

# EGPE UPDATE

Monthly Health and Physical Education Update | Volume 3, Issue 6

## Monthly Spotlight:

### Columbia All-Sports Community Race

The Columbia All-Sports Club Community 5K Race and 5K Walk will be held on Sunday, May 21. All events will be at the Green Meadow Elementary School with proceeds benefitting The Robert Smith Memorial Scholarship, The McCaffrey Children's Education Fund and The Sean Jucha Jimmy Fund/Dana Farber Fund. For more information on the race please see the attached flyer.



## Capital Zone Conference 3/8

Registration is now open for the 2017 NYS AHPERD Capital Zone Conference. The Capital Zone Conference is being held at the Buchman Pavilion at Sage College on March 8th. This is a good opportunity for meaningful professional development close to home.

### *Columbia Wrestling Had Another Great Postseason*

On Sunday February 12<sup>th</sup>, Columbia wrestling had a record four repeat sectional champions: Johnny Devine, Dylan Dubuque, Trent Nadeau and Michael Gonyea. At the NYS championships at the Times Union Center on February 24<sup>th</sup> & 25<sup>th</sup>, Dubuque and Gonyea both placed 5<sup>th</sup> in NYS.



## Upcoming Events

3/24: K-12 Full Day PD

4/14: 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!

## CHS PE Dodgeball Fundraiser

The Columbia High School PE department will be hosting its second annual school dodgeball tournament. The tournament will be held later on in the spring in the main gymnasium. Each team must have four male students, four female students and two EGCSD staff members. Get your teams together quickly!

## 2017 Capital Zone Leadership Awards

Columbia High School students Caroline Hirt and Joseph Blackburn were the recipients of the 2017 Capital Zone NYS AHPERD Leadership Award. They represented the East Greenbush CSD for their outstanding service in physical education and athletics. The ceremony was held on February 12<sup>th</sup> at Malozzi's in Schenectady.



## March 24th Professional Development Day

On March 24<sup>th</sup>, 2017 the EGCSD will be having a full day professional development. The afternoon session will be filled with free health services and activities. The EGCSD faculty and staff will have the opportunity to participate in raffles, taste-testing and much more! Take advantage of this wonderful event to better your mind, body and spirit.

## CHS Physical Education: February Students of the Month

Michael Yelle and Laura Rentz were named Columbia PE Students of the Month for February. They received the award for outstanding effort, leadership, sportsmanship, and respect in physical education class.





# Columbia All Sports Club Community Race May 21, 2017



Columbia All Sports Club Community 5K Race and 5K Walk  
Sunday, May 21, 2017

5K Race and 5K Walk - 9:00AM - 1 Mile Fun Run around the school - 10:00AM  
Registration 8:00AM

Green Meadow Elementary School  
Rte 9&20, 234 Schuuman Road, Castleton, NY 12033

Proceeds this year to benefit the "Robert Smith Memorial Scholarship", "  
McCaffrey children Education Fund,  
Sean Jucha - Jimmy Fund/Dana Farber Fund"

Everyone is invited to participate in this fast and flat neighborhood race course;  
elementary school, high school, community and beyond.

Race Fee: \$15.00 - 5K Walk & Run  
\$10.00 - 1 Mile Run  
Registration received after April 29\*, 2017  
may not be guaranteed a T-Shirt

If you are unable to race that day and would like to donate towards any of these funds, please make checks payable to the McCaffrey Children Education Fund, Sean Jucha - Jimmy Fund/Dana Farber Fund or make checks payable to Columbia All Sports Club and mark in the memo space either Robert J. Smith.



I am aware that participating in any sport/activity can be dangerous and involve many risks of injury. I understand that the dangers and risks of participating in the East Greenbush Central Schools' Community Education Sports Program include, but are *not* limited to death; serious neck and spinal injuries which may result in complete or partial paralysis; brain damage; serious injury to complete or bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system; and serious injury of impairments to other aspects of my body, general health and well-being. I further understand that it is impossible to foresee all the possible injuries that a participant may suffer as a participant in the above sport/activity and I understand that the above listing is merely an illustration of *some* of the injuries which I could suffer by participating in the above sport/activity. I also understand that the dangers and risks of participating in the above sport/activity may result not only in serious injury, but in a serious impairment of my future ability to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

I understand that this warning is intended to notify me that by participating in the above sport/activity, I will be engaging in an activity which has inherent risks of injury. I am asking to participate in the above sport/activity with the full knowledge of the risks involved.

In consideration of the East Greenbush Central Schools' Community Education Sports Program permitting me to engage in all activities related to this sport/activity, and intending to be legally bound, I do hereby assume all risks associated with such participation and do agree to release and forever discharge any and all rights and claims for damages, including any claims for loss, damages, or injury to my person or property arising out of the performance or failure of the performance of the East Greenbush Central Schools or the respective officers, employees, agents, representatives, successors, and/or assignees of the East Greenbush Central School District, for any and all damages which may be sustained and suffered by me in connection or association with my participation in any activities related to the East Greenbush Central Schools' Community Education Sports Program.

These terms shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

I certify that to the best of my knowledge and belief, I am in good physical condition and have no disease or injury that would impair my participation in the East Greenbush Central Schools' Community Education Sports Program.

Participants' Signature \_\_\_\_\_

Date \_\_\_\_\_

**PLEASE PRINT ALL INFORMATION**

Name: \_\_\_\_\_ Age(Day of Race): \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Gender: ☐ Male ☐ Female Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact Name & Number: \_\_\_\_\_ Check One: ☐ 5K Run (\$15.00)

☐ 5K Walk (\$15.00)

☐ 1 Mile Run (\$10.00)

Circle One: Adult Size T-Shirt: S M L XL XXL

Children Size T-Shirt: S M L

Send registration form and check payable to:

Columbia All Sports Club  
c/o Michael Leonard  
PO Box 58  
East Schodack, NY 12063