

## CITY & BOROUGH OF SITKA BOARD/COMMITTEE/COMMISSION APPLICATION

Municipal Clerk's Office, 100 Lincoln Street, Floor 3 Phone: 907.747.1826 Fax: 907.747.7403 Email: <a href="mailto:clerk@cityofsitka.org">clerk@cityofsitka.org</a>

Submit this completed application <u>AND</u> either a letter of interest or resume to the Municipal Clerk's Office by noon on the Wednesday prior to an advertised Assembly meeting.

Board/Commission/Committee Applying For: Parks and Recreation Committee	
Name: Manoj Battar	Phone Number:
Mailing Address:	
Email Address:	
Length of Residence in Sitka: 4 years	Registered to vote in Sitka? 🗹 Yes 🗆 No
Employer Business Name and your position: SEA	RHC, Physical Therapist
Organizations you belong to or participate in: SEARHC	
Explain your main reason for applying: I appreciate the purpose of this committee and b athlete and a physical therapist	elieve I can offer insights primarily as a recreational
What experience or credentials will you bring to the board, commission, or committee membership? I have a doctor of physical therapy degree, and practice primarily with athletes and active sportsfolk and outdoorspeople. I have also participated in basketball, softball, volleyball, soccer, and ultimate frisbee since I have moved here.	
	y meeting open sessions. However, Assembly members ye session. In this case, do you wish to be present when
	interest of \$1000 annually that could be influenced by mployed within the scope of this appointment. <b>Do you</b>
If yes, please explain:	
regular meeting attendance. I further understand this appointment may be discussed at a public forum. In am appointed to serve, I will follow all laws, procedu	

## Manoj Battar, PT, DPT

Dear members of the Sitka Assembly,

I am writing to express my strong interest in the open seat on the Parks and Recreation Committee. I am a physical therapist by occupation who has practiced in Sitka for the past four years and counting. In addition to my profession, I am an avid beneficiary of the the spaces and activities offered to our town under this committee I participate in city league basketball, softball, community orchestra, and volleyball, as well as in recreational ultimate frisbee and soccer. I frequent Sitka's many outdoor spaces with my wife, two dogs, and many friends. I am also heading into my second year as an assistant coach for the Mt. Edgecumbe Lady Braves basketball team. It is my firm belief that recreation and the related programs are integral to helping individuals and communities stay healthy.

The breadth of my participation in Sitka's Parks and Recreation programs, as well as my involvement in the community through my physical therapy practice, may offer some unique perspective to the considerations occurring in the committee. As a physical therapist, it is a core tenet of our profession that "motion is lotion." Even though this is not a clinical setting, I see serving on this committee as an extension of that idea: helping folks get, and keep, moving. As a multisport athlete (generously speaking), I feel I can represent many of the folks we might consider when discussing our athletic facilities. In the bigger picture, community recreationplays a larger part than just providing exercise. In the midst of chronic public health epidemics such as sedentary lifestyles and adult loneliness, I've seen how these spaces foster activities for people to pursue wellness beyond athletics, whether cognizant of this benefit or not. It would be an honor to serve on this committee, which strives to sustainably maximize inclusive access to these spaces and facilities.

Lastly, and perhaps most importantly, the connections I make with people could bring a lot of value to the committee. I have built relationships with many different folks across the community through my participation in all of these activities. These relationships provide me with many different perspectives on issues that may come to the committee. I would be happy to amplify their voices in this setting.

I hope to learn from and work with you all and I appreciate your consideration for this position. Thank you, regardless, for your hard work to improve the health and well-being of our community.

Sincerely,

Manoj Battar, PT, DPT