

## **President-Elect (One candidate)**

### **Candidate #1- Josh Bailey, PhD**



PhD – Kinesiology, University of Nevada Las Vegas

Assistant Professor, University of Idaho, Department of Movement Sciences (2017-present)

My research umbrella looks to identify the potential relationships between mechanical movement characteristics and optimizing performance while mitigating injury risk across physically active people. As recreational endurance runners, collegiate athletes, and Reserve Officer Training Corps students begin to increase their workloads, they increase their risk of injury based on their baseline ability. My research is looking to establish a battery of threshold (fatigue, volume, intensity) tests in conjunction with functional motor pattern skill and coordination changes to identify preventative approaches to reducing injury risk factors

Certifications: NSCA CSCS NSCA-CPT

The conference experience for many undergraduate and early graduate students can strengthen their interest in research and further their involvement in labs. My interest in the President position is to become an active member of the regional chapter by assisting in the organizing of the ACSMNW conference. As I look to increase my involvement with ACSM, the President role is a position that I believe supports the students within our region the most. Providing the students with the appropriate platforms to disseminate their projects are a key component in the abstract review process and this position. I am excited to increase my relationships with members of our regional chapter in hopes to increase the abstract submission numbers and overall conference experience. My students have had great experiences over the past few years presenting their work, and I would like to be active in providing the platform over the next 3 years for others. My workload going forward has created an opening to engage in the organizations I believe support my students and research agenda most appropriately. I believe that I possess the organizational and collaborative skills needed to succeed in this position. I have demonstrated this in my previous experience with the handling of the abstract submission

and acceptance process for a smaller scale symposium. My duties also entailed program organization and presentation assignment. I enjoyed that experience and welcome the task of a 3x larger conference responsibility.

### **Regional Chapters Committee Representative (One candidate)**

#### **Candidate #1- Chris Connolly, PhD, FACSM**



I have worked at Washington State University for the past 11 years, and now serve as an associate professor of Kinesiology and adjunct faculty member for athletic training and prevention science. My additional current roles include the director of the Kinesiology Graduate Program and also the Exercise Physiology & Performance Laboratory at WSU. My research focuses on triathlete safety and performance at both the individual and sport organizational levels. In this work, I partner with Ironman Triathlon and World Triathlon to coordinate medical data curation and disseminate empirical findings for multiple international competition events. My students are the highlight of all I do occupationally, and I love watching them learn, grow, and achieve. I am Fellow of American College of Sports Medicine and have served in various roles at the national and regional levels, including here in our Northwest Chapter. Past education includes a PhD at Michigan State University (Sparty!), MS at University of Tennessee (Rocky Top!), and BS at BYU (Go Cougs!). I enjoy being active on the Palouse, exploring the pacific northwest, being involved with the WSU community, and keeping up with my kids.

My career to this point is filled with numerous examples of how ACSM has played a significant role in my growth and progression. My initial work as a graduate student, beginning as a professional, the dissemination of my various research findings, and the training of my recent and current students have all been positively influenced through

continued ACSM involvement. ACSM Northwest has been particularly meaningful in this regard. As a result, I aim to continue my service and leadership within this organization, in order to pay it forward to colleagues and my student who are actively exploring ACSM. Previously, my ACSM service includes a three-year term on the ACSM Northwest executive board as a Member-at-Large and many years as an abstract reviewer and session moderator. At the national level, I have previously served on the EIM Underserved & Community Health Committee. My current position for the national organization is feature editor of the ACSM Bulletin. Our chapter has a storied and consistent history of student-focused service and content-rich annual meetings. My interest in the position of Regional Chapters Committee Representative (RCCR) allows me the opportunity to help add to this legacy. Specifically in this role, I hope to increase support and involvement from our community and regional partners and also work with other executive board members to diversify and strengthen our student base, prioritizing underserved and previously uninvolved undergraduate programs, and/or unsupported clinical programs (MD, PT, etc.). My interest in the RCCR position also stems from my enjoyment working with personnel from other regional chapters as well as representatives within national ACSM. Forging strong collaborative working relationships with these colleagues to creatively tackle emerging issues within and outside of our chapter and develop future strategic plans, will be crucial for continued ACSM Northwest growth.

