

The Pulse

American Heart Association
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Eunice and Eric

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websites: www.aahperd.org/ jointprojects.html	
www.americanheart.org	



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www.aahperd.org/thepulse

Hawaiian Style Celebration Warms Up the Windy City

Hoops for Heart Celebrated its 10th Anniversary Hawaiian Luau Style at the AAHPERD National Convention and Exposition in Chicago, IL.

Bob Melson, JRFH Coordinator and Past Chair of the JPC, emceed the evening from a podium adorned by a Hoops for Heart quilt made by Karen Hatch, IN HFH State Coordinator. The rest of the room was true Luau theme complete with Hawaiian decorations; Hawaiian music and dancing performed by Pacific Soundz Productions, and Hawaiian shirts. Guests attending the party were put into the spirit with Hawaiian lei as they entered the room.

Throughout the evening Bob introduced, with great excitement and flare, longtime coordinators, sponsors, award winners, grant winners, and notable others. As the evening progressed the Alexandria Aces, Basketball Performance Team from Minnesota, walked around the room and performed spectacular ball handling stunts that drew a roaring crowd. John Thompson from US Games kept the momentum going by raffling sets of their new Hawaiian product line.

Great food, entertainment and dancing made the evening memorable. However, we remember what made this all possible; the fantastic coordinators that made 10 years of HFH a success! Thank you to all who made this possible and thank you to all that came out to enjoy this evening.

—J. Katounas

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At the Heart of the Matter

Free-Throw Shooting Contest

Larry Doyle, Ohio Hoops for Heart State Coordinator, JPC member

Did you hear about the “Hoops For Heart” Free-Throw Shooting Contest at the National Convention in Chicago, Illinois this April? The event was a cooperative effort by the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) and the American Heart Association (AHA) in honor of the “Ten Year Anniversary of Hoops for Heart.” Some of you reading this article watched or maybe even participated in it. The convention-goers stopped at the Activity Area to register for the contest then they stepped up to the Free-Throw line in front of the portable basketball hoops to see how many baskets they could make out of ten attempts. The contest lasted from 2:00 to 4:00pm on Wednesday with a walloping 145 participants. Out of all the contestants, there were three outstanding participants who made a perfect “10 for 10.” They are: **Tiffany Frederick** from Auburn University in Alabama, **Ernest Rodriguez** from Santa Fe Indian School in New Mexico, and **Jenny Reese** from the University of Wisconsin at Oshkosh. Wow! “10 for 10.” Congratulations to these top prizewinners who received some very nice gifts to take home! There was good news for people who participated just for fun. There was a “Random Prize Drawing” for all who registered for the event. (You didn’t have to be an expert shooter to win a prize.)



Jackie Katounas, the National Joint Projects Program Administrator, said that there would be a free-throw shooting contest next year at the AAHPERD National Convention because this year’s contest was such a success and participants had so much fun. I hope to see you at the contest next year. Who knows, you might even make “National News” like the winners above!

Thank you to everyone who sponsors a “Hoops for Heart” event!! Year in and year out, your efforts are very worthwhile and much appreciated. If you are interested in hearing

more about how “Hoops for Heart” can make a difference at your school, contact me at Central School, Physical Education, 27 Public Square, Brecksville, OH 44141, 440-740-4139, Larry.Doyle@Inoca.org. ♥

CONVENTION SNAPSHOTS



Chicago Bear Mascot with HFH Waterbottle



Bob Melson at the HFH 10th Anniversary Celebration



Joint Projects Committee at Navy Pier

JPC Tour of Northwestern Feinberg Cardiovascular Research

Betsy Beals, JPC Member

While the Joint Projects Committee (JPC) was in Chicago for the AAHPERD National Convention, the Midwest Affiliate Vice Presidents, Linda Dailey and William Repke, arranged a tour of Northwestern Feinberg Cardiovascular Research Institute. The tour began with Dr. Edwin Wu, Cardiologist who had received an American Heart Association research grant. This physician is researching cardiovascular magnetic resonance imaging (MRI) and is helping find and correct heart problems in his patients.

Dr. Wu explained how researchers throughout the entire university community share ideas and expand the cardiovascular knowledge base, which is in turn used with Northwestern cardiac patients. This cutting edge physician-scientist approach integrates the clinician with the basic scientist. Some of the areas that Dr. Wu integrates are Biomechanical Engineering, Radiology and Cardiology, or in simpler terms, basic cell protein studies, cardiac catheterization, MRI, and nuclear medicine. I really connected to Dr. Wu because I realized how his research would help all cardiac patients. My son had an unexpected heart



catheterization last fall and I asked Dr. Wu about the procedure. Talking to Dr. Wu I learned he was my son's age. With that connection, I knew more than ever that this tour was an important event for the Joint Projects Committee. Next we toured the MRI Research Room in the dark confines of the basement and saw actual MRI research being done.

