

# SHAPE Colorado Journal



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Number 2

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**Review Board:** Sue Barnd, Missy Parker, and Jaimie McMullen

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## SHAPE Colorado Convention 2017 WE ARE CHAMPIONS

The SHAPE Colorado Board makes quality content for convention a very high priority and this year is no exception. 2017 convention kicks off on Thursday October 19 with a dynamic Pre-Convention line up including:

- LitPE/MathPE: Integrating Literacy and Math into Physical Education - Joe McCarthy
- Outrageous Teaching Techniques in Health Education – Deb Tackmann
- Secondary Teacher of the Year – Taralyn Garner
- Basic Archery Instructor Certification from Colorado Parks and Wildlife
- Creating New Pathways to Health: Using 7 Skill Models for Student Mastery in Health Education – James Hurley & Jim Karas
- Sport Education: A Teaching Model That Never Grows Old – Charla Krahne

- Future Professional Development Workshop and Beginning Teacher Workshop
- Elementary Teacher of the Year – Penny Kroening

General convention kicks off on Friday, October 20 at 8am. Convention attendees have the opportunity to participate in their choice of over 80 fantastic sessions over a two-day time span as well as a keynote address by Deb Tackmann. The Thursday night Olympic Tour and Judo Demonstration and Friday night awards reception provide ample time for socializing and celebration. The 2017 SHAPE Colorado Convention is being held at the Hotel Elegante in Colorado Springs. Convention registration is currently open. More details about convention can be found at <http://www.shapeco.org/convention/>

## ONLINE SCHEDULE

This year we are going green and there will be no printed schedule available at registration.

View the schedule and make your own personal schedule using our online program:

<https://shapeco2017.sched.com>

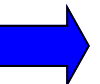
You can choose which sessions to attend, sort sessions by type, and download your personal schedule on your phone.

### Upcoming Dates:

- [SHAPE Colorado Convention \(CO Springs\) Oct 19-21, 2017](#)
- [SHAPE America Central District Convention \(Sioux Falls, SD\) January 25-27, 2018](#)
- [SHAPE America National Convention \(Nashville\) March 20-24, 2018](#)

### Using the Interactive Journal

The SHAPE CO Journal is formatted to allow you to better interact with the material. Any text in blue is a hyperlink and will lead you to material on another page or will link you to a website. Enjoy interacting!!



# 2017 CONVENTION HIGHLIGHTS

Why Visit the Exhibitors at Convention? Please take the time to visit our fantastic exhibitors at convention. Many of our exhibitors offer special deals and discounts specifically for SHAPE Colorado members during convention. These wonderful exhibitors share the like-minded values of health and movement for Colorado schoolchildren and make convention possible each year. 2017 boasts the return of the 'Exhibitor Passport' contest. Participants who visit each of our exhibitors and turn in their completed form will be entered to win free convention registration for 2018 in Aurora, CO. Here's a partial list of exhibitors for the 2017 Convention:

- American Heart Association
- Airborne Assemblies
- Speed Stacks
- Sportime featuring SPARK
- The Children's Health Market
- United States Tennis Association Colorado
- UNC Extended Campus
- 100 Mile Club
- Colorado PERA
- US Games
- USA Ultimate
- Polar Electro Inc.
- Bungee Bootcamp
- Everlast Climbing
- GOPHER
- Mile High Fitness and Wellness
- Musical PE Plus
- Omnikin
- Action for Healthy Kids
- Colorado Youth Matters
- Heart Tech Plus
- Sanford Health
- Integrated Health Technologies
- USA Field Hockey
- Chris Klug Foundation
- ACCUSPLIT Make a Difference Programs
- Girls on the Run



## University and Continuing Education Credits

SHAPE COLORADO is happy to announce the availability of earning College credit or obtaining a professional development certificate while attending the SHAPE COLORADO convention. The cost for graduate credit from Adams State College is \$55 for one credit and \$110 for two credits plus a \$20 administrator fee (payable to Dr. Sue Barnd by cash or check). You must attend a minimum of 15 hours of sessions per credit hour and complete 4 questions to earn the graduate credit. You may also choose to gain professional development hours toward renewing your teaching license for no cost. Make sure to stop by the registration area and pick up the credit form.

