



North Dakota Society for Health and Physical
Educators State 2015 Conference

Mandan Middle School

Mandan, North Dakota

October 22, 2015

**Welcome to the 2015
ND SHAPE State Conference.
Shape Your Body, Shape Your Brain
Keynote Speaker, Deb Tackmann**

“Wellness Education in the 21st Century: Are We Ready for the Challenge”



Deborah Tackmann is a health and physical education instruction instructor. She has received six national awards for her work in health education and in 2012 was the only teacher from Wisconsin, as well as the only health educator that has ever been inducted into the National Teacher Hall of Fame. Her presentations will make you laugh, make you cry and inspire you to be the best educator you can be.

Don't miss Deb's **Keynote Address:**
Thursday, October 22- 8:20-8:55 am
Mandan Middle School Gymnasiums

“Wellness Education in the 21st Century: Are We Ready for the Challenge?” - The children of today live in a world vastly different from that of a few years ago. The risks of teen sexuality, obesity, experimentation with tobacco, alcohol and other drugs, school violence and bullying, and suicide are but a few of the issues facing today's young people. We know the health of young people is strongly linked to their academic success and that schools have direct contact with more than 95% of our nation's young people ages 5-17. The question is how can we as educators empower our youth with the knowledge and skills they need to make healthy decisions? How can we strengthen our school programs and policies to be the most efficient means to prevent or reduce risk behaviors and prevent serious health problems? This high-energy presentation will help you understand youth trends in the 21st century, identify essential elements that are necessary for effective school health education as well as motivate and inspire you as a professional educator.

Don't miss Deb's **Presentations:**
Thursday, October 22

“Outrageous Teaching Techniques in Sexuality Education”- 9:00 to 9:50am
“Outrageous Teaching Techniques in Mental and Emotional Wellness”-10:00 to 10:50am

Key Presenter, John Jones



John Jones teaches high school PE, Health, and Driver Ed just a few miles outside of Washington, D.C in Virginia. He also works as an adjunct at Northern Virginia Community College and serves as the VP for the General Division of VAHPERD. John's teaching experience spans elementary, middle school and high school. As a coach, he has been involved with high school track and field, football and cross country. John's formal education includes a Masters of Education degree in Health & Physical Education from Frostburg State University (MD) and a Masters of Educational Leadership from George Mason University. His wife, Stephanie, an elementary PE teacher, and John are the proud parents of two college-age daughters and are registered foster parents. John is presenting for the first time here in North Dakota as part of his quest to present in all 50 states!

Don't miss John's **Presentations:**

Thursday, October 22

Mandan Middle School Gymnasiums

Quick Games for Fun and Fitness 9:00-10:30 am

Thinking in the Job 11-11:50 am

Speed Development for PE and Athletics 1-1:50pm

Free Technology to Enhance Teaching 3-3:50pm

SHAPE YOUR BODY, SHAPE YOUR BRAIN

(Conference at a glance)

WEDNESDAY, October 21, 2015

4:15-6:30	Tee times starting	Riverwood Golf course-Bismarck
6:00-6:30	Social	Riverwood Clubhouse-Bismarck
6:30-8:00	Awards Celebration	Riverwood Clubhouse-Bismarck

THURSDAY, October 22, 2015

7:00-8:00am	Registration Open	Mandan Middle School
8:00-8:20	Opening Session- 50 Million Strong	Mandan MS- Gymnasiums
8:20-8:55	Keynote speaker-Deb Tackmann	Mandan MS-Gymnasiums
9:00-9:50	Breakout Session I	Mandan MS-Gyms/Classrooms
10:00-10:50	Breakout Session II	Mandan MS- Gyms/Classrooms
11:00-11:50	Breakout Session III	Mandan MS- Gyms/Classrooms
11:50am-12:30pm	General Session/Business Meeting	Mandan MS- Gyms
12:30-1:00	Lunch	
1:00-1:50pm	Breakout Session IV	Mandan MS- Gyms/Classrooms
2:00-2:50	Breakout Session V	Mandan MS- Gyms/Classrooms
3:00-3:50	Breakout Session VI	Mandan MS- Gyms/Classrooms

