



LEADERSHIP • SCIENCE • LEGACY

## PRESIDENT'S MESSAGE .....



The NEACSM continues to function as a regional leader in the advancement, interpretation, and integration of research in exercise

and sports medicine. We pride our programming and services on the opportunities we afford our professional and student members with regard to education, career development, research support, and networking.

Reflecting on our fall meeting, clinicians, exercise physiologists, strength and conditioning specialists, nutritionists, students, and faculty gathered together to learn about the translation of science to practice when treating a variety of healthy and diseased populations with exercise programming. In addition to our high-quality curriculum, professionals were able to attend the Leadership Enhancement Workshop and students the Meet the Expert Luncheons, both of

which were supported by ACSM Regional Chapter Grant Funding. Special interest group meetings were well attended and served as an excellent networking opportunity. To keep attendees moving, the Chapter provided the Inaugural Physical Activity Challenge, powered by HekaHealth. Congratulations to all of the 2019 scholarship and award winners!

Looking forward, Chapter leadership is excited about the implementation of our newly approved strategic plan. Over the next five years the Chapter will focus on inclusion and diversity, service, growth, and professional development. An immediate outcome from our strategic plan is the addition of two ad hoc committees. The Technology Committee will be focusing on expanding our digital footprint by integrating technology services to our membership that will include live streaming select content at the upcoming fall meeting. Our Diversity Committee will be developing continuous opportunities for

professionals and students with regard to diversity, equality, and inclusion associated with all of our Chapter events and services.

The 2020 Fall Conference will be held on October 15-16, 2020 in Providence, RI. Please be sure to mark your calendars and tell friends and students. We look forward to seeing you at our upcoming meetings! If interested in volunteering with the NEACSM, be sure to visit our website and complete our volunteer interest form ([www.neacsm.org](http://www.neacsm.org)).

In good health,



Paul M. Gallo, EdD, FACSME

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# PAST PRESIDENT'S MESSAGE



## SEX & GENDER IN SPORTS & EXERCISE

FRIDAY MARCH 27, 2020  
UNIVERSITY OF MASSACHUSETTS  
LOWELL INN & CONFERENCE CENTER



*Dr. Dain LaRoche, Ph.D,  
FACSM, Past-President  
and Program Chair*



**by Dain LaRoche, Ph.D, FACSM, Past-President and Program Chair**

Out of an abundance of caution, and out of respect for our membership and speakers, the NEACSM has decided to cancel the Spring Conference scheduled for Friday, March 27th. Our leadership has taken into consideration recommendations for best practices in keeping individuals healthy and minimizing the spread of COVID-19 (coronavirus). In light of multiple travel bans recently put in place by healthcare and university systems, as well as the concerns of our constituents, we decided to make the difficult decision to cancel this spring programming event. We will refund all preregistration fees in their entirety. Individuals who have preregistered online will receive a full refund within 45 days, via check mailed from the ACSM. Groups that have preregistered will be contacted by Heather Turner, ACSM Director of Chapter Services.

We do not take this decision lightly, as we know this meeting is a reliable and valued annual opportunity for education and networking in the exercise and sports medicine community. The Spring 2020 Conference, "Sex & Gender in Sports & Exercise," planned to focus on the modifying effects of sex on exercise and nutrition outcomes, the differences between men and women in cardiovascular disease risk, the controversy of transgender and intersex athlete inclusion in sport, risk factors for bone stress injuries in male and female athletes, and gait mechanics that predispose male and female runners to injury. Presenters were to have included Abbie E. Smith-Ryan, PhD (University of North Carolina, Chapel Hill); Sarah Witkowski, PhD (Smith College); Joanna Harper, MS (Loughborough University, UK); Adam Tenforde, MD (Harvard Medical School); and Irene Davis, PhD (Harvard Medical School). We feel the content of this conference is important, and we will be making every effort to bring some of the content to our membership at a later date. Stay tuned for updates.

Thank you for your understanding. If you have any questions or concerns, please contact us at [neacsm1@gmail.com](mailto:neacsm1@gmail.com).