## **Member At Large (One candidate)**

### **Candidate #1- Nickolai Martonick, PhD**



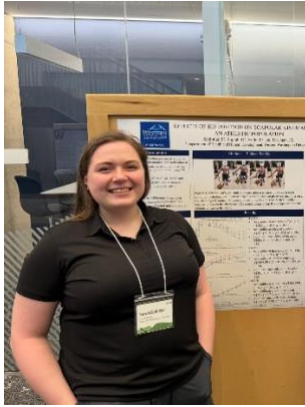
My name is Dr. Nickolai Martonick, I work as an Assistant Professor in the WWAMI Medical Education Program at the University of Idaho. I hold a Ph.D. in Education with a concentration in Biomechanics (2023), an M.S. in Athletic Training (2019), and a B.A. in Fine Arts (2014), all from the University of Idaho. I teach in the medical education and MSAT programs while leading research initiatives in biomechanics and rehabilitation science. As a Board-Certified Athletic Trainer licensed with the Idaho Board of Medicine since 2019, I bridge clinical practice with research. My work focuses on movement assessment, biomechanical analysis, and therapeutic interventions, particularly instrument-assisted soft tissue mobilization and movement screening protocols. I have published thirteen peer-reviewed articles in journals such as the Journal of Athletic Training, BMJ Open, and the International Journal of Sports Physical Therapy. My research examines intervention effects on movement patterns, force quantification in therapeutic techniques, and relationships between movement screens and injury risk. I've recently expanded to nutrition and bone health with COBRE funding. My expertise in combining movement science with clinical application positions me to contribute meaningfully to the Northwest ACSM community.

My interest in serving as a Member at Large (Clinical) for the Northwest ACSM Chapter stems from my commitment to bridging the gap between clinical practice and research in movement science. Having actively participated in the Northwest ACSM community through research presentations and collaborations, I have witnessed firsthand the valuable intersection of clinical practice and scientific inquiry that this organization fosters. My background uniquely positions me for this role. As both a researcher and clinician, I have developed expertise in translating biomechanical research into practical applications for injury prevention and rehabilitation. My research on movement screening protocols, instrument-assisted soft tissue mobilization, and intervention effects on movement patterns directly aligns with ACSM's mission to advance scientific research that impacts clinical practice. My recent expansion into nutrition and women's health research through a COBRE pilot grant further demonstrates my commitment to

interdisciplinary approaches that address comprehensive wellness. I have demonstrated leadership in collaborative research, as evidenced by my publications with colleagues across multiple institutions. Additionally, I've successfully secured research grants from the Northwest ACSM, Northwest Athletic Trainer's Association, and most recently a COBRE Nutrition and Women's Health Pilot Project Grant (\$24,367), showing my ability to develop fundable research questions relevant to our regional priorities. My experience mentoring student researchers has prepared me to support ACSM's commitment to developing the next generation of exercise science professionals. Over the past two years, I have guided six student researchers in presenting their work at NWACSM conferences, including studies on IASTM force application, kinematics during squatting tasks, and relationships between ankle mobility and lower extremity movement patterns, and figure skating mechanics. As a Member at Large, I would focus on: 1) Expanding clinical research opportunities for professionals and students, 2) Facilitating collaborative projects between institutions across the Northwest, and 3) Developing programming that translates research findings into clinical best practices. My teaching experience in both medical education and graduate programs has honed my ability to communicate complex biomechanical concepts to diverse audiences—a valuable skill for representing the clinical perspective within ACSM leadership. I am enthusiastic about the opportunity to contribute to the continued growth and impact of the Northwest ACSM Chapter.

## National Student Representative (Two candidates)

### Candidate #1: Sarah Schlittler, MS



I have an MS in Kinesiology with a specialization in Exercise Science from Western Washington University (WWU), and I hold a CSCS certification through the NSCA. Previously I taught exercise physiology, nutrition, as well as measurement and evaluation techniques in kinesiology at Western Washington University. Currently I am a first-year doctoral student at the University of Idaho where I study biomechanics. At the moment, I fulfill multiple roles at the University of Idaho. I work as a graduate research assistant in the Integrated Sports Medicine Movement Analysis Lab where we conduct research on anything from injury risk profiling for tactical populations, assessment of athletic performance, return to sport protocols, to gait analysis. Additionally, I am a graduate teaching assistant for biomechanics, exercise physiology, and exercise prescription. My current research projects focus on force transmission through fascial slings, movement efficiency in triathletes, ground reaction force profiles during deadlifts using Rogue Monster Trolley Arms, the kinematics of kettlebell swings versus thrusts, the effects of an isometric versus standard warm up on deadlift performance, the effects of oral nicotine pouch use on athletic performance, and the effect of experience on kinematics in collegiate resistance trained females.

