



Yes! I know someone who would like to serve on the Washington Science Olympiad Board of Directors. (Self-nominations are acceptable, even encouraged!)

Name: Ansel LaPier _____

Affiliation: Central Valley HS (rising senior)

Address: 601 N. Holiday Hills Dr. _____

City, State, Zip: Liberty Lake, WA 99019 _____

E-Mail: alapier26@gmail.com _____ Phone: (509) 280-0344 _____

Besides nomination form, please provide a letter of intent and a resume that includes Science Olympiad activities.

Please return nomination form, letter of intent, and resume to:

Sue Murphy, State Director
Washington Science Olympiad
15112 W 3rd Addition Rd.
Cheney, WA 99004
E-Mail: statedirector@washingtonscienceolympiad.com
FAX: 509-359-6867

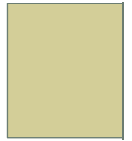
Board Term: 3 years, starting upon June election. Quarterly meetings primarily held via teleconference.

Application Deadline: 60 days prior to Annual Meeting in June (approximately mid-April). Applications may be submitted any time prior to the deadline.

ANSEL KINNEY LAPIER

601 N. HOLIDAY HILLS DRIVE, LIBERTY LAKE, WA 99019

1-509-280-0344 ▪ alapier26@gmail.com ▪ [Type your website]



April 30, 2021

Dear Ms. Murphy and WSO Board of Directors,

My name is Ansel LaPier and I attend Central Valley High School located in Spokane Valley, WA. I have participated in Science Olympiad throughout elementary, middle, high school. Throughout high school I have served as our team President, participated in # different events, and received # invitational, regional, and state medals.

Science Olympiad has encouraged me to accelerate my science curriculum and has also encouraged my love of science, especially in the areas of biology (especially microbiology), physics, and chemistry. Science Olympiad has played an important role in my life ever since 2nd grade when I first participated at our schools own science competition and has put me on a path to success that will extend through high school, college, and very likely my career.

The past 14 months have drastically altered Science Olympiad (and everything) and I am looking forward to transitioning to back to some of the traditional ways Science Olympiad functioned. Despite the challenges of remote participation, I think some of what we have learned can be helpful moving forward. Zoom meetings between group members could still be helpful, for example when students are not able to drive yet. Perhaps still offering a remote mini-Science Olympiad Invitational for schools in more rural areas of the state could be considered.

As a 2021-2022 Washington Science Olympiad Board of Directors Student Advisor I hope to providing insight from the perspective of student competitors. I would greatly appreciate the opportunity to remain a contributing member of the Board of Directors.

Sincerely,

Ansel LaPier

Ansel K. LaPier

(509) 280-0344 ✦ alapier26@gmail.com ✦ <https://camera-kids.weebly.com/>

Research Publications

LaPier A, Cleary K. Feedback training improves compliance with sternal precaution guidelines during functional mobility: implications for optimizing recovery in older patients after median sternotomy. [Applied Bionics and Biomechanics](#). 2021; Article ID 8889502:13 pages. doi.org/10.1155/2021/8889502 <https://downloads.hindawi.com/journals/abb/2021/8889502.pdf>

LaPier A, Cleary K. The influence of age and feedback training on ability to modulate upper extremity weight bearing force and pectoralis major muscle recruitment while following sternal precautions. [Physical Therapy and Rehabilitation](#). 2021;8:1. dx.doi.org/10.7243/2055-2386-8-1 <https://www.hoajonline.com/journals/pdf/2055-2386-8-1.pdf>

LaPier A, Cleary K. Feedback training improves accuracy of estimating upper extremity weight bearing during functional tasks – implications after open heart surgery. [International Journal of Physiotherapy and Research](#). 2019;7(4):3163-3172. DOI: 10.16965/ijpr.2019.151 <http://www.ijmhr.org/ijpr.7.4/IJPR.2019.151.pdf>

LaPier A, Cleary K. Bilateral upper extremity weight bearing vs. bilateral lifting results in less pectoralis major muscle activation. [Physical Therapy Journal](#). 2020:2003 (abstract) <http://aptaapps.apta.org/abstracts/abstract.aspx?abnum=QUMyMHwyMDAZLmh0bWw=>