## PRESENTATIONS WILL INCLUDE:

### EXERCISE AND NUTRITION - LET'S TALK ABOUT SEX

Abbie E. Smith-Ryan, PhD, University of North Carolina  
- Chapel Hill

### SEX DIFFERENCES IN CARDIOVASCULAR DISEASE RISK AND EXERCISE-MEDIATED RISK REDUCTION

Sarah Witkowski, PhD, Smith College

### ATHLETIC GENDER - ANALYTICS OF TRANSGENDER AND INTERSEX ATHLETES

Joanna Harper, MS, Loughborough University, UK

### SEX SPECIFIC RISK FACTORS FOR BONE STRESS INJURIES

Adam Tenforde, MD, Harvard Medical School

### RUNNING INJURY DIFFERENCES BETWEEN VENUS AND MARS

Irene Davis, PhD, Harvard Medical School

For registration and more information please visit [www.neacsm.org/spring-conference](http://www.neacsm.org/spring-conference)

# SNEAK PEAK



## EXPLORING THE DIVERSITY IN EXERCISE SCIENCE AND SPORTS MEDICINE: RESEARCH TO PRACTICE

OCTOBER 15<sup>TH</sup>-16<sup>TH</sup>, 2020  
RHODE ISLAND CONVENTION CENTER,  
PROVIDENCE, RI



*Elizabeth O'Neill  
DPE, President-Elect*



by **Elizabeth O'Neill, DPE, President-Elect**

I am excited to provide initial details for this year's Fall Conference, entitled "Exploring the Diversity in Exercise Science and Sports Medicine: Research to Practice," scheduled for October 15-16, 2020 at the Rhode Island Convention Center in Providence. The meeting agenda will include a broad scope of presentations reflecting the various subdisciplines in exercise science and sports medicine.

The keynote speakers for this year's meeting include **Dr. Cheri Blauwet** and **Dr. Panteleimon Ekkekakis**. Dr. Cheri Blauwet is an Assistant Professor in Physical Medicine and Rehabilitation at Harvard Medical School and an attending physician at the Brigham and Women's Hospital and Spaulding Rehabilitation Hospital. Dr. Blauwet will deliver the Knuttgen Keynote Lecture, addressing the inclusion of people with disabilities in sport and physical activity. The Clarkson Keynote Lecture will examine the challenge of achieving disciplinary integration in exercise prescriptions and physical activity recommendations presented by Dr. Ekkekakis, Professor in the Department of Kinesiology at Iowa State University. **Dr. Sean Walsh**, Professor of Exercise Science at Central Connecticut State University, will deliver the Past President Lecture, focused on the topic of professional development. Invited speakers include **Dr. Nisha Charkoudian**, research physiologist for USARIEM; **Dr. Woulter Hoogkamer**, assistant professor in the Department of Kinesiology at the University of Massachusetts Amherst; **Dr. Nicole Avena**, neuroscience researcher and assistant professor at Mount Sinai School of Medicine; and **Dr. Yuri Feito**, associate professor of exercise science at Kennesaw State University. The conference will also include opportunities to attend Special Interest Group (SIG) meetings. Since this year's conference comes early in the fall semester, start sharing the news with your students and colleagues now, and **Save the Date for October 15th and 16th!** We look forward to connecting with you in Providence, RI.



# COMMITTEE SECTION

## FREE COMMUNICATION UPDATE .....

We had a successful Fall Conference with 63 abstract submissions resulting in 35 poster presentations, 8 oral poster presentations and 20 oral/slide presentations.

### WE'RE HAPPY TO ANNOUNCE THAT OUR STUDENT COMPETITION WINNERS WERE:

**BACHELOR'S STUDENT AWARD:** *Nicole Remillard* University of Massachusetts Amherst  
Mentor: Dr. John Sirard

**DOCTORAL STUDENT AWARD:** *Jay Porter* University of Missouri  
Mentor: Dr. Jill Kanaley

**MASTER'S STUDENT AWARD:** *Dina Pitsas* Springfield College  
Mentor: Dr. Liz O'Neill

**PRESIDENT'S CUP WINNER:** *Michelle Stehman* Springfield College  
Mentor: Dr. Sandra Fowkes Godek

The 2020 Fall Conference is October 15th and 16th at the Rhode Island Convention Center.

Start planning your abstract submissions now!

### NEW FOR FALL 2020: PROFESSIONAL SUBMISSION CATEGORY

Exercise science and sports medicine researchers, practitioners, and clinicians (e.g. PhD, MD, PT, OT, athletic trainers, physical trainers) are invited to submit abstracts of their original research and case studies for presentation at the 2020 NEACSM Fall Conference. Details will be provided on the submission website and Google form.