*****Door prize drawings- throughout the day

2015 ND SHAPE State Conference- Shape Your Body, Shape Your Brain

October 22, 2015 Mandan Middle School, Mandan, ND

Conference Programming

THURSDAY, OCTOBER 22, 2015

7:00-8:00am **Registration**

8:00-8:20am **Opening Session**

Mandan MS Gymnasium

Greeting from NDSHAPE PRESIDENT, Joe Deutsch

***Introduction of NDSHAPE board members and the candidates on the ballot**

“50 Million Strong”

Amy Heuer/Becky Gunderson/Lois Mauch

8:20-8:55am **Keynote Speaker**

“Wellness Education in the 21st Century: Are We Ready for the Challenge” *Mandan MS Gymnasium*
Deb Tackmann

The children of today live in a world vastly different from that of a few years ago. The risks of teen sexuality, obesity, experimentation with tobacco, alcohol and other drugs, school violence and bullying, and suicide are but a few of the issues facing today's young people. We know the health of young people is strongly linked to their academic success and that schools have direct contact with more than 95% of our nation's young people ages 5-17. The question is how can we as educators empower our youth with the knowledge and skills they need to make healthy decisions? How can we strengthen our school programs and policies to be the most efficient means to prevent or reduce risk behaviors and prevent serious health problems? This high-energy presentation will help you understand youth trends in the 21st century, identify essential elements that are necessary for effective school health education as well as motivate and inspire you as a professional educator.

9:00-9:50 am Breakout Session I

"Quick Games for Fun & Fitness" (elementary/secondary)

Mandan MS Gymnasium #1

John Jones- email@johnjonespe.com

An evolving collection of over 25 action-packed games! Ice breakers, time fillers and complete lessons that promote cardio fitness, critical thinking, motor learning and teamwork. Play inside or outdoors with minimal equipment. These games are easy to monitor, modified for the inclusion of special populations and work for all ages from preschool to adults. People love these games! (90 minute session)

"Lacrosse"

Mandan MS Gymnasium #2

Shawn Werle- bismanlacrosse.org

(Elem/MS/HS PE) Why play lacrosse? Lacrosse is a fraternal sport. Once you play, it will be something you want to give back to as you mature.

Lacrosse offers many attributes that appeal to several types of people.

- **stick skills** - Lacrosse develops great hand-eye coordination.
- **finesse** - Master all the head, shoulder, eye, etc. fakes and various dodges/rolls.
- **conditioning** - Lacrosse is a game of endurance with sprinting and continuous running.
- **strategy** - Lacrosse is similar to basketball, hockey, soccer, etc. in terms of picks, give and goes, movement away from the ball, isolation plays, quick passes, etc. Learn team offensive and defensive philosophies.
- **scoring** - Lacrosse games can easily reach into the mid-teens.

"Outrageous Teaching Techniques in Sexuality Education"

Mandan MS Classroom

Deb Tackman- debrahtackmann@gmail.com

(MS/HS Health) This high energy, interactive, and hands-on health session will empower professionals with the knowledge and skills necessary to engage learners in the 21st century. Using dice, beach balls, bags of beans, rice and other modalities, these cutting edge teaching activities are kid tested and approved. **A minimum of 10 lessons and activities will demonstrate critical thinking, differentiated learning, brain based learning and other relevant and up to date teaching methods and ideas that are based on the 2012 National Sexuality Education Standards.** Join in the fun as you learn dynamic teaching techniques that are relevant and exciting for both the teacher and the learner!

"Game On!"

Mandan MS Classroom

Lois Mauch- lmauch@cableone.net

Pam Reichert, Lyndsey Engstrom, Jen Linker

(Elem/MS/HS PE) In this session, the presenters will discuss the most recent update to the North Dakota physical education standards and outcomes. We will introduce assessment measures, how the Standards and Outcomes were designed, and discuss similarities, and improvements for implementation of the new standards and outcomes thought your curriculum. The trainings throughout the state will be conducted as a "Pre-Game", "First Half", and "Second Half". Participants will also be briefed on the protocol of the training during this session.

