

EGPE UPDATE

Monthly Health and Physical Education Update | Volume 4, Issue 5

Monthly Spotlight:

CHS Principal
Michael Harkin

Michael Harkin officially started on December 29th as the new principal of Columbia High School. He succeeds John Sawchuk, who retired at the end of December.

Mr. Harkin came to us from Lansingburgh where he served as the middle school principal since 2014 and the athletic director from 2007-14. Prior to his positions at Lansingburgh, Mr. Harkin was the director of athletics at Brunswick Central School District from 2005-07.

Mr. Harkin began his career as a physical education teacher at Thomas O'Brien Elementary School in Albany in 1999. He has a bachelor's degree in physical education from Canisius College and a master's degree in educational administration from The College of Saint Rose.

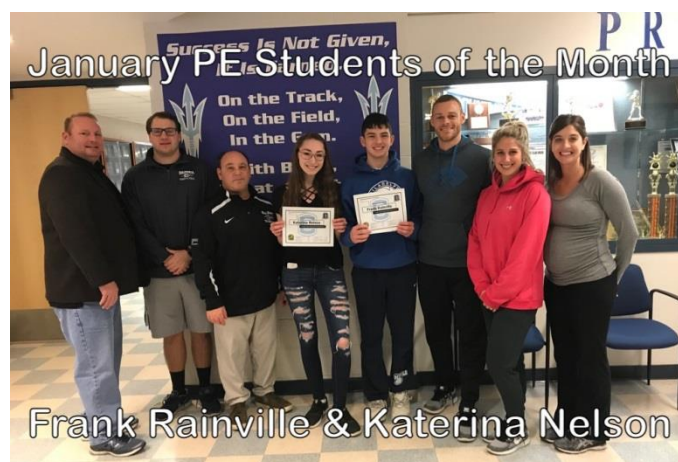


CHS Boys Basketball Hosts Coaches vs. Cancer Game

The Columbia Boys' Basketball program hosted three games against Shenendehowa to support Coaches vs. Cancer on Friday, January 26 from 4:15-8:00 p.m. in the Columbia gym. Columbia players and coaches collected \$3,680 in donation pledges which were recognized on the Wall of Hope in the high school gym. All proceeds will be donated to the American Cancer Society.

CHS PE: January Students of the Month

Frank Rainville and Katerina Nelson 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

1/26: K-12 Half-Day Professional Development

2/19-2/23: Winter Recess

3/23: K-12 Half Day PD

3/30-4/6: Spring Recess

5/28: Memorial Day

6/22: Superintendent's Conference Day

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

EGCSD in Service Days

Our upcoming professional development day schedule is as follows: January 26, March 23 and June 22. If you have any ideas on speakers or presenters let us know!

28th Annual East Greenbush Winterfest

The 28th annual Winterfest returned to the East Greenbush CSD the weekend of January 12-14. Hundreds of students, parents, staff and community members attended on Saturday at Howard L. Goff Middle School. The weekend community event, which was hosted by the Transportation Department, included activity nights at Genet & Goff, a pancake breakfast, bounce houses, a survivor challenge, pony rides, smoke bus, community chess club, reptile adventure and Sunday night Rock N' Bowl.

CHS Boys Indoor Track Update

The Columbia Boys Indoor Track team finished their League Meets with a 39-1 record. The 4x400 relay team of Alec Wright, Tyler LoPresti, Bobby Fredericks and Dante Albanese finished in 1st place at the Yale Track Classic in New Haven, CT with a time of 3:29.77. AJ Weinstein (Triple Jump, 43' 11.5") and Dante Albanese (400M, 51.81) are both currently leading their respective events in Section 2. In addition, Columbia finished third overall at the 2018 SSC Championships. Coach Ryan Jones is very pleased with the team's effort so far as they gear up for the Championship portion of the season.



CHS Wrestling Crowned SSC South Division Champs

The Columbia wrestling program (16-1) is having another successful year taking home the 2018 SSC South Divisional Championship. They were also the runner up in the Section II Final Four held on January 16th. Anchoring the team's success are wrestlers Michael Gonyea 32-3, Robert Cleghorn 25-4, Jake Edwards 21-6, Pierce Hurd 26-3 and Michael Altomer 28-4. Michael Gonyea is looking to become a four-time Section 2 champion. The state wrestling tournament will be held at the Times Union Center on February 23rd and 24th.