### SEEKING ABSTRACT JUDGES AND SESSION MODERATORS FOR FALL 2020:

If you are interested in being an abstract judge or session moderator for the Fall 2020 Conference, or would like more information, please contact the Free Communications co-chairs **Chee-hoi Leong** and **Sarah Witkowski** at [NEACSMfreecomm@gmail.com](mailto:NEACSMfreecomm@gmail.com).

*Thank you to all of the participants for a terrific student competition and poster session in 2019.*



*Dr. Chee-hoi Leong, PhD & Dr. Sarah Witkowski Co-Chairs Sponsorship, PhD*



## CAMAIONE ENDOWMENT FOR STUDENT SUCCESS .....

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

This past fall, three members of the Board of Trustees (Drs. Armstrong, Axtell & Camaione) donated \$2,500.00 to the DNC fund and challenged the NEACSM leadership to collectively match this gift. There was a spirited discussion at the January 2020 Executive Committee meeting, led by **Dr. Sean Walsh**, who noted that 2020 marks the 20th anniversary of the CSE and asked that the NEACSM Executive Committee consider organizing a development opportunity. Consensus was reached for Walsh to lead development of the CSE 20th Anniversary

in coordination/collaboration with the CSE board. More news will be forthcoming in the months ahead.

The CSE looks forward to supporting Springfield College, 2019 NEACSM College Bowl Champion, for their student team's trip to the ACSM National Meeting in San Francisco, CA in May. In total, the DNC will provide our top performing students with over \$10,000.00 in supportive funding this year!



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

**CAMAIONE**  
STUDENT ENDOWMENT

## STUDENT REPRESENTATIVE COMMITTEE .....

**Melanna Cox** (University of Massachusetts Amherst) and **Sarah Poirier** (Sacred Heart University) are your new co-chairs of the Student Representative Committee. They began their terms as student representatives during the 2020 Fall Conference. Melanna and Sarah are passionate about increasing student engagement and have been working closely with your student state representatives. Our main goals are to connect with students outside of the spring and fall conferences, while increasing the diversity of disciplines and schools attending the meetings. We wish to expand our student state representative committee to include students from schools that are not currently involved. If you're interested, please contact us!

We are excited to announce that we are currently planning another Meet the Expert Luncheon for the upcoming 2020 Fall Conference. The Meet the Expert Luncheon was first organized by our former student representatives, **Sarah Burkart, PhD** and **Jessica Sudock, PhD** at the 2019 Fall Conference. The Meet the

Expert Luncheon was a huge success and gave students the opportunity to meet and talk to experts in our field including those who serve on committees within NEACSM and ACSM. Spots for the luncheon will be limited, so be on the lookout for more information!

We value your input and welcome your involvement in our goal to cater to student's professional development and provide support. If you have any questions or would like to be informed of volunteer opportunities, please contact Melanna Cox (mfcoc@umass.edu) or Sarah Poirier (poiriers4@mail.sacredheart.edu). We can't wait to see you at our spring and fall conferences!



*Melanna Cox & Sarah Poirier,  
Co-Chairs Student Representative  
Committee*



Sacred Heart  
UNIVERSITY

## STATE REPRESENTATIVE COMMITTEE .....

The NEACSM State Representative Committee would like to welcome new members **Amanda Hickey** (NH - Keene State), **Christie Ward-Ritacco** (RI - University of Rhode Island), and **James Whitworth** (MA - Boston University) and thank **Myles (Jay) Polsgrove** (ME - Husson University) and **Greg Ledoux** (VT - Northern Vermont University) for their continued service.

We are currently working to update and expand our clinical contact database in order to encourage higher attendance at NEACSM conferences and associated continuing education events. This task may also tangentially serve as a pathway to untapped internship or employment opportunities for our students. If your facility or place of employment does not have a

NEACSM contact person, please let your state representative know so you can get in the loop with all that's happening with the NEACSM!