Objectives:

- 1) Understand how to access and read the 2015 ND Physical Education Standards document.
- 2) Explain the difference between standards, outcomes, and curriculum.
- 3) Describe why the ND Physical Education Standards were updated and outcomes of physical education curriculum research

10:00-10:50 am Breakout Session II

Continued from Breakout Session I "Quick Games for Fun & Fitness"

Mandan MS Gymnasium #1

John Jones- email@johnjonespe.com

An evolving collection of over 25 action-packed games! Ice breakers, time fillers and complete lessons that promote cardio fitness, critical thinking, motor learning and teamwork. Play inside or outdoors with minimal equipment. These games are easy to monitor, modified for the inclusion of special populations and work for all ages from preschool to adults. People love these games!

"Archery"

Mandan MS Gymnasium #2

Tami Doppler- tami_doppler@bismarckschools.org

Jon Krantz- jon_krantz@bismarckschools.org

(3rd- 8th grade PE) Archery in schools is taking off! Come to this session to learn new tricks of the trade, activities, and ideas for teaching archery and archery clubs etc.

"Outrageous Teaching Techniques in Mental and Emotional Wellness"

Mandan MS Classroom

Deb Tackman- debrahtackmann@gmail.com

(MS/HS Health) According to Tim Elmore's book "Generation Y", today's youth, in spite of their economic and social advantages, are experiencing the highest rates of depression, substance abuse, anxiety disorders and unhappiness than any other group in this country. Adolescent suicide has quadrupled since 1950. This high energy and interactive workshop will model exemplary and cutting edge lessons and activities that are based on the national health standards that you can easily infuse into your classroom curriculum. Participants will learn how to address bullying, cutting, stress management, suicide and depression prevention and intervention strategies that work both inside and outside the classroom.

"Technology in PE and Health"

Mandan MS Classroom

Amy Heuer- aheuer@lightofchristschools.org

Becky Gunderson- becky.gunderson@mayvillestate.edu

Scott Parker- scott.b.parker@mayvillestate.edu

(Elem. PE/Health; MS PE/Health; HS PE/Health) Twitter for the teacher, who to follow, how to follow, why follow? Voxer - what is it, why use it? Plickers - what is this, how it works, why should you use it?

"Climb on! How to bring rock climbing to your school."

Mandan MS classroom

Megan Niemer- mniemer@everlastclimbing.com

Everlast Climbing

(K-college) Indoor rock climbing is a dynamic physical activity that enhances strength, muscle endurance, balance, flexibility and cardiovascular endurance and has the power to transform your physical education program while uniquely captivating a wide range of youth. The *Climb On!* presentation informs participants about everything they need to know to bring rock climbing to their school. Participants will explore the rationale for adding climbing to their program. They will learn how climbing can improve physical fitness levels, while also developing cognitive and social-emotional skills. They will be introduced to the different types of climbing walls available and how to choose the one that best meets their needs. Step-by-step planning, safety and risk management information will all be addressed. The program ends with an overview of exciting activities that can be hosted on a climbing wall. Participants will leave inspired and equipped with resources that will inform and support a planning process for acquiring a climbing wall at their school.

11:00-11:50 am Breakout Session III

“Empowering our Profession through Data Decisions”

Mandan MS Gymnasium #1

Bev Brown-bev@lhtusa.com

(K-12 PE) One of the best ways to motivate and capture a student data to sell your program while enhancing the understanding of their own health is through the use of technology in the PE classroom. It is also the best way to validate and show the importance of daily PE within the school day. Come learn, be inspired and experience how assessment technology called the IHT Spirit System is revolutionizing physical education with the simplest, most innovative heart rate and curriculum assessment technology in the educational market that can connect a student's health their academic, attendance and over all well-being from K-12th.

