Carolyn Archer (AT) was one of five FLC women's soccer student-athletes named to the 2014 Rocky Mountain Athletic Conference All-Academic Team. To qualify for Academic All-RMAC, student-athletes must have a GPA of 3.30 or better, be a starter or reserve, and have completed two consecutive semesters or three quarters at their current institution.

Yannis Becker (Sport Admin) scored his ninth goal of the season against Regis University in Denver on Oct. 19th, and his 10th goal of the season against MSU Denver on Oct. 26. He scored his third game-winning goal of the season on Nov. 02 against Colorado Christian University at Dirks Field, leading the Skyhawks to a 1-0 overtime win. Yannis was named First Team All-RMAC when the Rocky Mountain Athletic Conference announced their post-season honors on Nov. 4. He led the league in shots (80) and was second in the RMAC in points (27) and goals (11). Yannis started all 18 games and scored three game-winning goals during the season.

Trevor Bonifasi (ExPhys) made his first start of the season for the FLC Skyhawk's football team when he capped off a seven play, 48-yard drive and found Novy Hardy for an eight yard touchdown score as FLC lost to the Western State Colorado University Mountaineers on Nov. 1, 2014.

Mary Brinton (AT) has been named to the Rocky Mountain Athletic Conference Basketball Preseason team.

Cesar Castillo (AT) scored the game winning goal and added two assists to lead the Fort Lewis College men's soccer team to a 4-1 win over Adams State University on Oct 3rd at Dirks Field. Cesar Castillo earned Second Team All-RMAC honors when the Rocky Mountain Athletic Conference announced their post-season honors on Nov. 4, 2014. Cesar started 16 of 17 games he has played in and scored four goals while assisting on four others.

Blaise Cuban (ExSpec) was the October Student Life Center employee of the month—intramural official.

Nick Daily (ExSpec) was the October Student Life Center employee of the month—weight room supervisor.

Caitlyn Espinosa's (ExSpec) broke the school record for the longest shutout streak in a season on Oct. 10. She broke Christine Schmelzle's shutout record of 561:29 (Aug. 27, 2009-Sept. 18, 2009) Caitlyn notched her eighth shutout of the season against University of Colorado-Colorado Springs on Oct. 26, after stopping four shots on goal.
Courtney Harms (ExPhys) was one of six FLC volleyball student-athletes named to the 2014 Rocky Mountain Athletic Conference All-Academic Volleyball Team, announced Oct. 21, 2014 by the league office.

Alex Herrera (ExSpec) has been named the Rocky Mountain Athletic Conference Preseason Basketball Player of the Year for the second year in a row. He was also named to the 2014-15 Basketball Times Pre-Season All-American team on Oct. 22, 2014. Alex led all players with 21 points on Nov. 7, 2014 as the FLC men’s basketball team played the first of three scheduled exhibition games. On Nov. 8, 2014, Alex tied for game high honors with 28 points as the FLC men’s basketball team played the second of their scheduled exhibition games in Salt Lake City against Westminster College.

Jarrell Higginson (ExSpec) was the September Student Life Center employee of the month for Intramurals.

Kodie Johnson (ExSpec) made her first start of the season in goal and stopped seven of eight shots on goal by the New Mexico Highlands University Cowgirls on Nov. 5, 2014 as the FLC women’s soccer team lost (1-0).

Jenna Krizo (AT) was the September Student Life Center employee of the month—weight room attendant.

Maddie Kruger (ExSpec) broke a Fort Lewis College cross country record on Oct. 18, 2014 at the Fort Hays State University Tiger Open, held at Sand Plum Park in Victoria, Kan. Her 5K time of 17:53.30 broke Kenzie Grant’s time of 17:54.5, which was set Sept. 19, 2009 in Riverside, Calif. On Nov. 8, 2014, Maddie finished 10th overall and earned All-RMAC first team honors after running the 6K championship course in 23:16.00 as the Fort Lewis College cross country teams competed in the 2014 Rocky Mountain Athletic Conference Championships, hosted by Western State Colorado University in Gunnison, Colo.

Nickolas Martin (ExPhys) was the September Student Life Center employee of the month—personal trainer.

Robert Martinez (ExSpec) was the September Student Life Center employee of the month—general staff.

Brooke Milliet (ExPhys) was one of five FLC women’s soccer student-athletes who were named to the 2014 Rocky Mountain Athletic Conference All-Academic Team. To qualify for Academic All-RMAC, student-athletes must have a GPA of 3.30 or better, be a starter or reserve, and have completed two consecutive semesters or three quarters at their current institution.

Shane Nelson (ExSpec) had nine tackles and a quarterback hurry on Oct. 04, 2014 in the FLC football team’s loss against the Western New Mexico University Mustangs. On Nov. 8, 2014, Shane scored off his second interception of the season, returning for 34 years and the first score of the game against Adams State Univ.

Kelsey Pryor (ExPhys) was the October Student Life Center employee of the month—Outdoor Pursuits.

Alicia Sanchez (AT) was named Honorable Mention when the Rocky Mountain Athletic Conference announced the 2014 All-RMAC Women’s Soccer teams on Nov. 4, 2014.