## Olympic Training Center Tour

The Colorado Springs Olympic Training Center is the home to eleven resident sports: boxing, cycling, figure skating, gymnastics, Paralympic judo, pentathlon, shooting, Paralympic swimming, weightlifting and wrestling. Also on site are USA Swimming and USA Shooting national headquarters. Go beyond the finish line in the Ted Stevens Strength and Conditioning facility, sport sciences, and sport centers. The Colorado Springs Olympic Training Center VIP Tour offers a hands-on, in-depth look at what it takes to compete at the highest level as a member of Team USA. See for yourself what it's like to live and train as an Olympic and Paralympic athlete. Join us in touring the home of America's team on Thursday October 19. You must pre-register for this event as attendance is limited to the first 100 registrants.





# PRESIDENTIAL WELCOME

## Welcome to the 86th annual SHAPE Colorado convention!

The SHAPE Colorado Board has been hard at work this year; we created a state strategic plan and are looking forward to implementing some new ideas to grow professional development, leadership, advocacy, technology and membership in the state of Colorado for physical education and health teachers. We have updated our bylaws and have been on Capitol Hill several times this year in Colorado advocating and lobbying for the importance of physical education and health programs in schools, as legislators are looking to set a new vision for what education will look like for Colorado.

I am excited that you are here at convention with us. The SHAPE Colorado Board has worked hard to create three days full of useful, innovative and exciting presentations! In addition to our amazing state and local presenters, we have Charla Krahne, Joe McCarthy, Dennis Docheff, Collin Brooks and Mike Doyle joining us from across the nation!

Our keynote speaker this year will be Deborah Tackmann, a health education teacher and 2012 National Teacher Hall of Fame Inductee. She will also be presenting a pre-convention session on "Outrageous Teaching Techniques in Health Education" on Thursday and two other sessions on Friday!

We are very excited about going GREEN this year for convention! We will be using [sched.org](http://sched.org) for our program and schedule. This online tool features access to your personalized schedule right on your phone or tablet!

We will kick off our Thursday night with a VIP tour of the Olympic Training Center (pre-

registration required). We have our Silent Auction with great items to bid on during Friday, to benefit the Cindy Young Scholarship Fund; this fund gives assistance to future professionals across the state. We also have many great exhibitors at convention this year, so please make sure you stop by and see what valuable information they have to offer your school and students.

You can recognize your board members by the "CHAMPION" shirts they are wearing. Please stop them in the hall or in a session and tell them how YOU have been a champion for your students, your school, your community or our profession and get a "CHAMPION" ribbon to wear on your badge!

Please enjoy your time here at the Hotel Elegante at the 2017 convention. If you have any questions or concerns, please stop by the registration table. We look forward to seeing you at the 2018 SHAPE Colorado convention in

Aurora, Colorado at the Radisson Hotel.



Shannon Milliken  
President,  
SHAPE Colorado

## ADVANCE YOUR CAREER IN DANCE EDUCATION



### Graduate Degree in Dance Education

Blend your teaching talent and your passion for dance into the Dance Education Master's Degree. In this program, you will be able to build on your teaching strategies, develop theoretical knowledge as it relates to teaching and learning, and develop your dance/movement skills.

Change your career, change your salary, change your life.



[EXTENDED.UNCO.EDU/DanceEd](http://EXTENDED.UNCO.EDU/DanceEd)

#### DESIGNED FOR WORKING PROFESSIONALS

This master's degree program is designed with the working adult in mind. Applicants must have a bachelor's degree and a strong desire to obtain a master's degree in Dance Education.

#### ONLINE WITH SUMMER WORKSHOPS

Courses are offered online in the academic Fall and Spring semesters. The Summer workshops are designed to fit the schedules of current and aspiring dance educators. They are offered the last two weeks of July and the first week of August. These face-to-face workshops will include courses on choreography and learning dance forms.

