

The Pulse

American Alliance for Health, Physical Education, Recreation and Dance

American Heart Association
Fighting Heart Disease and Stroke

AAHPERD

IN THIS ISSUE

Coach Shaves His Head for Heart	2
The AHA Research Corner	2
Stories from the Heart	3
Survivor Stories	3
HFH—Conducting the Event	4
Leave a Legacy—Pass the Jump Rope	5
Top 10 HFH Schools	5
Top 10 JRFH Schools	6
Jump Across the Nation	7
Stevens Point Wizards Demo Team ..	8

websites: www.aahperd.org

www.americanheart.org

The Pulse: Keeping the Beat

The Pulse newsletter is now in its third issue! Thanks to you we have had outstanding success with our first two issues. Due to the tremendous response, we have created The Pulse on-line, in a downloadable format, for all to see and use via the internet. You can access The Pulse on-line at www.aahperd.org/aha-pulse and then directly link to the AHA's new JRFH and HFH sites. Let us know what you think!

The Pulse is for you, the event coordinator, the AHA staff person, the state executive director, the teacher, and anyone else who plays a role in the success of the Jump Rope for Heart and Hoops for Heart programs. We need your continued feedback and submissions to keep The Pulse just that—right at the pulse of the programs. Please continue to mail or e-mail your submissions so that we can highlight your state, city, or school and let the rest of the country know how you make your event special.

This year represented another successful year for both Jump and Hoops. We were able to raise more money than ever before to continue the fight against heart disease and stroke and to promote physical activity. The new education kits and skills guide have been widely celebrated as the best in years, and there are several educational (and fun!) JRFH/HFH activities planned for the AAHPERD National Convention and Exposition to be held in Cincinnati, Ohio, March 27-31, 2001.

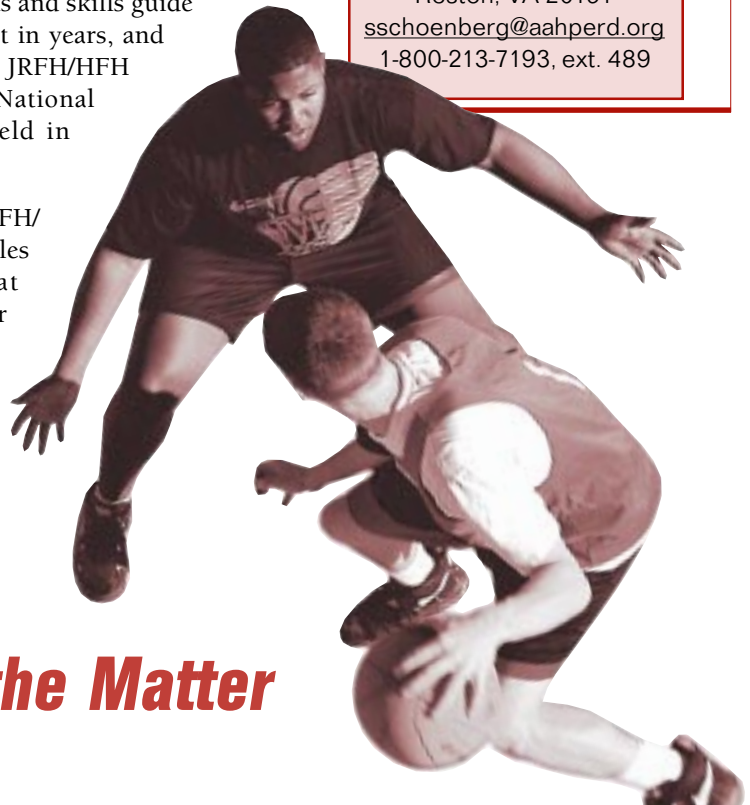
In this issue you will find the Top 10 JRFH/HFH schools across the country, articles on Jump and Hoops, another great "Story from the Heart", and a "Survivor Story" about a 5th grade boy from Connecticut. The Research Corner from the American Heart Association will again highlight one of the many ways that JRFH/HFH money makes a difference and a new section entitled "Jump across the Nation" will debut. Enjoy! ♥

The Pulse Newsletter

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At the Heart of the Matter



Coach Shaves His Head for Heart

Cortez Elementary School students in Las Vegas, Nevada were jumping at the chance to fight heart disease and stroke, promote physical fitness, and watch their Coach, Sean Farnsworth, completely shave his head. As an incentive to encourage his students to exceed last year's Jump Rope for Heart donations, Coach Farnsworth promised to publicly shave his head bald if they accomplished that goal. The students eagerly went out and raised \$1691.50, beating last year's total by \$363.00.

