

The Pulse

American Alliance for Health, Physical Education, Recreation and Dance

American Heart Association
Partnership for Prevention and Wellness



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The Pulse: Beating Strong After One Year

After one year The Pulse newsletter is beating stronger than ever before. Submission numbers continue to grow and as a result communication between the states, the AHA, and AAHPERD have improved. We have shared our successes and stories of triumph, featured demo teams from across the country, and looked at ways to continue the growth of these remarkable programs well into this new and exciting millennium.

While we cover an array of topics in this newsletter we must never forget the true reason that JRFH and HFH are so successful—the children and teachers that give 110% each year. With their kindness of heart and community service spirit, they jump rope and shoot hoops to raise money that in turn helps save the lives of others. It is these individuals that play an important role in educating fellow citizens about heart attack and stroke, the number one and three killers in our country, by raising much needed educational and research funds.

In this one-year anniversary issue of The Pulse, I would like to take a moment to say thank you to the teachers that take the time to do a JRFH or HFH event each year. We commend you for your dedication to the Joint Projects and for teaching your students about heart healthy lifestyles. You are the backbone of these programs and the ones that truly make it a success! ♥

– S. Schoenberg



At the Heart of the Matter

Outstanding JRFH and HFH Award Winners Announced

Jay Tschillard of Kaneohe, Hawaii and Adelaide V. Carpenter of Seneca, South Carolina were named as the two 2001 Outstanding JRFH Coordinators. Jaylen Turner of Huntington, West Virginia was chosen as the 2001 Outstanding HFH Coordinator. These individuals have shown exemplary dedication and commitment to the JRFH and HFH programs. Their hard work and enthusiasm have played an instrumental role in the growth and success of the joint projects.

Adelaide, Jay, and Jaylen will be honored at the 2001 AAHPERD Convention and Exposition in Cincinnati, Ohio. Recipients will receive their awards on March 29, 2001 at the Alliance Awards Ceremony. Congratulations and thank you Jaylen, Adelaide, and Jay for all that you do. ♥

Stories from the Heart

By Kris Brockhagen



How many of you do your homework?

Every year I invite a guest speaker to kickoff our upcoming JRFH event. One year I invited Dr. Melissa Carry, a young cardiologist from our own school community. She asked me, what would I like for her to speak to the students about? I told her I wanted her to tell the children how she, as a cardiologist, benefits from students participating in the JRFH program. She responded, “well that will be easy”. The day of her visit she brought along one of her patients, Mr. Peter Danna. Dr. Carry began her talk by saying, “how many of you do your homework”? The children all grudgingly raised their hand, while she went on to say, “this man would not be here today if I had not done my homework”. She showed the students a book she received from the American Heart Association on a monthly basis.

In this book is the latest research regarding new drugs and treatments for Cardiovascular Disease (CVD). Inside the book Dr. Carry discovered that there was a new drug that was just developed to help people in Mr. Danna’s condition. She told the children that money they raise helps make this information readily available to physicians. Mr. Danna is now well enough to teach school again. He also had the unique opportunity to say thank you to the students, as he puts it, for saving his life. ♥



Survivor Stories



Mr. Brian Lynn, Teacher

Brian Lynn has worked for the New York City school system for over thirty years. Throughout his tenure with the school system he has held down numerous teaching positions. None of these positions compare to his present and, in his opinion, most important position as a Health and Physical Education Teacher. Mr. Lynn is a real life heart attack survivor and sees his position as a way to educate students about heart attack and stroke.



Brian Lynn

In 1985 while on vacation, Mr. Lynn suffered a massive heart attack.

Not aware of the symptoms, Brian drove his family home from their vacation. That evening he decided to go to the hospital because the discomfort in his chest, arm, and neck had not subsided.

Brian was admitted immediately and his doctors informed him that he had suffered a massive heart attack and that surgery was the only option. It was necessary to quickly restore blood flow back to the heart so a surgery time was immediately scheduled. A double bypass operation was successfully completed and Mr. Lynn was told that he would have to make drastic modifications to his lifestyle in addition to being on heart medication for the rest of his life.

Determined to get himself healthy, Brian Lynn began to make healthy lifestyle choices. He started a regular exercise program, modified his diet and after several years of perseverance he no longer had to take heart medication.

Mr. Lynn's single greatest pleasure is teaching children about heart disease and stroke, and ways to reduce their risk factors so that they do not have to go through what he has been through.