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

**Plymouth State**  
UNIVERSITY  
EXERCISE AND SPORTS PHYSIOLOGY

## MEMBERSHIP COMMITTEE .....

The Membership Committee would like to thank those who provided valuable feedback following the Fall 2019 NEACSM Conference. The feedback was discussed in the Executive Committee meeting. For those who are willing to volunteer time to the NEACSM, please follow the "Get Involved" link located on the NEACSM website's home page. Additionally, those who are interested in discussing specific area of medicine, science, and/or exercises, please feel free to contact each of the following special interest group leaders:

**1) Aging - Peter Ronai, MS, RCEP, CEP, EP-C, CSCS, FACSM**  
(ronaip@sacredheart.edu),

**2) Biomechanics - Robert Gregory, PhD**  
(gregoryr3@southernct.edu),

**3) Strength and Conditioning - Joseph Gordon III, MS, CSCS**  
(jagordon@umass.edu),

**4) Psychobiology and Behavior - Grace Giles, PhD**  
(grace.e.giles4.civ@mail.mil), and

**5) Physiological/Biological Mechanisms Underlying Health & Performance - Jeb Struder, MS, CSCS** (JEB.STRUDER@UCONN.EDU). **Marc Robertson, PT, MS, DPT** (robertsonml@southernct.edu) is the Co-Chair of the NEACSM Membership Committee along with his mentor, **Dai Sugimoto, PhD, ATC** (dai.sugimoto@childrens.harvard.edu). Marc is an Associate Professor in the Health and Movement Sciences Department (formerly the Exercise Science Department) at Southern Connecticut State University and was in clinical practice for 16 years prior to joining the Health and Movement Science team at Southern. Marc's clinical specialties range from manual therapy to gait/dynamic walking balance assessment/treatment in clinical populations that have ranged from professional athletes to geriatric populations. Marc is extremely honored and excited for this opportunity to serve the NEACSM and its members as Co-chair of the Membership Committee.



*Marc Robertson & Dr. Dai Sugimoto  
Co-Chairs Membership Committee*



## SPONSORSHIP COMMITTEE .....

The Sponsorship Committee, on behalf of NEACSM, would like to thank the sponsors and exhibitors of our Fall 2019 Conference. Their support helped make the meeting a great success! In particular, we would like to thank our conference partners, Merrimack College, Sacred Heart University, and the Camaione Student Endowment Fund, for their generous support.

Spring 2020 Conference sponsors should contact Dr. RYANNE CARMICHAEL with any questions about sponsorship opportunities, given the cancellation of the spring conference.

Sponsorship applications for our upcoming Fall 2020 Conference on October 15-16, 2020 in Providence, RI are now open. Sponsorship opportunities range from \$500.00 to \$5,000.00 and benefits vary based on giving amount. If your organization is interested in learning more about the benefits of sponsorship, please visit [neacsm.org/sponsorship](http://neacsm.org/sponsorship) or contact **Dr. RYANNE CARMICHAEL** (rcarmichael@plymouth.edu), **Dr. CASSANDRA YORK** (CassandraYork@ccsu.edu), or **Dr. MARIO MUNOZ** (mario.munoz@umb.edu).



*Ryanne Carmichael, PhD, Cassandra York, PhD & Mario Munoz, PhD  
Co-Chairs Sponsorship*



# MARKETING & COMMUNICATION

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

Marketing and Communications Co-Chair, **Amanda Zaleski, PhD** (Hartford Hospital/University of Connecticut) spearheaded the inaugural Step Challenge at the 2019 NEACSM Fall Conference, utilizing HekaHealth platform solutions. Overall, there were 131 participants with 876,000 cumulative steps (approximately 438 miles) taken, so everyone was a winner in our eyes! Congratulations to the Top College Team Raffle Winner, Plymouth State University, who will receive free entry to 2020 College Bowl; and to the Top 20 Individual Winners who received various prizes thanks to the generosity of NEACSM, HekaHealth, Perform Better, Fleet Feet, Human Kinetics, Hartford HealthCare, and soundRUNNER.

We have been working hard to grow our online presence in order to provide our membership and community with updated information and resources for events, photos, grants, student opportunities, and more! We are pleased to announce that NEACSM now has an active and growing LinkedIn Page. As a reminder, the latest happenings can be found on our Facebook, Twitter, Instagram, and LinkedIn (NEW!) pages so please like, follow, and continue to tag us in your posts so that we can help share your successes.

## HOW TO FOLLOW!



Like us on  
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## SEVERAL CHAPTER MEMBERS FEATURED IN TOP ACSM BLOGS OF 2019

The ACSM Blog has featured a number of topics in 2019. From physical activity guidelines to sports nutrition to advice for writing a journal article and everything in between, the ACSM Blog has shared numerous insights from ACSM members across all disciplines. NEACSM is proud to have several Chapter members be recognized as “the most read blog posts of 2019.”

