



LEADERSHIP • SCIENCE • LEGACY

PRESIDENT'S MESSAGE



The 2019 NEACSM Fall Conference, "Enhancing Health and Human Performance: Science to Practice" on November 7-8, is

an opportunity for sports medicine professionals and students to interact and learn from each other in a forum that fosters personal development. There are numerous professional growth opportunities, including: meeting people, joining one of the Special Interest Groups, learning something new, presenting original research, gaining confidence to ask questions and participate in scientific discourse, testing knowledge in the College Bowl, and participating in this year's Leadership Workshop or Meet the Experts Luncheons.

The fall meeting is also a time of transition in Chapter leadership. I'd like to thank Dr. Jason Melnyk (Immediate Past President) for his most recent three years of service to NEACSM, Dr. Paul Gallo

(President-Elect) for putting together a great fall conference, all the members of our Executive Committee, and NEACSM Executive Director Dino Costanzo. I'd also like to congratulate Dr. Elizabeth O'Neill, who will be transitioning into the President-Elect role. NEACSM is one of the strongest, well-run chapters of the ACSM, largely due to the selfless dedication of its member volunteers.

In August, NEACSM representatives held a strategic planning session to establish goals to guide the Chapter over the next five years (for more detail, see the Past President's column). I'm proud to say that one of the objectives was to strengthen our commitment to diversity, inclusion, and equity to create a culture where every member feels welcomed, valued, and represented. To that end, we've been more intentional in recruiting a diverse pool of speakers to our meetings, there is a session at the fall meeting focused on "Diversity and Inclusion in the Profession: A Community

Conversation about Equity," and our Spring NEACSM meeting scheduled for March 27, 2020 at University of Massachusetts, Lowell will focus on "Sex Differences in Sport and Exercise" and will be an opportunity to explore both the commonality and disparity of the exercise response.

I would like to sincerely thank you for the opportunity to serve as your President and look forward to our continued work together.




Dain LaRoche, PhD, FACSM

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SNEAK PEAK



ENHANCING HEALTH AND HUMAN PERFORMANCE: SCIENCE TO PRACTICE

NOVEMBER 7TH-8TH, 2019
RHODE ISLAND CONVENTION CENTER,
PROVIDENCE, RI



*Paul M. Gallo, EdD,
President-Elect &
Program Chair*



*“Everything you need to
know about the 2019
Fall Meeting, Enhancing
Health and Human
Performance!”*

by **Paul M. Gallo, EdD, FACSM, President-Elect & Program Chair**

On behalf of the planning committee, I am excited to provide an overview for the NEACSM’s Fall Conference at the Rhode Island Convention Center in Providence on November 7-8, 2019. This year’s meeting theme is “*Enhancing Health and Human Performance: Science to Practice*,” and it will provide robust programming discussing the benefits of physical activity and exercise for different populations of people with and without chronic disease and disabilities. The meeting will also offer an array of additional opportunities, events, and activities for students and professionals alike. This high-quality program would not be possible without our conference partners, Sacred Heart University and Merrimack College, as well as our many other sponsors.

The Knuttgen Keynote Lecture will be delivered by **Dr. Catrine Tudor-Locke** and will focus on the topic of health monitoring and health-outcomes across the lifespan. **Dr. Martin Gibala** will lecture on interval training and its role on skeletal muscle for the Clarkson Keynote Lecture. Our impressive lineup of featured and invited speakers includes **Dr. Kathryn Schmitz, Dr. Barry Braun, Dr. Jaci VanHeest, Dr. James Rimmer, Dr. Samuel Headley, Dr. Thomas Trojjan, Dr. Carol Ewing Garber, and Mr. Francis Neric**. The Past President’s Lecture, delivered by **Professor Peter Ronai**, will be on the topic of physical function assessment with the aging client. For the first time, the Greater New York Chapter and New England Chapter will have a featured debate on the topic of ketogenic diets for human performance. This must-see debate will take place after lunch on Friday afternoon. The program will also offer a large variety of general sessions, including roundtable discussions, practicums, interactive workshops, tutorials, and more.

Attendees are strongly encouraged to register for our inaugural Physical Activity Challenge, powered by **Heka Health**. This friendly competition will allow you to gauge your physical activity as an individual or team as you compete against all other participants and teams. Please be sure to visit the Physical Activity Challenge booth on the morning of registration. If you are a student member, we hope you will register for our Meet the Expert Luncheons on Thursday or Friday, where you will be able to meet our speakers and other Chapter leaders, learn about their career paths, and expand your professional network. To register please visit: www.neacsm.org/meet-the-expert. All attendees are welcome to join our Special Interest Group sessions on Friday morning from 7:00-8:00am. Special interest topics include: aging, biomechanics, strength and conditioning, physiological/biological mechanisms, and psychobiology and behavior. In between lectures and events, be sure to stop by our exhibitor booths to visit with different equipment manufacturers and colleges/universities.

