

NYS AHPERD
CNZ Meeting
1/14/2025
Zoom



1. **Call to Order** - Remember app/code for CTLE login-
2. **Roll Call** - Lindsay Kidder, Christina Mazur, Aimie Sarkodie-Mensah-Best, Dan Miller, Marrick McDonald, Shelly Connors, Reanna Zappavigna, Stephen Yarnell, Ryan Watrous, Nate DePerno, Alanna Fragapane, Bruce Risley
3. **Leadership Reports**
 - a. President-Christina Mazur
 - b. President Elect- *Submission Process? We have some time to submit.*
 - c. Past President-Monica/Aimie
 - d. Treasurer-Bruce Risley
 - i. Bruce attended the state meeting with the treasurer - our stocks are going well but our checking is low so we need to move money
 - ii. Marrick made a motion to move \$2,000.00 from our investments to our checking account, seconded by Steve- motion passed
 - iii. In the future we need to discuss having a third person authorized to sign money
 - iv. We are being instructed to create a budget- Bruce will start this and bring it for us to review/add to and central office wants this budget to take effect Jun 1, 2025 .
 - v. Our zone is just below average of what the other zones have in their accounts.
 - e. Secretary-Lindsay Kidder
4. **Finished Business**
 - a. **Central North Zone Google Calendar**
 - i. <https://calendar.google.com/calendar/u/0?cid=Y182YTJmNWEmNmlyNWJjYVQwZDZlYzVlQWlzMmQwZGNhZWVxNDM1NDczNjczYjllMjA4ZDUzZjhiNTA1NDNBhYjMzQGdyb3VwLmNhbGVuZGFyLmdvb2dsZS5jb20>
 - ii. This can be shared with members and all dates will be added to their google calendar.
(QR Code added)
 - b. **Professional Awards Dinner at Vernon Down- Tuesday, March 11, 2025**
 - c. **Central North Zone Page**
 - i. SO far so good, just added the link tree
 - d. **Apparel Store**
 - i. 10% mark-up as profit back for the organization from each item sold.
 - ii. Temporary Clothing Store made until new logo is created
5. **Linktree** (Aimie) - linktr.ee/CNZ_NYSAHPERD
 - a. Will be added to our NYS AHPERD CNZ page
6. **BOCES Collaboration Directory**
 - a. Trying to get information out to non-members.
 - b. Presenting for BOCES
 - c. Maybe create a video of all the things we do to showcase what they are getting with their membership?
 - d. BOCES was contacted about our conference for professional development opportunities
7. **Athletic Directors**
 - a. All CNZ athletic directors were contacted via email about the conference and to share information with their physical education and health education teachers.



8. Unfinished Business

a. **Mini-Conference (1/29/2025) @VVS ; -Changing the date to March 14, 2025 - new date will be posted on state website - Steve made a motion to to change the date of the Mini conference to March 14, 2025 , second by Marrick- motion carries-**

- i. QR Code Session Sign in and out
 1. Can it just be a sign in?
 2. Can we remove the QR time stamp? Clock in/Clock out
- ii. **Need to purchase 6 Binders for QR Codes- Completed.**
- iii. Schedule/Speaker contacts ([SpreadSheet](#))
 1. Chris shared that BOCES has networks to share conference/registration
 2. Do have currently have an opening for an additional speaker
 3. Need to reach out and make sure that all presenters are available for the new date- Christina will do this
- iv. Attendees google form sign ups has started
- v. **Bagels, yogurt, granola bars, bottled water, coffee, juice, bananas, apples, plates, cups, napkins, plastic knives, spoons, forks.....**
 1. Monica asked **Chobani** for donation & reached out to **Bruce @ bagels**
- vi. Sticker Name Tags
- vii. Event Gift Raffle- (Names in a bucket)- must be in attendance to win
 1. Accelerate Sports- TBD
 2. Coach Z Pickleball- Slam Master Pickleball Training Paddles, Light in the Dark Pickleballs, Light Up strips for the net and the floor
 3. Utica Curling Club- Learn to Curl voucher for 2 people
 4. Prime Movement and Performance- Free Unlimited Membership + Gear
 5. Epilepsy Alliance- Gift bag with bento box, travel mug, water bottle and candy
 6. American Heart Association- Stuffed backpack cooler
 7. SUNY Cortland- A stadium blanket and a messenger bag
 8. **Central North Zone- Apparel Clothing Items (what items would we want to purchase?)**
 - a. **Two hoodies and two t-shirts (Cost: \$133.58 plus tax)**
 - b. **Marrick made a motion that we purchase 4 items from the closing store for the raffle, second by Steve- motion passed**
 - c. **We will ask the winners for their size and address and order the size they want and get it to them**
 - d. **We will also raffle off two long sleeve quarter zips that Sandi had purchased previously**
 9. Chobani- left over boxes
 10. Bagels- Left over
 11. Gopher Sports- *Three \$50 Gopher Gift Cards*
 12. **DO WE HAVE ANYMORE?**
 13. **Tobey Gifford Questions**
- viii. **Exhibitors at the Mini-Conference**
 1. No charge to set up a table- just a raffle donation prize
 2. Sponsorships- work on getting some- Talking to Dink Buddy
- ix. [First Aid/ CPR](#) - John Wells (\$45 or donation to the zone)
 1. Confirmed (1.5 hours)
 2. Session 1 @ 9:55-11:00
- x. **EVENT PROGRAM**



