



**NYS Association for Health, Physical Education,
Recreation and Dance
Capital Zone**



**April 11, 2022
Business Meeting @ 7:00 pm
[In-person]**

Welcome and Introductions: Jessica Hull - opens the meeting at 7:15pm.

- ☐ We are very sorry to report that Wendy O'Connor passed away. Our condolences to all of her family, friends, and former colleagues. :(
- ☐ <https://www.cannonfuneral.com/obituary/Wendy-OConnor>

In Attendance:

- ☐ Jess Hull, Jill Austin, Charlie Gonsalves, Pete Stapleton, Terry Gendron, Dustin Verga, Allison Relyea, JoAnn Sabourin, Brendan Herwick, Jen Murphy-Fries, Sandy Morley.

Secretary Report: Jennifer Murphy-Fries

- ☐ Motion to approve minutes - Terry G.
- ☐ Seconded by: Dustin V.
- ☐ All in favor? Yes. Motion approved.

Treasurer Report: Allison Relyea

- ☐ No report.

President's Report: Jessica Hull

- ☐ [President's Report - April 2022](#)
- CTLE hours
 - ☐ Jess hands out forms for folks to complete.
 - ☐ Jess asks JoAnn to say a few words to honor Wendy.
 - ☐ Beautiful yellow flowers were distributed in Wendy's memory.
- Two new representatives needed: Exercise Science/Sports Med & Technology - (We filled our coaching vacancy - thanks to Jess Verrigni!)
 - ☐ Per Charlie - Exercise Science / Sports Med & Technology

- ☐ National Coach Certification - www.nfhslearn.com
- ☐ A lot of good info. Really helps young coaches.
- ☐ This would be in addition to NYS coaching courses.
- ☐ Helpful, especially when dealing with unruly parents!
- ☐ Carol's scholarship (per Barb) - another committee after break (district wide dress down day, after school budget vote. More info to come, est. a bank account, etc.)
- ☐ "Spring into Health" Action Initiative, (student participation lists due: Mon. 5/11/22.) Info Link: [Get Moving - Spring into Health 2022](#)

New Business:

- Freihofer's Run for Kids
 - ☐ See Jess's president report!
 - ☐ Kristen Hislop, Director
 - ☐ June 4, 2022
 - ☐ More kids of all ages to sign up!
 - ☐ \$2,000 to give away for prizes!
 - ☐ Trying to get more schools to participate!

Section Reports:

1. Adapted PE & Sport: Jessica Verrigni
 - ☐ [Special Olympics Truck Pull!](#)
 - ☐ chughes@nyso.org
 - ☐ Unified BBall starts today! (4/11/22)
 - ☐ 6 practices required before students can participate in games.
 - ☐ Unified Bowling - looking for more teams / schools!
 - ☐ Autism awareness month.
2. Aquatics: Colleen McHeard
 - ☐ Lifeguard in-person review class: 4/30/22 @ Shaker.
 - ☐ Check out: [Upstate Aquatics LLC](#)
3. Coaches: Joelle Sweet (Welcome!)
 - ☐ No report yet, will be here next meeting!
4. Council of Administrators: Ashley Chapple
 - ☐ No report

5. Dance: Brandon Herwick
 - ☐ There has interest Ukrainian dances! If you have resources, let Brandon know!
 - ☐ Bob Oates on youtube.
 - ☐ Allison R - local superstar!
 - ☐ SUNY Cortland won a dance championships!
6. Equity, Diversity and Inclusiveness: Colleen McHeard
 - ☐ National Day of Silence this month, (4/22/22).
 - ☐ PRIDE month.
7. Elementary PE: Terry Gendron
 - ☐ Newsletter went out! (See Terry's email blast!)
 - ☐ Link: [Elementary PE Newsletter - 2022](#)
 - ☐ Another one next month (field day focus, etc.)
 - ☐ We need people to present at the state conference!
8. Higher Education/Professional Rep: Peter Stapleton
 - ☐ No report.
 - ☐ EdTPA may be going away... it's up for vote.
 - ☐ Stay tuned!
9. Health: Jill Austin
 - ☐ [Health Section Report - April 2022](#)
10. Exercise Science/Sports Med.: **Vacant**
 - ☐ No report
11. Recreation/Leisure/Adventure: Terry Gendron
 - ☐ [Rec / Leisure / Adventure Report - April 2022](#)
 - ☐ Everybody to get outside and play - free resources!
 - ☐ Geocaching! Cohoes Falls!
 - ☐ State parks website.
 - ☐ AllTrails App - so many fun trails all around us!
 - ☐ Bike NY - Virtual rides 5 boroughs of NYC
 - ☐ Adirondack backcountry / DEC.
 - ☐ "Active Schools" website.