LaPier A, Cleary K. Age influences arm force during functional mobility before but not after feedback: sternal precaution implications. [Physical Therapy Journal](#). 2020:2004 (abstract) <http://aptaapps.apta.org/abstracts/abstract.aspx?abnum=QUMyMHwyMDA0Lmh0bWw=>

LaPier A. Feedback training improves compliance with sternal precaution guidelines: implications for optimizing recovery in older patients after cardiac surgery. 58th National Junior Sciences and Humanities Symposium: [Abstracts Catalog](#). 2020:79. <https://www.jshs.org/wp-content/uploads/2020/04/2020-National-JSHS-Abstracts-Catalog.pdf>

LaPier A. Chest wall muscle EMG activity and arm force during functional tasks: implications after open heart surgery. [International Science and Engineering Fair](#). 2019. (abstract) <https://abstracts.societyforscience.org/Home/PrintPdf/18087>

Research Presentations – Professional Peer-reviewed

Poster Presentation: "Use of a force measuring walker to optimize recovery after median sternotomy"

- June 2021; European Society of Cardiology EuroHeartCare Online Congress

Poster Presentation: "Development of a Clinical Force Measuring Walker to Optimize Recovery After Open Heart Surgery"

- April 2021; Inland Northwest Research Symposium, Spokane, WA

Poster Presentation: "The Influence of Age and Feedback Training on Adherence with Sternal Precautions during Functional Mobility" (Changed to virtual format due to COVID-19)

- February 2021; American Physical Therapy Association National Meeting, Orlando, FL

Poster Presentation: "Feedback Training Improves Ability to Follow Sternal Precaution Guidelines during Functional Mobility" (Changed to virtual format due to COVID-19)

- August 2020; 30th Annual Scientific Meeting of the Australian Cardiovascular Health and Rehabilitation Association, Melbourne, Australia

Poster Presentation: "Sternal Precautions: Factors That Influence Upper Extremity Weight Bearing Force during Functional Tasks" (Changed to virtual format due to COVID-19)

- August 2020; 30th Annual Scientific Meeting of the Australian Cardiovascular Health and Rehabilitation Association, Melbourne, Australia

Poster Presentation: "Age Influences Arm Force during Functional Mobility before but Not after Feedback: Sternal Precaution Implications" (Accepted but cancelled due to COVID-19)

- June, 5 2020; American Physical Therapy Association Annual NEXT Meeting, Phoenix AZ

Poster Presentation: "Bilateral Upper Extremity Weight Bearing vs. Bilateral Lifting Results in Less Pectoralis Major Muscle Activation" (Accepted but cancelled due to COVID-19)

- June, 5 2020; American Physical Therapy Association Annual NEXT Meeting, Phoenix AZ

Oral Presentation: "Feedback Training Improves Ability to Perform Functional Mobility Tasks with Sternal Precautions"

- February 15, 2020; American Physical Therapy Association National Meeting, Denver, CO.

Oral & Poster Presentation: "Muscle EMG Activity and Arm Force during Functional Tasks – Implications after Open Heart Surgery"

- February 13 & 14, 2020; National Association of Academies of Science, Seattle, WA.

Research Presentations – Precollege Invited

Online Presentation: "Using Feedback Training With an Instrumented Walker to Optimize Recovery in Older Patients after Open Heart Surgery"

- May 2020; [Sigma Xi Student Research Showcase](https://ansellapier6.tumblr.com/) <https://ansellapier6.tumblr.com/>

Oral Platform Presentation: "Age Influences Upper Extremity Arm Force during Functional Mobility Before but Not after Feedback: Sternal Precaution Implications"

- May 2020; Sigma Xi Student Science Symposium (S³)

Oral Platform Presentation: "Optimizing Recovery from Cardiac Surgery: Upper Extremity Force and Pectoralis Major Muscle Activation during Functional Tasks in Older Adults"

- April 2020; National Junior Science & Humanities Symposium (Changed to virtual format due to COVID-19)*Not completed due to technical difficulties
- March 6, 2020; Inland Northwest Junior Science & Humanities Symposium, Butte, MT.

