

20 Questions with Mrs. Kuz

1. Where did you come from/grow up?

I was born and raised in Northampton, MA. It is a college town that is well known for its diversity, live music and restaurant offerings.

2. Why did you become a physical educator?

I knew at a young age I was destined to be a physical educator. My elementary PE teacher was my motivator and role model. I distinctly remember the pure enjoyment she brought to our class every day, in which I try to emulate myself.

3. What do you do to stay physically active?

I am a runner. However I also like to ride a bike and do plyometric workouts.

4. What sports did you play growing up?

We were a soccer family, but I was specifically drawn to basketball. I also participated in softball, wiffleball and golf.

5. How many years have you been teaching?

I have been teaching for 9 years. Before coming to Needham, I taught for 5 years in Connecticut at the high school level. I moved here to MA four years ago, where I began at Framingham HS for 2 years, then I took an Elementary PE position at Boston Public Schools.

6. Where did you go to College?

I received my Bachelors degree at the University of Massachusetts Amherst in Sport Management. I also received a Masters degree at Wesleyan University in Liberal Arts (while I was a Graduate Assistant for the Women's Basketball team) and Southern Connecticut University in Special Education.

7. Did you play any sports in College/intramural activities?

I was a Minutewomen for the UMass Women's Basketball team, as a four-year starter.

8. What is your favorite sports team?

I grew up a fan of all Boston sports teams, once I moved to the Boston area my love for them has significantly grown. However, I am a huge college basketball fan. I have no particular allegiance, I just really enjoy watching a great game!

9. What is your favorite food?

My favorite foods are Mexican, Asian foods, cheesecake and CHOCOLATE!

10. How many siblings do you have?

I am the youngest of 6. I have three older sisters and two older brothers. My parents have been married for 55 years! I also have 10 nieces and nephews. They all live in and around Northampton.

11. Where do you like to vacation?

I love to vacation with my family on the Cape in North Truro. For over 15 years we have been driving out onto Race Point Beach in Provincetown. Traveling to tropical climates and visiting places I have never been is also something I love to do!

12. What are your favorite television shows?

Modern Family makes me laugh every time I watch it! Having a love of music, I'm always tuned into The Voice. Another favorite is the Ellen Degeneres show, her sense of humor always makes me smile!

13. What is your favorite unit to teach?

By far my favorite unit to teach is hand dribbling, specifically because I able to teach the students my tricks of the trade that I have I learned in all my years playing basketball. It's rewarding to see students progress throughout the course of the unit. Foot dribbling is another favorite to teach simply because so many of the students enjoy participating in this sport and its fun to watch them enjoy themselves.

14. Do you have any animals?

Yes, I have a Bulldog named Oliver, who is the cutest dog ever! And a Persian cat named Cubby.

15. What are your hobbies outside of school?

I absolutely love spending time with my family and friends, participating in recreational sports, as well as going to the beach!

16. What are your favorite movies?

I have favorite movies from the past to present: A League of Their Own, Goonies, The Town, Pitch Perfect and Bridesmaids.

17. What is your favorite color?

Any shade of Blue

18. What is your favorite type of music?

Country, Alternative Rock, and R&B, as well as top 40 hits.

19. What was your favorite subject in school?

Aside from PE, I really enjoyed Math. I like adding and multiplying numbers in my head as quickly as I can

20. Do you have a message for the students that you teach?

Physical Education is essential to the growth of your mental, emotional and physical well-being. Many of the tools you learn in PE, you will continue to take with you throughout the course of your life. You will acquire skills, fitness, knowledge and attitudes that will aid in your development in becoming the best person you can be.