

# ROCKY MOUNTAIN ACSM

A REGULARLY IRREGULAR OCCURRING NEWSLETTER FROM THE ROCKY  
MOUNTAIN CHAPTER OF THE AMERICAN COLLEGE OF SPORTS  
MEDICINE



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**  
**LEADING THE WAY**

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## PRESIDENT'S MESSAGE

**Evan Johnson, Ph.D., FACSM**

*"I am fatigued after 20 months of doing everything I can to keep those around us healthy. You might be feeling this way too. Fortunately, we can rely on Dr. Hans Selye and the General Adaptation Syndrome to put our fatigue into context. Many stressors from the pandemic we will all gladly forget (I'm looking at you, toilet paper shortage). However, the leadership team within Rocky Mountain ACSM and our incredible students have responded with vigor! Last year both our virtual speaker series and regional meeting were overwhelming successes. Our team is currently working to replicate and improve upon those successes in the coming year. As we continue in another stressful year remember that without stress there is no growth and that if you find yourself moving from fatigue into exhaustion reach out to your support network (including us here at RMACSM) for help."*

# 2021 RMACSM ANNUAL MEETING

## Recap and Awards

Thank you all that participated in our virtual 2021 Annual Meeting! Despite it being online, we had a great turnout! We had undergrad and grad students as well as faculty from Colorado, Wyoming and New Mexico!

Since the meeting was online, we replaced the traditional poster with a thematic style. It was wonderful hearing about all the amazing research being conducted throughout the region. Congratulations to our presentation winners!

Prior to the meeting, students had the opportunity to apply for research grants. Congratulations to our grant recipients! We look forward to hearing about your research.

## Grant Recipients

Payton Billingham, Adams State University  
De'Aijah Paulk, Adams State University  
Evan Koplin, University of Wyoming  
Aykhan Yusifov, University of Wyoming

## Presentation Winners

### Undergraduate

**3rd:** Samantha Shorthill, University of Wyoming  
**1st (tie):** Rachele Cannon, Olivia Cooper: Colorado State University; Holly Hall, University of New Mexico

### Master's

**4th:** Evan Koplin, University of Wyoming  
**3rd:** Nicholas Marcello, University of Wyoming  
**2nd:** Riley Huffman, Western Colorado University  
**1st:** Victoria Bandera, Colorado State University

### Doctoral

**3rd:** Desmond Millender, University of New Mexico  
**2nd:** Mary Hidde, Colorado State University  
**1st:** Ben McNair, University of Wyoming



**"I DIDN'T KNOW RESEARCH WAS SO EASY."**

**- SAID NO ONE EVER**

# LECTURE SERIES

## Fall 2021

This fall we have another outstanding line-up for the RMACSM Fall Lecturer Series! Last year we had over 200 individuals register and watch our three webinars. To continue this successful first run, we are going to have three webinars this fall. The overall theme we picked for this fall was "winter sports" in a nod to the upcoming 2022 Winter Olympics in Beijing. We chose three areas to focus on based on that general topic. There is strength & conditioning (Stuart), environmental affects (Cheung) and biomechanics (Dabbs).

Additional speaker information can be found on the [RMACSM webinar page](#).



**Andrew Stuart, Andrew Stuart M.S, CSCS, RSCC, USAW-L1, ISA.** Head Health and Performance Science / Strength and Conditioning Coordinator at US Speedskating, Salt Lake City Utah.  
**Title:** Evaluating and Individualizing Health and Performance in Competitive Speed Skating



**Stephen S. Cheung, Ph.D.,** Professor and Senior Research Fellow, Department of Kinesiology, Brock University, Canada.  
**Title:** Performance Impact of Cold: Prediction, Adaptation, and Preparation



**Nicole Dabbs, Ph.D., FNCSA.,** Professor, Department of Kinesiology, Diversity Advocate California State University, San Bernardino.  
**Title:** To Be Announced

FEATURED SPEAKER	DATE	TIME	REGISTRATION LINK
Andrew Stuart, MS, CSCS	<a href="#">Wednesday</a> , October 20th	7:00 PM (MST)	<a href="#">Click for link</a>
Stephen Cheung, Ph.D.	<a href="#">Monday</a> , November 1st	5:00 PM (MST)	<a href="#">Click for link</a>
Nicole Dabbs, Ph.D., FNCSA	<a href="#">Monday</a> , November 15th	6:30 PM (MST)	<a href="#">Click for link</a>



**"I LOVED THIS TOPIC! SHE WAS VERY INFORMATIVE AND PROVIDED A TON OF RESOURCES." ANNONYMOUS SURVEY RESPONDANT FROM HEATHER HEDRICK FINK WEBINAR**



# FALL GRANTS - NEW!!

In an effort to support student research relevant to the mission of the American College of Sports Medicine, the RMACSM Executive Board unanimously decided to offer an additional set of award grants to support student research projects for Fall 2021. The number and award amount will be contingent on available funds from ACSM. This year we *anticipate* grant funding for:

Undergraduate students up to \$500

Masters students up to \$1000

Doctoral students up to \$1500

Grant proposal information:

- 1) Grant proposals are **due by 5:00PM (MST), Friday, December 3rd, 2021** as one PDF to Dr. Danielle Bruns (dbruns1@uwyo.edu)
- 2) You *must* be enrolled as a student and both you and your mentor must be current members of RMACSM.
- 3) Grant recipients are required to present their findings at the 2022 or 2023 RMACSM annual meeting. Please follow the RMACSM Grant Guidelines posted on the RMACSM website.
- 4) Fall grant recipients will be notified in early January 2022 and announced at the 2022 RMACSM Annual Meeting.