Dr. Francis Klocke, Director of the Institute, took us on a tour of Northwestern's research labs. We stopped and talked with scientists at work and realized how much the research money is needed to ensure that we learn more about heart disease and how to treat it effectively. We also realized that research learning about protein in the blood is just a small part of the big picture for Jump Rope for Heart and Hoops for Heart and this type of research would help cardiac patients worldwide. The tour made the importance of Joint Projects become clearer for all that attended. Yes, the JPC Team is a great team and because of the AHA/AAHPERD partnership, an important research team at Feinberg Cardiovascular Research Institute has developed new approaches to treat cardiac patients who will be healthy, active and will live longer. ♥

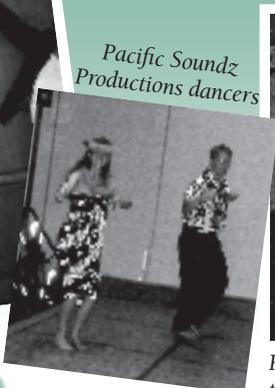


Jackie Katounas pinning Dr. Wu with the HFH 10th Anniversary Pin.

Dr. Francis Klocke, Director of the Institute, took us on a tour of Northwestern's research labs. We stopped and talked with scientists at work and realized how much the research money is needed to ensure that we learn more about heart disease and how to treat it effectively. We also realized that research learning



HFH T-Shirt Quilt



Pacific Soundz Productions dancers



Karen Hatch, designer of the HFH T-Shirt Quilt



View of Chicago

2004-2005 JRFH/HFH Grant Recipients Announced

The JRFH/HFH Grant Program had another terrific year. With over 100 applications received by the November 1st deadline, the selection process was tough. Recipients were honored at the National Convention in Chicago and received a grant worth \$2500. \$1200 in US GAMES gift certificates and the remaining \$1300 for professional development (convention registration and travel costs, and AAHPERD membership). The following are the 2005 JRFH/HFH Grant Recipients:



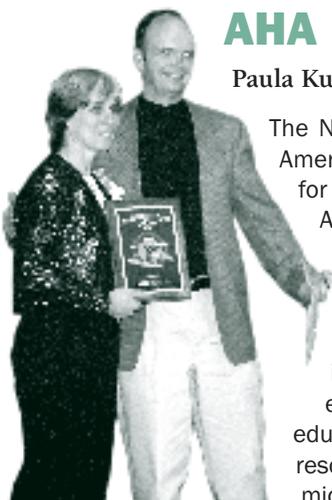
Teri Birchfield	Pleasant Elementary School	Ohio
Susan Carringer	Burks Middle School	Tennessee
Melanie Champion	South Brunswick Middle School	North Carolina
Rebecca Engart	Simon Butler Elementary School	Pennsylvania
Linda M. Ferris	Fairview Elementary School	Oregon
Daniel R. Hill	Collins Lane Elementary	Kentucky
Tammy Hipes	William Perry Elementary	Virginia
Phyllis Jones	Harwinton Consolidated School	Connecticut
Kathy Kent	Simpsonville Elementary School at Morton Place	South Carolina
Timothy J. Meyler	Mountain View Elementary	North Carolina
Donna Moore	Safford Middle School	Arizona
Mike Tenoschok	Mount Paran Christian School	Georgia
Mary Trettevik	McKnight Middle School	Washington
Krista L. Winn	Hamilton Elementary School	Washington
Sheila Wolfe	Tommy's Road Elementary School	North Carolina

Congratulations to those that received the grants and thank you to all those that applied! We appreciate all that you do for the JRFH and HFH programs.

If you are interested in applying for the 2005-2006 grant, don't delay, visit our website for details and application materials. www.aahperd.org/jointprojects.html ♥

AHA Honored by NASPE

Paula Kun, NASPE Public Relations Manager, AAHPERD



The National Association for Sport and Physical Education (NASPE) honored the American Heart Association (AHA) with the Ross Merrick National Recognition Award for its advocacy of quality school physical education programs for every child in America at the 2006 AAHPERD National Convention in Chicago. According to NASPE President Dolly Lambdin, "The Ross Merrick National Recognition Award is given to an organization that has done exceptional work in supporting physical activity, physical education, or sport as it relates to NASPE's mission and has supported NASPE as an organization." Currently the American Heart Association is working at the state and federal levels to advocate for public policies that encourage better nutrition and increased physical activity, including daily physical education for students in grades K-8. At this time 10 states have passed laws and resolutions concerning physical education standards in their elementary and/or middle schools and seven states dealt with school health legislation.

