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Former USOC biomechanics expert joins Mesa State *Will direct the new Monfort Family Human Performance Lab*

Grand Junction – Mesa State College today announced that Dr. Bill Sands, formerly Head of Sport Biomechanics and Engineering for the U.S. Olympic Committee in Colorado Springs, has been named Director of the Monfort Family Human Performance Laboratory.

He started at Mesa State on May 1 and has spent the summer preparing the new, 2,800 square-foot, state-of-the-art lab in the new Saunders Field House and Health Sciences Center for its fall opening.

“I can’t begin to tell you how pleased and excited we are to have Bill join our team,” said Mesa State President Tim Foster. “He brings impeccable qualifications and extraordinary experience which will not only benefit the college but also our entire West Slope community. With his experience and the new Monfort Family Human Performance Lab, we will provide the highest caliber service in biomechanical and physiological sciences.”

Prior to serving as the Head of Sport Biomechanics and Engineering for the U.S. Olympic Committee in Colorado Springs, he served as Senior Sport Physiologist at the Lake Placid Olympic Training Center in New York. He has more than 35 years of experience in Olympic sports.

In addition to overseeing the use and operation of the lab, Sands’ new responsibilities include developing and marketing programs relating to biomechanical analysis and physiological assessments; conducting community outreach projects; providing biomechanical and physiological analysis and related consultations; providing technical assistance to faculty, staff, and students; and pursuing grant funding.



“It is an honor to be a part of the vision of President Foster and the Monfort family in the development of this new facility for the study of human performance. Human performance is a broadly defined idea and will encompass everything from sports performance to enhancing exercise response; from helping an elite athlete hit a home run to helping an elderly person walk with greater ease,” Sands said.

“The laboratory will bring thermal imaging, sophisticated motion analysis, muscle activation analysis, physiological assessments, and very high-speed video motion capture to the College and region. Human performance reaches into almost every area of life, and the laboratory will be dedicated to improving the quality of life through sport and health,” he added.

The Monfort Family Human Performance Laboratory will provide a myriad of services for community members, athletes, students and faculty. It will enable Mesa State to affect the health and athletic performance of our region. This integrative multi-use human performance lab will fill a need in our community by providing advanced physiological and biomechanical performance and wellness testing, a service not currently available in Mesa County. It will expand student-learning opportunities and may serve as host to research projects.

Sands previously served as an associate professor at the University of Utah’s Department of Exercise and Sport Science and Co-Director of the Motor Behavior Research Laboratory with adjunct appointments in Bioengineering and Physical Therapy. He was the Department Chair of Exercise Science & Sports Medicine at California Lutheran University and Director of the Human Performance Laboratory. Other positions include: Director of Research and Development for USA Gymnastics and Director of Sport Sciences in Kuala Lumpur, Malaysia during their preparation for their first hosting of the Commonwealth Games.

Sands has chaired the United States Elite Coaches Association for Women’s Gymnastics for more than 25 years, written 17 books, received more than 250,000 in grants and contracts and published over 200 articles on sport performance. He is a Fellow of the American College of Sports Medicine and is certified as an Athlete Recovery Specialist, Emergency Medical Technician (EMT), Wilderness EMT, a CPR and First Aid Instructor and holds several certifications in emergency communications and search and rescue. A former All-American, MVP, Co-Captain, and NAIA Gymnast of the Year, Sands was also a World Championship coach in gymnastics and produced several Olympians, more than a dozen national team members and many World Championship team members. His primary service and research interests lie in athlete recovery, electromyography, training monitoring, and strength and power performance. He is married with one daughter.

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