CONVENTION EDITION

The SHAPE Colorado Board makes quality content for convention a very high priority and this year is no exception. 2016 convention kicks off on Thursday October 20 with a dynamic Pre-Convention line up including:

- How to teach Health in PE
- Dance ABC’s
- Challenging Autism with Exercise
- Fitness assessment in Physical Education
- Fencing
- What’s new in Technology in 2016
- Future Professional Development Workshop

General convention kicks off on Friday, October 21 at 8am. Convention attendees have the opportunity to participate in their choice of 80 fantastic sessions over a two day time span as well as a dynamic cooking presentation by Western Dairy and the latest information on ESSA in Colorado. The Thursday night Olympic social and Friday night awards reception provide ample time for socializing and celebration.

The 2016 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

View the schedule and make your own personal schedule using our online program: https://shapecoloradostateconventio2016.sched.org/

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

2016 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 “exhibitor cash” given away by SHAPE COLORADO. The following denominations will be awarded to the lucky winners; $250, $150 and $100. The winner selects the exhibitor and SHAPE COLORADO will issue payment to the exhibitor.

Here’s a partial list of exhibitors for the 2016 Convention:

- American Heart Association
- Western Dairy Association
- Airborne Assemblies
- Spikeball Inc.
- Speed Stacks
- Fitness Finders, Inc.
- Sportime featuring SPARK
- The Children’s Health Market
- United States Tennis Association Colorado
- UNC Extended Campus
- Tchoukball Inc.
- 100 Mile Club
- The New Balance Foundation Billion Mile Race
- Colorado PERA
- Safe Routes to School National Partnership
- Romeo Music
- US Games
- USA Ultimate
- Reebok Foundation - BOKS
- Polar Electro Inc.
- California Casualty Auto and Home Insurance
- Bungee Bootcamp
- Skillastics
- Everlast Climbing
- GOPHER
Lynn Burrows
Physical Education Teacher
Fraser Valley Elementary School

Lynn Burrows received her undergraduate degree in physical education from University of Colorado and her Masters of Curriculum Design from Adams State College. She also has her National Board Certification in physical education.

Lynn is an active member of SHAPE Colorado through serving on SHAPE Colorado board and by presenting annually at our SHAPE Colorado convention. She received Shape Colorado Elementary Teacher of the Year in 2014 and went on to be named Central District Elementary Teacher of the Year in 2015. Lynn writes a physical education blog at Lovepe.me and writes for PHE America, formally known as PElinks4u.

Vision Statement:
I am honored to be a President Elect candidate of SHAPE Colorado. I have been a member of SHAPE Colorado for over 15 years, serving in a variety of roles. I am a passionate advocate/leader for quality physical education. My goals include increasing our member’s involvement in leadership roles through a variety of opportunities. I believe our profession has many upcoming challenges in which I am prepared to partner with our board and membership finding new innovative ways to improve physical education and health experiences for students throughout Colorado.

Get a free professional SHAPE Colorado membership!

If you hosted a Jump or Hoops for Heart event in 2015-2016, your SHAPE Colorado membership is free when you register for convention.

Fuel Up to Play 60 Needs You!

Fuel Up to Play 60, the in-school nutrition and physical activity program from National Dairy Council, local Dairy Councils and National Football League, in collaboration with the United States Department of Agriculture (USDA), is helping to make wellness part of the game plan.

Sign up to be a Program Advisor! Program Advisors are the coaches of their in-school team. They engage and empower students to implement Fuel Up to Play 60, plus they’re eligible for funding, rewards and recognition opportunities.

Join and sign up as a Program Advisor today, at FuelUpToPlay60.com
Hello SHAPE Colorado members! I am writing this as this is my last time speaking as a current past president of SHAPE Colorado. The past three years have been such an amazing experience. As once the leader of this organization it is great to sit back and see how it continually gets better for our membership. Currently we have so many strong up and coming leaders that it makes it easier to step away for a while. I will be leaving the board this year to spend more time with my family and focus on my teaching. I will not be leaving all components of SHAPE. I still am the co-advocacy chair for SHAPE America Central District and have applied to their leadership council also. I am proud to be part of such an amazing organization that in the long run benefits the youth of our country. Keep up the amazing work, and I hope to see all of you at the SHAPE Colorado Convention in Colorado Springs this October!

