



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



**Sept 19 2022  
Business Meeting @ 7:00 pm  
In Person**

**Welcome and Introductions:** Jessica Hull

- Jess opens the meeting at 7:10pm.
- Welcome! Glad to be back!

**In Attendance:**

- Jess Hull, Jen Murphy, Terry Gendron, Pete Stapleton, Charlie Gonsalves (retired), Allison Relyea, Jill Austin, JoAnn Sabourin, Barb Wurz (retired), Colleen McHeard, Nick Courtemanche, Mary Anne (retired), Holly (college student).

**Secretary Report:** Jennifer Murphy-Fries

- Nothing to report - June meeting was our end of the year social outing!

**Treasurer Report:** Allison Relyea

- ☐ Checking account: \$4,487.38.
- ☐ Some checks deposited from elem leadership awards.. Coming in very late... need to fix this.
- ☐ Mutual investment account: \$18, 418.73, (long term investment).
- ☐ \$1.47 interest, which is OK. There have been significant gains over the past few years.
- ☐ Carol Atkins scholarship account: \$8,526.56.
- ☐ Lisa Corbett has been wonderful in central office!

**President's Report:** Jessica Hull

- CTLE hours
  - ☐ Jess had sheets available to complete.
- Two new representatives still needed: ***Exercise Science/Sports Med & Technology***
  - ☐ *Spread the word!*

- Thank you to “Team Wendy” Organizers, Golf Outing.
  - ☐ Huge success!
  - ☐ Packed room full of love & celebration!
  - ☐ 9 people on the committee.
  - ☐ Thank you to JoAnn, Barb, & all those involved! 76 golfers! (Made just under \$8,000!)
  - ☐ Looking at bench ideas for Schenectady muni golf course, bike bath, etc.
- Executive Council - Zone Breakout Meeting July 2022
  - ☐ 2022 Call for Poster Presentations.
  - ☐ Would show research & present during the conference.
  - ☐ Google form to complete, email blast went out.
  - ☐ “Get Moving” - is the juice worth the squeeze.....? If we are not seeing the participation, perhaps it's time to come up with different ideas or discontinue this project.
  - ☐ Zone handbook - suggestion for each zone to make one.
  - ☐ Virtual PD
- NYS AHPERD [Conference](#) @ Turning Stone - November 16-19th
  - ☐ Early bird rate - 10/1/22.
- [Poster Session @ Conference](#)
  - ☐ Posters will be distributed at the conference.
  - ☐ Extra will go to zone conferences.
  - ☐ Zone ribbons this year!
- [Revised NYSED Dominic Murray Sudden Cardiac Arrest Act](#)
  - ☐ July 1, 2022.
  - ☐ Revised language (athletic activities & physical activities, they are considered different.)
  - ☐ PE removed from athletics section.
  - ☐ NYSED consulted with DOH.
- Social Media Presence
  - ☐ We have a twitter account.

- ☐ Other social media accounts? (Facebook, Instagram, etc.)

### **New Business:**

- Carol Atkins Memorial Scholarship (CAMS) - Update
  - ☐ 1st ceremony in May.
  - ☐ We hope to be involved in selecting the student winners.

### **Section Reports:**

1. Adapted PE & Sport: Jessica Verrigni
  - ☐ Nov. 19th, Polar Plunge, link to register.
  - ☐ Sponsored by Special Olympics.
  - ☐ Lake George, "Freezin' for a Reason", Reg @ 9am, Jump in @ Noon.
  - ☐ Fall state games, Unified Bocce, Oct 20-21.
2. Aquatics: Colleen McHeard
  - ☐ Red Cross, a new lifeguarding course within the next year.
  - ☐ Summer pools are starting to close.
3. Coaches: Joelle Sweet
  - ☐ Oct. Breast Cancer Awareness Month.
  - ☐ 1 pink game!
  - ☐ Phase 1 coaching classes coming up. Contact your AD for more info.
4. Council of Administrators: Ashley Chapple
  - ☐ No report.
5. Dance: Brandon Herwick
  - ☐ OPENPHYSED.ORG - series of videos on their website.
  - ☐ School.proctors.org - very cool for field trips! Engaging productions!  
Check it out!
6. Equity, Diversity and Inclusiveness: Colleen McHeard
  - ☐ 9/15/-10/15 Hispanic Heritage Month.
  - ☐ Do something to highlight this in your lessons!
  - ☐ Bulletin board, etc!
  - ☐ Boy Scouts of America, new badge (Citizenship in Society).
  - ☐ They have a new DEI leader.
  - ☐ T-Shirt, "Black History 24/7, 365!"