Poster Presentation: "Optimizing Recovery from Cardiac Surgery: Upper Extremity Force and Pectoralis Major Muscle Electromyography Activity during Functional Tasks in Older Adults"

- April 27, 2020; Washington State Science and Engineering Fair (Changed to virtual format due to COVID-19)

Poster Presentation: "Chest Wall Muscle EMG Activity during Arm Tasks – Functional Implications after Open Heart Surgery"

- May 23, 2019; Intel International Science and Engineering Fair, Phoenix, AZ.
- March 14, 2019; Eastern Regional Science and Engineering Fair, Spokane WA.

Poster Presentation: "Accuweight Walker – Original Medical Innovation"

- June 20, 2019; HOSA Future Health Professionals International Leadership Conference, Orlando, FL
- March 8, 2019; State HOSA Future Health Professionals Conference, Spokane, WA

Oral Platform Presentation: "Muscle EMG Activity and Arm Force During Functional Tasks – Implications after Open Heart Surgery"

- April 25, 2019; National Junior Science and Humanities Symposium, Albuquerque, NM.
- March 23, 2019; Washington State Junior Science and Humanities Symposium, Redmond, WA.

Poster Presentation: "Does Feedback Training Improve the Accuracy of Estimating Upper Extremity Force during Functional Mobility?"

- Fall 2018; Washington Physical Therapy Association Meeting, Tacoma, WA.

Poster Presentation: "Median Sternotomy Precautions: Common Household Items Weighing Greater Than 10 lbs."

- Fall 2012; Washington Physical Therapy Association Meeting, Tacoma, WA.

Research Presentations

- Grand Championship Silver Award, Washington State Science & Engineering Fair ▪ 2021
- Finalist, Regeneron International Science and Engineering Fair ▪ 2021
- Yale Science & Engineering Association Most Outstanding Student Award the area of Computer Science, Engineering, Physics, or Chemistry, Washington State Science & Engineering Fair ▪ 2021
- First Place Trophy in the category of Translational Medicine, Washington State Science & Engineering Fair ▪ 2021
- Regeneron Society for Science & the Public Community Innovation Award (Recognizes high school students from across the world for the difference they are making in their communities) ▪ 2021
- Science Olympiad of the Year, Central Valley High School ▪ 2021
- Medal Recipient, Science Olympiad (Invitational 2, Regional 6) ▪ 2021
- Nominee, Chase Youth Award for Community Service, By Shriners Hospitals for Children Spokane ▪ 2021
- Recipient, Executive Women International Scholarship, Spokane Chapter ▪ 2021
- Gold Medalist, Raisbeck Aviation HS Science Olympiad Invitational ▪ 2021