12. Retirees: Sandy Morley
 - ☐ Reminders about Amazing people awards.
 - ☐ Reminder about the State Conference.
13. Middle School/High School PE: Meghan Reynolds
 - ☐ Accepting nominations for April 15th, Amazing person.
 - ☐ Looking for MS / HS presters for the State Conference!
 - ☐ Promote SOAR theme!
 - ☐ Follow social media pages!
14. Technology: **Vacant**
 - ☐ No report.
15. Future Professionals: Mackenzie Akin
 - ☐ No report.

Committee Reports:

- A. High School Student Leadership Awards: Kenneth Danzy, Meghan Reynolds
 - ☐ Awards will be picked up this weekend at Waterford-Halfmoon HS!
 - ☐ Proposals for next year's event (\$27, Italian Community Center).
 - ☐ Plaques \$12.24 per item, \$10 set up fee (Awards by Walsh's).
 - ☐ Committee compiling the bios which will go out with awards.
- B. Elem./MS Leadership Awards: Tamara Bryngelson-Eppard, Colleen McHeard, Jodi Fowler
 - ☐ Contact any PE Teachers, reminders - due this Thurs!, (4/14/22).
 - ☐ 300 plus nominations already in!
 - ☐ MaryAnne working on getting sponsors.
 - ☐ Sandy & Tamara putting together a video.
 - ☐ Will look at video from last year, (revisiting script from last year).
- C. Awards Committee: JoAnn Sabourin, Current/Past Presidents*** (*Will be shared early tonight*)
 - ☐ Mr. Matt Bixby - Health Teacher of the Year (BCSD)
 - ☐ First Board Meeting presentation!

- ☐ Jen thanked Sandy & JoAnn for presenting Matt with his award!
- ☐ Cap. Zone Amazing Person - Colleen McHeard! Will be recognized at the state conference.

D. Zone Conference: Terry Gendron, Allison Relyea, Elyse Loughlin, Jessica Hull, Barb Wurz, and Tamara Bryngelson-Eppard, JoAnn Sabourin.

- ☐ April sessions were canceled.
- ☐ 3 people registered, low numbers.
- ☐ They will present next year March 2023 in person - save the good info!
- ☐ Think about next year if anyone wants to present!
- ☐ 8 or 9 people attended the previous sessions, (\$10 cost).

E. Capital Zone Grants: Allison Relyea, Lonnie Halusic, Sandy Morley, Brandon Herwick

- ☐ Everything up on the website! Everything is posted.
- ☐ [NYSAHPERD Grant Opportunities](#)
- ☐ Allison got everyone's info.

Any other thoughts?

- ☐ Maybe have a meal together for our last meeting!
- ☐ Go out to eat?
- ☐ Eat outside?
- ☐ May 16th - There is a musical concert at 7:00pm at Okte. Due to concerns with parking, our next meeting will be virtual!, (5/16/22).
- ☐ Motion to adjourn - Pete S.
- ☐ Second - Terry G.
- ☐ Motion approved by all.
- ☐ Meeting adjourned at 8:21pm.

NEXT MEETING:

May 16 (7:00) - VIRTUAL!

June 13 (6:00)

If you are a Section or Committee Head and cannot attend the monthly meeting please submit your report or send a proxy in your place. Please notify Jess Hull, who will be your proxy for the meeting.