Farewell and Good Luck

Chris Watts
SHAPE Colorado Past President
Why do you go to Convention?

To network with other professionals who are passionate about physical education and providing the best practice for ALL students! (Bryan Wickoram)

I enjoy learning new teaching strategies games that I can use throughout the year. I also love seeing old friends, and making new ones. (Jason Mondragon)

I attend to network and collaborate with some of the most talented physical education and health teachers in the country. (Terry Jones)

I like to interact with other passionate professionals and discover new games or ways to modify games that you have been playing for years. (Sam Wilson)

I go to convention learn new teaching strategies and activities that I can use with my kids. I also love the energy it brings to my classroom when I return. I feel invigorated by all the other amazing teachers that attend! (Chris Watts)

I like to get together with other Physical Educators to collaborate, play, and learn new up-to-date activities as well as doing research on what I may bring back to my school. I always find new ideas to bring back to my program. I believe that everyone should attend convention. (Debbie Luithly)
I am very excited to announce the candidates for the 2016-2017 SHAPE Colorado Executive Board. These individuals bring diversity, passion and creativity to advocate for the importance of quality physical education and health programs in schools and are the “champion” leaders who will continue to move our profession forward. They are committed and dedicated to always work towards the vision and mission of SHAPE Colorado. Our board meetings are always an open meeting and anyone is welcome to attend and participate in the planning and conversations around advocacy, professional development, the state convention and our membership. These candidates will be voted on at the Saturday lunch business meeting at convention.

Donna Carey; K-12 Adaptive Physical Education in Aurora Public Schools; Favorite Teaching Memory: I was teaching a dance class and one of my students (after doing sex ed. in school) came up to me and said, "I know where babies come from! Do you do THAT with your husband?". Well, I was speechless for a few seconds and replied, "It’s not as gross as it sounds!" Yikes!

Lynn Burrows; Elementary Physical Education Teacher at Fraser Valley Elementary; Favorite Teaching Memory: Making favorite memories daily.

Emily Graves; Middle School Physical Education Teacher at Columbia Middle School; Favorite Teaching Memory: Too many to count.

MacKenzie Mushel-Ellis; High School Physical Education, Health and Dance Teacher; Favorite Teaching Memory: Not one specifically, just watching students become confident competent movers, thinkers and do-ers!

Kristen Gilmore; Middle School Physical Education Teacher at Kearney Middle School; Favorite Teaching Memory: Any time a student tells me that they are taking home what I taught.

Elizabeth Sharp; Higher Education Faculty at Colorado Mesa University; Favorite Teaching Memory: Anytime I have a student graduate and get a job.

Clayton Ellis; Middle School Physical Education Teacher at Mrachek Middle School; Favorite Teaching Memory: Seeing students being successful later in life.

Debbie Luithly; Elementary Physical Education Teacher at Coyote Ridge & Carrie Martin Elementary School; Favorite Teaching Memory: I had a first grader who was not happy when we started our jump rope unit. He could not jump rope. At the end of our unit, he asked me to watch him. He was able to jump rope and he was so happy. I praised him for his accomplishment. He then told me that the PE teacher the year before told him that he would learn to jump rope and he didn’t. He struggled in all areas at his previous school and was blossoming at his current school. Nothing makes me happier than a child who sees their potential.

John Miller; K-12 Physical Education and Health Teacher at Platte Valley Youth Services Center; Favorite Teaching Memory: I enjoy making connections with students through physical activity. Great conversations can start with a game of basketball.

Kelsey Rojas-Torres; Elementary Physical Education Teacher at Whittier International Elementary; Favorite Teaching Memory: Getting my full time job at Whittier!

