ES, AT, AE Alumni Gathering

FLC Exercise Science Alumni Gathering
November 6th 6pm

Come join our former and current exercise science faculty and staff including:

- James Cross
- Jeb Davis
- Mark Dutro
- Mary Ann Erickson
- Lee Frazer
- Marcy Jung*
- Melissa Knight-Maloney
- Dolph Kuss*
- Carrie Meyer
- Paul Petersen*
- Joanne Reddell*
- Greg Rhodes
- Cathy Simbeck
- Bob Stremba
- Tim Thomas
- Melissa Thompson
- Chuck Walker*
- Carla Weston

*Emeritus Faculty

RSVP with Carla Weston
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Join the department of exercise science to gather with current and former professors, graduates of exercise science and to meet the upcoming graduates of exercise science.

Billy Goat Saloon
One of America’s Top Dive Bars
38848 HWY 180, Corn Village, CO

Door Prizes
Giveaways
Appetizers
Cash Bar
Yannis Becker (SpAdm) helped the FLC men's soccer team snap a two game losing streak September 14th after upsetting No. 6 Texas A&M-International in Laredo, Texas, 4-2. He also had a foot in both goals on Sept 21st as the Fort Lewis College men's soccer team defeated Colorado Christian University, 2-1, from Lakewood Trailblazer Stadium. The win moves the Skyhawks to 4-2-0 overall and 2-0-0 in the Rocky Mountain Athletic Conference.

Lindsey Blythe (ExPhys) placed 79th on Sept 9th as the fledgling FLC women's golf team competed in their first golf tournament as an NCAA Division II program. The Skyhawks finished 15th overall in the Colorado State-Pueblo Samuel Proal Insurance Lady Wolf Pack Invitational at the Pueblo Country Club.

Cesar Castillo (AT) scored one of the two goals that lifted the Fort Lewis College men's soccer team to their first shutout of the season. The Skyhawks defeated Adams State University, 2-0, in the opening game of the Rocky Mountain Athletic Conference season on Sept. 17th.

Caitlyn Espinosa (ExSpec) recorded four saves during the Skyhawks women's soccer first game of the season 2-1 win over Texas Woman's University on Sept 4th. She made six saves in goal to earn her first shutout of the season on Sept 21st against New Mexico Highlands University. On Sept 26th, she recorded her second straight shutout of the season, this time against Western State Colorado University with a 0-0 double overtime result.

Kodie Johnson (AT) earned her first career shutout as the Skyhawks women's soccer team tied 0-0 against Midwestern State University on Sept 6th.

Maddie Kruger (ExSpec) paced the Skyhawks Cross Country women's team with a 13th place finish after running the 5K race in 19:19.58 at the at the Adams State University Joe Vigil Open in Alamosa on Sept 6th.

Ashley Wells (ExPhys) was named FLC Student-Athlete of the week on Sept 8th. She is an outside hitter on the FLC Volleyball Team.
Congratulations to the following ES Majors/alumni who were certified as Special Olympics coaches over the last year and a half:

**VOLLEYBALL** (Fall 2013)
Matt Clark
Amanda Dodge
Ellen Pherson*
Tom Poole*
Jahna Yuhn

**BASKETBALL** (Winter 2013 and 2014)
Jenna Bothner
Cynthia Brown
Harrison Brown
Aniceta Gallegos
Katygene Jackson
Tyler Jones
Dakota Kay
Maeselle La Paz
Conor Magill
Tai Mayes
Nathan Pallat
Ellen Pherson*
Tom Poole*
Kyle Shepherd
Ryan Standish

**SOFTBALL** (Summer 2014)
Tom Poole*
Tim Standifer

* Certified in multiple sports.
Announcements

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 above)
Email your entries to cjweston@fortlewis.edu.
Entry deadline: December 1st, 2014
Exercise Science Dept.
Group Advising Session
For
Athletic Training Majors &
Exercise Science Majors
Freshmen and Transfer students
Learn how to use the new advising and degree planning software, u.achieve!