#### CAN BE COMPLETED IN TWO YEARS

This program is a total of 36 credits that can be taken over two academic years and two summer sessions.



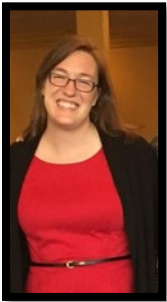
UNIVERSITY OF  
NORTHERN COLORADO

Extended Campus

#### PROGRAM COORDINATOR:

[christy.oconnellblack@unco.edu](mailto:christy.oconnellblack@unco.edu)  
[sandra.minton@unco.edu](mailto:sandra.minton@unco.edu)

## PAST-PRESIDENT GOODBYE



What a privilege it has been to serve on the Executive Board for the last three years! I have enjoyed getting to know all of the fantastic teachers across the state of Colorado. Thank you for letting me travel on behalf of you across the country to talk about the issues facing Health and Physical Education. Thank you for trusting me with the great honor of leading this organization. I truly believe in the importance and the power of state

associations. It is important to get involved and let your voice be heard. Though I might be stepping off the Executive Board, I plan to still be involved on the Board of Directors and continue to serve you in anyway that I can.

My theme was "Journey Towards Potential" and I thank you for the great journey that the past 3 years have been. I look forward to many more with SHAPE Colorado.



SCHOOLS

# TEACH THE SPORT FOR LIFE



Net Generation is the United States Tennis Association's new youth tennis brand for millions of new players and providers. Net Generation is approachable, accessible, adaptable and fun!

**NetGeneration.com** gives teachers a support network to enhance children's development through a tennis curriculum written by SHAPE America and the USTA.

Take advantage of a suite of digital tools, resources and perks that make tennis easy to deliver.

*Great incentives if you register by December 31, 2017.*

**Register Now!**  
*Click Here*



TO LEARN MORE, VISIT [NETGENERATION.COM](http://NETGENERATION.COM)



# CANDIDATE FOR PRESIDENT-ELECT



My name is Emily Graves and I am running for president elect of SHAPE Colorado. I teach physical education and health in the Mapleton Public Schools District at Valley View K-8 in the Denver-Metro area. I graduated from Colorado Mesa University in 2013 with my Bachelor's degree in Kinesiology K-12 and continued to pursue my education at the University of

Northern Colorado, where I graduated in May of 2017 with a Master's in Physical Education and Physical Activity Leadership. I have been a member of SHAPE Colorado for 5 years, on the board for 3 years, and have fulfilled the role of secretary for the past 2 years. I have attended National Speak Out! Day and our state Lobby Day the past two years as well. I am also an award winner of the Young Professional Teacher of the Year Award in 2016 from SHAPE Colorado.



After graduating with my bachelors, I accepted my first teaching job in Grand Junction, Colorado. I have since left my position there and have accepted one year contracts in Poudre School District and then again in Aurora



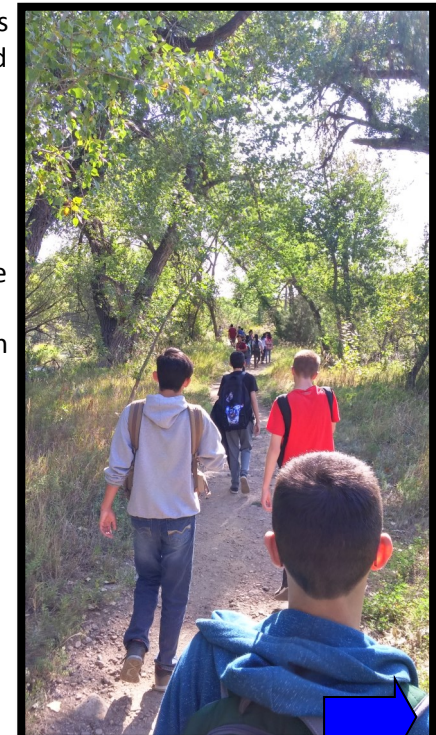
Public Schools. However, this year I obtained a position in the Mapleton Public Schools District. I have taught elementary and middle school students in both physical education and health. Although four years doesn't seem like much in the teaching world, I have made up for it in experiences of many different Colorado cultures. Not many people can say that they have taught around the state of Colorado, but I can.