Brandy Lynch; Ph. D Student at the University of Northern Colorado; Favorite Teaching Memory: This year? Having a student tell me, "When I took a class with you two years ago, I couldn’t understand why you made us do so much work and I hated it.....now, I’d say you’re my favorite teacher because I’ve learned so much practical information from you."

Hillary Franks; Ph. D Student at the University of Northern Colorado; Favorite Teaching Memory: My favorite teaching memory would have to be when a student learned how to juggle 3 tennis balls. In that moment you saw this student’s eyes LIGHT UP, and you could feel the
excitement and achievement this student felt. So special to capture those moments as teachers!

**Melissa Ardolf:** Elementary Physical Education Teacher at Falcon Elementary School of Technology; Favorite Teaching Memory: Love it when students smile and the light bulb comes on when they didn't think they would be able to accomplish a skill.

**Pamela Tyre:** Elementary and Middle School Physical Education Teacher at Cherry Creek Schools; Favorite Teaching Memory: Love it when students smile and the light bulb comes on when they didn't think they would be able to accomplish a skill.

**Nick Spencer:** Elementary Physical Education Teacher at Wheeling Elementary; Favorite Teaching Memory: One of the classes I taught was a high school weight training classes. For an entire semester a student did not want to change his clothes and participate in his class. The next semester I was completing my student teaching at the same school with the same courses. The same student decided to take the same weight training class again the next semester. When he walked into class he was dressed out and ready to go. I was even more in shocked because he appeared to want to fully participate in class. A couple of weeks into the semester I was spotting him during a lift and started a conversation with him. He said I showed that I cared about him and explained why it is important to dress out for physical activity without making feel bad. After this encounter I really became aware of the importance of relationship building with students.

**Elizabeth Miner:** Elementary Physical Education Teacher at Green Gables and Red Rocks Elementary; Favorite Teaching Memory: Mile run, student was the last one to come in and the students who were done ran out on the track and ran with the student to encourage him to complete. You cannot teach compassion.

**Pam Rogers:** Manager of Instruction and Curriculum Arts and Physical Education in Denver Public Schools; Favorite Teaching Memory: Helping one of my students with autism become a student who succeeds in my classroom -- took about a year and a half - but, he was able to mainstream with no support from special education para.

**Kyra Rusico:** K-12 Physical Education and Health Teacher at Denver Academy; Favorite Teaching Memory: Taking Yoga class to an Aerial Yoga Field Trip so much fun!

**Nick Spencer:** Elementary Physical Education Teacher at Wheeling Elementary; Favorite Teaching Memory: One of the classes I taught was a high school weight training classes. For an entire semester a student did not want to change his clothes and participate in his class. The next semester I was completing my student teaching at the same school with the same courses. The same student decided to take the same weight training class again the next semester. When he walked into class he was dressed out and ready to go. I was even more in shocked because he appeared to want to fully participate in class. A couple of weeks into the semester I was spotting him during a lift and started a conversation with him. He said I showed that I cared about him and explained why it is important to dress out for physical activity without making feel bad. After this encounter I really became aware of the importance of relationship building with students.

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**Jessica Weber:** Instructional Curriculum Specialist in Denver Public Schools; Favorite Memory: Meeting Shannon Miller while piloting Polar GoFit for the first time in 2013.

**Kurt Fogleman:** Student Representative for Metro State University of Denver; Favorite Teaching Memory: To Be Determined

**Tara Anderson:** Student Representative for the University of Northern Colorado; Favorite Teaching Memory: When one of the 10 year old's I was coaching, was encouraging a team mate in tennis meet to get to the ball after one bounce, she came up with the moto "One or none and you're done" from the concepts of ground strokes or volleying out of the air to win a point. It was awesome to see encouragement, teamwork, and applying tennis strategy and concept knowledge in a real life situation.

**Shana Martin:** Student Representative for Metro State University of Denver; Favorite Teaching Memory: Teaching rhythms to middle school students

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**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 1st.**

Please submit online at [http://www.shapeco.org](http://www.shapeco.org)