Wednesday, October 22, 2014
6:30-8:00 pm
140 Jones Hall

This important session is to help you prepare for your advising meeting with your faculty advisor on October 29, 2014. Please plan to attend. Refreshments will be served.
Exercise Science 
Advising DAY 
October 29, 2014

- Advisors will have sign-up sheets on their doors beginning October 20th. Sign up early to get a time convenient for you!

- Many Exercise Science faculty have canceled classes on October 29th to make themselves available to advise students all day.

- You are expected to attend classes that have not been canceled - including classes in other departments.

- Please come to your appointment prepared to discuss your proposed schedule for Spring semester.

- If you have questions on how to utilize u.achieve, WebOpus, WebCAPP, Maps to Graduation, or other general questions, come to the group advising session on October 22nd @ 6:30 pm in 140 Jones Hall.

- If you are unable to meet with your advisor on Advising Day you will need to see your advisor during office hours (first come, first served) after October 29th.

- Registration for Spring 2015 and Summer 2015 semester classes starts on November 10, 2014.
Welcome Greg Rhodes to the Exercise Science Department.

Greg came to us from Minnesota. He is a PH.D. candidate in Kinesiology (Exercise Physiology) from the University of Minnesota, Minneapolis. He earned his Master's of Education – Applied Kinesiology, in 2012 from the University of Minnesota, Minneapolis and his Bachelor of Arts in Biology & Minnesota Secondary Teaching Licensure in 2001 from Carleton College, Northfield, Minnesota. He is currently teaching Nutrition Fitness & Sport and Motor Learning and Control.

His dissertation topic is *The Effect of Marathon Training on Resting Metabolic Rate and Resting Respiratory Exchange Ratio Variability.*

Welcome Justin King! Justin is the new Assistant Athletic Trainer, Instructor, & Preceptor. He works with Athletic Training students in the Athletic Training room. King will primarily oversee men's soccer and men's basketball.

King received his M.S. in Athletic Training from Weber State University in 2014. He completed his research thesis on "Comparison of Individuals with Chronic Ankle Instability and Copers in Standing Dorisflexion and Star Excursion Balance Test," while also earning the Most Outstanding Graduate Award. In 2012, King received his B.S. from Brigham Young University, Provo, Utah.

King served as the Certified Strength and Conditioning Specialist (CSCS) coach for the Weber State football program in the off-season in 2014. He coached, critiqued lifting techniques and motivated football players during lifting and conditioning sessions while also recording player progress in the lifting program.

Prior to serving as the CSCS student coach for the football program, King was the head student intern with the football program for the 2013 fall season. As the head intern, he assisted the head athletic trainer in preparation and treatment of the student-athletes for practices, and home and away games.

While earning his Master's degree at WSU, King was President of the WSU Graduate AT Student Organization. He was chosen by faculty members to work with students and the university to network medical coverage for various institutional events. He also served as a Teaching Assistant for the Orthopedic Injury Evaluation class in the fall of 2013.

In summer 2013, King worked with two professional organizations: the San Antonio Scorpions and the San Antonio Talons. While with the Scorpions, King assisted the head athletic trainer in managing chronic injuries and working with the stretcher crew during games. With the Talons, King assisted the head athletic trainers at games, practices, preparation and treatment of the athletes.
Alumni Updates

Rennell Gilmore (ES: K-12, ‘12) has been the Physical Education teacher at Monument Valley High School in her hometown of Kayenta, AZ for a year now and is starting on her second year. She is also their head volleyball coach. Her team won the Piedra Vista Invitational in Farmington, NM on September 12-13, 2014. The team’s record is currently 7-0. GO MUSTANGS!

Ron Smith (ES: Coaching, ‘01), on hearing of Dr. Marcy Jung’s recognition as the winner of the 2014 Achievement Award and of her retirement last spring, remarked, “Great to hear of Prof. Jung accomplishments. Did not know of her retirement. I had several of her classes and enjoyed each one. My, my, how times are changing.”

The Exercise Science Newsletter is a monthly publication for the students, faculty and alumni of the Fort Lewis College Exercise Science Department. Send news about AE, AT & ES majors, alumni updates or special announcements to:

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