What I enjoy most about physical education is not the activity part of it, but rather the life skills my students acquire. I focus on influencing my students to have positive communication with others, develop leadership skills and to problem solve. It is in these moments that kids learn to work through their emotions, to value others opinion, and how to be a part of a positive community. Some choose to teach this through reading, writing, art, but I choose Movement.

These past few years, we have had many battles with our profession. Proving physical educations worth to many districts, speaking with our states representatives, and successfully getting the state endorsement test updated is a few of the many

Public Schools. However, this year I obtained a position in the Mapleton Public Schools District. I have taught elementary and middle school students in both physical education and health. Although four years doesn't seem like much in the teaching world, I have made up for it in experiences of many different Colorado cultures. Not many people can say that they have taught around the state of Colorado, but I can.

things that SHAPE Colorado has done since I have been on the board. Through my experiences in attending Lobby days' and Speak Out! days, it has been brought to my attention just how much we must advocate for ourselves, our profession, but most importantly our students. We all suffer without physical education and health and our society has quickly forgotten that. I have shared my knowledge of ESSA with many unknowing educators and many ask the same thing, how? How can I advocate? How can I prove my programs worth? There are many answers, but the problem is that many educators don't know them. I want to be president so I can supply physical education teachers with resources and tactics to make their voices heard. And for those who need that extra push, I want help you find your voice to make physical education better in your school, your district and our state. As Martin Luther King said "Our lives begin to end the day we become silent about the things that matter".







# NEW! SPARK™ INCLUSIVE PE

*Strategies for Including Students with Disabilities in General Physical Education*

- Supplemental Guide to Support Students with Disabilities in K-12 Physical Education
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- SPARK PE Modifications & Sample Lesson Plans
- Strategies by Disability Category
- Recommendations for Equipment, Class Management, and Assessments
- Available in Print and Digital Format
- Over 200 Pages of Resources!
- Professional Development Workshops and Inclusive PE Starter Equipment Pack also available!

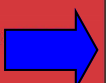


Set 1, Digital- 1583337  
Set 2, Print- 1583375  
Set 3, Digital and Print- 1582844  
Equipment Starter Pack- 1585019

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# 2017-2018 SHAPE COLORADO BOARD CANDIDATES

## **Alison Moyer, Hayden School District**

I love to create meaningful learning experiences that incorporate health skills and physical activity. Living and teaching in the mountains motivates me to stay healthy and happy through mountain biking, camping, fishing, and snowboarding.

## **Bryan Wickoren, JEFFCO Public Schools & Colorado Department of Education**

My passion and belief that students with disabilities have significant abilities; that is my professional drive to focus on their abilities and develop those abilities to the greatest extent; through appropriate accommodations, adaptations, and modifications so that they can be successful.

**Clayton Ellis, Aurora Public Schools - Mrachek MS**  
SHAPE Colorado Past President, SHAPE America - Central District President, PYFP Task Force and Master Trainer, Active Schools Champion PAL Trainer, Physical Best Specialist and Co-Editor of Physical Best 4.0 Past President Colorado Governor's Council for Active and Healthy Lifestyles, 2010 National HS Physical Education Teacher of the Year

## **Dave Yonkie, Jefferson County Public Schools**

SHAPE Colorado exists to provide leadership, professional development and advocacy for Colorado Health & Physical Educators. I am both humbled and excited to be part of this important work!

## **Deanne Romero, Silver Hills Middle School**

As a passionate health educator, constantly trying to improve upon my teaching practices, I am excited to share and collaborate with others. I have served on the board in the past and was honored to be name Health TOY in 2015. Excited for the opportunity to serve again.

## **Emily Graves, Valley View K-8, Mapleton Public Schools District**

Emily is super awesome! Her dedication to physical education is outstanding.

## **Dr. Elizabeth Sharp, Colorado Mesa University**

It is a pleasure to serve SHAPE Colorado for my 7th year, including 3 years on the Executive Board.

