Spotlight on Majors

Rasmus Bach (SpAdm) was named to the 2016 All-Rocky Mountain Athletic Conference Men's Basketball Second Team on March 1st.

Kate Bayes (SpAdm) scored a game high 22 points to lead the FLC women's basketball team to a 70-53 road win at New Mexico Highlands University on February 19th. Kate was named to the 2016 RMAC All-Tournament Team on March 5th as the FLC Women's basketball team lost the RMAC Championship game to Colorado State University-Pueblo.

Joshua Blaylock (ExSpec) netted 15 points and dished out six assists as the FLC men's basketball team beat New Mexico Highlands University (96-77) on February 19th. Joshua was named to the 2016 All-Rocky Mountain Athletic Conference Men's Basketball First Team on March 1st. Joshua was also named the 2016 RMAC Men's Basketball Tournament MVP after his game-high 25 points helped the Skyhawks win the 2016 RMAC Championship Tournament Game on March 5th.

Dallas Dickerson (ExSpec) helped the FLC women's basketball team clinch a spot in the RMAC championship tournament with an 11 point road win against Western New Mexico University on February 20th, with a game high 22 points. Dallas was named to the 2016 All-Rocky Mountain Athletic Conference Women's Basketball Second Team on March 1st.
Cade Kloster (SpAdm) was one of four players in double figures with 7-of-11 field goals, including 3-of-7 from three-point range for a team high 18 points, as the FLC men's basketball team beat New Mexico Highlands University (96-77) on February 19th. Cade was named to the 2016 All-Rocky Mountain Athletic Conference Men's Basketball Second Team on March 1st.

Astrea Reed (ExSpec) helped the FLC women's basketball team clinch a spot in the RMAC championship tournament with an 11 point road win against Western New Mexico University on February 20th. She tapped in 16 points to go with her five rebounds, four assists and four steals. She scored a team high 20 points on February 26th to lead the her team to a 75-62 win over Adams State. She was named to the 2016 All-Rocky Mountain Athletic Conference Women's Basketball Second Team on March 1st. She scored a career best 26 points on March 4th against USSC, 79-70, taking the Skyhawks to the RMAC Championship game. Astrea was named to the 2016 RMAC Women's Basketball All-Tournament Team on March 5th as the FLC Women's basketball team lost the RMAC Championship game to Colorado State University-Pueblo.

Alyssa Spencer (ExPhys) was named the Rocky Mountain Athletic Conference Lacrosse Defensive Player of the Week on February 29th.
Congratulations to the following Exercise Science Majors who participated as coaches, chaperones, and/or team partners for Special Olympics Basketball February 19th & 20th in Grand Junction, Co. The Durango teams came home with 2nd and 3rd place ribbons depending on their division. Shawnee Kessel, Josh Maes, Tom Poole, Sam Benally, Jeremiah Cruz, Allycia Gashytewa, Andrea Gillen, Quentin Impson, Phelan Kostur, Doss Ramsey, Alicia Sanchez, Andrea Smith, Alex Tillberry, Celeste Torres, Jessica Tsosie, and Melissa Wysocki accompanied 15 Special Olympics athletes on the trip.

Congratulations to the following Exercise Science Majors who participated as coaches, chaperones, and/or team partners for the state competition for Special Olympics Basketball March 11th and 12th in Denver, CO. The Durango team came home with bronze medals (3rd place) for its division. Shawnee Kessel, Tom Poole, Quentin Benally, Colten Hyatt, and Amanda Riddick accompanied the 7 Special Olympics athletes on the trip.

ES majors, Rudessa Bedonie, Gabriella Hickman, Kodi Johnson, Casey Long, Delaney Scanlan, and Nicole Williams, although they did not travel to the tournaments practiced with the athletes on a regular basis here in Durango. Fort Lewis College was well represented by these students who fulfilled practicum hours for their ES 254 class (Adapted Exercise), or Specialist, Physiology or Coaching Internships.
National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

2016 NNM Theme

The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods — that's the best way to savor the flavor of eating right!

Find more information at http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month
Assistant Swim Coach Job  
Leopard Sharks Swim Team  
Cortez, Colorado

Cortez Leopard Sharks is a competitive swim team located in southwest Colorado. The Cortez Leopard Sharks is a non-profit 501(c)(3) board run team that operates in accordance with USA Swimming guidelines. We are seeking a qualified part-time Age Group Coach. We practice in the mornings during our summer season and attendance may be required at weekend meets. Salary is paid hourly and dependent on qualifications.

BACKGROUND: The Team swims in a 6-lane, 25-yard indoor pool and a 6-lane, 50-meter outdoor pool. To learn more about the Cortez Leopard Sharks, go to www.cortezleopardsharks.org.

DUTIES: The Age Group (Assistant) Coach shall help supervise and manage the Cortez Leopard Sharks Swim Team swimmers during all scheduled practices, swim meets and extra activities. The Age Group Coach will plan and instruct practices, monitor progression of athletes, set goals with swimmers, monitor phases and development with individual swimmers as well as instruct swimmers on proper strokes, turns, starts and all other aspects of swimming as needed.

- QUALIFICATIONS:
  - Swimming experience is preferred
  - Swim coaching experience is preferred
  - A strong knowledge of stroke, starts, and turn fundamentals.
  - Ability to lead, inspire and instruct athletes in and out of the pool.
  - Enjoys working with kids, patient and encouraging

USA Swimming certified coach is preferred, but must be willing and able to complete necessary USA Swimming requirements for coaching upon accepting the position. Requirements are posted www.usawimming.org click on ‘Coaches’.

HOW TO APPLY: Send resume to cortezsharks@gmail.com

Send your application right away. Swim season begins April 4th and we move to the outdoor pool over Memorial Day.

**If you are a college student please let us know when your school semester ends. Our summer season ends the 2nd week of August.
The fourth annual 5k /10K at Three Springs for Books and Things will be held on Sunday, April 10, 2016. We are adding a 5K for those participants who are interested in a shorter race. The 5k starts at 9:45 am and the 10k starts at 10:00 am.

All of the proceeds from the entry fees for the 5k / 10k @Three Springs for Books & Things go toward a scholarship fund for eligible Exercise Science students. The 5K /10K was designed to provide scholarship money for tuition, room & board, books, and fees to help support the education of promising students within our department. Eligible students can be enrolled in one of five options: Athletic Training, Exercise Physiology, Exercise Specialist, K-12 Teaching, and Sport Administration. This fund raising event supports students of Exercise Science by providing scholarships for deserving students.

Please Visit the 5k / 10k website for more information and to register for the race. https://www.fortlewis.edu/exercise-science/5k10kInformation.aspx

**Online registration is open until April 7, 11:59 pm.**
Race day registration will be available before the race on April 10, 2016 starting at 9:25 a.m..

If running a 5k or 10k is not for you but you would still like to support our scholarship efforts, you may donate to the Exercise Science Scholarship fund by visiting the donation web page: https://www.fortlewis.edu/exercise-science/5k10kInformation/Donations.aspx
Exercise Science Social

Annual Exercise Science Social
Friday, April 22nd
12:20-1:20 p.m.

• 2016-17 scholarship winners announced.
• 2016 spring graduates announced.
• Refreshments provided by ES 353 Nutrition Fitness & Sport class.

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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