- Regional Finalist, Inland Northwest Jr Science & Humanities Symposium ▪ 2021
- Recipient, Academic Letter, Central Valley High School ▪ Fall 2020
- AP Scholar with Distinction (Granted to students who receive an average score of at least 3.5 on all AP Exams taken, and scores of 3 or higher on 5 or more of these exams) ▪ 2020
- Gold Medalist / National Qualifier, Barbara James Service Award, WA State HOSA Future Health Professionals Conference (250+ volunteer hours) ▪ 2020
- First Place, Human & Behavioral Sciences, Sigma Xi Student Research Showcase ▪ 2020
- Finalist / National Qualifier, Inland Northwest Jr Science & Humanities Symposium ▪ 2020
- Second Place, Washington Science & Engineering Fair ▪ 2020
- Honor Society Inductee, Central Valley High School ▪ Fall 2020
- American Jr. Academy of Sciences Inductee (1 of 9 students from Washington) ▪ 2020
- Science Olympian of the Year & Engineering Award, Central Valley High School ▪ 2020
- Medal Recipient, Science Olympiad (Invitational 6 Gold Medals) ▪ 2020
- Invited Member, Sigma Xi Scientific Research Honor Society ▪ 2019 - present
- Top 10 Award in Human Heredity, National Geographic Learning Academic Testing Center for Future Health Professionals, HOSA International Leadership Conference ▪ 2019
- Finalist, Original Medical Innovation, HOSA Future Health Professionals International Leadership Conference ▪ 2019 video: <https://www.youtube.com/watch?v=-OOqozmDVVY&feature=youtu.be>
- Air Force Research Lab 1st Award, [Intel International Science and Engineering Fair](#) ▪ 2019
- Finalist / International Qualifier, Eastern Washington Regional Science and Engineering Fair ▪ 2019
- Finalist / National Qualifier, WA Jr Science & Humanities Symposium ▪ 2019
- Silver Medalist / International Qualifier, Original Medical Innovation, WA State HOSA Future Health Professionals Conference ▪ 2019
- Silver Medalist / International Qualifier, Epidemiology, WA State HOSA Future Health Professionals Conference ▪ 2019
- Science Olympian of the Year, Central Valley High School ▪ 2019
- Medal Recipient, Science Olympiad (Invitational 4, Regional 6, State 1) ▪ 2019
- National Reflections Outstanding Interpretation in Film Award, [The Quest](#) ▪ 2013
- Runner-up Photography, World Congress for Physical Therapy, Amsterdam 2011 Art and Health Competition: [Shadows in Motion](#)
<https://www.tuh.ie/Departments/Arts-Department-%E2%80%93-National-Centre-for-Arts-and-Health/-Finalist-Art-Work-The-Claw.pdf>

Community Service

Student Research Assistant, Eastern Washington University, Spokane, WA ▪ 2018-present

- Work in Department of Physical Therapy, mentor Dr. Kimberly Cleary, PT, PhD
- Perform data collection, entry, and analysis, lab facilities and equipment preparation
- Disseminate research results by writing abstracts, writing journal articles and preparing and presenting posters, slides, and videos.

Co-Founder and Executive Director, [Through the Eyes of a Child Photography](https://camera-kids.weebly.com/) ▪ 2008-present
<https://camera-kids.weebly.com/>

- Began taking photographs at the age of 5 including landscapes, wildlife, and architectural images.
- Sell photographic products sold, proceeds benefit Shriners Hospitals for Children.
- Market holiday cards to local businesses.
- Set up sale of [Holiday Cards](#) and [Note Cards](#) through Amazon.
- Created an activity book, "Fun with Fezzy" to give to patients at the hospital.

Patient Ambassador, Shriners Hospitals for Children ▪ 2018-present

- Attend public relation events.
- Contribute biographical articles for hospital fundraising regional ([Aligning Passion with Gratitude](#)) and national ([The Picture of Generosity](#), page 19) publications.

Volunteer, iCan Shine Program ▪ 2019

- Serve as a “spotter” for the iCan Bike Program which helps children with disabilities learn to ride a conventional two-wheel bicycle independently (at least 75 feet with no assistance).

Member, Green Team, Central Valley High School ▪ 2018-present

- Volunteer with environmental advocacy through participation in activities such as working in the Community Garden, organizing Spokane River clean-up groups, and facilitating recycling throughout the school district.

Leadership Positions

- **Elected Student Member**, Washington Science Olympiad Board of Directors ▪ 2019-20, 2020-21
- **Elected Student Member**, Washington Science Olympiad Board of Directors ▪ 2019-20, 2020-21
- **Executive Director & Co-founder**, Through the Eyes of a Child Photography ▪ 2016-present
- **Student Coordinator**, Eastern Washington Science Olympiad Invitational ▪ 2019-2020
- **President**, Central Valley High School Science Olympiad Team ▪ 2019-20, 2020-21
- **Captain**, Central Valley High School Science Bowl Team ▪ 2019-present

