Marching Along and Continuing to Grow

It is hard to believe that this year marks my 28th year in the public school education system. What is even more surprising is that I feel even more passionate about my job with every year that passes. I attribute my initial passion for my work to my college professors at Northeast Missouri State University (now Truman State University) and Southern Illinois University at Edwardsville. The professors at these universities challenged me to take this job seriously and find ways to help students take the content seriously.

I attribute my continuing passion for my work to my colleagues and my affiliations with professional organizations such as MOAHPERD, American School Health Association (ASHA), and SHAPE America. The relationships and collegiality that has been developed through the years have provided me opportunities to grow in my philosophy of health and physical education, as well as my wisdom of effective teaching practices and learning activities. These HPE professionals that I have the privilege of interacting with on a regular, if not daily basis, continue to inspire me and grow me.

So, how are you feeling about this time of year, or in this point of your career? Are you marching steadily along? Are you crawling to the finish line? Are you picking up a second wind? Having taught in a small school district my first year of teaching, and being the only elementary PE teacher in the district, I know the feeling of the daily grind and being the only person to carry the teaching load. I also know the daily grind and busyness of having taught high school sports following a full day of classes. I also remember doing all of these things while having the responsibilities of being married and raising my family. Certainly all of these things can begin to wear on a person and take away from their enjoyment of teaching and their enthusiasm that they share in working with students.
My solution for you – continue to grow and learn by building relationships with other HPE professionals. The best way to do this is to take advantage of the many professional development opportunities offered by your state professional HPE association, MOAHPERD. Mark your calendars now for the fall state convention, November 10-12, 2017, at the Lodge of the Four Seasons. Be sure to ask your school principals, department chairs, and/or professional development directors now for their approval before the end of the year.

As a current member, you probably share some of these feelings about being a HPE professional. However, there are many HPE teachers in the state of Missouri who are not connected with our Association, and therefore miss out on wonderful opportunities to grow and stay inspired. Please help me reach out to our fellow HPE colleagues, share your story, and invite them to be a member. If you are successful in recruiting a new member please email me (rramspott.moahperd@gmail.com) and let me know. As a thank you I will send you and the new member a limited edition membership pin as a small token of appreciation to you and a welcome gift to them. My goal for our Association is to increase our membership to 800 (an increase of 140 members) by our next state conference in November.

Keeping marching and keep growing!

Ron Ramspott

**2017 MOAHPERD CONVENTION INFO**

**STATE CONVENTION**

**WHEN**
FRIDAY, NOV. 10TH, 8AM TO
SUNDAY, NOV. 12TH, 10AM

**WHERE**
The Lodge of Four Seasons

**MORE INFORMATION**
The annual state convention will feature health and physical education professionals from throughout the United States. This year’s convention will feature several National Teachers of the Year - Andy Horne, Scott Williams, and Jim Deline (See pictures below).
ANDY HORNE (2016 HEALTH TEACHER OF THE YEAR)
Check out a preview of Andy's Scholarly Raps.

SCOTT WILLIAMS (2016 DANCE TEACHER OF THE YEAR)
Check out a collection of Scott's dance moves.

JIM DELINE (TOY, AUTHOR, AND KEYNOTE SPEAKER)
Check out Jim in action at SHAPE Conference.

2017 MOAHPERD Presentation Proposal Form

The 2017 MOAHPERD Convention will be held November 10-12, 2017 at Lodge of the Four Seasons in the Lake of the Ozarks (2.5 hours from Lambert, St. Louis). All proposals are welcome and are due June 1, 2017. Presenters will be notified by email in late September. All presenters must register for the convention. Please contact moahperdconvention@gmail.com with any questions.

* Required

Terms of Agreement: All presentations, handouts...
1 MILLION STRONG CHALLENGE

Be on the lookout for a state-wide physical fitness challenge – 1 Million Strong – which will take place during the week of National Physical Education and Sport Week (May 1 – 7). More information will be sent to members in mid-March. Visit the MOAHPERD website (www.moahperd.org) for details.

BEST PRACTICES AND PROGRAMS

DRUMSTICK ACTIVITIES

Drumstick fitness is a hot trend. Below is a video that demonstrates a fun, exciting workout you can use for students. You may use rhythm sticks, lummi sticks or drumsticks.

"LIGHT 'EM UP" by Fall Out Boys - Dance Fitness Workout with Drum sticks
Valeo Club
Twice a year, a group of approximately 40-50 MOAHPERD members, who serve on the leadership committee, called the Representative Assembly (RA), meet to discuss business of the Association. On February 17-18, 2017, the RA met at the Lodge of the Four Seasons for one of these two meetings. The committee was very busy with several work sessions and approved several action items including the following:

- Approval of a three-year contract extension for Dr. Thomas Loughrey as the Executive Director
- Approval of twenty amendments to the Association Constitution and By-Laws.
- Approval of the 2017-18 operating budget, including the adoption of a Travel Reimbursement Policy.

To view the Association's Constitution and By-Laws, as well as the minutes from past RA meetings, visit the [MOAHPERD website](http://www.moahperd.org) and log in as a member. If you are interested in serving on the RA in the future please email our current President-Elect, Britt Johnson at bjohnson35@missouriwestern.edu

**Awards & Grants - MOAHPERD**

MOAHPERD is proud to recognize those in Health, Physical Education, Recreation, and Dance through awards and grants. See the list of awards and grants.