Lastly, I cordially invite you to attend our President’s Reception on Thursday evening and hope that you will stay to cheer for your team during the 16th Annual NEACSM College Bowl. Please tell a colleague, student, or friend about the #NEACSM19 Fall Conference and register as soon as possible! We look forward to seeing you in Providence!

PAST PRESIDENT'S MESSAGE



TOWN HALL FORUM

FRIDAY, NOVEMBER 8, 2019
RHODE ISLAND CONVENTION CENTER,
PROVIDENCE, RI



*Dr. Jason A. Melnyk
Past-President*



by Jason Melnyk, PhD, CSCS, Past-President

Over the summer, the NEACSM presidents, alongside members of the Executive Committee, participated in a strategic planning session that occurred for two days. With the assistance of Heather Turner, ACSM's Director of Chapter Services, we discussed the current mission and vision of NEACSM. We also generated potential goals and objectives to be shared at the Town Hall Business Meeting on Friday, November 8 in Providence, RI at our annual fall meeting.

In brief, the strategic planning group discussed the importance of creating a culture that embraces diversity and inclusion as well as promotes the professional development of our members and our community. Specifically, we identified three strategic goals: 1) provide exceptional service; 2) expand the NEACSM's footprint; and 3) foster professional development and Chapter leadership. Within these three goals, we discussed the importance of organizational transparency, creating a culture that embraces diversity, engaging underrepresented individuals and institutions, improving diversity in Chapter leadership, and expanding our volunteer opportunities.

These are just a few of the goals and objectives that we will be presenting at our open Town Hall forum, and I encourage you to participate in this plan as we put forth a new vision statement and strategic plan for the Chapter. It will take place on Friday, November 8, in Room 550 from 8:00-8:30 am at the Rhode Island Convention Center.

Hope to see you there!



COMMITTEE SECTION

MEMBERSHIP COMMITTEE

The Membership Committee would like to thank those who provided Chapter feedback following the Spring 2019 Conference. We are excited and looking forward to implementing many of the amazing suggestions that were submitted! Please continue to check our Social Media outlets, email, the MAX! Newsletter, the Chapter website, and messages delivered via the State Representatives to learn about these upcoming offerings.

MEMBER HIGHLIGHT:

We established five special interest groups (SIGs) for the Fall 2019 Conference! We would like to acknowledge the following NEACSM members taking the lead for each of the five SIGs: 1) **Peter Ronai, M.S., ACSM, CSCS-D, FACSM** for Aging SIG; 2) **Robert Gregory, Ph.D.** for Biomechanics SIG; 3) **Jeb Struder**

for Physiological & Biological Mechanisms Underlying Health & Performance SIG; 4) **Grace Giles, Ph.D.** for Psychobiology and Behavior SIG; and 5) **Joseph Gordon III, M.S., CSCS** for Strength & Conditioning SIG.

All SIG meetings are scheduled during the 2019 NEACSM Fall Conference, from 7:00-8:00 am on Friday, November 8. We welcome all members who are interested in specific SIGs.



*Brandon Yates & Dr. Dai Sugimoto
Co-Chairs Membership Committee*



SPONSORSHIP COMMITTEE

On behalf of the entire Chapter, we would like to sincerely thank the Spring 2019 Conference sponsors and exhibitors for their contributions that allowed the Chapter to offer high quality programming and support for our membership. We would also like to specifically recognize our conference partner for the Spring 2019 Conference, Equinox, for their generous support. Those attendees who visited the sponsor booths were able to collect valuable information on new and existing products, job and internship opportunities, and graduate school offerings, so don't forget to visit our sponsors at upcoming meetings!

The Sponsorship Committee has successfully secured sponsorship for the Fall 2019 Conference. We are thrilled to introduce our new Conference Partners, Merrimack College and Sacred Heart University, and we thank them very much for their strong support of our Chapter! There is still time to become a sponsor of the Fall 2019 Conference, and opportunities range from \$500 to \$5,000 dependent upon the magnitude of benefits. We have also included new sponsorship opportunities related to the Fall 2019 Conference's

Inaugural Step Challenge powered by Heka Health! These opportunities include primary sponsorship with strong visibility to our membership, QR code exhibitors that encourage attendee visits to the sponsor's booth, and prize donations. All sponsors will have the opportunity to reach our 1,500+ members comprised of students and professionals through Chapter emails, social media, and the MAX! Newsletter. Those interested in NEACSM sponsorship opportunities are highly encouraged to visit the NEACSM official website neacsm.org/sponsorship and/or contact **Colleen Muñoz** (colleen.d.munoz@gmail.com) or **Liz O'Neill** (elloneill@springfieldcollege.edu).



