

# Pojoaque Valley Middle School

Vera Trujillo  
Principal  
455-2239

Pojoaque Valley Schools  
1574 State Road 502  
Santa Fe, NM 87506

Mabel Gonzales-Specht  
7<sup>th</sup> Grade Counselor  
455-2238 Ex. 1604

Priscilla Cordova  
Administrative Secretary

455-2238

Connie Garcia  
Secretary  
455-2238

455-2238

Robert Garcia  
8<sup>th</sup> Grade  
Counselor/Social Worker  
455-2238 Ex. 1605

Aric Wheeler  
Discipline Officer  
819-2312



*Kindness Rules !!*

Dear parents and students,

My name is Coach Koski and I will be instructing 7<sup>th</sup> and 8<sup>th</sup> grade Physical Education/ Strength & Conditioning classes this 2016-17 school year. This marks my 20<sup>th</sup> year as a teacher and 12<sup>th</sup> year in the Pojoaque Valley School District. I received my Bachelor's degree from New Mexico Highlands University in Las Vegas, New Mexico along extensive graduate studies from both Ohio University in Athens, Ohio and the United State Sports Academy in Daphne, Alabama. I am the Head Track & Field coach at Pojoaque Valley High School and have been certified since 1995. Throughout my coaching career, I have coached 33 New Mexico State champions and guided my teams to five State trophies. In addition to teaching and coaching, I also have an immense amount of experience in strength & conditioning and sports nutrition helping athletes in various sports accomplish their goals.

Physical Education plays a critical role in educating the *whole* student. Physical education contributes directly to development of physical competence and fitness. It also helps students to make informed choices and understand the value of leading a physically active lifestyle. This program provides students with opportunities to learn motor skills, develop fitness, and gain understanding about physical activity. In middle school, the student is ready to experience a wide variety of applications of fundamental movements including traditional sports, as well as lifetime or leisure-oriented activities. This is the time when students are capable of refining, combining and applying a variety of sport-related and lifetime skills.

If you have any questions or concerns, please contact me at [rak@pvs.k12.nm.us](mailto:rak@pvs.k12.nm.us)

Looking forward to a great year,

**Coach Koski**