“Promoting Offensive and Defensive Strategies through Tchouckball”

Mandan MS Gymnasium #2

NDSU LIPHE Members

(MS PE) When playing invasion games at the Middle/High School level students often forgo offensive and defensive strategies –promoting selfish, solo-player behaviors. Tchouckball is an invasion game where team members must work together in order to properly defend against points or score them. In Tchouckball there are two nets at both ends of the court. In order to score a point, players must throw the ball, bounce it off one of the nets, and have it land on the ground. To prevent scoring, the defending team must catch the ball before it hits the ground. If the ball is caught, the defending team quickly transitions to offense and play resumes. If the ball lands on the ground (within the boundaries) a point is awarded to the offense, and the defending team gains possession of the ball. Since a point is scored when the ball touches the ground, effective defensive positioning is the most important element to prevent the opposing team from scoring. Teams need to work together in order to effectively defend the court and prevent scoring. Due to its fast-paced nature, and focus on strategic play, Tchouckball is a great way to teach students the importance of defensive positioning, defensive skills (i.e. Shuffling, man-coverage) and communication among teammates. During our session we will be demonstrating the rules and strategies used during the game of Tchouckball, and how it can have a positive impact on how your students use offensive and defensive strategies along with proper communication skills.

“Thriving in the job!”

Mandan MS Classroom

John Jones- email@johnjonespe.com

(Pre-service professionals, inexperienced teachers, college instructors and student-intern supervisors)

An interactive, high energy program on how to set-up and execute a dynamic PE program where everyone will want to be in on the action. Includes class management, sub plans, fun runs, instant activities, technology and interdisciplinary planning with other professionals.

“Be the Beat - CPR in Schools Funding”

Mandan MS Classroom

June Herman, AHA- june.herman@heart.org

Katherine Schirado, NDDPI

(MS/HS PE/Health) Geared to PE and Health Teachers at the middle school and high school level who are interested in learning more about implementing CPR in Schools. The North Dakota legislature appropriated \$450,000 over the next two years to cover CPR training expenses. That is \$15 per student trained! This session will explain the appropriation, it's new and improved implementation approach - no match required and schools can access funds for both middle school and high school skills training. With CPR skills included as a level 1 outcome in new PE curriculum standards, now is a great time to learn and discuss how you can "Be the Beat" for your school and community. Life is why!

“Let’s Talk About It”

Mandan MS Classroom

Jennifer Schmidt, NDDoH Division of Disease Control- jmschmidt@nd.gov

(MS/HS Health) Jennifer M. Schmidt, MS Field Epidemiologist with the North Dakota Department of Health Division of Disease Control will discuss local resources and national tools that can be utilized by school health educators for sexual health, HIV/AIDS prevention and other infectious disease lesson plans.

11:50am-12:30pm Opening Session

Mandan MS Gymnasiums

Welcome- NDSHAPE PRESIDENT Joe Deutsch

"PFYP/Physical Best"- Joe Deutsch

"Fuel up Play 60"- Amy Heuer

"PALS"- Lois Mauch

"Let's Move Active Schools- Joe Deutsch

General Meeting

**Board Candidates introduce themselves*

** Discuss that the OP codes and bylaws need to be voted on because the change made was that wherever NDAHPERD was we replaced it with NDSHAPE after members voted on name change in June.*

**Hand out ballots and vote*

12:30-1:00pm Sack Lunch

Mandan MS Gymnasiums

****Milk sponsored by Midwest Dairy Council*



"JRFH/HFH and CPR in schools"

Mary Reiser and June Herman, AHA

1:00-1:50 pm

Breakout Session IV

“Speed Development for PE & Athletics”

Mandan MS Gymnasium #1

John Jones- email@johnjonespe.com

(MS/HS) - Activities and drills that streamline large group skill development in sprinting, hurdling and relays. Batons, medicine balls, and sit-up mats are all that are needed.

