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October 17th, 2003

Dear YSU Alumnus,

We sincerely hope that this letter finds you living each day to its fullest and pursuing your goals and your DREAMS! We'd hope that this includes reuniting with your friends from Youngstown State University! In this regard, the Department of Human Performance & Exercise Science wants to reunite with you and recognize your outstanding achievements by inviting you back to YSU's Homecoming to join us at the fifth annual 'HPES Alumni tailgate' party! There's so much we need to catch up on!

Let's start with the most important item first; YOU! 'You', are continuing to build upon the fine work that you started while at YSU. YSU alum, 168 to date, now occupy positions in public and private health and wellness facilities (*Donnie 96, Tony 97, Matt 97, Beth Ann 97, Larry 98, Ria 98, Ben 99, Paulette 00, Adam 00, Keith 00, Adrienne 01, Brandy 01, Jon 01, Kate 01-started/owns Rx Fitness, Maggie 01, Corky 03, Doug 03*), corporate worksite (*Allison 97, Shane 98, Missy 99, Becky 00, Lisa 01*) and hospital-based health promotion (*Amy O 00, Vernon 00, Billy 00, Anastasia 02, Darcy 02, Kimmie 03, Tracey 03*), clinical and rehabilitative exercise programs (*Lou 96, Mike 96, Casey 97, Jim 97, Bev 97, Angie 97, Adam 98, Michelle 98, Kristy 98, Rod 98, Bill 99, Doug 99, Kcey 99, Dorothy 99, Jason 99, Kristie 99, Summer 99, Brian 00, Jessie 00, Matt C 00, Matt L, 00, Ryan 00, Roxanne 00, Susan 00, Brian 01, Carlye 01, Brian 02, Stacy 02, Lisa 03*), exercise equipment (*Jan 98*) and in the field of strength and conditioning (*Chad 98, Brandon 01, Antoniano 02, Liz 02*). And of course, some graduates have found excellent positions that are not directly related to Exercise Science (*Devin 96, Janene 96, Tina 96, Tamika 96, Ray 97, Bill 97, Melissa 97, Laurie 97, Janine 97, Jason 98, Denise 98, Pam 98, Joe 98, Christa 98, Jason 98, Rose 98, Chris 98, Amanda 99, Jess 99, Marica 99, Jill 00, Todd 00, Alexis 00, Vickie 00, Andrea 01, Mike 01*). The thirst for knowledge, or the quest to delay entry in the 'real world' ☺, has led many to pursue advanced training such as doctoral (*in progress: BJ 97-Marquette, Matt 97-Univ of Maryland, Ed 97-Kent State, Sara 00-Pitt*), master's (8 to date; *received this year: BJ 97-S Evangelical Seminary, Sara 00-Pitt, Amy V 00-Akron; in progress: Larry 98-KSU, Matt 99-Auburn, Alicia 00-Akron, Kim 00-CSU, Kevin 01-S CT, Jake 01-Ball State, Craig 02-KSU, Debbie 02-YSU, Zach 03-OSU*), chiropractic (*in progress; Joe 97*), massage therapy, occupational, physical therapy assistant (2 to date; *in progress Lou 96*) or physical therapy degrees (10 total; *graduated from YSU this year: Bill 99, Matt C 00, Matt L 00, in progress, Ken 99-YSU, Danielle 00-Miami FL, Danielle 01-YSU, Amanda 02-YSU, Eric 02-YSU, Aaryn 02-Pitt, Steve 02-OU, Chris 03-YSU*), or other post graduate degree programs (*Sherry 97, Kristen 99, Amy O 00, Cheryl 00, Mauro 00, Kara 02, Melissa 02*). And let's talk about certifications/licensures: ACSM certified as Health Fitness Instructors (31 total: *this year Lisa 01, Daniel 02*), ACSM Exercise Specialists (1), NSCA certified Strength & Conditioning Specialists (9 total, *this year, Jake 01, Kevin 01, Liz 02*), Athletic Trainers (3), physical therapists (6) physical therapy assistants (2) and massage therapists (6). WOW! Your competence, professionalism, dedication, and creativity, long known regionally, is beginning to gain national recognition. And speaking of the nation, we're everywhere (well, almost): Alabama (*Matt 99*), California (*Ria 98*), Connecticut (*Kevin 01*), Florida (*Devin 96, Danielle 00, Ryan 00, Vernon 00, John 02*), Georgia (*Melissa 99*), Illinois (*Ed 97, Pam 98*), Indiana (*Tamika 96, Jake 01, Brian 02*), Iowa (*Joe 97*), Kentucky (*Doug 99*), Maryland (*Matt 97, Mike 01*), Michigan (*Jan 98, Shane 98*), Minnesota (*Adam 00*), Missouri (*Tina*), Nevada (*Paulette 00*), North Carolina (*Ruthie 96, Allison 97, Lisa 01*), Ohio (Columbus area: *Angie 97, Janine 97, Tony 97, Joe 98, Jaime 99, Amy O 00, Jarod 00, Roxanne 00, Brad 01, Jenn 01, Zach 03*), Pennsylvania (*Beth Ann 97, Ceil 97, Bill 99, Carin 99, Dorothy 99, Vicki 00; Pittsburgh area: Michelle 98, Bill 00, Sara 00, Aaryn 02, Darcy 02, Kim 03, Tracey 03*), Texas (*Stefanie 97, Becky 00*), Virginia (*Janene 96*), and Wisconsin (*BJ 97*).

So let's get together to celebrate, to rekindle old friendships {many of you have recently become engaged (*BJ 97, Adam 98, Steve 02*), or been married (*Janene 96, Kcey 99, Kristie 99, Matt L 00, Brian 01, Carlye 01, Lisa 01, Antoniano 02, Traci 02*), and, we even have some 'new penguins' {*Bev & Bill 97, Janine 97, Sandy 97-TRIPLETS!!!, Michelle 98, Carin 99, Dorothy 99, Alexis 00, Matt L 00, Todd 00, Ryan 00, Steve 01, Lisa 03*}, and to make new friendships! There's no better time than Youngstown State University's Homecoming! The Department of Human Performance and Exercise Science invites you to join us and your fellow alum at a 'tailgate' party, on **Saturday, October 25th** as the Mighty YSU Penguins battle Gateway Conference rival Illinois State at 4:00 p.m., with the annual homecoming parade starting at 2:00 p.m. Tickets to the game may be obtained by contacting the Ticket Office in Stambaugh Stadium at 330-941-2351. For the 'tailgate', we have reserved a tent that will be located at the dead-end of University Plaza (next to the Veteran's Memorial), between the front (south) of Beeghly Physical Education Center and Kilcawley Center. We will start the 'party' rolling at ~12:00-noon and continue till kickoff (4pm)! The Department will provide pizza and beverages. Please RSVP to help us in our preparations. The University permits beer to be brought to tailgates, but requests that it be contained in cans rather than bottles.

It's been three years since we've launched YOUR website <http://cc.ysu.edu/exsci-alumni/>. Visit the website today and encourage your fellow alumni to register to make staying in touch easier! We love to post news from, and pictures of... YOU!!

And finally, we would like you to know that the Exercise Science Program has recently been 'endorsed' by the American College of Sports Medicine (ACSM). To date, only seventeen academic programs have received the ACSM endorsement. See <http://www.acsm.org/certification/UCEP.htm> for details. In addition, the National Strength and Conditioning Association (NSCA) formally 'recognized our Program as well! See: <http://www.nasca-lift.org/ERP/default.asp>

Cordially yours,

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