At noon, in the middle of the playground, surrounded by 1,000 students, parents, and teachers, Coach Sean Farnsworth had his head shaved to fulfill his promise to Jump Rope for Heart participants. Students raising the most money had a "hands on" experience in making over the new "Coach Baldy"; they were allowed to do the initial shave with an electric razor! ♥

Adapted from the AHA Western States
Jumpin' Journal 2000



Going, going...



...GONE!

The AHA Research Corner

By Elaine Norton, Communications Manager,
AHA National Center

For those of you unaware that heart disease is the No. 1 killer in this country, here's a fact: over 950,000 Americans died last year from cardiovascular diseases and stroke—that's 42 percent of all deaths. For those of you who are familiar with the staggering statistics but think the disease only strikes the 65+ crowd, here's a gentle reminder. Heart disease and stroke inflicts children. Yes, children.

Heart disease and stroke—it can't possibly mean anything to you, until you experience it. At least that's what Physical Education teacher, Frank Johnson thought. Frank had been coordinating the "Jump Rope for Heart" program in his elementary school for years. He thought it was a great program to integrate into his student health curriculum. The kids had fun taking part in the event while raising money for heart disease and stroke. However, after his own daughter Mallory suffered a devastating stroke at the age of 11, Frank's participation in the American Heart Association's "Jump Rope for Heart" event took on a whole new meaning.

The money that is raised through the "Jump Rope for Heart" and "Hoops for Heart" programs in schools is vital to the continuation of heart disease and stroke research. Advances in gene research have been particularly exciting recently. Such discoveries include uncovering the genes that cause high blood pressure in children and the genes that are linked to congenital heart defects in infants. It is these advances that help save children's lives.

Five or 10 years ago, Cathy Turner's baby would not have survived. As a two-time Olympic Gold Medallist in speed skating, Cathy never thought that her newborn daughter Brittney, would have to exhibit some of her own attributes of physical endurance so soon in her life. Born with a heart defect, Brittney required surgery at 12 days old. Previously, the procedure that was performed on Brittney was not possible on an infant until six months old—many times being too late. Now, Cathy, along with her husband and 1 1/2 year old Brittney, participate in their local American Heart Association events to raise money for heart disease and stroke research.

For Frank Johnson and Cathy Turner, advances in heart disease and stroke research are essential. That's why your participation in American Heart Association fundraising and events is vital. Because it can't possibly mean anything to you...until you experience it. ♥



Stories From the Heart

By Kris Brockhagen

Look what we found!

One late spring afternoon while sitting at the lunch table two first grade boys approached me with great excitement. “Look what we found!” In their collective hands were 18 pennies. The boys had been at recess and found the pennies while playing in the sandbox. Not knowing their intentions, I said, “Oh, what a great find!” They said, “Mrs. Brockhagen, we want you to give this money to the American Heart Association.” I was excited that the boys, upon finding the coins, thought of someone other than themselves. I told them I would hold on to the money until the following school year when we did the Jump Rope for Heart event again. The next year when the boys signed up to participate in the JRFH event, their collection envelopes included 9 pennies. ♥



Survivor Stories



Michael Livingston, Age 10

Michael Livingston today is a vibrant, healthy 5th grader. It has taken time, surgeries, and AHA research procedures to achieve this. Michael is a heart survivor who truly owes his life to research funded by the American Heart Association and the Jump Rope for Heart program.

The heart is one of the most complex organs in the body and one that most people think very little about. Day in and day out it keeps us alive by pumping blood through our bodies. A normal heart has four chambers but Michael was born with a heart that only had three chambers. All four chambers are critical for normal blood flow so it was essential that Michael have surgery to correct this problem. By the age of two, Michael had already undergone two surgeries and was facing a third, very risky surgery before his next birthday.

Fortunately, Michael's doctor, using a procedure he had developed through research funded by the American Heart Association, was able to do this third surgery through a catheter and not another open-heart surgery. The procedure was to close a hole in the shunt that was placed in Michael's heart from a prior surgery. Michael had developed severe congestive heart failure after two open-heart surgeries; surely a third would have been more than risky.

Thanks to the success of the surgery through a catheter and the then experimental procedure developed with AHA grant money Michael is a healthy 10 year-old boy today!

Now Michael gives back to the AHA by attending JRFH and HFH events. Recently at his sisters HFH event he helped to raise over \$1,000 and put a survivor's face behind the event. Michael's own school, Rowayton Elementary School has been holding JRFH and HFH events for years and thanks to AHA research Michael can participate! ♥

Hoops for Heart – Conducting the Event

By Jaylen Turner, 1999 Midwest District Secondary Teacher of the Year
West Virginia, HFH State Coordinator