“Move to the Music”

Mandan MS Gymnasium #2

Maddie Irmén & Dani Bates-madison.b.irmen@my.minotstateu.edu

Minot State PE Club Students

(Elem/MS/HS PE) Do not fear incorporating dance into your curriculum! Come and learn some simple dances - easy for anyone to teach! The choreography is basic enough for elementary students to learn, yet fun enough for middle school students, high school students, and beyond. Leave with the tools to teach them tomorrow!

“From Paper to Practice for our Future Professionals!”

Mandan MS Classroom

Bev Brown- bev@ihtusa.com

(University level-college students and professors) This session will introduce what our college students and teachers need to know to move the profession from perceptions of what is being accomplished in class to utilizing data that will assist students and teacher to make decisions for a healthier adult life. Engage your students by using data to improve teaching skills, class participation, and set goals for professional Learning Communities while participating in common core activities. These activities are designed with SHAPE outcomes.

Objectives:

1. Learn how students can use data they collect to enhance their teaching skills.
2. Learn how students can use data they collect to enhance movement in the classroom.
3. Learn how students can use data to better their skill and strategies as a future professional while participating in professional learning communities.
4. Experience state of the art self-contained heart rate monitoring that sends assessments straight to a website, no buttons, no downloading.
5. Participate in active & engaging common core strategies that align with our new SHAPE outcomes.

“Tobacco and laws school related (E-cigarettes and other electronic nicotine delivery devices/systems)”

Mandan MS Classroom

Kristie Wolff kristie.wolff@lung.org

Center for Tobacco Prevention and Control Policy & American Lung Association

We will talk about how school staff, teachers and other adults serve as role models for students when it comes to a lot of things, including tobacco and nicotine use. PE and Health Teachers, as well as coaches are among those role models.

“Project Fit America Grant” www.projectfitamerica.org

Mandan MS Classroom

Joe Deutsch- joe.deutsch@ndsu.edu

Michelle Crary

Project Fit America creates exemplary fitness in education. The total funding provided to model school program is \$17,800. This is inclusive of the entire two-year program, with the exception of the installation of the outdoor fitness equipment. PFA's goal and driving purpose is to create new and sustainable opportunities for kids to be active, fit and healthy as part of the everyday school experience. This is accomplished through educational programs and equipment that will allow the school to successfully teach fitness education year after year. The presenters have successfully applied for this grant and received the funding and curriculum. The \$17,800 fitness equipment did not include the \$30,000 in concrete, fall surfacing, and installation. The presenters successfully got this money donated as well and will also talk about ways you can do the same thing in your community.

2:00-2:50pm

Breakout Session V

“Nitro Ball”

Mandan MS Gymnasium #1

Leah Wheeling- leah_wheeling@bismarckschools.org

(MS PE) Nitro Ball! A new twist on an old game, essentially one bounce volleyball over a tennis net. Learn how to incorporate essential volleyball skills, team work, game strategy, and standards into this action packed activity

“Spikeball”

Mandan MS Gymnasium #2

Amy Heuer-ahueur@lightofchristsschools.org

(Upper Elem-College) 250,000+ spike ballers in the USA. Spike ball is a team sport played by two teams of two players. Opposing teams line up across from each other with the Spike ball net in the center. The ball is put in play with a serve—a hit by the server from behind the service boundary into the net to an opposing player. Once the ball is served players can move anywhere they want. The object of the game is to hit the ball into the net so that the opposing team cannot return it. A team is allowed up to three touches to return the ball. The rally continues until the ball is not returned properly.

“Implementing a CSPAP at your school - it's as easy as 1-2-3-4-5”

Mandan MS Classroom

Sara Deutsch- sara.deutsch@minotstateu.edu

Lyndsi Engstrom

(Elem/MS/HS PE) Implementing a CSPAP at your school - it's as easy as 1-2-3-4-5!

This session will provide simple strategies to implement the five components of a Comprehensive School Physical Activity Program (CSPAP) to improve overall school health and academic success!

Participants will 1) Understand the components of a CSPAP and 2) Create an action plan for students to achieve the nationally recommended 60 minutes of daily physical activity in their respective school.

