



CATCH the Passion

HIGHLIGHT ON DENNIS CARTER

In the last issue of CATCH we ran an article titled “Getting Started: New Mexico Lessons Learned,” describing how a health department was able to successfully implement the CATCH program on a statewide basis. We believe what makes the New Mexico model so strong is their use of Field Directors like Dennis Carter. The role of the Field Director is to do everything from conducting annual 2-day CATCH Training refreshers, providing on-site visits during the year, and offering support for new program implementations and evaluations.

As a native New Mexican and a health fitness consultant, Dennis constantly promotes health, and physical activity and offers ways for kids to enhance their quality of life. His enthusiasm for healthy living is contagious! It motivates other teachers to do their best to support the program and gets kids excited to be a part of it. Spreading the message is what CATCH is all about.

With a background in corporate fitness management and

master’s degrees in Exercise Physiology and Ministry, Dennis thoroughly enjoys creating opportunities for people to integrate physical activity into their daily lives. Dennis utilizes his former college basketball experience to run summer camps for children, teaching them game fundamentals as well as life skills.

As a child of two educators, Dennis understands the challenges and opportunities that teachers face in educating children. This appreciation and respect for those in the education system has enabled him to successfully integrate CATCH into the school in which he works. As a father of two children, he has developed a passion for CATCH and its philosophy of creating environments that promote healthy behaviors at an early age.

Dennis owns Well Balance LLC, which provides a variety of health and fitness services. He is an American College of Sports Medicine (ACSM)-certified Health Fitness Specialist and has recently become a National CATCH Trainer.



product review

CATCH LOGOS AND COLORS

Organizing a physical activity period takes preparation if you are going to keep the kids moving and having fun. CATCH PE addresses teaching strategies including class management, organization, and equipment distribution and collection techniques. The CATCH series of color-coded and branded products can further help organize age groups, lessons, and teams. See the CATCH logo items starting on page 34