

# SPOTLIGHT

Back Row L to R  
Teri Lummis, Kathy  
Feldmann, Hillary  
Carlson, Kyla Prows  
Front Row L to R  
Bridget Sloan and  
Samantha Peszek



## AAHPERD NATIONAL CONVENTION

By Teri Lummis

**USA Gymnastics staff attended** the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) convention held March 17-19 at the Indiana Convention Center, in Indianapolis.

There were approximately 7,000 attendees at this year's convention. USA Gymnastics reached out to the educators to remind them of the importance of bringing the basics of gymnastics back into the school's physical fitness curriculum. USA Gymnastics handed out Tyson Fitness Chal-

lenge kits to those who were interested. This year's packet included a written administrator's guide and coordinating DVD which demonstrates how to teach children the proper techniques for many basic core strengthening exercises, as well as a nutrition guide and exercise log. As one teacher said, "This is great! You have saved me many lesson plans!"

Loree Galimore spoke with the educators about contacting a local USA Gymnastics club to provide

demonstrations at their schools. She directed them to go to the USA Gymnastics web site to find a member club in their area. One of the most inexpensive growth opportunities for a gymnastics club is to reach out within its community and schedule demonstrations at schools, health fairs and other children's venues.

Olympians Bridget Sloan and Samantha Peszek attended the "Spirit of the Olympics" session, lead by Lucinda Williams Adams, a 1960 gold medalist and former president of AAHPERD. They spoke to the educators about their experiences as an Olympian.

At the annual Hall of Fame banquet, Shannon Miller was inducted into the Hall of Fame for her work as an accomplished athlete and passionate advocate for a healthy, physically active and balanced life.

### **IDEAS FOR CLUB OWNERS**

✓ **Take Initiative.** Call the preschools, elementary, middle and high school physical education teachers in your area. Offer to host an Open House, Teacher's Day Out. Share your expertise in safety/risk management and have your athletes demonstrate exercises that focus on proper form, core strength, and flexibility presented in a fun and safe manner. Feel free to use the Tyson Fitness Challenge packet as a model for your exercises.

Provide the teachers with a free lesson plan! Copy

information from the Tyson Fitness Challenge administrators guide, include the "station" settings which are perfect for any school. Be sure to include information about the importance of goal setting and how children gain self esteem and concentration through basic gymnastics skills.

✓ **Visit the schools in your area.** Encourage your athletes to talk to their physical education teacher about the possibility of allowing your club to perform for the student body. Be sure that your demonstration includes the various skill levels in a fun manor. Pass out flyers or other marketing materials to the students.

✓ **Attend a Summer Camp.** Summer camps are perfect for those athletes that need to maintain flexibility, cardio health, balance and upper body strength during the summer. Sports such as cheerleading, football, hockey and baseball are perfect for an off-season training program. Contact the coaches at your local high school and explain the benefits of basic gymnastics for their athletes. Ask if you can distribute flyers in exchange for displaying their team banner at your club. You may even offer a team discount for an 8 week session!

Don't forget that many teachers are parents as well. They may want to enroll their children in your classes so that they can take advantage of the parent/child quality class time, or enjoy quality time with their spouse during your "Parent's Night Out" events. ✘