- xi. [Event Photo Sharing](#) ---->
 1. Taking Pictures- **group effort** or assign one person?
 - a. QR Code Photo Dump- see if it works
 - b. Hashtag QR style for photos for people to share (tag our social medias)
- xii. Updated zone [CNZ Board](#) ; [ALL Zones](#)
 1. Aimie did reach out to all current zone section members and some people responded and some did not respond
 2. We will wait until we hear more from central office
- xiii. What is our Twitter/X URL? @cnznysahperd - X/Twitter - @cnznysahperd
- xiv. Will we have Finley with us? - Christina will talk to Lisa and let us know



b. Rep Responsibilities

- i. Christina will contact Jess
- ii. Is there a better way to explain what these roles do?
- iii. Once we have a better explanation would like to add to the program
- iv. Make it easier for members to understand which may increase their willingness to join and become a leader.
 1. Ex. Member Email, "I was wondering if you can give me a list of responsibilities of Adapted PE rep so I can sell the role better?"
 - a. Looking for "official" responsibilities in documents
- c. ***Student Leadership Awards: June 9, 2025 @ VVS (most central place)-**
 - i. **Dan will work on getting this confirmed for a 6pm or 7pm start time**
- d. Is this confirmed???**New Logo Design:**Monica, Christina, Steve, Megan
 - i. Maroon/White CNZ Colors?
- e. **Pickleball Breakfast Potluck**
 - i. ***CNZ will provide: Donuts and Bagels? (need to vote on this)**
 - ii. Theme Name: Bagels, Donuts, & Drop Shots: A Pickleball Morning Social
 1. Paddles will be provided if anyone needs one
 - iii. Bring your own beverage (BYOB)
 - iv. Marrick made a motion to keep the prizes the same as last year (1st-\$100 cash, 2nd-\$25 gift card, 3rd-\$15 gift card) second by Aimie- motion passed
- f. ***Getting more people involved**
 - i. What are we doing?What else can we do?
 1. Can a member be a part of more than one zone based on where they work and live? Future Professionals can but what about professionals?
 2. Provide more information.
 3. PD online like we did back in COVID.- 2 online 1 hour PD? (recorded and shared - possible member benefit?)
 - a. NYSTRS presentation?
 - b. 403(b)?
 - c. CTLE organization - tracking/recording
 4. Karen Plado- professional development information- what month would be best?
 5. All zones distributed ribbons for attendees to attach to their badges, fostering connections and facilitating introductions.
 6. Zone social during annual conference looking to make it more of a scavenger hunt so people mingle with different individuals
 7. Mentor Match Up- making connections and growing together
 8. Mentor Teacher (observations/ student teachers)

- 9. Google Calendar created so meetings & events are added to their calendar.
- 10. Other Ideas: Membership Highlights, Recognizing new comers, 5-20 year Silicone wristbands Every 5 year is a different color (*5 years- Red, 10 years- Orange, 15 year- Yellow, 20 Year- Green, 25 Year- /GrayBlue, 30+ Year Gold & T-Shirt*).- *Get price then approve*
 - a. Highlight milestones on CNZ page?
 - b. Finley to share w/member of month to log adventures on social media?
- g. **Lunar Days Change-** next year it is during winter recess break (Feb 17, 2025 & Feb 7, 2026). Think about conference date)- Might need to keep conference in March
- h. **New Logo- Where are we on this?**
- i. **Changing For Physical Education**
 - i. [Document Notes](#)
 - ii. Concern this may go away? What's happening in your school? How can we help others?
 - 1. Wendi - used to change before COVID but now it's not enforced and have lots of uniforms that are no longer being used
 - 2. Christina - HP is pushing back on requirement for changing
 - 3. Chris - many districts are changing to requiring footwork but not changing clothes
 - 4. Helene - may be a reason for more inclusiveness - many schools may not have gender-neutral changing spaces
 - 5. Marrick - safety issue