Mr. Lynn has stated repeatedly just how thankful he is for all of the work done by the American Heart Association. "I probably would not be alive today...they (AHA) provided all of the funding for the research" that saved my life. Brian is a dedicated AHA volunteer, a devout participant with the Jump Rope For Heart program, and has stated that he will continue to do whatever he can to relay heart attack and stroke information to children and adults. Brian Lynn currently works as a health and physical education teacher at PS 176, Ozone Park, Queens, N.Y. ♥

Story forwarded by: John Wesley Dean, Jr., Queens N.Y., Youth Market

Conducting a City-Wide Hoops for Heart Event

By: Patti Hartenbower, Missouri Hoops for Heart State Coordinator

Success can be measured in several different ways. Do we as administrators of a Hoops event look at the number of participants, monies that were generated, or even personal goals that were reached?

The idea of a city-wide Hoops for Heart event was developed from the many years of success experienced with the Jump Rope for Heart program. An invitation was extended to the middle school physical education teachers in the city of St. Joseph and surrounding areas. With that—guidelines were established and the event was held:

- ⊕ Time of event
- 🚌 Transportation
- 📅 Facilitation of the event
- 🏙️ Buy in

The main objective was to get city-wide student involvement. Monies, of course, are important but providing an opportunity for young people to compete and enjoy themselves by participating in a physically active fundraiser such as Hoops is of paramount importance. The following guidelines helped us to achieve success in our city-wide HFH event.

- ⊕ The time of the event is important. An early-out provides an excellent opportunity for young people to represent their school in a basketball competition.
- 🚌 Transportation is a key to success. With the generosity of our local bus company traveling to each school involved, picking the students up and then delivering them to the college enabled us to begin promptly at 3:00 p.m. and finish by 5:00 p.m.
- 📅 Most important is the facilitation of the event. I was able to use my Foundations of Physical Education class to assist in the different levels of planning and organizing the event. This gave student teachers practical experience in conducting an event and in adapting different basketball skill related activities of both team and individual competition to large groups of people.
- 🏙️ Everyone buys into the importance of such an event. A city-wide Hoops event provides positive community service for the city and the students involved. Due to the success of our past events the city-wide Hoops event has now become an annual event that generates interest and involvement at all levels of the community. ♥



JUMP ACROSS THE NATION

Iowa Skippers Demonstration Team Travel the State

By: Jim Patterson and Hal Garwood, IA State Coordinators



The Iowa Skippers

The Iowa Skippers of Cedar Rapids Iowa spread the message of fun and fitness as they jump their way across the state of Iowa. The team performs 30 to 40 assemblies each year just to promote the Jump Rope for Heart program in addition to their scheduled performances. The Skippers have been in existence for over ten years under the direction of Jim Patterson and Hal Garwood. Last year the team performed at both Iowa State and University of Iowa half-time shows. A

special treat for the team was not only performing in front of the large crowds but also getting their pictures taken with the school mascots, Cy and Herky.

The Iowa Skippers have performed at high school basketball halftimes, Fourth of July parades, AHA Heartwalks, and a variety of other community events. The team has grown to the amazing size of 51 participants and these students help to coach an additional team of 40 students known as the Jr. Iowa Skippers. The team's commitment to heart health and promoting the mission of AAHPERD and AHA as a JRFH demonstration team is incredible. If you would like to learn more about the Skippers you can visit their web site at www.iowaskippers.org. ♥

North Carolina Starts the New Millennium with a Decade of Success.

By: Richard Hatley, Jump/Hoops State Coordinator North Carolina.

Over the past decade, North Carolina has experienced phenomenal growth in Jump Rope/Hoops for Heart. In 1990 - 1991, the gross income from events was \$375,313. In 1999 - 2000, the gross income was \$1,867,742. The total gross income for the last decade was over \$9,000,000. Last year North Carolina was 1st in the Mid-Atlantic Affiliate (MAA) region for the amount raised for Jump Rope/Hoops for Heart and 5th in the nation. North Carolina's success is not only reflected in the amount of money raised, but also in the individual events. North Carolina placed 3 in the Top 10 Jump Rope for Heart events in the MAA, 2 of these placed in the Top 30 nationally. Hoops for Heart placed 3 in the Top 10 events in the

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HOTDOG USA – 20 Years of Promoting JRFH

By: Bob Melson, WA State JRFH Coordinator



Bob Melson & a little HOTDOG

Bob Melson and the HOTDOGS did their first JRFH assembly in November of 1980. Twenty years later the team is still at work, performing at Washington's 55th Annual State AAHPERD Convention. Bob retired as the HOTDOG USA coach in 1994 but is still active as the JRFH state coordinator for Washington. Today Amy Smith-Stavig heads up the HOTDOG USA team. Amy was a team member during that first assembly over 20 years ago and still has a passion for jumping rope and educating thousands about heart healthy lifestyles.