“Becoming a Health Activator”

Mandan MS Classroom

Donna Hardie- Donna.hardie@sanfordhealth.org

(K-6) Be more than a health educator, be a health activator! Health activators understand that one's emotional state and energy level influence healthy food and physical activity choices. Through demonstration and participation, participants will learn how to take health education to the next level and activate children's healthy behaviors where they live, learn and play. Tools and resources are included to assist participants to captivate, educate and activate healthy behavior choices.

3:00-3:50pm Breakout Session V

"I Can Play Tennis Too!!"

Mandan MS Gymnasium #1

Carolyn Kramer, kramer@northern.usta.com.

USTA-Northern

(K-12 PE) Don't wait until 5th grade or older to introduce your students to tennis in the physical education class. This interactive session will show you how your students can be exposed to tennis in a fun and safe environment starting in kindergarten. This can be done in non-traditional spaces; gymnasiums, activity rooms, playgrounds, parking lots and grass fields.

"Drumming in PE"

Mandan MS Gymnasium #2

Leah Wheeling- leah_wheeling@bismarckschools.org

Drumming is a great way to explore rhythmic movements and increase the skill related fitness components of coordination, agility, and reaction time and the health related fitness components of aerobic capacity and muscular endurance. Learn about how to create routines, music selection, and fun ideas to incorporate into drumming. Leave this session ready to drum at your own school!

"Free Technology to Enhance Teaching"

Mandan MS Classroom

John Jones- email@johnjonespe.com

(All Levels) Technology is constantly on the move and can be overwhelming. Leave this session with the hands-on experience to improve your program. Novices to experts benefit from the array of free sources. Laptops and cell phones are helpful, but not required.

"Jump Rope for Heart/Hoops for Heart"

Mandan MS Classroom

Mary Reiser- mary.reiser@heart.org

What is Jump Rope/Hoops for Heart?

A 37 year old national event that engages elementary school students in the physical activity of jumping rope (Hoops for Heart is about basketball) while learning about living a heart-healthy life and helping others. The program is no cost to the school and takes place during PE class. The collecting of donations is optional to families and helps to fight heart disease and stroke.

Why pick the American Heart Association?

- Heart disease and stroke are American's #1 and #4 killers and touch all of our lives
- About 16% of children and adolescents are overweight.
- More than 9 million children are overweight and 23% get no exercise.
- Overweight adolescents have at least 70% chance of becoming overweight adults.
- Exercise lowers the risk of heart disease and stroke.

Come and join me and let me show how you can incorporate this easily into your current curriculum and make this an annual tradition at your school. Let's be lifesaver's together!

"Active Learning in Health Education"

Mandan MS Classroom

Kristen Hahne- kristen.a.hahne@ndsu.edu and NDSU PE club students

(MS/HS Health) This classroom based activity session will empower health education professionals with knowledge and skill to incorporate new teaching techniques to engage learners in health education classes. Activities will be shared that will demonstrate critical thinking and address learning styles through active engagement and collaboration.



Awards Celebration

Wednesday, October 21, 2015

**Riverwood Golf Course-Clubhouse
725 Riverwood Dr.
Bismarck, ND 58504**

Social/Awards Celebration

6:00-9:00 pm

THANK YOU TO OUR SPONSORS:

Mary Beth Palmer, Minot--- Gold Level (\$500)

Sanford Health *fit* --- Silver Level (\$250)



SANFORD
HEALTH

Midwest Dairy Council---Bronze Level (\$100)