- ☐ Put up posters in your teaching area of athletes of all backgrounds!  
Anything makes a difference!
- ☐ Represent groups, LGBTQ, people w/ disabilities, etc!
- 7. Elementary PE: Terry Gendron
  - ☐ OPEN - back to school lessons.
  - ☐ State conference - amazing lineup!
  - ☐ Brochure was mailed out - the keynote should be fantastic!
  - ☐ Twitter activities - TOY presenters, will be wonderful!
  - ☐ Finlay book series - #3 will be available at the conf.
  - ☐ CBHPE - chromebooks resources.
- 8. Higher Education/Professional Rep: Peter Stapleton
  - ☐ Still waiting on the PE State Ed person.
  - ☐ Postponed higher ed meeting to late fall / early spring waiting for this person to be appointed.
- 9. Health: Jill Austin
  - ☐ [Health Ed Section Report - Jill Austin](#)
  - ☐ SHAPE Health Ed. standards (free download).
  - ☐ Kid friendly ones - hung the poster she made in her classroom.
  - ☐ Referencing - other standards.
  - ☐ More PD opportunities, free of charge, virtual. "Teachers teaching teachers" (Greater Capital Region Teacher Center).
  - ☐ Calendars for your classroom! Free!
- 10. Exercise Science/Sports Med.: **Vacant**
  - ☐ Colleen mentioned: UCONN research, heat stroke = a student-athlete that passes away. Something to be aware of and pay attention to!
- 11. Recreation/Leisure/Adventure: Terry Gendron
  - ☐ Geocache
  - ☐ DEC website .
  - ☐ Bikeny.org (videos, lesson plans, etc.)

- 12. Retirees: Sandy Morley
  - ☐ NO report.
- 13. Middle School/High School PE: Meghan Reynolds
  - ☐ NO report.
- 14. Technology: **Vacant**
  - ☐ NO report.
- 15. Future Professionals: Mackenzie Akin
  - ☐ Jess has her report
  - ☐ Last chance to apply, Fri. 9/23 - Sun. 9/28
  - ☐ K. Deemus (sp?) leadership academy

### **Committee Reports:**

- A. High School Student Leadership Awards: Kenneth Danzy, Meghan Reynolds
  - ☐ NO report.
- B. Elem./MS Leadership Awards: Tamara Bryngelson-Eppard, Colleen McHeard, Jodi Fowler
  - ☐ Colleen & Tamara met in June. revised the letter.
  - ☐ Hope to go back to in-person in the spring.
  - ☐ Change up the levels of sponsorship, (i.e. \$100, \$200, etc.)
  - ☐ Put a list together of companies that advertise, or could possibly sponsor our program!
  - ☐ Deciding when info would go out about the awards!
  - ☐ TBD - May 8th, 2023.
  - ☐ We'd like to raise \$4,000 to cover the cost of shirts, etc.
  - ☐ If you need money for items, must let Allison know so she can move money between different accounts.
  - ☐ Finding someone that can take over all the data entry for the event, (entering names, etc.)
- C. Awards Committee: JoAnn Sabourin, Current/Past Presidents
  - ☐ 4 Cap Zone people winning awards at the conference!
  - ☐ Check the brochure!

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

- ☐ March 9th, 2023, @ Russell Sage
- ☐ 7:30am - 1:30pm.
- ☐ No lunch, do breakfast - grab and go.
- ☐ We have to cut expenses!
- ☐ Looking for newer presenters!
- ☐ NYSAHPERD will still use the same app from last year. It will open again closer to the state conference.

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

- ☐ NO report.

**For the good of the order:**

- Sun. 10/16/22 - Breast Cancer Walk in Washington Park
  - ☐ You can email Joanne if you are interested.
  - ☐ Wear pink that day!
  - ☐ Full page ad for our cap zone award winners & people we have lost from the cap zone.
- Virtual Meetings
  - ☐ Discussion
- Thank you notes for Carol's scholarship.
  - ☐ Can scholarship committees work on this?
- Motion to adjourn - Peter
- Second - Terry
- All in favor - all
- Meeting ends at 8:52pm

**IMPORTANT DATES:**

***September 19 - Business Meeting***

***October 17 - Business Meeting***

***November - No meeting. State Conference Nov 16-19***

***December 12 - Business Meeting***

***January 9 - Business Meeting***

***February 6 - Business Meeting***

***March 6 - Business Meeting***

***March 9 - Capital Zone Conference***

***April 3 - Business Meeting***

***April or May Date TBD - Secondary Leadership Awards***

***May 1 - Business Meeting***

***May 8 - Elementary Leadership Awards***

***June 5 - Business Meeting***

***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.***