

EGPE UPDATE

Monthly Health and Physical Education Update | Volume 3, Issue 5

Monthly Spotlight: 2017 CHS Girls Basketball

The Columbia girls' varsity basketball team is in the midst of a special season, which includes a 13-1 record and as high as a #7 state ranking. Their one loss came to Shenendehowa (13-1) last Friday evening. The Lady Devils gear up to play Shaker at home this Friday night at 7pm.

Columbia is led by senior forward Selena Lott, who is averaging a double-double with 22 points, 11 rebounds and six steals. The McDonald's All-American nominee said the team's success comes back to the practice court.



CHS PE Dodge-Ball Fundraiser

The Columbia High School PE department will be hosting its second annual school dodge-ball tournament. The tournament will be held on Wednesday March 1st, from 4-7pm in the main gymnasium at Columbia High School. Each team must have four male students, four female students and two EGCS staff members. Get your team together!

CHS Physical Education: January Students of the Month

Sean Clancy and Marleah Lybolt were named Columbia PE Students of the Month for January. They received the award for outstanding effort, leadership, sportsmanship, and respect in physical education class.





Upcoming Events

2/20: Winter Recess

3/24: K-12 Full Day PD

4/13: April Break

5/12: K-12 Half-Day PD

5/26: Memorial Day Break

**(please email the editor with any upcoming PE & Health dates)*

EGCSD in Service Days

Our upcoming professional development day schedule is as follows: March 24, May 12, and June 23. If you have any ideas on speakers or presenters let us know!

27th Annual East Greenbush Winterfest

The 27th annual Winterfest returned to the East Greenbush CSD the weekend of January 14. Hundreds of students, parents, staff and community members attended on Saturday at Howard L. Goff Middle School. The all-day community event, which was hosted by the Transportation Department, included a pancake breakfast, a chili cook-off and various games and activities. The chili cook-off was won by Ada Weber (mild category) and Brian Silliman (hot category). Each winner received a gift card to the new Recovery Room in East Greenbush.

CHS Boys Indoor Track Update

The Columbia Boys Indoor Track team finished the TCITL season with a record of 15-4. The 4x400 relay team of John Powhida, Tyler LoPresti, Bobby Fredericks and Dante Albanese finished in 2nd place at the TCITL Invitational held at Utica College and 3rd place at the Yale Classic in Connecticut. The team has a season best time of 3:34.30 which ranks 3rd in all of Section 2.

CHS Wrestling Ranked #12 in NYS

The Columbia wrestling program (30-2) is having another successful year vaulting to #12 in the New York State rankings. Anchoring the team's success are wrestlers Dylan Dubuque 33-0, Trent Nadeau 36-0, Michael Gonyea 36-0 and Jon Devine 35-1. These four wrestlers are looking to repeat as both Section 2 champions and as NYS All-Americans. The state wrestling tournament will be held at the Times Union Center on February 24th and 25th.