PLEASE VISIT AND THANK OUR 2015 EXHIBITORS

Exhibitors/ Door Prizes

American Heart Association

Sanford Health *fit*

Midwest Dairy Council

USTA

Coordinated School Health- Department of Health

Ever last Climbing

Speed Stacks

All America Trophy- Minot

Central District SHAPE

SHAPE America

IHT (Interactive Health Technologies) – Jen Ohlson

JUMPROPE FOR HEART & HOOPS FOR HEART

Jump Rope for Heart Top 3

Osgood Kindergarten Center Fargo \$23844 Elizabeth Rensch

Lisbon Elementary School \$16095 Veronica Carter

Nativity School Fargo \$15300 Jill Koch

Jump Rope for Heart Top School \$10000+

Aurora Elementary \$14472 Ali Clemenson

Hazen Elementary School \$12780 Ronnie Stewart

St. Marys Grade School \$11694 Shannon Copas

Kindred School \$10401 Paul Schmitz

Liberty Elementary Bismarck \$10354 Tami Doppler

Watford City Elementary School \$10242 Kelli Taylor and Jerome Hoffman

Hoops for Heart Top 3

Jefferson Elementary School Valley City \$9130 Brad Sufficool

Linton Elementary School \$8106 Charles Pavlicek

Wyndmere School \$6053 Rylan Gutzmer

Jump/Hoops For Heart Top 3

Stanley Elementary School \$15046 Elonda Davidson

Century Elementary School Grafton \$9649 Laurie Sieben

Discovery School \$7322 Mary Ann Donnay

Jump Rope and Hoops for Heart Participants

Raised \$2,000+

Adrian, Stacy	Midkota Elementary School	Lloyd, Jacoby	Prairie Rose Elementary School
Anderson, Barry	Holy Spirit Elementary School	Lloyd, Jacoby	Saxvik Elementary School
Anderson, Ben	Sargent Central Public School	Maus, Karen	Lincoln Elementary School
Astle, Jenn	Rita Murphy Elementary School	McCleary, Barry	Napoleon School
Beck, Coty	Central Elementary School	McNary, Kelly	Zimmerman Elementary School
Beckler, Ben	Lewis & Clark Elementary School	Mevold, Sarah	Oak Grove Elementary
Bender, Vicky	Wilton School	Meyer, Derek	Minto School
Berreth, Sherry	Northridge Elementary School	Meyer, Sandy	Hillsboro Elementary School
Biewer, Anne	Hankinson School	Motter, Marlene	Page School
Bjerke, Bethany	Twining Elementary/Middle School	Nelson, Brent	Montpelier School
Bratland, Kevin	Enderlin School	Nipe, Trina	Flasher Elementary School
Brekke, Brad	St. Joseph Elementary School	Nosbusch, Steve	Larimore Elementary School
Burrer, Jodi	Rolla Public School	Olson, Ross	Lincoln Elementary School
Burwick, Randy	Hettinger School	Paintner, Nancy	GriggsCoCentral Elementary School
Chase, Laurie	Phoenix Elementary School	Paurus, Kelsey	Finley-Sharon Public School
Christenson, Nick	Bennett Elementary School	Peterson, Brett	Berger Elementary School
Crary, Michelle	Kennedy Elementary	Peterson, Jordan	Glenburn Public School
Dixon, Billie	Winship Elementary School	Peterson, Sheila	Wachter Middle School
Eckert, Adam	Viking Elementary School	Piatz, Shane	Northern Cass School
Eldridge, Erin	Rickard Elementary School	Pollestad, Lindsay	Drayton School
Felber, Cassie	Towner School	Porter, Mike	Solheim Elementary School
Feller, Jeremy	Our Redeemer's Christian School	Ptacek, Lavonne	North Sargent School
Fuhrer, Layne	Westhope Public School	Reichenberger, Scott	Sunrise Elementary
Frase, Jason	Lincoln Elementary	Rindel, Melissa	Divide County Elementary School