- The coordinator's packet provided by the American heart Association is a valuable tool in developing a Hoops for Heart event.
- Talk to other experienced coordinators for suggestions. What works for some may or may not work for others.
- Allow adequate time to plan for all aspects of a Hoops for Heart event. It can be overwhelming at first, but becomes easier every time.
- Do not try to do this by yourself! Utilize as many people as possible.
- Decide which events you will focus on. I have a three on three single elimination tournament; foul shooting contest and a three point contest. I have a boy's division and a girl's division in each category.
- Determine any other awards to be given such as highest money collector, best dressed team, etc.
- Involve teachers, parents, administrators and as many students as possible for door prize donations, food donations, concession stand workers, score keepers, officials, announcers, advertisements, etc.
- Set a deadline for all collections and stick with it. I have my students turn in their money one week before the event so I can set the team brackets. Opponents are randomly drawn for tournament play. Only one varsity player may be on a team for the three on three tournament.
- Do not let the teams know who their opponents are until the doors open for the event.
- Designate playing areas by numbers or letters so that the teams will know where they play.
- Display large poster boards at the end of the courts and promptly record results.
- I use the scoreboard and have two games going on at the same time, ending with the buzzer. Playing time is determined by the number of teams and the time allocated for the tournament. I usually have a 2-3 hour time span to complete all events.
- Each participant checks in 15 minutes before the starting time and gets a hand stamp which is used for concessions. Door prizes are drawn from a container with the names of all students involved in the event. These are picked up after the event along with their certificate of participation. ♥

Convention 2001, Cincinnati, Ohio

LEAVE A LEGACY — PASS THE JUMP ROPE!

Jump Rope for Heart and Hoops for Heart will present many exciting opportunities for you to learn and improve your Jump and Hoops skills at the AAHPERD National Convention and Exposition in Cincinnati, OH—March 27th to 31st, 2001. Plan on attending all of our exciting events!



- Sandy “Spin” Slade will be back by popular demand to demonstrate how to “Put Fun Back Into Basketball Fundamentals” and enhance your Hoops for Heart event.
- Dr. Eric Gronbeck of Chicago State University will present on how to “Conduct a JRFH Event for Your University Community”. Come hear how JUMP is being used with University students!
- JRFH Demonstration Team Coaches will have a chance to share experiences and pick up new ideas at the “Demo Team Coaches Workshop”. This workshop is open to all demo team coaches as well as those interested in forming a team. There is no cost for the workshop but space is limited, so reserve your seat NOW!! Call 1-800-213-7193 ext. 489 or email us at jumprope@aahperd.org to secure your reservation.
- A “JRFH/HFH Coordinators Workshop” will bring together coordinators from across the country to network and learn ways to improve and expand their events. This workshop is open to all JRFH and HFH coordinators. There is no fee, but space is limited. Reserve your place now by calling the Joint Projects Office at 1-800-213-7193 ext. 489 or by email at: jumprope@aahperd.org. ♥

Top 10 Hoops for Heart Schools in the Nation 1999-2000

State	School	Dollars Raised
New York	Rye Country Day School	\$23,860.00
Connecticut	Long Lots Elementary School	\$20,320.34
Pennsylvania	Haverford Middle School	\$13,877.00
Maryland	Bel Air Middle School	\$12,600.75
Ohio	Troy Middle School	\$11,762.98
Georgia	Northwestern Middle School	\$11,739.56
New Mexico	Albuquerque Academy	\$10,855.39
Michigan	Avondale Meadows Upper Elementary	\$10,829.40
Connecticut	Weston Middle School	\$10,674.77
New York	Monroe-Woodbury Senior High	\$10,585.00



New York State School Tops the Nation in JRFH Earnings



For the last 16 years, French Road Elementary School in Brighton, NY has hosted a JRFH event. Initiated by Duncan Ververs and later carried on by Ella Schultheis, Rick LaPaglia, and Mark Salerno, the event has grown from raising \$500 to over \$68,000! Principal Steven Schafheimer has been a proud supporter of the JRFH program and an important link in the development of a strong sense of community spirit and teamwork for all members of the school. With outstanding school and community support French Road Elementary School proved that they were the best of the best as the country's top Jump Rope For Heart fundraiser!

In conjunction with the JRFH event, students at French Road take part in an essay contest where they respond to the question "Why is the JRFH important to you personally?" Winner Dana Anderson commented that "with the money I collect...they can do research to find a cure..." and winner Sean Beckett pointed out that "Jumping with ropes is just plain terrific! For centuries, children have exhilarated themselves with a simple cord and two handles."

