The Coaches Section is honored to recognize Cheryl Polinsky as their 2019 Amazing Person. Cheryl received her bachelor’s degree in kinesiology and health from Boise State University and her master’s in physical education from Canisius College. She is currently a secondary physical education teacher at Lafayette Junior/Senior High School. Cheryl coaches three sports, including JV basketball, JV volleyball and modified softball. As a coach, she uses the volleyball and basketball courts as an extension of her physical education classroom to motivate her student-athletes to perform to their fullest potential. Cheryl organizes numerous after-school activities to get all students active through yoga, dance and intramural sports. Her mission is to encourage those students who don’t participate in traditional sports to be physically active outside of her physical education class. Cheryl has training in Yoga Foster, Drums Alive, as an American Red Cross instructor, and has experience being a personal trainer and group fitness instructor. In service to NYS AHPERD, Cheryl is the Central North Zone Coaches Representative and was honored to be named the 2019 Central North Zone Coach of the Year. It is with great pleasure the Coaches Section recognizes Cheryl Polinsky as their 2019 Amazing Person.