

The sky's
the limit for

MICHAEL MONTGOMERY

Student
Spotlight

For 24-year-old Central graduate student Michael Montgomery, Ellensburg is the place he calls home.

Originally from Mossyrock, a small town in western Washington, Michael decided to hit the road after his high school graduation and leave the moss behind. He attended Centralia College for two years, receiving his Associates Degree in Science, before transferring to Central to finish his undergrad in Biology.

As a graduate student in the Masters of Science: Exercise Physiology program here at Central, Michael has an assistantship at University Recreation as the Facility Graduate Assistant.

On any given day you can find Michael at the Recreation Center supervising the staff on the first and second floors as well as making sure all the equipment is running smoothly.

From the moment we stepped into the Recreation Center Michael was stopped by staff and students alike, with cheerful smiles and waves.

"I rarely work the same day twice. The Recreation Center is really fast-paced so there is always something new going on," Michael said with a smile.

"I also like meeting new people and forming personal connections. I get to see them set their fitness goals and work to accomplish them. It's really rewarding."

When not at work Michael is busy going to and from classes and working on his thesis project.

"The Exercise Physiology program is great, I get to develop my thesis while creating close-friendships with all the other students. You really get what you put into the program," he said.

His active life-style isn't left at the Recreation Center door. Once Michael gets home he spends his free time working out and playing on Central's intramural sports teams.

"During fall quarter I was on the 'RECIing Crew,' it's the flag football team. I liked being part of the team because I could play with people I work with. It was fun getting to know them outside of work," Michael said.

When Michael's not stealing flags and "RECIing" other football teams, he likes to tone it down a bit by playing golf at the Ellensburg Country Club, a sport he just recently started.

"I don't know if I'll be a cold weather golfer but so far it's been really fun," he said.

After the long walks on the green Michael enjoys turning on his Xbox and connecting to Netflix for a good show or movie.

"I like to watch action and adventure flicks, as well as comedies, documentaries and horror movies," Michael said with a laugh. "It is also a nice way for my girlfriend and I to relax in the evenings."

Attending Central Washington University, being involved with University Recreation and the master's program has really become a big part of Michael's life. As soon as he is done with his thesis Michael is planning on continuing a career in Recreation or applying to Physical Therapy school.

"I like Ellensburg and all that Central has to offer, it will be hard to leave it behind."

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