

OUTSTANDING ILLINOIS JUMP AND HOOPS ROPE FOR HEART COORDINATORS RECOGNIZED

Congratulations to **Lu Rippy from Lincoln Trail Elementary School in Mahomet, Illinois** for being named national “Outstanding Jump Rope for Heart Coordinator” by the American Heart Association. She was one out of 40,000 schools nation - wide that do the event.

Last year Lincoln Trail raised \$33, 235.00 which was the third highest in the state. Since 1998 when Lu started at the school the students have raised more than \$300,000.00 for the event and the American Heart Association. Ms. Rippy keeps her event exciting for her students by using heart survivors who speak to the students, incentives, and different themes each year.

Part of the money raised in this event goes toward grants and scholarships for IAHPERD members. Coordinators like Lu have made it possible to help fight heart disease and strokes as well as help students stand active and healthy.

Terri Andrews from May Watts Elementary in Naperville, Illinois was awarded the **Heart Healthy School Award** from the American Heart Association. This award was given to the school for doing an outstanding job of demonstrating to the students the importance of living a healthy lifestyle. During the week of her event Terri with the help of parents held an assembly promoting the community service aspect of the Jump Rope for Heart program, announced heart healthy tips during the week, had a survivor tell their story, and held a family fitness fair. During the event Terri’s school raised more than \$10,000.00.

Dave Mikes, Stacy Chojnacki, and Alison Stephans from Lake Park High School from Roselle, Illinois was awarded the **Outstanding Team of the Year Award** from the American Heart Association and the **Phil Lawler Trophy**. The Outstanding Team award was given to the school because they increased the participation and amount raised with their Hoops for Heart Event. The teachers took on new ideas to promote the Hoops event which bonded two high schools

together. They had almost 100% of student participation with the event. The **Phil Lawler Trophy** is given to an outstanding school in Du Page County Illinois in memory of Phil Lawler. Phil was nationally known for his successful program which involved the healthy lifestyles of his students.

Congratulations to all of the award winners from Illinois. We are proud of you!

Submitted by:

Mary Kennedy, IAHPERD State JRFH Coordinator