

EGCSD PHYS ED & HEALTH

WINTER 2024
VOUME 8, ISSUE 3



NEWSLETTER

[EGCSD PE & Health Website](#)

CHS PE: January Students of the Month

Kamilla Conboy and Tyler Connolly were selected as the January PE Students of the Month. Both of these students were selected for their outstanding citizenship, discipline and participation in PE class. A huge shout out to Chic-Fil-A North Greenbush for providing the swag bags! Stay tuned for the February Students of the Month.



KAMILLA CONBOY
JANUARY PE STUDENT OF THE MONTH



TYLER CONNOLLY
JANUARY PE STUDENT OF THE MONTH

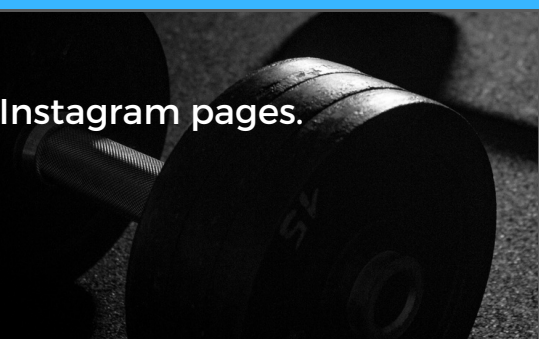
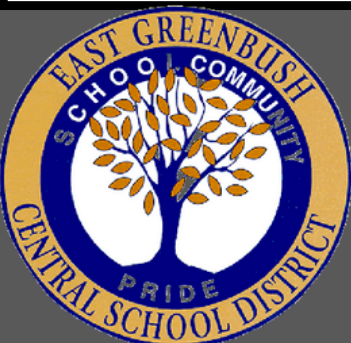
CHS Strength and Conditioning: AJ Ficarra

AJ Ficarra became the first student in Columbia history to join the 1,200 lb club. CHS Strength & Conditioning has four clubs for both male and female students. 1,000lb, 500lb, All-State, All-American, 1,200lb and 700lb clubs. These boards are all displayed on the walls of the Columbia fitness center.



CHS & Goff PE Instagram Feeds

Click below for the Goff MS and CHS Instagram pages.





CHS Track & Field Update

The girls and boys Indoor track teams are having another successful season as they head into Sectional Championships which will be held January 28th at Union College. The following is a list of the Indoor track and field records that have been broken so far this winter:

BOYS

1000M: Carter Norton (2:31.02)

Long Jump (FR): Jackson Stilson (39-10)

Triple Jump (FR): Jackson Stilson (19-0)

300M (FR): Garrett George (38.43)

4x200M Relay: Garrett Wagner, Nolan Romanowski, Cameron Mingle & Emmett Day (1:34.16)

Weight Throw: Sam Desany (51-1.25)

GIRLS

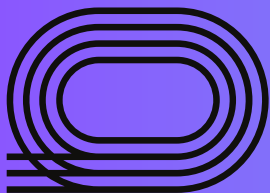
300M: Ava Weiss (40.90)

Pole Vault: Ashlynn Weakley (10-6)

Weight Throw: Sophia Galligan (36-2)

DMR: Kaitlin Bogucki, Ava Weiss, Sabine Yannone & Shea Fajen
(12:27.03)

SMR: Mikyra Austin, Molly Marra, Ava Weiss & Kaitlin Bogucki (4:15.16)



CHS Girls Bowling

The Columbia girls bowling team improved to 13-0 in the Suburban Council. Sierra Gabriel bowled her first 300 game leading the charge against Bethlehem. Next up is the Suburban Council tournament and Section 2 Championships!

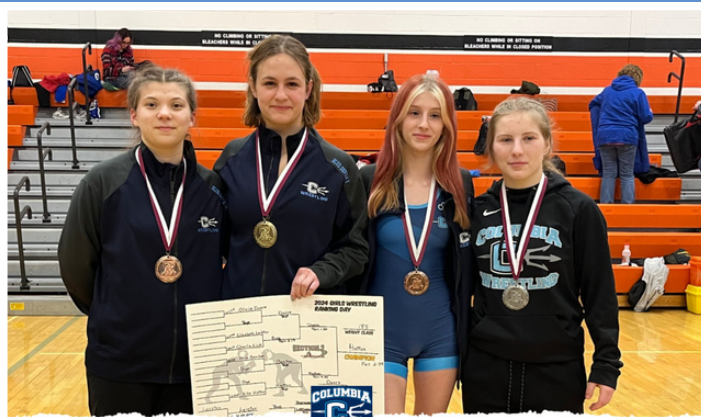


CHS Girls Wrestling



Section 2 Championship Results

- 1st Place – Elle Hutton (Sec. 2 Champion)
- 2nd Place – Bella Satalino
- 3rd Place – Kiara Murdi
- 3rd Place – Emily Brown



COLUMBIA HIGH SCHOOL WRESTLING
NYS PHSAA CHAMPIONSHIP QUALIFIERS

EMILY BROWN -145 LBS	ELLE HUTTON -185 LBS
BELLA SATALINO -126 LBS	KIARA MURDIE -94 LBS

NYS PHSS Restults

On January 26th Elle Hutton, Bella Satalino, Kiara Murdi and Emily Brown all participated in the NYS PHSSAA wrestling tournament in Syracuse, NY.

Elle Hutton - 1st Place NYS



Bella Satalino - 2nd Place NYS



Upcoming Events

2/9: ½ Day Professional Development

2/12-2/16: CHS Health Awareness Week

2/19-2/23: Winter Recess

3/15: Full Day Professional Development

3/29-4/5: Spring Recess

4/26: ½ Day Prof. Development

5/27: Memorial Day

2024 Spring Sports Start Dates

*High School Sports 3/11

*Modified Sports 3/25

CHS PE Bowling

The Columbia PE program continued hosting PE classes at the EG Bowling center! A huge shout out to the EGCS D Transportation & Athletics Departments as well as the EG Bowling center for making these trips work!



Monthly PE & Health Highlights

Please remember that each month we will be rotating the content of our newsletter to focus on each PE and Health department across the district. When it is your buildings time to contribute, please email Ryan Jones or Chris Hosley your PE & Health content from your school! The content does not have to specifically be from your scheduled month and should include a small write up and pictures. Please use this as a way to showcase your physical education and health programs! The schedule will be as follows:

Goff & Green Meadow: Spring (Submit by March 31st)

Seasonal Health and Physical Education Update for the EGCS D

Please email the editors with contributions

Editor: hosleych@egcsd.org

Asst. Editor: jonesry@egcsd.org