For Life* and will include links to Council news items, announcements, opportunities, upcoming events and workshops, resources, important legislation—just about anything our members will find useful and informative. We invite you to submit brief entries with Web links as often as you like. This is your opportunity to distribute your news more regularly and to encourage your colleagues to PARTicipate!

Sawyer Becomes a Legacy

AAHPERD's Alliance Legacy Society recognizes members who, through planned giving, pledge a future financial gift to AAHPERD, one or more of its national associations, or the Research Consortium. **Tom Sawyer**, AAPAR's representative to the Board of Governors, has recently made such a pledge. **Joel Meier** (AAHPERD President 1989-1990) is also in the Legacy Society. AAPAR sincerely thanks these two outstanding leaders for their financial commitment to AAPAR. For more information about how you can extend your commitment to promote lifelong and inclusive physical activity, call 703-476-3400.

Do Your Students Need Help?

NEW Adapted Physical Education Assessment Scale (APEAS II)

Learn which students qualify for special adapted physical education services.

Get them the help they need.

Easy-to-use, revised format (downloadable electronic score sheet or paper & pencil).

Encourage your school district to purchase copies for you and your peers.

For prices and more information:
www.aapar-apeas.org



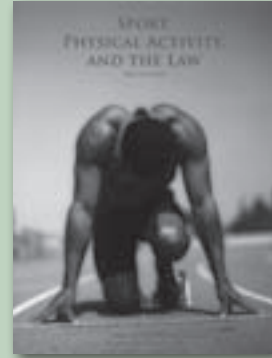
Sport, Physical Activity, and the Law, 3rd Ed.

This popular book will help you or your students learn the elements of the law necessary for creating and managing sport and physical activity programs. The supplemental case studies, management guidelines, and discussion questions explain how the fundamental concept of law applies in physical activity settings. Learn about risk management, game official responsibilities, breach of contract, product liability, the role of the EEOC, the right to participate, and statutes such as the Americans with Disabilities Act.

Facility Management for Physical Activity & Sport and

Facility Planning and Design for Health, Physical Activity, Recreation and Sport, 12th Ed.

Since 1946, *Facility Design and Management for Health, Fitness, Physical Activity, Recreation, & Sport* has been a cornerstone resource for facility designers, users, and managers. Now the latest edition of this bestselling text has been updated and expanded into two volumes. *Facility Management* incorporates the first twelve chapters of the 11th edition and offers new chapters on policy development, ethical decision-making, and event management. *Facility Planning and Design* covers common facility components, specifications, recreational spaces, specialty areas, and trends. Three new chapters include information about sustainability, standards and guidelines, and a history of the book. Additional online resources include an instructor's guide, a course syllabus, and Power-Point slides. Both books are endorsed by AAPAR's Council on Facilities & Equipment and were edited by **Tom Sawyer**, AAPAR's representative to the AAHPERD Board of Governors.



New & Popular Resources



GET OUT!
2009 AAPAR Outdoor & Adventure Education Conference
 December 3-5, 2009 - Laconia, New Hampshire

All professional development should be this much fun!

visit www.aapar.org/getout





Member News: What's Up With You?

Innovative Summer School Integrates Adapted PE, Math, and More

Johnnye Keglton and colleagues have implemented a summer curriculum to promote inclusion and serve students with a wide range of disabilities. Known as Thunderbird, the program integrates music, dance, drama, social skills, physical education, language arts, social studies, and computer literacy into one syllabus. Keglton uses addition, subtraction, and directionality in music, dance, and physical education, while language arts is used to promote cultural awareness and strengthen communication skills. Social studies is a part of every class, with the introduction of customs, games, and tradition through dance, physical education, and drama. Students produce a CD of their work at the end of the summer. For more information: Johnnye Keglton, jkeglon@dallasisd.org.

Disability Sport in Texas

The University of Texas at Arlington is expanding their sport and recreation programs for students with disabilities on campus. Plans call for competitive wheelchair basketball and wheelchair tennis, as well as recreational programs, sport clinics, modified activity classes, and intramural sports for students with disabilities. Contact **Doug Garner**, Assistant Director of Campus Recreation/Adapted Sports and Recreation: dgarner@uta.edu.

Driving it Home for Camp Abilities

SUNY Brockport grad **Justin Haegele** and a fellow student, undergraduate Matthew Mescall, completed their 45-day road trip promoting Camp Abilities and the benefits of physical activity for children with visual impairments. Logging more than 15,000 miles, the team spoke to APE college students and professors throughout the country. They also spread the word to others they met along the way. "From a man living in a tent on top of a mountain to a couple sleeping in a pullout on the Oregon Coast, we presented our mission to people, endlessly, each time an opportunity presented itself," Haegele said. He describes the journey as "truly a once-in-a-lifetime opportunity" and hopes he and Mescall have made a difference in people's lives.



Camp Abilities Alaska baseball team

What Else Do You Read?

AAPAR distributes its news and announcements in online sources such as NCPAD, NCPPA, IFAPA, IFC, and PE News. In addition, our *Get Out!* conference has been listed in online calendars with NRPA, the Association for Experiential Education, and a new outdoor activities site called *OutThere4U.com*. In what other newsletters or calendars might AAPAR post stories? Let us know so we can get the word out: aapar@aahperd.org.

Go Play Outside



New playground curriculum for fun & fitness | K-5.

100 creative activities & games.

Full-color binder.

Aligned with NASPE standards.

Variations for kids with disabilities.

Send-home guide for parents.

800.321.0789

www.aapar.org

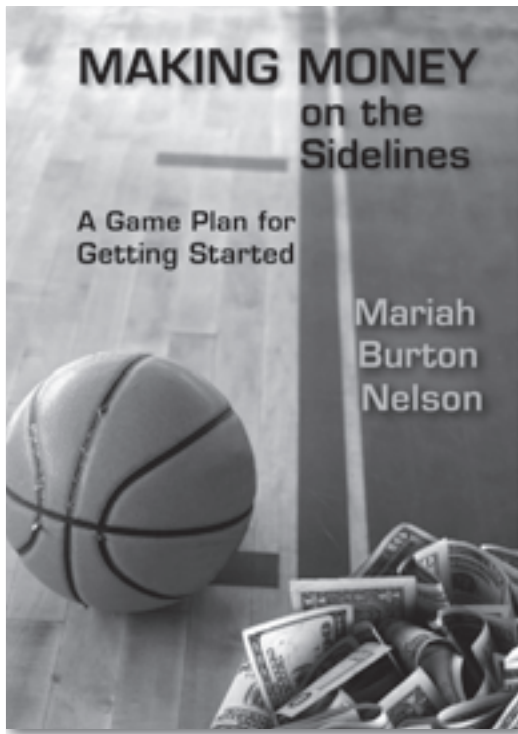
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Thomas L. McKenzie, San Diego State
University*

*77% of AAPAR members surveyed
said they would like to earn more
money.

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All proceeds go to AAPAR



For this year's team-building staff retreat, AAPAR staff climbed to the top of Old Rag in Virginia's Blue Ridge Mountains. Pictured left to right back row: Chris Neumann, Mariah Burton Nelson, Sam Iverson, Sarah Snyder; kneeling: Judy Young (left), AAHPERD's Vice President of Programs, and Stephanie Lussier.