## **Hillary Franks, University of Northern Colorado**

I am pursuing my PhD at UNC in Sport Pedagogy and hope to graduate this upcoming May 2018 (fingers crossed)! I am passionate about physical and health education and fostering an environment where future educators can grow to their fullest potential. Excited to be apart of this great organization for a second year!

## **Holly Wells, Denver Public Schools**

I teach all my students that they are really more alike than unlike because they have the ability to change lives. I am passionate about making a difference whether it is big or small.

## **Jaimie McMullen, University of Northern Colorado**

I am a passionate teacher educator with an interest in finding ways to make schools more active places for students and teachers! I love teaching and believe that physical education is the best profession in the world!

## **Jeremy Leiker, Englewood Middle School**

I like to bring all kinds of different activities to my students, so that they can be exposed to as much different types of activities as possible. The main alternative sport that I bring to my class is Parkour.

# Think *fit*. Be *fit*!

*fit* provides educators with easy-to-use programs focused on MOOD, RECHARGE, FOOD and MOVE to activate healthy choices.



Complement and enhance school and community wellness with free resources from *fit*!

## *sanfordfit.org*

## **Jesse Weber, Denver Public Schools**

I had the opportunity to teach Middle-School PE for 13 years in Champaign, IL. I moved to Denver 2 years ago, and now I am the PE Instructional Curriculum Specialist for Denver Public Schools! So excited to be part of the SHAPECO organization, and to help promote Physical Education!

# 2017-2018 SHAPE COLORADO BOARD CANDIDATES (CONTINUED)

**Joe Bishop**, *North Middle School, Aurora Public Schools*

I have been involved with SHAPECO for over 10 years, and have served on the board previously for seven. I was the SHAPECO 2016 Middle School Teacher of the year, and bring experience from all levels to this year's board.

**John Mietus**, *Strive Prep Excel*

I am a 2nd year PE teacher, long time coach, working specifically with myelin development, growth mindset, and dynamic environment.

**Karen Marley**, *CSU-Pueblo*

I am in my 41st year of teaching and still love every minute of it. I have taught at every level K-12 plus now at the university level. I have 2 Masters degrees, one in K-12 Physical Education and one in Administration and Supervision with a Principals license. Being involved in our state organization helps me promote best practices in physical activity and physical education.

**Karen Smith**, *Aurora Public Schools*

As an adapted physical education teacher, I have a passion for making sure all students are provided with high quality physical education classes that are tailored to meet their individual needs so they can fully participate.

**Kristin Gilmore**, *Kearney Middle School (Adams 14 School District)*

I am proud to serve in the Colorado Army National Guard and I love serving my students and families through my classroom.

**Melissa Tank**, *Coronado Hills Elementary School*

I have been teaching Physical Education for 15 years. I am proud to serve on the SHAPE Colorado Board again!

**Kathy Kopp**, *East Grand School District / Middle Park High School*

My role as East Grand School District's Health and Wellness Coordinator for the past 15 years has afforded me the opportunity to work within our district and community creating best-practices, policies, and programs. It is my belief that health education, aligning to the Whole School, Whole Community, Whole Child (WSCC) model is the framework of our work, creating opportunities to develop positive life-long health behaviors. It is our strong belief that collaborative partnerships between schools and communities will help sustain all efforts to ensure that health and wellness are the basis to academic success!



## LEAD A COMPREHENSIVE SCHOOL PHYSICAL ACTIVITY PROGRAM (CSPAP) AT YOUR SCHOOL



[UNCactiveschools.com](http://UNCactiveschools.com)

## Physical Education and Physical Activity Leadership Master of Arts in Teaching

There has been a dramatic shift in how K-12 schools are incorporating physical activity into the school day. Schools are now asked to implement comprehensive school physical activity programs (CSPAP). In this new environment, school professionals need to take on a broader role leading physical activity and health promotion efforts within and beyond the school day.

### OFFERED ONLINE WITH SUMMER EXPERIENCES IN COLORADO

This program will prepare you to thrive as a leader of physical activity, fitness and health promotion. You will also gain advanced knowledge and practices in physical education.

