Caitlyn Espinosa (AT) was named Rocky Mountain Athletic Conference Women’s Soccer Goalkeeper of the Week on Sept. 8th.

Gabriella Hickman (ExSp) was one of two Fort Lewis College volleyball student-athletes named to the 2015 Oklahoman Panhandle State University Aggies Challenge All-Tournament Team on September 10th.

Brooke Milliet (ExPhys) scored her first goal of the season less than six minutes into the game to give the Fort Lewis College women’s soccer team a 1-0 lead over No. 9 Dallas Baptist University on September 12th. The Skyhawks eventually won the game 2-1.

Ryan Standish (ExPhys) finished 2nd in the 2015 Iron Horse Bicycle Classic Road Race to Silverton on September 5th.

Becker Yannis (SpAdm) has been selected the 2015 Rocky Mountain Athletic Conference Men's Soccer Preseason Player of the Year.
A big welcome & congratulations to newly accepted students into the Athletic Training program!

Kevin Barnett, Tylyn Clements, Blythe Crow, Katie Green, Eljin Gorman, Emily Jones, Kira Nash, Shelby Sangster, Travis Stone, and Sarah Williams!

Welcome to the students in the Athletic Training Learning Community!

Jennifer Bowman, Jayson B. Brown, Teyah L. Clark, Cadra M. Guillory, Selena E. La Paz, Duncan T. Lumsden, Jacquelynn D. Pana, Amber J. Raton, Aitana C. Rivera, Joshua J. Romero, and Christina R. Winters

Welcome to the students in the Exercise Science Learning Community!

Congratulations to the following Exercise Science Majors, Martin Levings and Shannon Ruetschle, who participated as team partners for the Durango Special Olympics Unified Softball Team at the Western Area Tournament in Grand Junction on August 3, 2015. The Durango Ballers took 1st place (blue ribbons) by beating Ariel 7-0 and 6-5. In the 2nd game, the team scored 6 runs in the final frame for the comeback win. ES majors, Rachel Hasler and Tamara Sandoval practiced with the athletes on a regular basis here in Durango over the summer, although they did not travel to the tournament. Fort Lewis College was well represented by these students who fulfilled practicum hours for their ES 254 class (Adapted Exercise).
September is ...

Self Improvement Month
Better Breakfast Month
Whole Grains Month

You can work on all three by beginning your day with a hearty whole grain cereal. Studies show that eating whole grains instead of refined grains lowers the risk of many chronic diseases. While benefits are most pronounced for those consuming at least 3 servings daily, some studies show reduced risks from as little as one serving daily. The message: every whole grain in your diet helps!

Learn more about whole grains by visiting the Whole Grains Council website.
Employment Opportunities

“Want to work in a dynamic and supportive environment that encourages exercise and healthy living? Then Carmichael Training Systems might be the place for you. We work hard, but we make time to play just as hard. And as a company committed to helping people live balanced, healthy, and active lives, we make sure we practice what we preach.” Carmichael Training Systems is hiring:

Marketing Manager – Colorado Springs, CO
Expert (Endurance) Coach – Santa Ynez, CA
Expert (Endurance) Coach – Colorado Springs, CO

Internship Opportunities

Carmichael is also hiring interns. These are un-paid positions. Interns in the program must work in the corporate headquarters in Colorado Springs, Colorado or the facility in Tucson, Arizona.

Requirements:

• Possess a desire to pursue coaching as a future career path.
• A minimum of a bachelor’s degree (or current Senior) in Exercise Science or a related field. Relevant coursework should include Basic Anatomy and Physiology, Exercise Physiology, Biomechanics, and Nutrition (sports nutrition).
• A basic knowledge of exercise testing and prescription and periodization training.
FACULTY NEWS

Please help us welcome four new adjunct faculty members.

Marisa Asplund — Psychology of Sport instructor.
Robert Graham — PE activities instructor.
Susan Graham — PE activities instructor.
Dwayne Perry — PE activities instructor.

“Cross & Peel”

Jim Cross, FLC Exercise Science faculty member, and John Peel, Durango Herald sports writer, are now doing a Sports Talk Radio show on KDUR (91.9FM & 93.9FM)
Friday mornings from 9:00-9:30 am.
Listen in!
ALUMNI NEWS

**Myndee Thompson** (ExPhys, ’15), was named by Fort Lewis College as its nominee for the NCAA Woman of the Year award. The Woman of the Year award honors graduating female college athletes who have exhausted their eligibility and distinguished themselves throughout their collegiate careers in academics, athletics, service and leadership. The 2015 NCAA Woman of the Year winner will be announced, and the Top 30 honorees celebrated, at the annual award ceremony Oct. 18 in Indianapolis, Indiana.

**John Gonzales** (K-12, ’15) is a Conditioning and Wellness Teacher at Castle Rock Middle School, in Castle Rock, Colorado and Varsity Defensive Backs Coach at Highlands Ranch, Colorado.

**Marti Toledo** (K-12,’15) is a PE teacher at Cuba Middle School in Cuba, New Mexico.

**Alex Herrera** (ExSp) former ES student and one of Fort Lewis College's most prolific student-athletes joined the professional ranks in August. Alex signed a professional contract to play for KTP Basket in Kotka, Finland.