



PARENTS' ASSOCIATION MEETING MINUTES

d Time: December 3rd, 2019 from 8:30 PM – 9:30 AM

n: UNIS Café

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Welcome - Amanda Dubois (PA President Manhattan)

PA Announcements

Guy Evans and Evangelos Apergis - Athletics Department overview and updates

Q&A

Discussant	Discussion
ie from PA nt – Amanda	<p>Amanda welcomed everyone to the meeting and announced the aforementioned agenda.</p> <p>Events</p> <ul style="list-style-type: none"> ● Many events upcoming in December and January; ● Choral concert rescheduled for Dec 4 due to weather ● Morocco Night is sold out. ● Gala 2020 on February 28, 2020; contact Angela Tolosa at angela.tolosa@pa.unis.org if you'd like to volunteer. ● CIS Survey - parents should submit a survey for each child by December 13, 2019. School takes feedback seriously. It takes about 10-15 minutes each.

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	<ul style="list-style-type: none"> ● City Harvest Success - very successful food and toiletry drive and according to City Harvest we collected pounds of food and toiletries. Tut House students will deliver toiletries on December 14, 2019. If you are interested in going, contact the Social Responsibility group.
s Department w – Guy Evans, r of Athletics	<p>Introduction</p> <ul style="list-style-type: none"> ● Success of season <ul style="list-style-type: none"> ○ Volleyball - Girls' volleyball strong in Middle and Tut House ○ Soccer - Boys' soccer teams were undefeated at all levels ● New developments to get more people involved <p>Part II: Staff</p> <ul style="list-style-type: none"> ● Guy Evans, worked here for 5 years and 1st year as Athletic Director ● Evangelos Apergis, joined three years ago as Athletic Trainer and now Assistant Athletic Director/Athletic T ● Deven Herbert, a recent hire from September who works part-time and oversees after school sports ● UAA CO-Chairs - Kay Kuzbari, Demetrios Mihailidis, and Caroline Moses <p>Part II: Program Structure</p> <ul style="list-style-type: none"> ● After-School Sports (JA-M2) <ul style="list-style-type: none"> ○ runs 3pm-4pm ○ positive introductory experiences to a variety of sports ○ blend of traditional sports and nontraditional activities such as badminton ● Interscholastic Sports starts at M3 level until T4. <p><i>How does UNIS stack up against other schools in NYC Athletic League?</i></p> <ul style="list-style-type: none"> ● Calhoun, Loyola, Columbia Prep and Trevor Day are examples of our peers <ul style="list-style-type: none"> ● Fall:

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	<ul style="list-style-type: none"> ○ Soccer/Volleyball/Cross-country/Tennis - stack up favorably ○ We also have second teams and so we maximize participation ● Winter <ul style="list-style-type: none"> ○ One of the pitfalls in starting a new sport is that we need other schools to buy in as well ○ We are looking adding a new sport next winter - badminton; a lot of interest in badminton in Tut Ho ● Spring <ul style="list-style-type: none"> ○ 6-7 interscholastic activities ● Pretty comprehensive program <p>Part III: New Developments</p> <ul style="list-style-type: none"> ● Introduced 7 new teams this year - record tryout numbers for fall and winter this year <ul style="list-style-type: none"> ○ 2nd team for Girls' Middle School volleyball - 30 girls last year and many had to get cut; I'm a realist there are students aren't going to make a team at high school level but it is troubling to do that at the middle school level ○ 2nd team for Boys' Middle School soccer - had over 50 boys try out, so we started another team ○ Girls started Varsity tennis teams ○ 2nd teams for Boys and Girls Middle School basketball - had over 30 girls try-out for basketball ○ Spring Boys Middle School volleyball ○ Students will take leadership roles with ultimate frisbee in spring ● Relationship with NYC Parks Department established to diversify where the school can practice and play games <ul style="list-style-type: none"> ○ We are part of the Randalls Island Park Alliance - exclusively outdoor events in the past; difficult to Randalls Island for conducting practices ○ Secured access to fields for UNIS Queens campus ○ New NYCAL Track and Field timing system for cross country ○ Important for student athletes to get the best of themselves ○ Introduced intramural girls JV soccer and badminton ○ New appointment system with Evangelos

Discussant	Discussion
	<p>Part IV: Sports Medicine</p> <ul style="list-style-type: none"> ● Previously had an offsite trainer who supported students ● 2016 In-house Athletic Trainer was appointed for continuity of care - helps students not miss as much scho ● Brought in a network of orthopedic specialists (i.e. lecture for middle school) ● Created affiliations with physical therapy clinics across the city and students in T3/T4 can go to PT during lt period if needed, as long as have all requisite permissions ● 2017 UAA has been very supportive and bought modalities for the students such as a hydrocollator (moist l packs) ● 2018 A Normatec recovery system was added and a Powerplay unit was added. ● 2019 A larger hydrocollator unit was added. An appointment system was added – eapergis.youcanbook.me SportsWare software was added and it links with Magnus. <p>Part V: Final Thoughts/Top 3 Priorities</p> <ul style="list-style-type: none"> ● Identifying continued areas for expansion - badminton team, girls JV soccer team and boys JV soccer team ● Maintaining recruitment of high-quality coaches ● Promoting the philosophy for students, coaches, parents <ul style="list-style-type: none"> ○ promote lifelong passion for sports participation ○ use sporting arena to impart positive character traits, behaviors and values ○ reflect wider mission of UNIS and the UN with respect to the educational and inspirational elements school charter <p><i>Why do the sports start in M3, I notice that some of the other schools have sports that start in 6th grade?</i></p> <ul style="list-style-type: none"> ● Interscholastic sports are supposed to start at 7th grade level ● Some other schools that have 6th grade teams are more intramural in nature ● This is something we have to research more and keeping in mind our lack of expansive facilities or practice ● Please circle back with Guy in couple of weeks

Discussant	Discussion
	<p><i>My child played sports through middle school, but now there is more focus on the IB. How do I encourage her to be active without committing to team sports?</i></p> <ul style="list-style-type: none"> • Our facilities are in constant use; we're maximizing the space and resources that we have. • There is an obvious gap for someone who wants to participate on a recreational basis but doesn't have the commitment. • Discussions are happening to try to open up something like intermural sports for Tut House students to meet or twice a week without the commitment of being on a team. We have weekend sports programs as well. <p><i>I have a son in T1. Why aren't there sports in T3 and T4? I could offer myself to help run calisthenics to have fun and get rid of stress.</i></p> <ul style="list-style-type: none"> • Agreed that you are talking about non-team activities. Maybe we can identify students that don't want to do team sports and we can do something for them. <p><i>I know we have coaches who are PE teachers and coaches from the outside. I'm wondering how we can support our coaches so that everyone is on the same page and understands the culture of our community and importance of sports, driving kids to personal best and to create a supportive learning experience.</i></p> <ul style="list-style-type: none"> • Recruitment - role was posted internally and outside UNIS. Process includes several phone calls, in-person interview as well as in-person sample lesson • Development - UAA supports professional development - there is value in that as well in day to day communication with the coaches to review games, practices, goals, and concerns with players • Review - we review what happens in past season with them to identify what is working and if there is a coach who isn't a best fit. We commit to coach for one season only.
	<p>Next meeting: Tuesday, January 16th, 8:30 AM-9:30 AM.</p>