

ThePulse

American Alliance for Health, Physical Education, Recreation and Dance

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American Alliance for
Health, Physical Education,
Recreation and Dance



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websites:

www.aahperd.org/jointprojects
www.americanheart.org

Jason Busche 2009 JRFH/ HFH Grant Recipient

By: Jason Busche

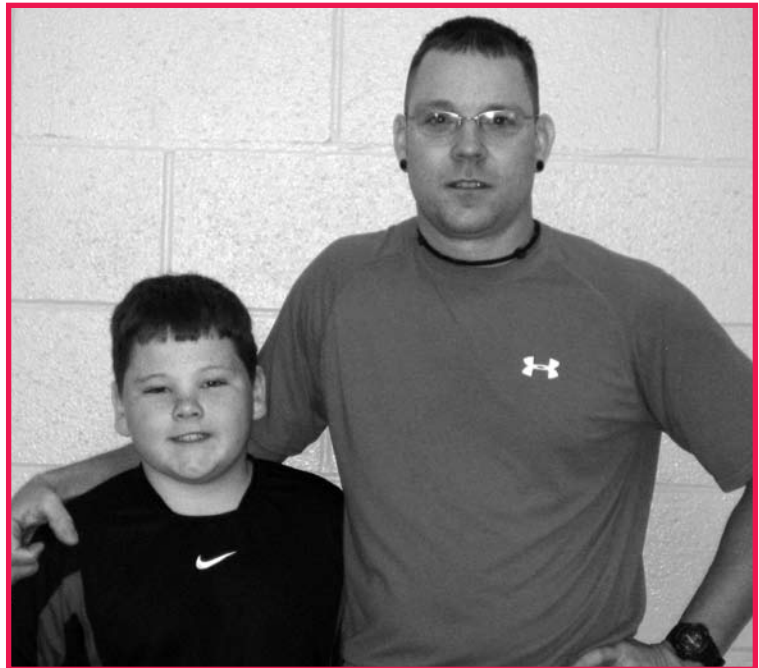
This is my third year teaching Physical Education and 2008 was my first year to conduct a Hoops For Heart or Jump Rope For Heart event. Being my first year teaching, I went into my year full bore. I wanted to do everything; Presidential Fitness, Fitnessgram, Hoops For Heart, Jump Rope For Heart, Field Day, and everything else related to Physical Education. To say I bit off more than I could chew would be an under statement. I did learn a lot through many trials and errors. Plus, I was exhausted after that year. I have learned now to take things a little slower and focus on Quality and not Quantity. Looking back on that first year, my Hoops For Heart and Jump Rope For Heart events meant the most to me.

We raised more money than the goal I set, yet that was not my main focus of these programs. My focus was to teach my students about cardiovascular disease in a way they would enjoy. Throughout both programs, my students taught me, as I much as I taught them. Their desire, drive and determination to help the American Heart Association, an association some

could not even pronounce at first was simply amazing. When we started the programs we just talked about what cardiovascular disease was and who it affected. It was mind blowing to see how many of our students either had the disease or knew someone who did. That really brought this epidemic close to home. I believe that is the main reason we worked so hard to help.

It was like a light bulb that went off in their heads. They knew that by helping raise money, they were

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Jason Busche and Noah

At the Heart of the Matter

American Heart
Association® 
Learn and Live™



GREAT TIME, GREAT IDEAS AT NATIONAL CONVENTION!

By: Heather Hibner, St. Mary School, Portage, WI

I am a 2009 AAHPERD JRFH/HFH Grant recipient and was very fortunate to attend the National Convention in Tampa, FL. It was FABULOUS!! This is only my third year teaching PK-8 Physical Education and K-4 Health, so I was really excited just to talk to other teachers and find out about challenges and triumphs they face. The positive energy and enthusiasm there was definitely contagious and made me even more proud to be in the profession I am in!

One session I attended that I found very enlightening was “School Tennis: No Courts, No Problem.” My school does not have access to tennis courts, so I had not considered tennis as an option for us. That particular session gave me some great ideas for a unit. It helped me realize that it doesn’t have to be regulation courts and exact rules. My students could just get a racquet in their hands, move and play, and get excited about tennis. So I joined the USTA as a school member for \$35 and then used some of my grant money to purchase 3 maxi-net systems. Through the USTA I was able to purchase tennis racquets, special tennis balls for the gym, and ball hoppers at very reasonable prices. I downloaded curriculum from USTA and set up a unit, which I just finished with grades K–8. All of my students loved it. As they were playing, I heard many students talking about trying to go out to the courts over the weekend to hit some tennis balls around. That made me feel great! I can consider it a success that my students are interested in pursuing a lifetime sport outside of gym class.