Timothy Standifer (K-12) was the September Student Life Center employee of the month for Intramurals—Referee.
**Alex Tillberry** (ExPhys) was one of four FLC men’s soccer student-athletes named to the 2014 Rocky Mountain Athletic Conference All-Academic Team. He has started three of nine games and played in 354 minutes on the field this year.

**Ashley Wells** (ExPhys) tied for match high honors with 18 kills on Oct. 3, 2014 at Western State Colorado University in Gunnison. She also tallied a match high 17 kills on Oct. 10t, 2014 as the FLC volleyball team fell to New Mexico Highlands University, 3-2, at Whalen Gymnasium. Ashley posted 16 kills, 12 digs and two blocks against Western State Colorado University at Whalen Gym on Oct. 24, 2014, and then recorded a season high 22 kills against the Western New Mexico University Mustangs on Oct. 31, 2014. She tallied 13 kills against Adams State University on Nov. 8, 2014 as the FLC volleyball team won their final match of the season.

**Derek Wetzel** (ExPhys) was one of four FLC football players named to the Rocky Mountain Athletic Conference 2014 All-Academic Football Team, announced October 21, 2014. In four games, he has tallied nine tackles, 2.5 tackles for a loss of eight yards, and one sack.

Congratulations to the following Exercise Science Majors who participated as partners and coaches at a Special Olympics Colorado Volleyball Competition in Pueblo October 24-25. Zach Chenoweth, Anna Diaz, Kayla Joe, Dan Kaplan, Megan Longtain, Tim Standifer, and Stephanie Teaman participated as partners on two different Special Olympics Teams with 12 Special Olympics athletes. Both teams played close games, but lost their matches to earn red ribbons. Marcus Whitehair and Kyle Shepherd were assistant coaches.

Congratulations to the following Exercise Science Majors who participated as partners and coaches at the Special Olympics Colorado Volleyball Tournament in Denver, November 7 and 8. Lauryn Andre, Mikkael Hernholm, Logan Loven, Lucas Rowton, Craig Short, and Matt Steffens participated as partners with 6 Special Olympics athletes. Marcus Whitehair and Kyle Shepherd were assistant coaches and Lindsey Blythe, Sydney Edmonson, and Kelsey Pryor were chaperones. The team finished first in its division winning Gold medals.

ES majors, Mason Alsup, Toby Begay, Niki DeSouchet, Courtney Harms, Andrew Ike, Brian Malone, and Alex McWhorter, although they did not travel to the tournaments, practiced with the athletes here in Durango. Fort Lewis College was well represented by these students who fulfilled practicum hours for their ES 254 class (Adapted Exercise), Specialist, or Physiology Internships.
Cluster Activity
High Ropes Course
Oct. 21, 2014 Farmington NM
ES Department Alumni Gathering
Bill Goat Saloon, Gem Village
November 06, 2014
ES Scholarship Applications

Starting January 05, 2015, the Exercise Science Department will be taking applications for the following scholarships:

- Exercise Science Departmental Scholarship(s)
- Joanne Soignier Sport Administration Scholarship
- Joan Sanders Memorial Scholarship

Submit completed applications with necessary documentation by Feb. 27, 2015. Applications should be submitted to the ES Administrative Assistant, Carla Weston, in Gym 144. These scholarships will be for the 2015-16 academic year. These scholarships require that you be a full time student (15+ credits per semester) in the 2015-16 academic year. (If graduating Dec 2015 you may still apply.) The application forms are available from the Exercise Science Administrative assistant in the Exercise Science office (Gym 144) or on the Exercise Science website under “Scholarships.” Names of scholarship recipients will be announced in April 2015.

Caption Contest

We welcome your clever comments.

We are holding a caption contest for the Old Fort photograph hanging on the north wall of the Exercise Science office. (Pictured left) Email your entries to cjweston@fortlewis.edu. Entry deadline: December 1st, 2014
Faculty News

Dr. Emily Houghton presented a project called *Exploring the “place” of sport: The community center as a catalyst for friendship among African American female athletes.* Her presentation was given in collaboration with a colleague at the North American Society for the Sociology of Sport in Portland in November. To learn more about her presentation, contact Dr. Houghton at 970-247-7481 or ehoughton@fortlewis.edu.

Alumni Updates

Alyssa Fredericks (AT’07) won the grand prize for the *Sports Health* "Every Athlete Deserves an Athletic Trainer" Video Contest! She received a $3000 Sports Health Gift Card for her school to be used for sports medicine supplies and equipment.

Katarina (Medici) Marks (ES’13) is currently the assistant cross-country and track coach for Fort Lewis College. She also work as a certified personal trainer and a certified group fitness instructor at the Durango Sports Club.

Mathew McDermott (AT’14) was mentioned in the Nov. 2014 edition of NATA News. “Despite confidence in his skills and education, recent graduate Mathew McDermott, ATC said, "I’d be lying if I said I wasn’t nervous about finally being on my own and calling the shots.” As a "new athletic trainer fresh out of college” McDermott decided to enlist the help of the NATA membership. He posed a question in the National Athletic Trainers' Association LinkedIn group asking for words of wisdom and advice on succeeding in the secondary setting, as he recently accepted a position at a New Mexico high school.” (Mathew works at Aztec High School in Aztec, New Mexico)