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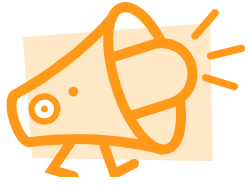
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Congratulations to ...

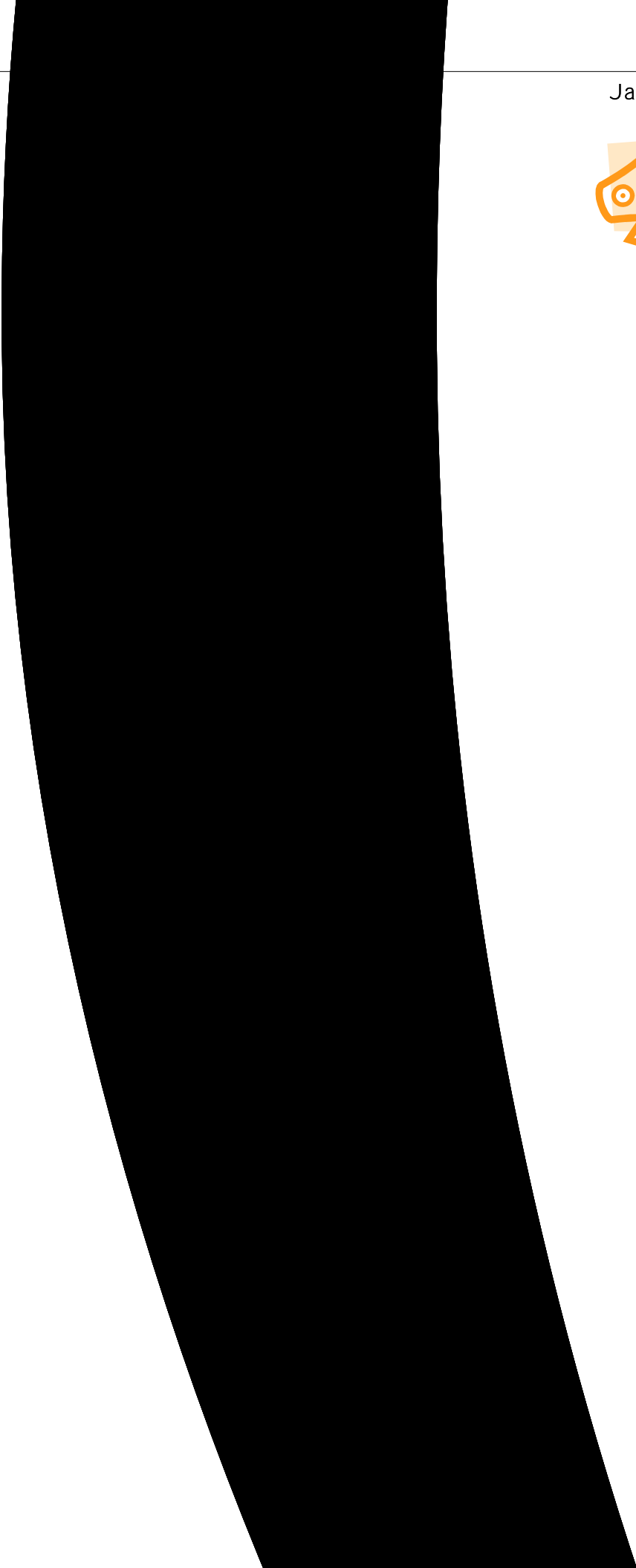
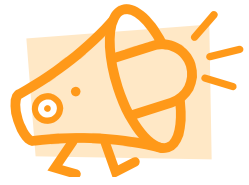
Joey Brenner (ES) , Zach Chenoweth (ES) and Katarina Medici (ES) were named to the 2013 Rocky Mountain Athletic Conference Cross Country All-Academic Honor Roll, announced December 18th by the league office. To qualify for the RMAC All-Academic team, student-athletes must have a GPA of 3.30 or better, be a starter or reserve in their sport, and have completed two consecutive semesters at their institution.

Broderick Sargent (ES) and Jamal Campbell (ES) were named to the 2013 All-National Football Foundation-Colorado Chapter football team on December 20th.

Volume 8, Issue 5



January 2014





Special Announcements



IMPORTANT DATES:

January 28th Final Exam

January 28th Deadline for dropping classes without getting a recorded grade

January 28th Final Exam

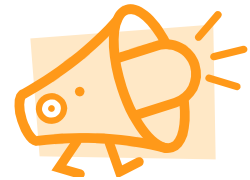
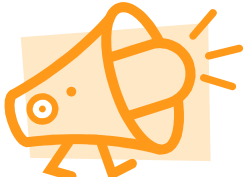
March 19th Final Exam

March 24th Final Exam

April 22th Exercise Science Social

May 3rd Final Exam

for the **Mega-Myocardium (Big Heart) Award**. This award is given every year to the most helpful **faculty or staff** in the Exercise Science Department (including Adventure Education, Athletic Training and Exercise Science). Please come by the Exercise Science office (144 Whalen
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Scholarship Applications currently being accepted:

Qualifications include:

*Declared in Registrar's Office as Exercise Science— Sport Administration option Major. **

Been accepted into the FLC Sport Administration Program

*Cumulative GPA or 2.5 or higher**

*Completion of 30+ hours of course work **

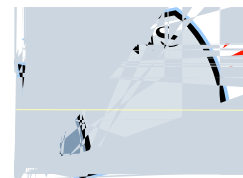
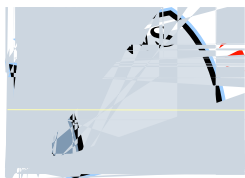
**an un-official transcript must be attached to your application as supporting documentation*

Qualifications include:

*Classified as junior or above. **

*Cumulative GPA or 3.0 or higher**

Declared in Registrar's office as Adventure Education, Athletic Training, or Exercise Science Major



Professor Jim Cross did research in sport over the Christmas break by attending the Rose Bowl game in Pasadena, California. His dedication knows no bounds.

Tim Thomas attended a Mountain Weather Meteorology training sponsored by the American Avalanche Institute in December. This was part of a FLC Foundations Grant Tim had applied for, that was also supported by the Adventure Education Program. It should help in increasing the level of education of both our faculty, and hence our AE students, in the vagaries of the environment in which we do much of our classroom work - the San Juan Mountains.



Volunteers Requested!

In April 2014 we will be holding our 2nd Annual Exercise Science 10K Scholarship Run. If you would like to volunteer to man an aid station, assist at the check-in table, or any number of volunteer positions, please contact Dr. Emily Houghton, ehoughton@fortlewis.edu



The Exercise Science Newsletter is a monthly publication for the students, faculty and alumni of the Fort Lewis College Exercise Science Department. Send