Jullickson, Val	Valley-Edinburg Elementary	Roberts, Dennis	Lewis & Clark Elementary School
Jaggin, Mandy	Powers Lake Elementary School	Salander, Disa	Washington Elementary School
Jahn, Chris	Central Cass School	Schaefer, Nick	Medina School
Jansel, Jacki	Alexander Elementary	Schepp, Wanda	Velva School
Jeley, Gina	Lidgerwood Public School	Schmidt, Karen	Beulah Elementary School
Jiller, Devin	Fessenden-Bowden Public School	Schmiedeberg, Pam	Gussner Elementary School
Joffner, Bobby	Maddock Public School	Schumacher, Bryan	Wishek Public School
Jolien, Kelsey	Thompson Public School	Sheppard, Betsy	Munich School
Jopkins, Taviao	Central Elementary School	Slag, Jerome	Prairie View Elementary School
Jornecker, Ryne	Edison Elementary School	Smith, Sara	Longfellow Elementary School
Jhmels, Pam	Will Moore Elementary School	Steele, Jason	Perkett Elementary School
Jelly, Ashley	Killdeer Public School	Stockert, Maria	Glen Ullin Public School
Johnson, Shannon	Berthold Public School	Sundahl, Matt	Bel Air Elementary School
Jcainz, Beth	Peter Boe Elementary School	Syrstad, Randall	Milnor School
Jcocka, Jay	Buffalo Elementary School	Taralson, Kayla	Westside Elementary School
Jcramer, Heather	Turtle Lake-Mercer Elementary School	Taszarek, Tammy	Richland Elementary School
Jcrantz, Jon	Dorothy Moses Elementary School	Thorpe, Carrin	Ellendale Public School
Jcrefting, Kelby	Ben Franklin Elementary School	Torkelson, Deb	Washburn Public School
Jcuske, Matt	Max Public School	Wanzek, Justin	Grace Lutheran School
Jadouceur, Greg	Century Elementary School	Ward, Tyler	Taylor Elementary School
Jee, Aric	Shiloh Christian School	Weigel, Brenda	Hazelton-Moffit-Braddock E S
Jee, Josh	Hatton Public School	Weinberg, Kurt	Pioneer Elementary School
Jehr, Stacy	Horace Mann Elementary School	Wheeling, Leah	Simle Middle School
Jindteigen, Lizabeth	Washington Elementary School	Wills, Nicole	Washington Elementary School

Jump Rope and Hoops for Heart Participants

Albertson, Troy	Parshall Elementary School	Lindgren, Scott	Leeds School
Beach, David	Roosevelt Elementary School	MacDonald, Lloyd	Bell Elementary School
Bender, Cordell	Center-Stanton Public School	MacDonald, Lloyd	McKinley Elementary School
David, Katelin	Kenmare Elementary School	Magee, Nick	Roosevelt Elementary School
Davis, Terry	Lewis & Clark Elementary Sch	Maki, Jake	Kennedy at Eagles Elementary
Davis, Terry	Wilder Elementary School	Matte, Pam	Bob Callies Elementary School
Driscoll, Dana	Sherwood Public School	Nein, Robin	Bismarck High School
Duenas, George	Sawyer Public School	Nelson, Brent	Roosevelt Elementary -Minot
Emter, Becky	Tappen Public School	Nelson, Fred	Plaza Public School
Erickstad, Jodi	Starkweather Public School	Olson, Rochelle	McKinley Elementary School
Gullickson, Val	Edinburg School	Ressler, Kim	Dakota Elementary School
Gulmon, Deb	St. Catherine Elementary School	Rudolph, Zach	Bishop Ryan Catholic School
Hellman, Stacy	Grimsrud Elementary School	Schafer, Robert	Wing Public School
Hellman, Stacy	Roosevelt Elementary School	Seljevold, Larry	Jefferson Elementary School
Hillerson, Lydia	Madison Elementary School	Smith, Michael	Washington Elementary School
Issendorf, Eric	Centennial Elementary School	Smith, Twila	Theodore Jamerson Elem.
Jacobson, Tim	Mapleton Elementary School	Southam, Boyd	Mohall Public School
Johnson, Dan	Oriska Elementary	Starkweather, Mark	Clara Barton Elementary School
Korgel, Kristi	South Prairie Elementary School	Thielges, Brett	Barnes County North Public Schoc
Krahler, Bryan	North Plains Elementary School	Vandervorste, Andrea	Strasburg Public School
Kvilvang, Trina	North Star Public School	Williams, Barbara	Lincoln Elementary School
Lindgren, Nikki	Minot High School Central Campus		