Extracurricular Activities

Science Olympiad Team: Central Valley High School ▪ 2018-present

- 2020-21: Participated in 8 events (Anatomy & Physiology, Designer Genes, Disease Detectives, Water Quality, Protein Modeling, Environmental Chemistry, Geologic Mapping, Chemistry Lab)
 - Gold medals Disease Detectives, Designer Genes, Water Quality, Protein Modeling; Silver medal Anatomy; Bronze medal Geologic Mapping Eastern Regional Competition.
 - Gold medal Disease Detectives at Raisbeck Aviation Invitational (28 Teams)
 - 5th place Environmental Chemistry at Camas Invitational (50 Teams)
- 2019-20: Participated in 6 events (Anatomy & Physiology, Designer Genes, Disease Detectives, Ecology, Protein Modeling, Sensor Builder)
 - Won 6 gold medals at Invitational Competition
 - Regional Competition (Cancelled due to COVID-19)
 - State Competition (Cancelled due to COVID-19)
- 2018-19: Participated in 6 events (Anatomy & Physiology, Designer Genes, Disease Detectives, LEAF Challenge, Protein Modeling, Water Quality)
 - Won 4 gold medals at Invitation Competition
 - Won 6 gold medals at Regional Competition
 - Won 1 bronze medal at State Competition

HOSA Future Health Professionals: Central Valley High School ▪ 2018-present

- 2020-21: Participating in Epidemiology, Pathophysiology, and Barbara James Service
- 2019-20: Participated in 2 events (Epidemiology, Pathophysiology)
 - Gold Medalist, Barbara James Service Award State and National (250 hours+)
 - National Geographic Learning Academic Testing Center for Future Health Professionals: Participated in 2 events (Human Heredity, General Chemistry)
- 2018-19: Participated in 3 events (Original Medical Innovation, Epidemiology, Medical Math)
 - State 2nd Place and National Qualifier in Original Medical Innovation and Epidemiology
 - International Leadership Conference Finalist in Original Medical Innovation
 - National Geographic Learning Academic Testing Center for Future Health Professionals: Participated in 2 events (Biology, Human Heredity)

Science Bowl: Central Valley High School ▪ 2019-present

- 2019-20: 4th place Inland Northwest Science Bowl (Team Captain)
- 2020-21: 4th place Inland Northwest Science Bowl (Team Captain)

Biology Olympiad: Central Valley High School ▪ 2019

- Highest score at Central Valley High School

Orchestra: Central Valley High School ▪ 2018-2020

Athletic Teams: Central Valley High School ▪ 2018-present

- Cross-country (Frosh, JV, Varsity)
- Track (Frosh, JV)

Science Olympiad Team: Greenacres Middle School ▪ 2015-18

- 2015-16: Participated in 4 events
 - Won 2 gold medals & 1 bronze medal at Regional Competition
 - Won 1 bronze medal at State Competition
- 2016-17: Participated in 5 events
 - Won 5 gold medals at Region Competition
 - Won 2 gold medals and 1 bronze medal at State Competition
- 2017-18: Participated in 5 events
 - Won 4 gold and 1 silver medals at Region Competition
 - Won 2 gold medals, 1 silver medal, and 1 bronze medal at State Competition

FIRST Lego League Robotics: Team W.H.A.T. (We Have A Talent) ▪ 2011-18

- 2011-12: Food Factor Theme
 - Won Robot Performance Award (highest score) at Region Competition
 - Won Robot Performance Award (highest score) at State Finals Competition
 - Participate as Washington State representative in the World Invitational Competition held May 3-6 in Orlando, FL
 - Research project: *Food Borne Illness Prevention in Commercial Kitchens*
 - The Splash Article: *WHAT a Team - Rookie robotics team invited to international competition*; April 19, 2012: http://www.libertylakesplash.com/documents/0418_lls_all.pdf
- 2012-13: Senior Solutions Theme
 - Won Robot Performance Award (highest score) and Research Award at Region Competition
 - Won Robot Performance Award (highest score) and Robot Design Award at State Finals Competition
 - Research project: *Median Sternotomy Precautions*
- 2014-15: World Class
 - Won Championship Award (Overall winner) at Region Competition
 - Participated in State Finals Competition
 - Research project: *Math Gameshow*
- 2016-17: Animal Allies
 - Won Robot Performance Award (highest score) and Programming Award at Region Competition
 - Won Robot Performance Award (highest score) and Programming Award at State Finals Competition
 - Research project: *Safe Cat Handling Device - The S-CAT*
- 2017-18: Senior Solutions Theme
 - Won Robot Performance Award (highest score) and Championship Award (Overall winner) at Region Competition
 - Obtained 2nd, 3rd, and 4th highest score at State Finals Competition
 - Research project: *Bathroom in a Bucket* (<https://bathroombucket.weebly.com/>)