*Dr. Colleen X. Munoz &
Elizabeth O'Neill, PhD
Co-Chairs Sponsorship*



STUDENT REPRESENTATIVE COMMITTEE

Sarah Burkart (University of Massachusetts, Amherst) and **Jessica Sudock** (Springfield College) are your outgoing Student Representatives. Starting at the 2019 Fall Conference, **Melanna Cox** (University of Massachusetts, Amherst) and **Sarah Poirier** (Sacred Heart University) will begin their term as Student Representatives. We are very excited to offer two Meet the Expert Luncheons during our upcoming meeting. These events are an excellent opportunity for both undergraduate and graduate students to meet and talk with NEACSM/ACSM leaders regarding career plans, involvement within the organization, and any questions students may have. To learn more and to register for this incredible opportunity, please visit: neacsm.org/meet-the-expert.

Registration for these events are first-come first-served, and lunch will only be provided to those who pre-register, so sign up as soon as possible!

If you have any questions or would like to be informed of student volunteer opportunities, please contact **Sarah (sburkart@umass.edu)**. We can't wait to see you at the Fall Conference!



*Sarah Burkart & Jessica Sudock,
Co-Chairs Student Representative
Committee*



STATE REPRESENTATIVE COMMITTEE

The State Representative Committee is currently represented by members **Beau Greer** (Connecticut - Sacred Heart University), **Myles (Jay) Polsgrove** (Maine - Husson University), **Mario Muñoz** (Massachusetts - University of Massachusetts, Boston), **Greg Ledoux** (Vermont - Northern Vermont University), **Jacob Earp** (Rhode Island - University of Rhode Island), and **Ryanne Carmichael** (New Hampshire - Plymouth State University).

We have been busy working to encourage participation in NEACSM events through outreach to both our academic and professional contacts. We are currently focusing our efforts on updating our clinical contact lists and thinking of ways to promote the Chapter to this group specifically. Our two main goals with this focus include supporting a well-rounded NEACSM perspective and bolstering general involvement.

If you'd like your State Representative to visit your institution/place of employment to learn more about the NEACSM, please let us know and we'd be happy to arrange it!



*Ryanne Carmichael, PhD
Chair, CT State Representative,
NH State Representative*



MARKETING & COMMUNICATION

By Maura Bergan, PhD & Amanda Zaleski, Co-Chairs of Marketing & Communication



We have been working hard to continue to grow our online presence in order to provide our membership and community with late-breaking information and resources for events, photos, grants, student opportunities, and more! Find us and follow us on Facebook, Twitter, and Instagram. Look out for our new LinkedIn page in the very near future! Please continue to tag us in your posts so that we can help share your successes.

SHARE WITH THESE LINKS



Like us on
Facebook



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twitter



HOW TO FOLLOW

Facebook: New England Chapter of the American College of Sports Medicine

Instagram: @NEACSM

Twitter: @NEACSM

SCHOLARSHIP & AWARDS COMMITTEE

The Scholarship and Awards Committee would like to congratulate the following individuals as recipients of the 2019 Undergraduate Research Grant Award: **Christopher Havens** (Salem State University) and **Kaylyn Stewart** (Merrimack University). Each of these students will receive \$500 to be used towards an independent research project leading to a presentation at a future NEACSM meeting. Congratulations to Christopher and Kaylyn! For those students interested in applying for this award in the future, the next call for applications will occur in January 2020.

Additionally, the winners of the following awards have been determined and will be announced at the NEACSM Fall 2019 Conference: the Robert S. Axtell Undergraduate Scholarship, the Mark Connolly Memorial Masters Scholarship, the Linda

Pescatello Doctoral Scholarship, the Lawrence E. Armstrong Minority Scholarship, and the Donna Murphy Service Scholarship. These scholarships are designed to highlight professional and academic excellence in students in the New England Region; scholarship winners will receive an award of \$500-\$1,000. For those students interested in applying for these scholarships in the future, the next call for applications will occur in March 2020.



Dr. Marisa Hastie & Nicole Mendola, Co-Chairs

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GRADUATE & PROFESSIONAL STUDIES



HONOR AWARD RECIPIANT

The Scholarship and Awards Committee is proud to announce Dr. Douglas J. Casa as the 2019 Honor Award Recipient. The Honor Award is the highest recognition that can be bestowed on a Chapter member. **Dr. Casa** is a world-renowned researcher who has published over 200 peer-reviewed research articles, as well as positions stands, book chapters, and books and has presented worldwide.

