

ND SHAPE Elections

September 16, 2022

Board Nominations Complete

Please read the bios of the nominations for ND SHAPE board positions below. Elections will be open from October 15-October 30. An email with that link will be sent out to members for voting on October 15.

For VP General

Tyler Hetland

Tyler has 8 years teaching experience in Fargo Public Schools. He holds his Masters in leadership in physical education and sport. Currently Tyler is teaching at Bennett Elementary and Explorer Academy in Fargo. He is working with Fargo Public Schools to advance physical education and show the importance of our subject. Tyler has been on the board for 2 years and ready to take a leadership role.



For Board Member

Alaina Reller

I am a first-year physical education teacher at Liberty Middle School in West Fargo. I graduated in the spring of 2022 from NDSU with a degree in physical and health education. Well at NDSU I was an active member of many clubs and organizations on campus including the President of the PE club, and a member of different ambassador programs. I played an active roll in SHAPE America in college

presenting at state, central district, and national conventions. I hope to continue making an impact on the profession as a teacher and ND SHAPE board member.



Amanda Messner

Hi my name is Amanda and I have been teaching for the past 8 years. I graduated with my bachelor's from Minot State University in Physical Education in 2014. From there I was a teacher for 3 years at Bishop Ryan in Minot and a Wellness Manager/ PE teacher for the Dakota Boys and Girls Ranch for 6 years. I finished my first master's degree in Health, Physical Education, and Recreation from Emporia State University, KS in 2016. In 2018 I moved to Williston and work as a Physical Education and Health teacher at the high school. My first year, I taught PE, Athletic performance and health. I now teach all health and dual credit college courses through Williston State College, including Intro to Personal Training, Care and Prevention 1 and 2, Sports Physiology, and Fit for Life. I am on the district curriculum committee, the PLC guiding coalition, and the SEL committee for the district. I recently received my second masters in Educational Administration through Emporia State University, KS.



Kelsey Higginson

I grew up in Wyoming but have loved being transplanted to North Dakota. My family was always active with bike rides and hikes, though one brother and I were the only two to really do competitive sports. I was a swimmer and that took me all the way through swimming for BYU and on into coaching a club team for a while. I enjoy the variety of ways we can move and find pleasure in movement and went to school to be a PE teacher so I could help others learn to love moving. Opportunities opened up to continue into grad school and I ended up with a doctorate; now I help people earn degrees in PE teaching. I see this as a great way to inspire future teachers, who can then help their own students be inspired to love moving. I want people to see what PE could be, and not just repeat the past over and over. I recently got a puppy and spend my time at home with him or in my garden (which actually grows things in ND! WY didn't grow well). I want to build relationships and help PE in ND improve.



Wade Messner

My name is Wade Messner and I am a middle school PE and Lifetime Fitness teacher at Williston Middle School. I am in my second year of teaching here in Williston and have grown more and more to love the life of teaching. I enjoy helping students learn how to live a healthy active life. I was active in sports all the way through college, and continue to play recreation sports today as an adult. Helping students identify activities they like and help them continue to grow and become physically active throughout their life is why I chose to change careers and come to teaching.





About Us


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The North Dakota Association of Health, Physical Education, Recreation and Dance was established in 1928, with Fred Spalding from Valley City as our first President. While the field of education has had many changes in the past 90+ years, and we changed our name our name change in 2015, our mission has stayed the same—**To encourage and provide professional development and support for HPERD professionals.**

We accomplish our mission through professional development, newsletters, and networking among our members.

We are made up of public and private school teachers, collegiate professors, and health professionals that believe in the importance of active living.

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KINDNESS