

EGCSD PHYS ED & HEALTH

WINTER 2024
VOUME 8, ISSUE 4



NEWSLETTER

[EGCSD PE & Health Website](#)

CHS PE: January Students of the Month

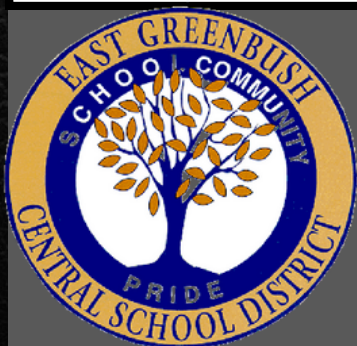
Shannon Breimer and Pierce Dalton were selected as the February PE Students of the Month. Both of these students were selected for their outstanding citizenship, discipline and participation in PE class. A huge shout out to Chic-Fil-A North Greenbush for providing the swag bags! Stay tuned for the March Students of the Month.



North Greenbush (NY)

CHS Strength and Conditioning: Stephen Armer

Stephen Armor became the second 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 and 1,200lb/700lb clubs. These boards are all displayed on the walls of the Columbia fitness center.



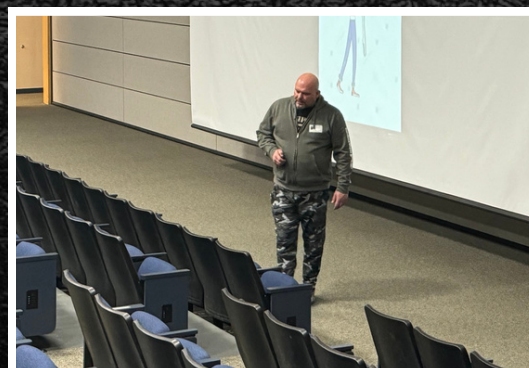
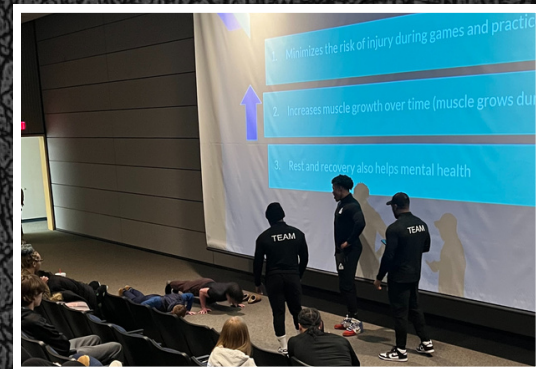
CHS & Goff PE Instagram Feeds

Click below for the CHS and GOFF MS PE Instagram pages.



PE & Health Awareness Week

The annual Columbia PE & Health Awareness Week took place from February 12-16. There was a diverse group of speakers for this years presentations: Jason Spector (mindset and wellness), FBI (decision making), Ed Ashley (digital citizenship), Holly Serraro (mental health and mindfulness), Theresa DeLorenzo (nutrition), iGrind365 (fitness and recovery) and Eric Kussin (#SameHereGlobal).



Bell Top: Gymnastics Unit & Obstacle Course





CHS Track & Field Update



The Columbia Boys' and Girls' Indoor Track teams both won the Section 2 (Division 2) Championships. The majority of the track and field events were held on January 28th at Union College. The competition concluded with the throwing events on February 3rd at Shenendehowa. The girls' team has won back-to-back titles and the boys' team has won five of the last six championships.



Girls Individual Winners

Ava Weiss – 300m, Long Jump, 50m Hurdles

Shea Fajen – 1500m

Natalie Krisanda – Pole Vault

Maya Kelly – High Jump

Kaylin Jacob, Taylor Maxwell, Berlinda Fleurimond, Mikyra Austin – 4x200m

Boys Individual Winner

Nolan Romanowski – 300m & 50m Hurdles

Thomas Fey – Long Jump & Triple Jump

Carter Norton – 1000m



CHS Track & Field Update



Congratulations to the members of the Boys & Girls Indoor Track team who competed in the 2024 NYSPHSAA Indoor Track & Field Championships at the Ocean Breeze Athletics Complex on March 2!

