Central South Zone (CSZ) Meeting 3/10/2026 Start time: 7:00 pm End time: 8:05

Attendance Total (10): Helena Baert (HB), Pete Girolomo (PG), Heather Boyden (HBo), Melanie Sjoblom (MS), Jennifer Jones (JJ), Jon Philby (JP), Ian Posillippo (IP), Kate Hovey (KH), Ryan Fisk (RF), Amanda Gabriel (AG)

Opening Comments:

- Kate got the QR code for attendance and sign in
- Ryan Fisk - joined to share about COA initiatives
  -making a COA workbook, collection of web-based resources that are already available
  -professional learning series (both hybrid and in person sessions) for members of COA where members shared their passion projects with the group
  -some info about COA - it is part of NYSAHPERD, but to be in COA members have to pay an additional fee; it use to be a stand alone, but has recently joined NYSAHPERD; there are additional benefits for COA members that NYSAHPERD members do not have access to.
  https://docs.google.com/presentation/d/1ApChHGlPDokgJMgvFFOpy9o6SW7SBrgL2P-Vmgeey0A/edit?usp=sharing
  Instagram - https://www.instagram.com/nys_council_of_administrators/
  Survey - https://docs.google.com/forms/d/e/1FAIpQLSd-_BPe75VqQFhaIJte8MyuIYkO5p313f-Ow_Ep3TLAtf0T7Q/viewform
- Nominations for NYSAHPERD awards (Higher ed, joy of effort, director of the year)

Agenda:

1. **Mini Conference – January 2027**
   a. Are we reserved for **Jan 22, 2027.**

2. **Review of Financials:**
   -kate moved $ from checking to our investment account.

3. **$500 Grant**
   a. Recipients have been emailed

4. Amazing person (due by April EC meeting - 4/24-25)
   a. Suggestions last meeting:
      i. Sydney Jennison R - teaches elementary PE at Appleby Elementary in Marathon, NY, coaches multiple sports, received PEL grant, received funding for bike program for elementary school, has created a good professional presence on social media
      ii. Lyndsey W - teaches middle school APE in Corning-Painted Post School District, national board approved, honored by SHAPE Maryland for APE TOY, received bike grant for students at Corning.
   b. Kate will create a survey for the board to vote for our amazing person nominee

4. **Theme for January 2027 conference:**

Breakout sessions of 2-3 people in groups for 7 minutes to discuss ideas

Theme Discussions:

- Inspiring movement
- Empowering lives
- Mental health
- Resilience
- Motion impact emotion
- Movement, mindfulness mastery
- Well-being
- Lifestyle
- Build your backpack: skill knowledge connection (HBo)
- Movement matters: inspiring the next generation (JP)
- Growth through motion (JP)
- Teaching wellness beyond the gym (MS)
- Wellness in motion: Mind, body, community

HB - put into an AI generator for themes and ideas for conference names, put in chat
KH - will create a survey with options from AI generator for board to vote on before next meeting. We will decide at the April meeting

Closing comments:

-look for the survey, see you next time! (KH)

Next CSZ meeting will be Tuesday April 14, 2026 @ 7PM