The team, made up of students from Kirkland, Washington, has had an incredible run over the past 20 years. During the 80's the HOTDOGS helped start JRFH demo teams all over the United States and Canada. In 1983 they toured all of the states of Australia to help them start their Jump Rope for Heart program. Between the years of 1981-1991 the HOTDOG USA team made ten consecutive appearances at the AAHPERD National Convention.

During the 90's, the HOTDOGS have continued to promote Heart Healthy Lifestyles by performing and doing workshops for a variety of schools and community groups. Many team members have continued to participate, even into their college years, and also have come back to help coach after starting their careers. The team even has members who are children of former HOTDOG USA jumpers.

As the team enters into its third decade of performing, no slow down is in sight. The kids are as excited as ever to travel and perform for others, always with the heart healthy message they started with over twenty years ago.



The HOTDOGS

Rope Skipping for Fun and Fitness – YOU CAN DO IT!! ♥

Never too Young to Jump

By: Jay Tschillard, Hawaii JRFH State Coordinator, 2001 Outstanding JRFH Coordinator

Rainbow School in Mililani, Hawaii held their first Jump Rope for Heart event in February 1999. One week before the event they turned their creative play corner into a doctor's office. Using the Heart Power! Educational kits, the children listened to heart sounds on tape then used stethoscopes to listen to their own heartbeats. The teachers also included lessons on diet and exercise.

On the day of their event, Jump Rope for Heart Coordinator/Principal Pamela Lanius made modifications to the event to allow participation by preschool children. Children hopped in groups of four while schoolmates sat by the sideline cheering them on as they performed one and two leg hops that helped them with coordination skills. Parents and teachers participated by setting up hopping stations and counting the number of hops performed by each child. With the support of the school and the participant's families the hopping preschoolers raised \$1,019.

As with all Jump Rope for Heart events, safety of the participants is of great importance. These modifications can be made to allow the participation of preschool children.

Ideas for Jump Rope for Heart Stations for Preschool Children

- ⊙ **Broad Jump** – Two lines or pieces of tape may be placed on the floor to represent a river or stream. The children can try to jump over the river without falling. Set varying widths to allow all children the chance of successfully jumping the river.
- ⊙ **Jack Be Nimble** – Line up four or more short candles. Challenge every child to jump over candles without knocking them over. As each child jumps, sing the rhyme inserting his or her name, such as “Kevin be nimble, Kevin be quick, Kevin jump over the candlestick.”
- ⊙ **Jumping Animals** – This may be a separate station or used as a break during the event. Using children's music, the participants can jump like a variety of animals, such as a frog, rabbit or kangaroo. ♥

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MAA, 1 event was also ranked in the Top 30 nationally. Last year the JRFH Demonstration Teams were asked to perform at Paramount Carowinds Education Days. The park was so impressed with their performance that they were invited back again this year.

As always this success is attributed to the relationship between the AHA, NCAAPERD, Jump/Hoops State Coordinator, Demo Teams, and Teachers in North Carolina. Way to go, North Carolina! ♥

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!



- 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 will be held from 8 a.m.-12 p.m. on Tuesday, March 27th and 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.
- JRFH Demonstration Team Coaches will have a chance to share experiences and pick up new ideas at the “**Demo Team Coaches Workshop**”. Come learn from jump rope great Roger Crozier and selected other nationally known demo team coaches. This workshop will be held on Tuesday, March 27th from 1-5 p.m. and 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.
- 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. This workshop will be in Ballroom A of the Convention Center on Wednesday, March 28th. Come be a part of this dynamic workshop and learn from one of the best basketball handlers in the world – Sandy “Spin” Slade!
- Dr. Eric Gronbeck of Chicago State University will present on how to “**Conduct a JRFH Event for Your University Community**” Friday, March 30 in the Convention Center (please check your program guide for room location). Come hear how JUMP is being used with University students! ♥