Dr. Judy Rink of the University of South Carolina presented the award to William C. Repke, AHA Greater Midwest Affiliate Senior Vice President of the Youth Market, headquartered in the Chicago area. ♥

JRFH/HFH Outstanding Coordinators of the Year

The 2005 JRFH and HFH coordinators of the year were announced and recognized at the National AAHPERD Convention and Exposition in Chicago, IL. We proudly recognize Ken Hirth, Susan Jackson, and Doug Kane for their hard work and dedication to the JRFH and HFH programs.

JUMP ROPE FOR HEART



Ken Hirth, Vena Stuart Elementary School, Gallatin, TN

Ken began working with the JRFH program in Tennessee in 1981. In the time since he has influenced more than 9600 students. He calls his event the “Biggest Jump Rope Party in the World”. In addition to the event, he has developed the “Jump Rope Club” to encourage the students to progress through the skills of jumping rope where they earn certificates for completing each skill.

JRFH is Ken’s passion. He started the first JRFH demonstration team in Tennessee almost 25 years ago and continues to coach the “Jumpkins” at Vena Stuart Elementary School. Ken was the Tennessee State Jump Rope for Heart Coordinator for 13 years. He also served as a member of the Southeast Region Task Force where he was instrumental in the development of the demonstration team requirements and guidelines for the region. He continued his mission of enhancing demonstration teams by starting the Team Tennessee concept. This allows students from various teams a chance to meet, practice, and learn from each other as well as demonstrate for schools near the state convention site and at the state convention. Ken Hirth is the administrator, coordinator, coach and cheerleader all in one. **We applaud all that you do. Thank you for your dedication to the JRFH program!**



Susan Jackson, Valley Elementary School, Pelham, AL

Susan Jackson has been teaching and inspiring children, their families, and other teachers within her school by including Jump Rope for Heart in her curriculum for over 20 years. She has proven to be a leader in the JRFH program at the state, district, and national levels since 1990 in roles such as the Alabama JRFH and Joint Projects State Coordinator, the JRFH Council Chair for Southern District AAHPERD, and a member of the Southeast Affiliate Task Force. She has organized local, state and Southeast Affiliate Jump Rope Team Workshops and presented JRFH sessions at the national, district, state and local levels.

Susan continues to be a leader in the Jump Rope for Heart program. This year she obtained her National Board Certification in Early and Middle Childhood Physical Education and is the Alabama JRFH Coordinator of the Year. Her enthusiasm and commitment is reflective of her success making her most deserving of the 2005 Jump Rope for Heart Outstanding Coordinator Award. **Thank you Susan for all that you do for the JRFH program!**

HOOPS FOR HEART



Doug Kane, Our Lady Queen of Peace School, Milwaukee, WI

Doug Kane is in his 38th year of teaching physical education at the elementary level and hosting his 32nd heart event. He taught 30 years in the Milwaukee Public Schools before retiring in 1997. Since that time he has been teaching part time at Our Lady Queen of Peace School in Milwaukee.

Doug demonstrates creativity in his approach to his events in a way that will involve every student regardless of their ability to raise huge amounts of money, focusing on positive community service and heart healthy involvement. In addition to running these events, Doug has served for a number of years on the Wisconsin State JRFH Task Force and held the WAHPERD President role. Within these roles, Doug has been able to promote JRFH and HFH to his professional peers and the state of Wisconsin.

His positive attitude, dedication, and “fair-play” philosophy toward athletics has placed him as a role model for the students and teachers. **Congratulations Doug on this well deserved award!**

JUMP ACROSS THE NATION

Clinton Foundation and American Heart Association Form Alliance to Create a Healthier Generation

The American Heart Association and former President Bill Clinton announced plans May 3, 2005 in New York, NY to join forces to create a new generation of healthy Americans by addressing one of the nation's leading public health threats — childhood obesity. They are joined in their efforts by Governor Mike Huckabee (R-Ark). The initiative will focus on preventing childhood obesity and creating healthier lifestyles for children overall. The joint alliance, launched at New York City's Public School 128, aims to target several areas that the group hopes will spark change and slow the increasing rates of childhood obesity in the U.S., and encourage healthier lifestyles for young people. The effort will focus on the following areas:

- **Industry:** Convening key industry players in consumer packaged food, food service, and exercise/fitness to develop healthier eating and more exercise.
- **Schools and Community Groups:** Increasing physical activity and improving nutrition in schools across the nation.
- **Community Mobilization:** Creating a campaign to engage kids and inform parents in taking steps to make healthy lifestyle choices, and creating tools and providing opportunities for health care providers to better recognize, prevent and treat obesity in children.
- **Media:** Exploring opportunities to work with the media to encourage healthier lifestyles for young people.