BOYS INDOOR TEAM

- 1000M: Carter Norton (5th NYS, 7th Federation)
- Triple Jump: Thomas Fey
- 4x400M Relay: Cameron Mingle, Nolan Romanowski, Emmett Day, Carter Norton, Marcellus Mastroianni, Giovanni LaPietra, Cedric Monteau and Garrett Wagner

GIRLS INDOOR TEAM

- 300M: Ava Weiss (6th Federation)
- 1500M: Shea Fajen
- Pole Vault: Ashlynn Weakley
- Shot Put: Sophia Galligan

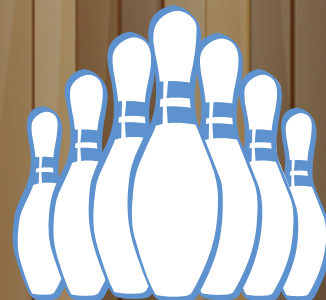


CHS Bowling Update

The Columbia Girls' bowling team captured the NYS Championship, the programs third state title in school history. The team capped off a perfect 16-0 season winning both the Suburban Council and Section 2 Championship tournaments. The team previously won state championships in 2001 and 2016. Congrats!



In addition, the Columbia Boys' bowling team won the 2024 Class A Section 2 Championship and advanced to the NY State tournament.





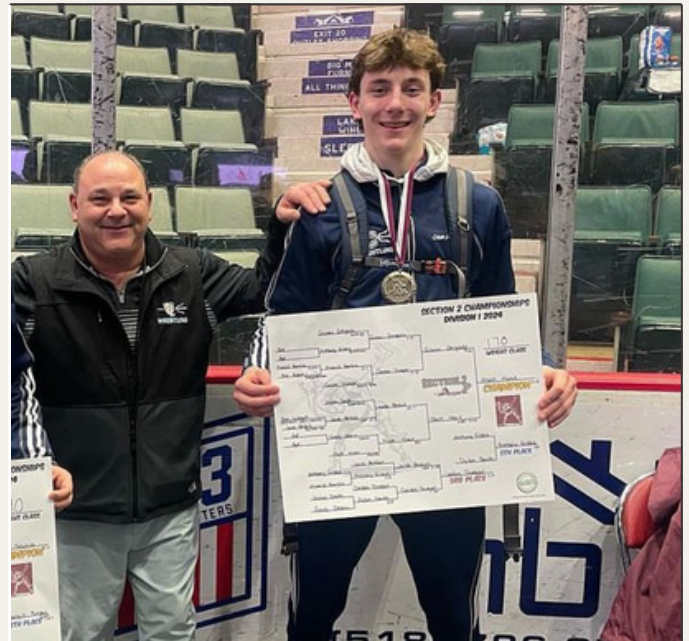
CHS Boys Wrestling



Matt Hoxie and Tanner Scaccia both won the Division 1, Section 2 Championship at their respective weight classes and attended the NYSPHAA Wrestling Championship Tournament this winter.



TANNER SCACCIA
190 LB



MATT HOXIE
170 LB





CHS Swimming



The CBA-Troy-Columbia Boys' Swim Team finished as the Section 2 Division 1 Runner Up. The team sent four individuals and two relays to the NYSPHSAA Boys Swimming & Diving Championships on March 1-2 at Ithaca College based on their results at Sectionals.

Columbia's Andrew Orcutt, class of 2025, a member of the 200 Free Relay team, was one of those swimmers who qualified for the state championships.



Upcoming Events

3/29-4/5: Spring Recess

4/26: ½ Day Prof.

Development

5/27: Memorial Day



2024 Fall Sports Start Dates

*High School Sports 8/26

Piper Gardner won her division at the 2024 NYS Powerlifting Championships at the Albany Capital Center. She competed in the back squat, bench press and deadlift.



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 April 31st)

Seasonal Health and Physical Education Update for the EGCS D

Please email the editors with contributions

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