- This MAT can be completed in 21 months (5 terms)
- Fall and Spring semesters are completely online
- Summer courses involve a two week experience on our Greeley, Colorado campus

### PROGRAM COORDINATOR

Dr. Brian Dauenhauer  
brian.dauenhauer@unco.edu  
970-351-1202



Extended Campus



# 2017-2018 SHAPE COLORADO BOARD CANDIDATES (CONTINUED)

## **Kyra Ruscio, Denver Academy**

Kyra Ruscio has been at Denver Academy for 14 years and is currently the Head of the Physical Education and Health department. She coaches middle school volleyball and basketball and teaches high school Yoga, Fitness, and Health.

## **Linde Chaves, Shaffer Elementary-Littleton, CO**

I've been teaching PE for over 20 years in Jeffco Public Schools. My passions are my family, teaching, staying FIT and having FUN!

## **Meghan Paulson, Pueblo City & County Schools**

I am the Wellness Coordinator for both Pueblo City & County Schools with a background in Sport & Exercise Psychology and Physical Activity & Healthy Lifestyles. My passion lies in helping children and youth live better, healthier, more active lives and I truly believe health and physical education are vital in this mission.

## **Murray Wallace, Erie Middle School, St Vrain Valley Schools**

I want my students to be able to take care of themselves so no one else has to!

## **Pam Rogers, As of Oct. 31, 2017 - retired from DPS Arts and PE Dept**

Physical Education teacher and Curriculum Specialist for 33 years in DPS. Enjoys golf, tennis and swimming.

## **Renae Diggs, Colorado State University-Pueblo**

My passion lies in encouraging young girls to love themselves and boost self esteem along with getting more undergraduate students involved in the organization to reap many if not more of the benefits that I have over the years!

## **Tracy J. Carey, Jefferson Academy Elementary**

This is my 11th year teaching P.E. and my 20th year

teaching group fitness classes. I LOVE what I do and truly enjoy sharing my passion with both kids and adults.

## **Jamie Hurley, Colorado Department of Education**

I hold a PhD in educational leadership and innovation and have taught middle school health education. I see my strengths as a connector of people and resources a learner and an innovative thinker. I am currently the health and physical education content specialist at The Colorado Department of Education. I am very excited to be part of the SHAPE Colorado board. I look forward to the opportunity to serve as a leader and active participant in initiatives to support health and physical educators across the state.







## Submission Guidelines

Would you like to submit an article, lesson plan or story to the next issue of the SHAPE CO Newsletter? The submission deadline for the next issue will be November 1

The SHAPE CO Newsletter is published five times per year. We would like to invite and encourage all of our members to submit contributions for other professionals to view. Articles may be research based (please use proper citations), be program success stories, or be lesson plans that you would like to share with your colleagues. Action pictures or diagrams that go along with your article are always appreciated. All articles will be reviewed by a panel of editors. Authors should indicate in their cover letter if they want the manuscript refereed (blind review) rather than editor-reviewed.

Guidelines and information can be found at: <http://www.shapeco.org/journal.html>

Email any questions to Elizabeth Sharp at [esharp@coloradomesa.edu](mailto:esharp@coloradomesa.edu)

## ADVANCE YOUR CAREER IN SPORTS COACHING



### Accelerate Your Coaching Career

The coaching profession is expected to experience double-digit growth over the next decade. The UNC Sports Coaching online masters program was developed in response to the increasing demand for excellence in the field of coaching. Advance your career interests and become a world-class coach by developing the skills, methods and expertise to create high-performing athletes and teams.



**EXTENDED.UNCO.EDU/  
SportsCoaching**

### PROGRAM HIGHLIGHTS

- Sport Pedagogy (Teaching)
- Technology for Coaches
- Injury Prevention
- Sport Psychology
- Training and Conditioning Principles
- International Coaching Perspectives
- Applied Coaching Research
- Sport Administration for Coaches

### PROGRAM COORDINATOR:

Scott Douglas, PhD, CAPE  
scott.douglas@unco.edu  
970-351-2233



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