9. New Business:

- a. **"We Are" Statement Commercial.**
 - i. Lori Bifarella is trying to connect more with non-members across the state and the benefits of being a member of NYS AHPERD.
 - ii. Zones are ask to capture some short video clips from their conference attendees completing these "We Are" statements. The ideal goal would be to have general conference attendees be the stars in the videos- not the zone EC members. Celebrate their energy and get new faces out there.
 - iii. *Who is techy? Who can take this over during the conference?*
 - iv. *Could do this by our table and banner at the mini conference - have We are statements written out so they can choose which statement participants would like to be recorded saying*

10. CNZ Section Reports- [Content Info Updated](#) (Chris Stalker would like to be more involved)

- a. **Adapted PE- (John reach out to someone in our zone)**
 - i. Vacant
- b. **Health-**
 - i. Casey Langendorfer/[Sharon Sexstone](#) - no report
- c. **Dance-**
 - i. [Alissa DeBie](#), [Bonnie from Canastota](#) - no report
- d. **Aquatics-**
 - i. Marrick McDonald - New Aquatic standards- [Commission Members & Goals](#)
 - ii. [Unplug and Play: Governor Hochul Announces New Initiatives to Promote Kids' Mental and Physical Health as Part of 2025 State of the State | Governor Kathy Hochul](#)
 - 1. Expanding NY SWIMS- statewide more scholarship money for colleges to offer more swim instruction
 - 2. Building more playgrounds-
 - 3. New program Unplug and Play alternative to social media

4. Discussion amongst the drowning commission about reparations for new teachers regarding aquatics - concern is that the PE graduates do not have the same basics for aquatics training and if you would like to participate in this discussion please let Marrick know
 - a. https://www.ny.gov/sites/default/files/2025-01/Temporary-Commission-to-Prevent-Drowning-Agenda_1172025.pdf.pdf
 - b. Recommendation, [page 107 Re: Pre-service teaching](#)
- e. **Retirees**
 - i. Steve Yarnell - no report
- f. **EDI**
 - i. Casey Langendorfer - no report
- g. **Exercise Science/Sports Medicine**
 - i. Vacant ,
 - ii. Shelly will talk to Clonan, Helene Schmid can assist - Shelly emailed Mike Clonan and just said we would like one of his PE/Athletic Trainers to speak at one of our meetings to give us an idea of how that works at ESM and then I was hoping we might be able to hook them into the Section Rep position.
 - iii. Many high school students are having hip, knee and ankle issues and there are basic exercises that could be added to PE warm-ups which could help this issue- lunges, jump roping, step ups, single leg jumping. Also include core exercises- shoulder taps, low bear crawl, planks,
 - iv. Christina and Helene
- h. **Elementary/Middle School**
 - i. Kelsey Maselli- no report
 - ii. Nate is at Sauquoit and all going well -did a mindfulness unit and did get some push back from parents but learned what worked and made changes to the unit
- i. **Secondary**
 - i. Shelly Connors- No report
- j. **Higher Education-**
 - i. Helene Schmid- No report
- k. **Future Professionals**
 - i. Alana Fragapane- Utica University was planning on bringing students to the mini conference but now with the date change that might not still work
- l. **Recreation/Outdoor**
 - i. Shelly Connors- Recreation/Adventure: Get out there and enjoy the snow. Auburn was able to finally get their broomball league going. It involved faculty/admin/staff/community members in the area.
- m. **Coaches**
 - i. Steve Yarnell - Had an increase at the state conference and new people involved- Helene Schmid did conditioning training at the conference and maybe she could present at our mini conference? Maybe with a new date she could present - Nate will contact her
- n. **COA/AAA**
 - i. Jen Smarrelli, Aaron Carey- Reanna will ask him
- o. **Social Media/Technology**
 - i. Nate & Monica -Monica did post the mini conference on Fb, Nate added the link tree to our X bio-

**Maybe chat about this at our mini-conference about Vacant spots?*

11. Future Mtg Dates

- a. CNZ Meeting Dates

- i. Tuesday, February 4, 2025 (Zoom)
- ii. Tuesday, March 4, 2025 (Zoom)
- iii. March 5, 2025- Student Athlete Leadership Conference (Cooperstown CSD)
- iv. Tuesday, March 11, 2025- Professional Awards Dinner at Vernon Down
- v. Friday, March 14, 2025- Mini Conference at VVS
- vi. Tuesday, April 8, 2025 (Zoom)
- vii. Tuesday, May 6, 2025 (Zoom)
- viii. Monday, June 9, 2025- Student Leadership Awards (Location TBD)
- ix. Thursday, June 19, 2025- Pickleball Breakfast Potluck
- x. Tuesday, August 5, 2025 (Location TBD)

12. Adjournment