Math is Cool Team: Liberty Lake Elementary School & Greenacres Middle School ▪ 2012-18

Liberty Lake Elementary School & Greenacres Middle School

- 4th Grade: Regional Team 4th Place
- 5th Grade: Regional Individual 10th Place; Team 3rd Place
- 7th Grade: Regional Individual 4th Place
- 8th Grade: Regional Individual 6th Place; State Team 3rd Place

Reflections (National PTA Arts Competition): Liberty Lake Elementary School & Greenacres Middle School ▪ Fall 2011-18

Liberty Lake Elementary School & Greenacres Middle School

- School & District Level Awards: Numerous in 5 arts categories- Film, Photography, Literature, Music, Visual Arts including Best Interpretation in Film, Photography, and Visual Arts
- State Level Awards: Numerous Photography and Film
 - 2010-11 Beauty is... Liberty Lake Splash article: Photography offers options for kids to show creativity; June 15, 2011: <http://www.libertylakesplash.com/news.asp?id=20895&comments=true>
- National Level Participation:
 - Film Outstanding Interpretation, *The Quest* (2012-13) https://www.youtube.com/watch?app=desktop&v=oJu_Yy6lfzE
 - Spokesman Review article: Youngster's movie wins national award from PTA; May 17, 2012: <https://www.spokesman.com/stories/2012/may/17/youngsters-movie-wins-national-award-from-pta/>
 - *The Current* Article: *Light, camera, action - 8-year-old's film wins national competition*; July, 2012: <https://issuu.com/valleycurrent/docs/current-july-2012/18>
 - US Department of Education Art Exhibit: <https://www.ed.gov/sites/default/files/PTA%20program%201-29-13.pdf>
 - Photography Award of Excellence (2017-18)

Orchestra Greenacres Middle School ▪ 2015-18

Athletic Teams Greenacres Middle School ▪ 2016-18

- Basketball, Cross-country, and Track

Education

Central Valley High School
2018-2022 ▪ 9th – 12th Grade

GPA: 4.0

Courses To Date: In Progress

- Health (*BYU Online High School*)
- Biology (*Central Valley Virtual Learning*)
- AP World History (*Central Valley Virtual Learning*)
- Geometry (*BYU Online High School*)
- Pre-AP Language Arts
- AP Environmental Science
- AP Biology
- Algebra 2
- Spanish 1 (*Central Valley Virtual Learning*)
- Concert Orchestra 1.0 credit
- Pre-calculus (*Arizona State University*)
- AP Chemistry

Greenacres Middle School
2015-2018 ▪ 6th – 8th Grade

GPA: 4.0

- AP Computer Science
- AP Calculus BC
- Pre-AP Language Arts
- Spanish 2
- Concert Orchestra
- *AP Physics*
- *AP Statistics*
- *AP US History*
- *AP English Language & Composition*
- *Spanish 3*
- *Anatomy & Physiology (Central Valley Virtual Learning)*

Test Scores

- AP World History – College Board AP Score = 4
- AP Environmental Science – College Board AP Score = 5
- AP Biology – College Board AP Score = 5
- Biology (Ecology) SAT Subject Test = 800
- AP Calculus B/C – College Board AP Score = 5
- AP Chemistry – College Board AP Score = 4
- AP Computer Science – College Board AP Score = 4

References

Dr. Kimberly Cleary, Professor, Eastern Washington University, Spokane, WA; kcleary@ewu.edu

Mr. Brandon Mack, AP Calculus Teacher, Central Valley High School, Spokane Valley, WA;
bmack@cvsd.org

Mr. Corey Anderson, College & Career Counselor, Central Valley High School, Spokane Valley, WA
canderson@cvsd.org

Krista Larsen, AP Environmental Teacher, Central Valley High School, Spokane Valley, WA;
klarsen@cvsd.org