My passion has always been research, and I have a love for teaching. My aspiration is to merit a tenure track position at a college or university where I will be able to mentor others the way I have been mentored. I believe that the National Student Representative position will allow me to gain valuable skills that I can transfer to my future professional endeavors. Throughout my undergraduate degree, I managed a Chinese restaurant. I was able to develop skills such as time management, resourcefulness, scheduling, delegation, labor deployment, and business acumen. As a graduate student, I worked as a lab technician, teaching assistant, as well as an assistant to faculty. Throughout my experiences in education, I have been able to hone skills such as perseverance, dedication, grit, integrity, and thoroughness. I have also cultivated skills such as empathy, active listening, leadership, interpersonal communication, conflict resolution,

patience, assertiveness, and self-awareness. In my previous role with WWU, I worked as the full-time lab technician in charge of the Health and Human Development department labs (including functional anatomy, biomechanics, exercise physiology, and sports psychology) as well as biology department labs for human anatomy and physiology. On a day-to-day basis, I worked with everything from force plates and motion capture cameras to cadavers and organ dissections. My secondary contract with WWU was as an instructor. I taught anywhere from three to ten credits at a time on top of my regular job duties. In addition to paid work, I conducted research. I was also able to successfully build the first lab on campus to pass a safety and preparedness screening with a 100%. As a first-year doctoral student, I have assisted multiple undergraduate students in obtaining grant funding. I have three projects that undergraduate assistants will be taking to conferences this season, and I have several projects in preparation for manuscript publication. I currently lead a team of 25 undergraduate research assistants. I have received excellent evaluations and reviews from students (both as lead instructor and TA) and my department supervisor (as the lab technician). I believe my ability to take on so many tasks and produce such high-quality results provides evidence of my strengths as a researcher, instructor, and university employee. I also believe these strengths and my experiences would make me a valuable addition to the executive board and asset to any team.

## **Candidate #2: Shae Gurney, MS**



I am currently a 1st year PhD student in Nutrition & Exercise Science at Montana State University. As a PhD student, I hold a graduate assistantship, and I am working towards a Registered Dietician accreditation. I received my M.S. in Health and Human Performance – Exercise Science from the University of Montana in 2020 and completed a dual-B.S. degree in Health and Human Performance – Exercise Science and Human Biology in 2018. I became a Certified Exercise Physiologist (ACSM-EP) in 2023. I am currently a student within the Graduate

Leadership Academy at Montana State University. I have also received a 2-year fellowship, the Mildred Livingston Grant Memorial Presidential Fellowship at Montana State University. My current research focuses on the effects of acute and chronic Haskap Berry supplementation on the gut microbiome, inflammation, metabolomics, and substrate utilization. Additionally, I am currently involved in a project examining differences in substrate utilization and electromyography activity between uphill and downhill walking. My previous research focused on physiological changes during early season wildland firefighter training, the impacts on blood oxidative stress in response to either hot environment training or acute woodsmoke exposure, and the effects of menstrual cycle phase on thermoregulation while exercising in the heat.

I am passionate about bridging the gap between scientific research and practical applications, particularly in the fields of exercise and nutritional sciences. As a PhD student, I am committed to bridging the gap between research and clinical practice, particularly as I work towards my dietetics credential. My previous work in areas like heat stress, fluid balance across the menstrual cycle, and wildland firefighter health carries through into my new research on Haskap berry supplementation, ultimately striving to have a direct impact on individuals' lives through evidence-based solutions. Serving as the National Student Representative for the Northwest Chapter of ACSM would provide me with an invaluable platform to advocate for students and professional members alike. Having been an adjunct instructor and researcher, I have developed strong leadership skills by consistently working with students and senior faculty to drive success. I am excited about the chance to engage with students, facilitate networking, and ensure the voices of the Northwest are represented at the national level. I am eager to help strengthen the connections between professionals, students, and researchers in the region I know well. I have been involved at the Northwest level for many years, and was a previous Student Knowledge Bowl champion, ultimately representing the Northwest chapter at the national meeting. Through my Masters and adjunct years, I continued to volunteer time to assist the chapter in helping meetings run smoothly. As a PhD student, I would be honored to have the opportunity to serve the region in this formal capacity. As the National Student Representative, I will work to create opportunities for students to connect, grow, and thrive. I would like to help expand mentorship opportunities, increase student membership/involvement, and address any other concerns that arise. I hope to help support students in their professional development in the same way others have for me.