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FOR IMMEDIATE RELEASE

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El Camino College Instructor Named Health Educator of the Year

El Camino College instructor, coach, and author Sharkie Zartman was recently selected by CAHPERD (California Association for Health, Physical Education, Dance, and Recreation) as the Health Educator of the Year.

Zartman has taught health, fitness and volleyball at El Camino College for 30 years. She is a four-time USA National Champion in volleyball and a five-time All American. At UCLA, she was an All-American and member of the first national championship team. Zartman was also a five-year WPVA beach volleyball professional.

At El Camino College, Zartman coached the volleyball team to nine conference and two state titles; she led her Spoilers junior volleyball team to a Volleyball Festival National Championship and three second-place finishes. She is a member of the California Beach Volleyball Hall of Fame, El Camino College Athletic Hall of Fame, and the Community College Coaches Hall of Fame.

Zartman also recently wrote a new self-improvement book designed to motivate and inspire readers to personal success.

Playing on her own name, the title of the book is "Shark Sense: Getting in Touch With Your Inner Shark." The book was written to help readers achieve their goals and find success and fulfillment, Zartman said.

The California Association for Health, Physical Education, Recreation and Dance (CAHPERD), was founded in 1930 as a non-profit organization dedicated to the progress of school, community and statewide programs of health, physical education, recreation and dance. The organization's mission is to promote healthy lifestyles through quality education and to provide leadership in areas of health, physical education, recreation & dance.

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