President Clinton wants to make sure all children are healthy and reverse the growing rate of obesity in the United States. Today, more than twice as many children — and almost three times as many teens — are overweight as in 1980.

Today, more than twice as many children — and almost three times as many teens — are overweight as in 1980. Overweight children and adolescents have about a 70 percent chance of becoming overweight adults - increasing their risk for heart disease. If this trend continues it could cut two to five years from the average lifespan.

According to Robert Eckel, AHA President-Elect, "The new 'for kids, by kids' campaign, which will launch later this year, will be a positive movement that will speak uniquely to this generation of young people. We are creating something we know will appeal to 'tweens' and other kids because we have involved them in the process of developing the campaign." ♥



"We've got to change the eating habits of America's young people. The truth is that children are consuming more sugar and fatty foods than ever before. We want to reverse the growth in childhood obesity," President Clinton said.



JRFH students at New York City's Public School 128 in Harlem demonstrated one of the many ways kids can exercise, while having fun.



Arkansas Governor Mike Huckabee (right) is joining President Clinton in the initiative.



President Clinton and the children get their pictures taken.

Photo credits: Ben Asen for the AHA/Clinton Foundation

Coordinator's Corner

“OUTSTANDING” HOOPS FOR HEART EVENT COORDINATED BY ROWAN UNIVERSITY STUDENT TEACHER

By: Peter Rattigan, Ph.D., Assistant Professor, Rowan University, Glassboro, NJ and Andrea Stutzbach, Rowan University Student



At Rowan University in Glassboro, NJ, a cohort of around 40 student teachers leave for area schools each semester to complete their training in health and physical education. As part of their student teaching requirement, they complete a project of some kind — the theme is open and any extra curricular activity that meets with the approval of the cooperating teacher and the student teacher supervisor is acceptable. An outstanding project completed in fall 2004 was the brainchild of Andrea Stutzbach, who completed her secondary level student teaching at Williamstown High School, Monroe Township, NJ.

Andrea decided to run a “Hoops for Heart” event at the school. After proposing the idea, the task seemed a little overwhelming. Things started to look better for Andrea after meeting with American Heart Association representative Peg Manochi. With helpful materials in hand and some ideas to work with, Andrea began planning the event. She wrote a proposal to the principal, Steve Stumpo, checked the availability of the gymnasium with athletic director Roy Fennimore, reserved the space and decided on the format for a 3 on 3 tournament for the big night.

Much help was going to be needed to have a successful event. Andrea's cooperating teacher, Kathy Mitton, suggested using student service club members. Andrea contacted the clubs and recruited volunteers to make posters, collect donations, distribute “Thanks For Your Heart Work” \$1 donation cards, and help on the night of the event. The HPE faculty members at Williamstown were wonderfully supportive with suggestions and offers of help in running the event.

Much creativity was also needed. Andrea created her own donation envelopes, contacted the entire high school faculty via letter and voice mail to elicit support and donations, and announced the event in her classes and on the school's morning announcements. Dennis Kolecki, Andrea's health education mentor teacher, offered to MC the event and suggested opening the concession stand, with a percentage of the proceeds going towards donations. Arrangements were made for basketballs, music and bleachers. Students were invited to enter 3 player teams at \$20 per team. Posters for tournament brackets were readied, but not finalized until the day of the event, as several last minute entries were expected. Nancy Manzoni and Karen Dilmore, two members of the

HPE department, were ready to run the tournament brackets for a girls and a boys tournament. Becky Petsch, a recent Rowan University graduate and new teacher at Williamstown, also helped at the scorer's table. Mark Suk, the HPE department chair, stopped by after football practice to make sure things were going well.

Andrea had tee shirts for tournament prizes and certificates for participants. She received some special basketballs from HFH, bought raffle tickets, and raffled off the basketballs for extra donation money. Spectators were welcomed for a \$1 donation to the cause. The gym was prepared for playing five 10-minute games at a time during the two-hour event. Student volunteers were ready to help with the raffle, take donations at the door, and monitor games in order to report scores. Everything was ready to go.

