

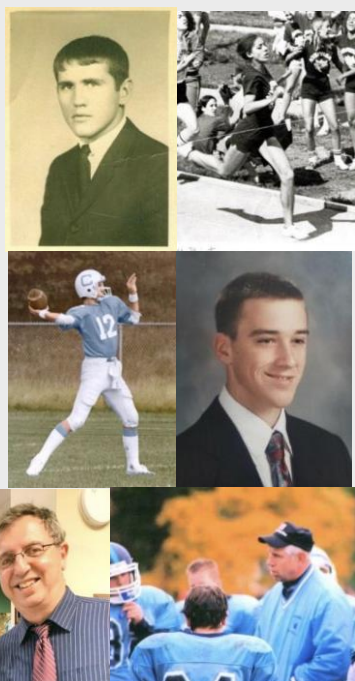
EGPE UPDATE

Monthly Health and Physical Education Update | Volume 5, Issue 7

Monthly Spotlight:

EGCSD Seventeenth Annual Athletic Hall Of Fame Celebration

The seventeenth annual EGCSD Athletic Hall Of Fame Celebration will be held on Friday, May 3rd from 4:30-7pm at the Troy Hilton Garden Inn. This year's alumni honorees are: Bill Mackey (1968), Barbara Oesterlin-Heath (1977), Joseph DiBello (1980), John Lyons (1992), Fran Pugliese and Steve Matheke.



2019 Columbia Health Awareness Week

The 2019 Columbia Health Awareness Week took place from March 4th – March 8th. This year's presentations revolved around current health issues such as nutrition, positive decision making and prevention of driving under the influence of alcohol and/or drugs.



CPR/AED/First Aid Recertification

On Thursday June 27th, the CHS athletic department will have the yearly recertification for CPR/AED, First Aid, Concussion policy review and Bloodborne Pathogen training. The training will take place at CHS in the main gym from 8am to 12pm. This meeting is mandatory for all district coaches, PE and health teachers. Please RSVP with the Athletic Director's office ASAP.

Upcoming Events

5/27: Memorial Day

6/27: Superintendent's Conference Day

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

EGCSD in Service Days

Our last professional development day is scheduled for June 27th. Please make sure you contact the Athletic Office to reserve your spot for recertification day!

CHS PE Secondary Leadership Awards

Columbia students Liam Danaher and Angelina Broga were the award recipients of the 2019 NYS AHPERD secondary PE Leadership Award. The awards program took place on April 28th, 2019 at Mallozzi's in Schenectady.



Goff Intramural Leadership Program

At Goff Middle School the PE and Health Departments have implemented an Intramural Leadership weight training program. The group meets in mornings before school in the Goff Fitness Center. The students that have been participating in the program have been working on improving their personal fitness and created a bulletin board full of inspirational quotes.



CHS PE: April Students of the Month

David Adadjo & Mikelle Backmon were named Columbia PE Students of the Month for April. These students received this award for outstanding effort, leadership, sportsmanship and respect in physical education class.

Columbia PE Yoga!

Pictures from CHS PE class with Yoga instructor Rose Snyder.



Columbia Outdoor Track & Field

The Columbia outdoor track & field team has been busy this spring on their way to breaking two outdoor school records. The first was Liam Danaher, Dustin Chambers, Tyler LoPresti & Thomas Donohue running the 3200m relay in a time of 8:00.48 breaking their own school record. The second was AJ Weinstein with a mark of 47'9.5" in the triple jump. The triple jump record was previously set in 1980 by Scott Pladel with a mark of 47'3".