With my grant I was able to purchase so many things for my students that I would never otherwise be able to get. My students are excited to come into the gym each day to see what fun activity we will be doing next. Thank you so much for the wonderful convention opportunity and the equipment. My students and I greatly appreciate it. I am so proud to be an educator of physical fitness and health. Thank you for your help in doing my job... ♥



VOLUNTEERS NEEDED

Help CAHPERD & California Break Guinness World's Record for the "Most People Jumping/Skipping Rope at the Same Time"

Volunteers are needed throughout the state to help California break the Guinness World's Record for the "Most People Jumping/Skipping Rope at the Same Time!"

On Monday, February 1, 2010, at 9 am, the California Association for Health, Physical Education, Recreation & Dance (CAHPERD) will be leading Californians in schools, nonprofit organizations, businesses, service organizations and clubs, in a mass attempt to break the Guinness Record. The current record is held by Australia (59,000 people). For at least ten minutes and coordinated via live webcast, CAHPERD hopes that 80,000 Californians will skip rope at the same time to break Australia's record.

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helping mom, dad, grandpa, grandma, uncles, aunts, cousins and their fellow classmates. We had a student that was having a surgery that year to move and up-grade his pacemaker. When I told the students some of the money might go to help Noah, their eyes widened. "We would be helping Noah?" Finding personal goals to relate to the students made the events and collections sentimental. By the way, Noah's class raised the most money that year. The American Heart Association, I know was very appreciative of our efforts. The certificates and banners are visual reminders of our accomplishments. Still, I am indebted to the American Heart Association for the life changing way our students affected me in this first of many journeys to come.

My Hoops Day and Jump Day I kept very simple. Nikki Medina, our area American Heart Association representative and I, brain-stormed and came up with many great ideas. Any student that collected at least five dollars was able to participate. Our "Hoops Day" consisted of three competitions: Free-Throw Competition, Three Point Competition and their favorite, the Slam Dunk Competition (on an adjustable basketball goal, of course). Our "Jump In" consisted of three stations: Double Dutch, Freestyle/Free Jump and a Speed Rope Competition. We had 98% of the students that collected money participate in one or both events. I used the demonstration prizes from the Jump Rope For Heart/Hoops For Heart kits as my awards to the winners at each station. I had more than enough parent volunteers and both days went off without a hitch. The kids ask every year, "When are we going to do Hoops and Jump Day?" I love it when they look forward to something in my class.

The grant application process is very user friendly. If you have not looked into writing this grant, I highly recommend you do so. The equipment our school received has been awesome. Most budgets at our school were cut, but with the grant I was able to order ten times the equipment my normal budget allowed. Plus the trip to Tampa, Florida for the national conference, the awards ceremony, and the opportunity to see some of the best presenters in the nation was priceless. I would like to thank Hoops For Heart/Jump Rope For Heart, American Heart Association, CAHPERD and AAHPERD for the honor and privilege of the 2009 AAHPERD JRFH/HFH Grant. ❤️



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Volunteers are needed to coordinate and lead schools, community organizations, etc., in participating in the mass attempt. This will require the volunteer site coordinators to participate in bi-monthly conference calls, and attend at least one Jump Event Training Workshop (or participate in a training webinar) between now and January 15, 2010. The volunteers will be provided a “How-to” manual they can download from the CAHPERD website: www.cahperd.org. They will also have access to purchasing very low cost, commemorative jump ropes and event t-shirts or polo shirts, as well as instructional videos on basic rope skipping skills, motivational materials, and more!

As CAHPERD hopes to engage every California school in this effort, each school and school district will need a volunteer coordinator to act as CAHPERD’s liaison and organize their site’s Event implementation with their volunteer site team. University and high school students, adults and other volunteers are encouraged to work with elementary and other schools, scout troops, after-school programs, day care centers, senior centers, church groups, colleges, etc., to participate in this mass record attempt.

Technical volunteers are needed to help plan and implement the mass, live webcast between hundreds of sites in California, as well as Washington D.C., and potentially Iraq (with a California Military Unit).

Finally, volunteers are needed to JUMP! Thousands of individuals and groups are needed to register with CAHPERD as a participant in the record: www.cahperd.org, and then jump for ten minutes on February 1, 2010.

CAHPERD is a nonprofit, 501C3 organization; therefore, CAHPERD can offer any and all participants and leaders community service credits for volunteer support of this event.

For further information, or to sign-up to lead or participate in this mass Guinness World’s Record Rope Skipping attempt, please call CAHPERD at: (916) 922-3596 or check: www.cahperd.org. ♥

““ Volunteers are also needed to conduct fundraising events to purchase much-needed jump ropes for this effort ””

Volunteers are also needed to conduct fundraising events to purchase much-needed jump ropes for this effort (at least 80,000), as well as to underwrite schools/participants that cannot afford the minimum \$1.00 donation to the American Heart Association to be considered a record participant.

Volunteers are invited to use this mass attempt as a potential fundraising opportunity for regional schools and nonprofit organizations. Individuals and groups may purchase from CAHPERD commemorative jump ropes and shirts “at cost,” and then sell them to parents and community members at a profit to benefit their favorite charity.