On the morning of the event day, only 15 teams were signed up; however, by the time the event got underway, there were 28 teams altogether! Despite the last minute rush, tournament brackets were set up, games were organized, and the event got underway without a hitch. With Andrea's planning, the support of the faculty and American Heart Association representatives, the help of student volunteers, and the enthusiasm and good behavior of the players and spectators, the event was a resounding success! By the end of the night, Andrea had met her goal of \$1,000 in donations to American Heart Association, and everyone had enjoyed the event. Comments from participants and observers alike were very positive. Peg Manochi and Beth Kugler, of Hoops for Heart, who attended the event, in fact stated that this was the best high school event they had seen! Comments collected from participants the following day by Dennis Kolecki reflected similar enthusiasm:

“I had a lot of fun!”

“It felt good to raise money for the American Heart Association”

“It was fun playing basketball with my friends”

“I hope we can do it again next year and raise more money”

Hoops for Heart events are not the easiest things to organize for the first time, but this one looked like the work of a veteran. The event was very impressive in it's own right, but doubly impressive for a student teaching project! Andrea has set the bar very high for health and physical education student teachers at Rowan University. ♥

TIPS FOR A SUCCESSFUL JUMP ROPE FOR HEART EVENT

By: Gina Parker, Prairie Oak Physical Education Teacher/Jump Rope For Heart Coordinator, Berwyn, IL

I have held many different Jump Rope For Heart events in all of the schools I have taught. Even though each school and each event was different, there are some things that I have learned to help make every event successful no matter what it is and where it is held.

1 NO IDEA IS A BAD IDEA. Write it down and keep it until the idea matures and you can figure out how to implement it. Remember, when you do implement the idea, it takes time to make it really good, so keep tweaking it.

2 PAPER. Do most teachers use white paper when they photocopy? How immune to white paper do you think parents are by now? Most parents only scan white paper. If you want a parent to read something, put it on brightly colored paper so it catches their eye. Different types of paper can also be used for the students to make hearts that signify who they are jumping for, even if they are jumping for themselves. This can be made a homework assignment so the students have an opportunity to talk to their parents about what they are doing at school in PE. My final tip for using paper, give teachers packets of information that they can use to teach about “heart healthy” lifestyles in any subject. I have found that first year teachers don’t use the packet, but as years have gone on, more and more do. Eventually, teachers come ask me for more information because they see the quality worksheets and information the American Heart Association makes available.

3 NEWSLETTER. If your school has a weekly newsletter or something similar, make sure information about your Jump Rope For Heart event is in it. If there isn’t a weekly newsletter, make one for yourself full of Jump Rope For Heart information. Send it home every week or every two weeks depending on how long your event runs.

4 RAFFLES. I have many! Every permission slip turned in is a chance in the raffles. I do not push my children to do fundraising, but I do push them to be responsible and return their permission slip. I raffle prizes I have collected at dollar stores, card stores, and gifts I received and couldn’t use. I pull one name from every class for that raffle. I often have another raffle for sports tickets that have been donated. For example, last year I had tickets to the Chicago Blackhawks and the Chicago Wolves. The final raffle is during the actual event. Each student wears a name tag with a number on it. During each event, I call four to six numbers depending on the number of prizes available.

5 CELEBRITIES. Everybody knows “Celebrities.” They are our parents, friends, sisters, brothers, teachers, police people, fireman, and administrators. One of the Jump Rope For Heart Events we hold at Prairie Oak is “Celebrity” Rope Turning. Two or three classes come at a time to jump long ropes and the turners are all “Celebrities.” This past year the big “Celebrities” that got a lot of talk after the event were my father (the PE teachers dad), the firemen (they had to bring their trucks because they were on duty, and the trucks added to the excitement), and the 4th and 5th grade PE classes. To get “Celebrities” is not that difficult. You just need to think outside the box. Think about all the times, you, the PE teacher, have walked down a hall in your school and had students get excited to say “Hi!” Think how cool it is to the children to see all these other adults they love in the gym playing with them. “Celebrities.” We are all a “Celebrity” in somebody’s eyes.

6 NEWSPAPERS. I call all of the newspapers in my area every year. I have one newspaper woman that gets excited about coming out because she enjoys the events so much. I have another reporter that loves to hear about what we do because it is so different from when she was in school. By taking time with the papers, we now receive a full-page color spread in one local paper and a half page in another. Newspapers make for great local publicity of not only your event, but also what you are teaching in PE.

If you have read this article, you are obviously interested in the Jump Rope For Heart Event. These activities are successful with all populations: rural or urban. I hope you have found some ideas helpful. Hopefully, this has sparked a new interest for you in sponsoring this event or rekindled an old interest to try it again.