### TOP ACSM BLOG POSTS OF 2019

[acsm.org/home/featured-blogs---homepage/acsm-blog/2019/12/19/top-ACSM-blog-posts-2019](https://acsm.org/home/featured-blogs---homepage/acsm-blog/2019/12/19/top-ACSM-blog-posts-2019)

#### #4 The Athlete's Kitchen: Sports Nutrition Myths BUSTED!

Nancy Clark, MS, RD, FACSM, Private Practice, Newton Highlands, MA

#### #5 What's New in the ACSM Pronouncement on Exercise and Hypertension?

Linda Pescatello, PhD, FACSM, University of Connecticut

### TOP ACSM CERTIFICATION BLOG POSTS OF 2019

[acsm.org/blog-detail/acsm-certified-blog/2019/12/16/top-5-acsm-certification-blogs-of-2019](https://acsm.org/blog-detail/acsm-certified-blog/2019/12/16/top-5-acsm-certification-blogs-of-2019)

#### #1 Exercise for the Prevention and Treatment of Hypertension - Implications and Application

Amanda Zaleski, PhD, University of Connecticut, Hartford Hospital

# SCHOLARSHIP & AWARDS COMMITTEE .....

## **CAMAIONE** STUDENT ENDOWMENT

The Scholarship and Awards Committee congratulates the winners of the following awards, which were announced at the NEACSM Fall 2019 Annual Conference in Providence, RI:

**Linda S. Pescatello 2019 Doctoral Scholarship**

**Greg Panza** (University of Connecticut)

**Mark Connolly Memorial 2019 Masters Scholarship**

**Colleen Sands** (University of Massachusetts Amherst)

**Robert S. Axtell 2019 Undergraduate Scholarship**

**Monique Forte** (Springfield College)

**Lawrence E. Armstrong 2019 Minority Scholarship**

**Robert Marcotte** (University of Massachusetts Amherst)

**Donna Murphy 2019 Service Scholarship**

**Nicole Batista** (Southern Connecticut State University)



We are also pleased to announce the winners of our prestigious professional awards:

**NEACSM 2019 Honor Award: Douglas Casa, PhD**

**NEACSM 2019 President's Award: Dain LaRoche, PhD**

**NEACSM 2019 New Investigator Award: Tanya J. Benitez, PhD**

These scholarships and awards highlight professional, scholarly and academic excellence in students and professionals who are members of the New England Regional Chapter of the American College of Sports Medicine.

Applications for the 2020 Undergraduate Research Experience Grants are now being accepted. This scholarship is designed to highlight professional and academic excellence in undergraduate students at institutions in our region that have a strong emphasis on teaching but do not have the resources to support research endeavors. All students who attend non-RI research institutions in the New England region are

eligible for this scholarship. Applications will be accepted until March 15, 2020. The scholarship can be used to help fund either research or expenses associated with presenting the research at the annual NEACSM fall conference. Scholarship winners will receive an award of \$500.00 in June 2020 and be recognized at the NEACSM Annual Fall Conference in October 2020.



*Nicole Mendola, MS & Robert Gregory, PhD, Co-Chairs*



**SEE YOU IN PROVIDENCE, RI FOR OUR ANNUAL FALL CONFERENCE, OCTOBER 15-16!**

## NEACSM HISTORY.....

Twenty-five years ago, NEACSM held its Spring Conference at Boston University with a theme of "Muscle Research: on the Cutting Edge." **Drs. Linda Lamont, Thomas Manfredi, and Gary Skrinar** organized the program which invited a former NEACSM Doctoral Scholarship (1987) recipient,

**Dr. Laurie Goodyear**, to be one of the invited speakers. Please be a part of history and join NEACSM as it holds another cutting-edge conference in the fall of this year on **October 15-16, 2020**.



*Dr. Sean Walsh, NEACSM Historian*



CONFERENCE PARTNERS .....



**MERRIMACK COLLEGE**



EXHIBITORS .....



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Thank you to NEACSM MAX! Newsletter Committee Members Matthew Orange, PhD and Kyle Coffey, DPT; and NEACSM Director of Operations Katie Burton, PhD, for all their work curating, editing, and designing the Spring Newsletter!