

Minutes of the Governor's Council on Physical Fitness Governor's Fitness Challenge Subcommittee

The meeting of the Governor's Fitness Challenge Subcommittee was held on the 19th day of October, 2009 via conference call, commencing at 11:00 am.

Call to Order:

Amy Young called the meeting to order at 11:00 am and noted there were 8 members on the conference call.

Call in:

<u>Name of Member</u>	<u>Attendance</u>
Dave Andreychuk (Co-chair)	Present
Amy Young (Co-chair)	Present
Monty Castevens	Present
Carlos Castresana	Present
Dr. Jayne Dr. Greenberg	Present
Nancy Hogshead-Makar	Present
Bill Montford	Present
Jonathan Vredenburg	Present
 <u>Others</u>	
Carolyn Timmann	Present
Mary Beth Date	Present
Nichole Wilder	Present
Kay Kammel	Present
Kimberly Berfield	Present
Katie Hammond	Present
Jenna Lockwood	Present

Order of Business:

Approval of the Last Meeting's Minutes

- There was a discussion about the last meeting's minutes regarding some language regarding sports activities. "Teaching the trainer to focus on the concept that all students may not be athletes, but that most students can engage in some kind of sport (for example riding a bike, skating, paint ball, kick ball, etc)."
- Vredenburg said that the intent of the language is not to require a structured team sport.
- It was recommended to change the language to; not every student is interested in becoming a top competitive athlete, but every one can participate in some kind of sport or activity.

Topic: Update on Registration

- Currently there are 272 elementary schools registered for the Challenge. This is an improvement from last year's 270 elementary and middle schools that participated.
- Middle school will begin registration on November 18th.
- Young asked what has been done to increase participation.
- Wilder said that she attributes the registration increase to several initiatives including a media push, more communication through physical education coordinators, monthly newsletters, changes the exercises to provide flexibility to teachers and extending the registration deadline.
- Timmann mentioned that Andreychuck thought real patches should be provided to participating students if funding can be attained.
- Andreychuck dates on when cut off for registration. Wants this information so that he knows when he visits schools.

Topic: Update on Website

- There has been a learning curve with teachers navigating the updated website and the crossover to web based registration verses the excel spreadsheets used last year.
- Theme blocks are up and look great, but Young asked the committee to come up with some ideas for the next meeting to improve the website.
- Hammond reported that registration has been extended for those who have had problems and the pretest deadline has also been extended.
- Young suggested more photos to be place on the website, but they must have a photo release. Hammond will re-email a copy for every one to sign if they wish to be on the website or their likeness is to be used in anyway for the Council.

Topic: Exercise Videos

- The exercise videos illustrating how to perform the various exercises are completed and will be placed on the website as soon as possible.
- Vredenburg was having trouble viewing the website correctly and Hammond asked him to email her the configuration and browser so University of Florida can fix the viewing problem.
- Many of the members were interested in meeting with the schools. The Subcommittee will discuss this at the next meeting.
- The Subcommittee members were interested in adding dates to the calendar for events such as the Read and Run Marathon. Hammond will facilitate the addition of these dates to the calendar with a week's prior notice.
- The Subcommittee discussed the numbers of students posted on the Fitness Challenge website. Hammond indicated that these numbers do not reflect the true count of students. Members requested to remove numbers until the Subcommittee is sure they are correct. Hammond will work with University of Florida to make the correction.

Topic: Train a Trainer

- The Subcommittee discussed the "Train a Trainer" program for home schooled students. The Subcommittee discussed whether the exercise video will illustrate the Fitness Challenge exercises and encourage home schooled children to

participate in the Challenge. Currently, 7 out of 56,000 home schooled children have signed up for the Fitness Challenge.

- Timmann told the Subcommittee that a Joint letter from Governor Crist and Tim Tebow is being sent to Homeschoolers using a distribution list from the Department of Education.

Topic: Providing recognition of the Physical Education Teachers

- The Subcommittee recommended mentioning the teacher when discussing the school's successes in an effort to recognize physical education teachers. The only problem is that there are multiple teachers so this must be considered to be fair.
- The Subcommittee also considered giving the teachers certificates. This would have a minimal cost to the state and give teachers something to hang on the wall.
- Dr. Greenberg said it is important to recognize the individuals who have done the work.

Topic: Inclusion of High School Students in the Challenge

- The Subcommittee discussed including high schools in the Challenge based on the education committee's recommendations. Montford said that doing anything with high school students is more difficult.
- Wilder mentioned it would be difficult to track because the requirement of determining the percentage is more difficult since high school students are not required to take physical education continuously.
- Young suggested the Subcommittee place these issues on the back burner until the logistics are worked out for the elementary and middle schools.
- Young suggested having the high school students mentor the elementary or middle school students. Montford further suggested the utilization of high school service organizations. Timmann said high school students need community service hours for Bright Futures.
- Wilder mentioned that mentoring may be problematic because most elementary and middle schools are participating in the Challenge during the school day.
- Makar stated that it may do more harm than good for someone to come in for a couple weeks then be gone, especially in economically depressed areas.

Topic: Themes

- Hammond announced that anyone who is interested in a theme block for the website should contact her.

Topic: Presentations for November 18th Meeting

- Florida Dairy Council was recommended to give a presentation at the next meeting concerning the integration of physical fitness and nutrition.
- The National Football League's Play 60 Challenge was mentioned. Timmann said she can check and find out because they normally choose one community service project, not sure if they have done so yet
- The committee showed an interest in having an exemplary Broward County school to attend the meeting. Possibly one from each district in the tri-county area, if they can get away from school.
- Castresana suggested inviting some principals to present. Wilder stated that school administrators are not always well versed in physical education.

- SHAC's were mentioned and Berfield said that her team will work with SHAC since there is another committee discussing them and she will get back with the Subcommittee.
- The Subcommittee's objectives were recommended for discussion at the next meeting.
- Berfield directed the Subcommittee to the hand out from the last meeting outlining the focus of each committee and Subcommittee.

Topic: Public Service Announcements (PSA)

- Dave Andreychuck, Shannon Miller and Jennifer Capriati could do their public service announcements while in Ft. Lauderdale if they are available. Andreychuck is available, but a member mentioned that Miller would probably not be available.
- Berfield is waiting to get conformation for the PSA's and working on trying to group the members by community. She is waiting on conformation for the November meeting's group in Ft. Lauderdale.
- Kammel stated that Comcast could be a potential in-kind sponsor for the PSA's. In addition, if there are members who know of potential sponsors or contacts, send them to Kay Kammel. Hammond will provide her email.
- Young asked if the New York Yankees have showed an interest in sponsorship. Kammel stated that they have not been contacted to her knowledge.

Next Meeting Date and Location:

November 18, 2009, Ft. Lauderdale.

Details to follow.

Meeting Adjournment:

Meeting adjourned at 12:07 by Amy Young

Submitted by:

Jenna Lockwood, Florida Department of Health Staff