



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



**March 6, 2023
Business Meeting @ 6:00 pm
In Person**

Welcome and Introductions: Jessica Hull

In Attendance:

- ☐ Jess H., Terry G., Dustin V., Meghan R., Mary Anne C., Jill A., Charlie G., Jen M.,
Pete S., Tamara B-E. , Nick VanVorst

Secretary Report: Jennifer Murphy-Fries

- ☐ Motion to accept the minutes - Terry G.
☐ Second the motion - Made by Pete S.
☐ All in favor of approving the minutes - Yes.

Treasurer Report: Allison Relyea

- ☐ Allison is away at a conference.
☐ January statements as of February 13, 2023.
☐ Savings account - \$19044.48, (Ameritrade.)
☐ Checking account - \$3,597.58 from the end of January.
☐ As of 02/13/23 - \$3,470.58, (we paid a bill to a vendor.)

President's Report: Jessica Hull

- CTLE hours
 - ☐ Forms available for folks to complete at the meeting.
- Two new representatives filled: ***Exercise Science/Sports Med & Dance***
 - ☐ Allison is now in the Dance rep!
 - ☐ Charlie is now in Exercise Science / Sports Med rep!
- President's Report Misc.
 - ☐ Sky High Adventure Paratriathlon Camp
 - ☐ Jess V. - thankful for all positive well wishes for Baby Niko!

- ☐ Cap. Zone would like to do something special when the time is right for the Verrigni family.

Section Reports:

1. Adapted PE & Sport: Jessica Verrigni
 - ☐ Unified Basketball schedules will be finalized in the next few weeks!
Jess will keep everyone updated.
2. Aquatics: Colleen McHeard
 - ☐ Aquatics section meeting on Feb. 22 via zoom, next meeting is March 22 - everyone is invited to attend!
 - ☐ "Finlay learns to swim!" program - Aquatics & Recreation sections teaming up. Contact the Aquatics section by March 10th if interested in serving on the committee.
3. Coaches: Joelle Sweet
 - ☐ No report.
4. Council of Administrators: Ashley Chapple
 - ☐ No report.
5. Dance: Allison Relyea
 - ☐ No report.
6. Equity, Diversity and Inclusiveness: Colleen McHeard
 - ☐ A new letter was sent out last month from NYSAHPERD from the DEI section.
 - ☐ Colleen sent Jess a link to a resource to share with everyone:
 - ☐ <https://resilienteducator.com/collections/cultivating-diversity-inclusion-equity/le.>
 - ☐ (I tried the link and it did not work.)
7. Elementary PE: Terry Gendron
 - ☐ March - St. Patrick's Day / March Madness ideas for bulletin boards.
 - ☐ CBHPE.org.
 - ☐ Gopher, SS WorldWide
 - ☐ Women in History Month for March!

8. Higher Education/Professional Rep: Peter Stapleton
- ☐ No report.
9. Health: Jill Austin
- ☐ [Jill's March Health Section Report](#)
 - ☐ Trainings - RMC Health, St. Rose webinar series, Health & Wellness specific topics.
 - ☐ Lindsay - books in the health classroom.
 - ☐ EdUtopia - article regarding consent.
10. Exercise Science/Sports Med.: Charlie Gonsalves
- ☐ Charlie discussed the following articles with the group:
 - ☐ Article regarding NFL players with CTE, (Chronic Traumatic Encephalopathy).
 - ☐ Athlete Heart Syndrome, (athletes pushing their bodies to the max, developing larger heart tissue.)
 - ☐ Increased focus on mental health, not a stigma anymore. We have to educate the public on how things have evolved.
 - ☐ Please reach out to Charlie if you need more info!
11. Recreation/Leisure/Adventure: Terry Gendron
- ☐ Check out these great apps!
 - ☐ Geocaching!
 - ☐ ILoveNY
 - ☐ Canals winter hikes
 - ☐ NYS Parks Explore
 - ☐ All Trails
 - ☐ Hiking Project
 - ☐ Recreation.org
 - ☐ Get out there and have fun! Don't let the weather stop you!
12. Retirees: Sandy Morley
- ☐ Sandy is away at a conference.
 - ☐ No report.

- ☐ They are accepting Amazing Person nominations for the 2023 conference.
- ☐ Program ideas.
- 13. Middle School/High School PE: Meghan Reynolds
 - ☐ Calling for programs at NYSAHPERD Conference.
 - ☐ High 5 Adventure Symposium, Brattleboro, VT, 4/15, \$99.
 - ☐ Monday campaigns.org - great ideas weekly for your classes!
- 14. Technology: Mackenzie Akin
 - ☐ Compiling information regarding technology.
 - ☐ Mackenzie runs our twitter :)
 - ☐ Take photos of sessions from the conference - we will post on twitter!
 - ☐ Handout in the folder to remind everyone!
- 15. Future Professionals: Paddy Bailey
 - ☐ No report.

Committee Reports:

- A. Secondary Leadership Awards: Kenneth Danzy, Meghan Reynolds
 - ☐ Email went out for folks to nominate their senior students.
 - ☐ Looking for Emcee! Dustin has volunteered!
 - ☐ Event Date - April 23rd, 2023 - 2:00pm
- B. Elem./MS Leadership Awards: Tamara Bryngelson-Eppard, Colleen McHeard, Maryanne Ceriello
 - ☐ Sent out google form for volunteers.
 - ☐ A starting point - a few folks responded!
 - ☐ Regan will be the Emcee!
 - ☐ Red carpet - someone needs to pick it up from Menands - they do have it!
 - ☐ Staples will be donating some funds to assist us!
 - ☐ Same thing with Guilderland printing!
 - ☐ Registration began - will end April 19th, right after break!

- ☐ Sponsors due March 17th - Colleen will order T-Shirts like we normally do.
- ☐ Use Guilderland CC reader for T-Shirts if needed at the event.
- ☐ HVCC will need to start setting up for graduation so our set-up may be a ¼ turn different from previous years.
- ☐ Perhaps do a walk-through at HVCC during April Break.
- ☐ Perhaps meet 30 mins before the next business meeting to discuss specific items for the awards ceremony.
- ☐ Mackenzie will do a call for volunteers in our one page wrap-up.

C. Awards Committee: JoAnn Sabourin, Current/Past Presidents

- ☐ Congratulations to Meghan Reynolds for their state championship for girls soccer, W-H!
- ☐ JoAnn dropped off the lawn signs.

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

- ☐ Terry - thank you everyone for coming early this evening to assist with folders!
- ☐ Weds. signage at Sage, 3:15pm if anyone is available to come and assist.
- ☐ 4 exhibitors are coming (Rugby, Freihofers, Omnikin, Special Olympics, & Sandy w/ Foundation.)
- ☐ We need to stop charging exhibitors! No other zones charge their vendors for a table.
- ☐ Thursday morning looks great!
- ☐ We have to start on time!
- ☐ Terry will have items for raffles and freebies as well!

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

- ☐ The grants have been awarded.
- ☐ Paperwork from the recipients is being finalized.

- Jess - Anything for the good of the order?

☐ No new business.

- Motion to adjourn the meeting - Pete S.

☐ 2nd - by Mary Anne.

☐ All in favor - yes.

☐ Meeting concludes at 7:45pm.

IMPORTANT DATES:

March 9 - Capital Zone Conference

April 3 - Business Meeting

April 23 - 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.