During the event teachers keep the energy level high by including the latest dance crazes and having the kids bring heart healthy snacks and drinks. The parents assist with envelope collection, certificates, supervision, and the all-important cheering section. Congratulations to French Road Elementary School for their community service spirit and for "jumping in" to help fight heart disease and stroke. ♥

Top 10 Jump Rope for Heart Schools in the Nation 1999-2000		
State	School	Dollars Raised
New York	French Road Elementary	\$68,502.17
Hawaii	Kamehameha Elementary	\$46,172.00
Georgia	Kennesaw Elementary	\$45,317.56
Georgia	Varner Elementary	\$38,770.75
Georgia	Greater Atlanta Christian	\$34,924.78
Illinois	Pleasant Ridge Elementary	\$34,329.17
Hawaii	Punahou Elementary	\$34,077.02
Texas	Episcopal School of Dallas	\$32,892.00
Texas	Sugar Mill Elementary	\$32,253.00
Illinois	Woodland Intermediate	\$30,360.03

JUMP ACROSS THE NATION

2nd Grade Student Visits the West Virginia Legislature to Raise Awareness of Heart Disease

By Bea N. Orr, West Virginia Jump Rope for Heart Coordinator

Addison Dalton, a student at Justice Grade School, Logan, West Virginia, was honored by the American Heart Association and the Logan County Physical Education Staff for all of his hard work with the JRFH program. Addison, a second grade student, accepted the challenge to participate in the school's Jump Rope for Heart Event and made a commitment to fight heart disease, the number one killer in West Virginia.

Addison raised \$1,600 for the event this past year. Besides his friends, neighbors, and parents, Addison visited the state legislature with his father, Sam Dalton, Delegate, and asked legislators to help him fight heart disease by sponsoring him in the Jump Rope for Heart event. For all of his efforts and for raising the most money in West Virginia, Addison was presented with a certificate to purchase a mountain bike. Congratulations Addison! ♥



Bea Orr, Addison Dalton,
and Myrtle Conley

American Heart Association Launches New JRFH/HFH Websites!

The American Heart Association has launched new JRFH/HFH websites! Teachers now have the opportunity to view program formats and prizes on-line, download forms and letters, and give suggestions for program events and prizes. Your input is extremely valuable so check out AHA's new Jump and Hoops sites at www.americanheart.org/jump and www.americanheart.org/hoops Give your input today!

Georgia's Kennesaw Elementary Hosts Annual JRFH Event

By Emily Adams,
Georgia State Jump Rope for Heart Coordinator

This November 15th, Georgia's Kennesaw Elementary, ranked third in the nation for JRFH monies raised for the 1999-2000 school year, will be hosting its annual JRFH event. Last year the school from the metro-Atlanta area had 848 participants and raised over \$45,000 for the American Heart Association.

Each year the coordinators at Kennesaw try to add something new to enhance the event. This year they have added a "Dedication Wall." The "Dedication Wall" will allow participants to place a sign on a central hallway in the school with their name and the person they are doing JRFH in honor or memory of.

Last year Kennesaw's school counselor underwent open-heart surgery and the year before a third grade teacher's brother died while waiting for a heart transplant. By putting a face behind the event the children are better able to understand the message that JRFH is raising money to help the American Heart Association fight heart disease and stroke—the nation's leading cause of death. ♥

Stevens Point Wizards Demonstration Team

By Kris Fritz, WAHPERD President

Martha Schuh and her Stevens Point, Wisconsin, Wizards, JRFH demonstration team members are reaching out to the other side of the world in an attempt to make “connections” and “Pass the Baton, Leave A Legacy” while traveling to New Zealand in June of 2001.

The Wizards were started in 1984 by now retired Olive White and Martha Schuh. Martha’s interest was spurred by seeing one of Bill Budris’ JRFH teams perform and she quickly sought his advice in forming a team of her own. Although Martha has been retired from teaching since 1999, she remains active with the Wizards. On a drive home from performing at Wisconsin Summerfest in 1998, an idea was born! Several of the kids on the team thought, “Why don’t we go someplace far away for JRFH?”

In fall of 1999, Martha and husband Jim, visited New Zealand finding the people to be friendly and very hospitable. While there, she contacted the NZ Heart Foundation Director, but he was unavailable. Yet, to her surprise, upon arrival home in Stevens Point, he had e-mailed her suggesting a cultural JRFH exchange.

Several of the kids on the team thought, “Why don’t we go someplace far away for JRFH?”

Martha will be in NZ during October of 2000 finalizing plans for the Wizards trip. Her goal is to take all eight senior members of the team plus three or four others to jump and exchange learning experiences and make “connections” to those with a similar mission on another continent.

Presently, she and the team are fund raising, seeking grants, conducting cookouts, hosting receptions and working to fulfill this dream. Martha wants so much for this endeavor to succeed for as she puts it, “the kids, especially the older ones, have given so much time and talent to promote JRFH; she wants to enable them to realize a personal dream as well.”

It is hoped that these fine young people will not only be “jumping for heart”, but also “jumping for joy” half a world away in June of 2001. If you are interested in contacting the Wizards to learn more about their cultural JRFH exchange or to help them reach their goal of Jumping in New Zealand you can contact: Martha Schuh, 2011 River Bend Rd., Plover, WI 54467. ♥