Heart Story

By: Margaret Beuter, Iowa AHPERD JRFH State Coordinator



Jump Rope For Heart has been a part of my life for the last 28 years. Currently I am the Joint Project co-coordinator for Jump Rope For Heart with Jan Grenko Lehman in Iowa City. My position as the state coordinator is to inform you of the importance of holding a Jump Rope for heart event in your school and to help you make it be successful. Success means that you are able to get as many students/staff involved, raise money for the American Heart Association and to use the educational material to help prevent heart disease.

On Father's Day, June 22, I was called upon to put this knowledge that I have shared with many students and staff to use. My husband, Larry awoken me at 11:30 p.m. to ask me to take him to the hospital because he had heaviness in his chest/indigestion.

Upon arrival at the hospital he was immediately seen by an ER physician. Through their thorough examination it was determined that he needed to have a femoral catheterization procedure. Two hours later I was informed that he had 100% blockage in his left anterior descending artery and they were able to place a stent into this area. And most importantly he was a very lucky guy that he had come to the hospital when he did.

Our experience since that evening has been astonishing with all of the heart research and education that takes place with heart disease. I have been telling my students and parents for years the importance of giving money to cardiac heart research but when it is you and your family needing that information to save your loved one it takes on a whole new meaning.



My husband currently is enrolled in the University of Iowa CHAMPS cardiac program. It stands for Cardiovascular Health, Assessment, Management, and Prevention Service.

It has provided support for him and our family to feel confident that he is doing what is best for him to continue lifelong activities and healthy habits.

Learning about heart disease has been a priority in my life as a physical education/health teacher but because of the experience my family has been through this summer it has taken on new meaning. It has been amazing to see how the money raised by Jump Rope For Heart and Hoops For Heart is being used in my Iowa City community, through programs that help rehabilitate cardiac patients. We were able to celebrate our 29th anniversary in August. We (my extended family of 78) has been touched by heart disease once again and it has made us more aware of how the American Heart Association is working for us to make us heart strong.

Please consider holding a Jump Rope For Heart or Hoops For Heart event in your school. As I tell my younger students SAVE YOUR CHANGE – SAVE A LIFE...it could be someone you know.

Please contact us to help you plan your Jump Rope For Heart or Hoops For Heart event in your school this year. Remember if you hold an event you will be given a \$15.00 reduction on your IAHPERD membership. Help support our state Health-Physical Education-Recreation-Dance Association. We can only be as strong as our members. ♥

For more information contact one of us at:

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Jump Rope For Heart

Jen Neubauer
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Hoops For Heart

Margaret Beuter
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Jump Rope For Heart



JRFH/HFH Sessions at the 2010 AAHPERD Convention

Join us in Indianapolis this coming March for a fun filled week of AAHPERD activities. It is AAHPERD's 125th Anniversary as well as Hoops For Heart's 15th Anniversary! Full program details are available online at www.aahperd.org/convention, but here's a sneak peak! Make plans to attend the following Jump and Hoops sessions:

Hoops For Heart at the Elementary Level: Featuring the Whipple Hot Shots

JumpFit: Jump Rope for Fitness and Conditioning

Banding Together for Jump Rope For Heart

Spice Up Your JRFH/HFH Event ♥



Congratulations

AHA JRFH/HFH National Awards

ROOKIE OF THE YEAR AWARDS — JUMP

Crystal Savino

*Burnt Hickory Elementary School
Paulding, GA*

ROOKIE OF THE YEAR AWARDS — HOOPS

Kim Plagge

*Sycamore High School
Hamilton, OH*

JRFH COORDINATOR OF THE YEAR

Jo McCool

*Longbranch Elementary
Midlothian, TX*

HFH COORDINATOR OF THE YEAR

Michael Hicks

*Darrell Lynn Hines Academy
Milwaukee, WI*

TEAM OF THE YEAR

**Jason Feid, John
Dempsey, Rick Patch,
Lillian Gregory**

*North Attleboro Middle School
North Attleboro, MA*

YOUNG HEART AWARD

Cassidy Collins

North Carolina

ADMINISTRATOR OF THE YEAR

Sally Todd

*Assistant Superintendent of
Catholic Schools
Orange County, CA*

PRINCIPAL OF THE YEAR

Dianne Schreiber

*Assistant Principal
Morikami Park Elementary
Delray Beach, Florida*

OPEN DOOR AWARD

**Greta Gnagy, Carolyn
Nelson, and Jeff Brown**

*Olentangy School District
Sunbury, OH*

FAYE BILES AWARD

Julie Webb

*Woodland Elementary
Olathe, KS*

HEART HEALTHY AWARD

Maryann Ciesla

*Nurse
Lincoln Elementary School
Caldwell, NJ*