Dr. Casa's true passion and contribution to the field of exercise science is evident through his advocacy. To quote from his official biography, "For Douglas Casa, the opportunity to maximize athletic performance in the heat and prevent sudden death in sport is the culmination of a life-long path; his passion for the study of exertional heat stroke started in 1985 when he suffered an exertional heat stroke while running a 10K race. This experience motivated what has become his life's cause: the study of exertional heat stroke, heat illnesses, hydration, and preventing sudden death in sport - his ultimate goal is to find ways to maximize performance in challenging circumstances while working to prevent needless tragedy during sport and physical activity." The creation of the Korey Stringer Institute has allowed Dr. Casa to further focus on advocating for more athletic trainers at sporting events and practices and safer policies for athletes

around the country.

In addition to Dr. Casa's work and advocacy, he has been an active member in the NEACSM since his doctoral studies. As a graduate student, Dr. Casa was on the Membership committee. While on the Career Awareness committee, Dr. Casa utilized a grant from Gatorade and ACSM to promote careers in sports medicine to students in New England. As a professional member of NEACSM, he was the Connecticut State Representative and a Member-at-Large. His scholarly and service contributions to the field of sports medicine are evident. NEACSM is honored to award Dr. Douglas J. Casa with the 2019 Honor Award.



CAMAIONE ENDOWMENT FOR STUDENT SUCCESS

The David N. Camaione (DNC) Endowment Fund was established by Dr. David Camaione's family in 2000 to recognize and honor Dr. Camaione's commitment to the NEACSM and student success, as well as his 42-year career in higher education as a coach, professor, and university administrator.

This year's fall meeting will be the inaugural presentation of the newly named Doctoral Scholarship in honor of Dr. Linda Pescatello.

In addition, the following scholarships and awards are supported by the DNC:

- **Mark Connolly Memorial Master Scholarship**
- **Robert S. Axtell Undergraduate Scholarship**
- **Lawrence A. Armstrong Minority Scholarship**
- **Donna Murphy Service Scholarship**
- **Doctoral, Master & Undergraduate Student Investigator Awards**
- **Undergraduate Research Experience Grants**

The DNC Endowment Fund looks forward to supporting the 2019 NEACSM College Bowl Champions' trip to the ACSM National Meeting in San Francisco, CA in 2020. In total, the DNC will provide our top performing students with over \$10,000 in supportive funding this year.

Lastly, three members of the Board of Trustees (Drs. Armstrong, Axtell, and Camaione) have pledged \$2,500 to the DNC fund this fall. We challenge the NEACSM leadership to fulfill one of the many responsibilities of being a leader and we make this call to the membership at large: "We need your support" to continue to grow the fund so more dollars can be directed towards students.



*Dr. Robert Axtell,
Chair of Camaione Endowment
for Student Success*

CAMAIONE
STUDENT ENDOWMENT

FREE COMMUNICATION UPDATE

The Free Communications Committee is gearing up for the Fall 2019 NEACSM Conference. We are excited about the quality of the abstract submissions for this year and are looking forward to the Student Investigator Award competition. There will be one winner recognized in each of the Bachelor's, Master's and Doctoral Student Categories. Additionally, the graduate student with the highest scoring written abstract will receive the President's Cup, which provides them with the opportunity to compete with winners from other regional chapters at the 2020 ACSM Annual Meeting, with travel support from NEACSM. Accepted abstracts will be available for viewing on the NEACSM website as the conference approaches (neacsm.org/conferences). A sincere

thank you to all of the judges who participated in our review process this year.

If you have questions regarding Free Communications, please contact the co-chairs **Christie Ward-Ritacco** (University of Rhode Island) and **Sarah Witkowski** (Smith College) at NEACSMFreeComm@gmail.com.



*Dr. Christie Ward-Ritacco &
Dr. Sarah Witkowski
Co-Chairs Sponsorship*

THE UNIVERSITY OF RHODE ISLAND SMITH COLLEGE

HISTORY

A glimpse into a past NEACSM Fall Conference . . .

In the fall of 1984, thirty-five years ago at the Annual NEACSM Meeting held at the Sheraton in Boxborough, MA, Past President **Donald Malhler, M.D.** delivered a talk titled "Metabolic Requirements and Respiratory Responses" and Past President **Lee N. Cunningham, D.P.E.** delivered a talk titled "Physiological Testing: Implications for Training" in a symposium titled "Physiological Update on Distance Running." That same year, **Nancy Clark, M.S., RD, CSSD, & FACSM**, delivered a talk titled "Weight Control for Athletes: Preventing the Starve-Binge Syndrome." A testament to what a truly great professional Nancy is: she will be presenting a

Tutorial Lecture this year titled "Weight Management: Carbs? Calories? Keto?" at the Fall Conference. Thank you, and please thank Nancy for being such a champion of NEACSM!

If you havent yet, please consider presenting at a future NEACSM meeting.



*Dr. Sean Walsh,
NEACSM Historian*



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