

SHAPE Washington (Society of Health and Physical Educators) has teamed with the American Heart Association (AHA) to provide: clock hours and a **free** SHAPE Washington 2015 membership for JRFH and HOOPS event holders.

Clock Hours

Deadline for completion of the course is **June 30, 2015**.

To receive your ten (10) clock hours you will have to complete the following:

- Sign up with AHA representative.
- Complete a JUMP or HOOPS event.
- Complete the Clock Hour form on the shapewa.org website and pay \$20.00.

SHAPE Washington Membership

Deadline for completion of the course is **June 30, 2015**.

To receive your free SHAPE Washington membership you will have to complete the following:

- Sign up with AHA representative.
- Complete a JUMP or HOOPS event.
- Return e-mail to State Jump and Hoops Coordinator. Denise Peterson – dpeterson@cvsd.org

SHAPE America Membership

For a FREE SHAPE America membership raise \$2000 or more through your Jump Rope for Heart or Hoops for Heart event at your school and receive a 1-year FREE membership to SHAPE America. Want more details: Go to: <http://www.shapeamerica.org/jump/upload/FreeMembershipFlyer.pdf>

GRANTS

Each year the National Joint Projects Office awards 10 grants to recognize Jump Rope For Heart and Hoops For Heart Coordinators for their passion and contribution to the program. The \$2,500 grant supports professional development and provides funds to purchase school equipment.

Grantees will receive:

\$1,300 professional development stipend to attend the 2015 SHAPE America National Convention & Expo in Seattle, WA from March 17-21, 2015. The stipend may be used towards convention registration, travel, lodging and/or per diem. One-year SHAPE America membership (if you are not a current SHAPE America member) and (1) copy of the 2014 National Standards & Grade-Level Outcomes for K-12 Physical Education.

\$1,200 US Games gift certificate redeemable for equipment to enhance your school's physical education program. Invitations to special events where you will meet physical education and JRFH/HFH leaders from around the country. Opportunity to share what makes your program special by contributing to The Pulse, JRFH/HFH national newsletter.

Sign up with an AHA Representative today.

Dawn McCutcheon, 425-765-0929, dawn.mccutcheon@heart.org Or Karen Hake – Karen.hake@heart.org

