



LEADERSHIP • SCIENCE • LEGACY

PRESIDENT'S MESSAGE



It has been an honor to serve as your President for these past few months. Our fall meeting, "Bridging the Gap:

Translation to Application," showcased a diverse range of topics and speakers; attendance of both student and professional members was extraordinary. The strong support of our executive committee, including our members-at-large, state and student representatives, as well as our professional and student members, are what truly makes these meetings successful!

In January, our chapter was awarded two new regional grants from the National ACSM. The first grant is aimed at engaging schools and universities in our region that are underrepresented at our fall meeting. The objective is to continue to grow the chapter from all institutions in

"The objective is to continue to grow the chapter from all institutions in New England"

New England and support those institutions through travel and registration funding. If you are aware of or with a department that typically has limited support for conference travel, please reach out for more information. The second grant has secured funding to implement digital recordings and online videos of selected speaker sessions at both our fall and spring meetings in an effort to continue to develop our website and online presence. Keep an eye on our website and stay tuned! On a related note, we are looking for members with expertise and interest in video editing or recording. Please reach out via email if you are interested!

In closing, I look forward to seeing you at our spring meeting as well

as our annual social at the national conference in Minneapolis! Stay tuned for more information on our upcoming fall conference, "Alpha to Omega: Human Performance across the Lifespan."

With Many Thanks,

Jason Melnyk

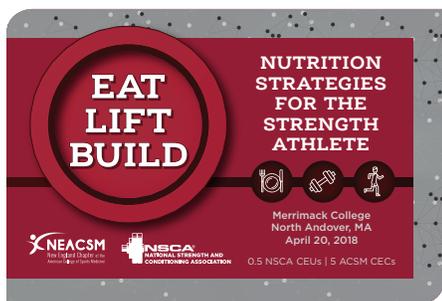
In this issue:

Past President's Message.....	2
Sneak Peak.....	3
Committee Section.....	4
Sponsors.....	8

PAST PRESIDENT'S MESSAGE



by Janet Watley Blum, ScD, Past-President and Program Chair



EAT, LIFT, BUILD: NUTRITION STRATEGIES FOR THE STRENGTH ATHLETE

FRIDAY, APRIL 20, 2018
MERRIMACK COLLEGE, NORTH ANDOVER, MA

NEACSM, in collaboration with the National Strength and Conditioning Association (NSCA), is pleased to invite you to the Spring NEACSM conference, "Eat, Lift, Build: Nutrition Strategies for the Strength Athlete." This one-day conference will be held at Merrimack College, North Andover, MA on Friday, April 20, 2018.

The curriculum will be presented by national and international experts in the field who will discuss

nutritional strategies and their practical application for strength athletes. The curriculum was developed to appeal to NEACSM and NSCA members, as well as any student or professional who practices in exercise science, nutrition, strength and conditioning, and other allied health fields. We look forward to seeing you there!



Janet Watley-Blum,
President Elect &
Program Chair



"The curriculum will be presented by national and international experts in the field who will discuss nutritional strategies and their practical application"

SPRING MEETING PREVIEW

PROTEIN AND RESISTANCE TRAINING: UNDER THE BAR FOR 40 YEARS

Stuart M. Phillips, PhD, Professor, Department of Kinesiology and School of Medicine, McMaster University.

SPORT SUPPLEMENTS FOR INCREASING MUSCLE MASS AND DECREASING BODY FAT

Darryn S. Willoughby, PhD, FACSM, CSCS, Professor, Department of Health, Human Performance and Recreation, Baylor University.

CREATINE SUPPLEMENTATION: SCIENCE? BRO-SCIENCE? BOTH?

Eric S. Rawson, PhD, FACSM, CSCS, Chair & Professor, Department of Health, Nutrition and Exercise Science, Messiah College.

NUTRIENT TIMING: DOES WHEN YOU EAT REALLY MATTER?

Adam Feit, MS, CSCS, *D, RSCC, Assistant Director of Performance Nutrition at Precision Nutrition.

A PANEL DISCUSSION: WHAT ATHLETES REALLY EAT!

Nancy Rodriguez, PhD, RD, FACSM, Professor, Departments of Kinesiology and Allied Health Sciences, University of Connecticut & Marie Spano, MS, RD CSCS, CSSD, Sports Nutritionist, Atlanta Hawks, Atlanta Falcons and Atlanta Braves.

SNEAK PEAK



ALPHA TO OMEGA: HUMAN PERFORMANCE ACROSS THE LIFESPAN

NOVEMBER 8TH-9TH, 2018
RHODE ISLAND CONVENTION CENTER,
PROVIDENCE, RI



*Dr. Dain LaRoche
President-Elect*



by **Dr. Dain LaRoche, PhD, FACSM**

The 2018 NEACSM Annual Fall Conference “Alpha to Omega: Human Performance Across the Lifespan” will take place November 8th - 9th at the Rhode Island Convention Center in Providence, RI. The meeting is broadly focused on the optimization of health and physical function in diverse populations, exploring similarities and differences of exercise adaptation across the human performance spectrum.

The Knuttgen Keynote lecture will be given by **Dr. Pierre d’Hemecourt**, Boston Children’s Hospital and Harvard Medical School, on the Risks of Early Sport Specialization. The Clarkson Keynote lecture will be given by **Dr. Maria Urso**, Manager of the Medical Science Liaison team at BTG Pharmaceuticals, as well as a consultant for O2X, a company that specializes in educating and training Tactical athletes to improve overall health. Her talk will review evidence supporting best approaches to optimizing skeletal muscle and cardiovascular health across the lifespan. Other invited sessions include discussions of hypohydration and exercise performance, sport concussion management, fatigue and aging muscle, female athlete triad and skeletal health, role of muscle afferents in endurance performance, and the 2018 ACSM physical activity guidelines scientific report.



COMMITTEE SECTION

FREE COMMUNICATION UPDATE

These scholarships are designed to highlight professional and academic excellence in students who are members of the New England Regional Chapter of the American College of Sports Medicine. Scholarship winners received awards ranging from \$500 to \$1,000 each. For students wishing to be considered for these scholarships, the next call for applications will occur in March 2017 with a submission deadline of May 1, 2017.

We had a successful Fall Conference with a record 76 abstract submissions resulting in 48 posters presentations, 20 oral/slide presentations, and 8 oral posters. Our winners for the student competition were:



BACHELOR'S STUDENT AWARD:
Dhanya Kumar
University of Massachusetts, Amherst
Mentor: Dr. Sarah Witkowski, Smith College



DOCTORAL STUDENT AWARD:
Sarah Burkart
University of Massachusetts, Amherst
Mentor: Dr. Sofiya Alhassan, University of Massachusetts, Amherst



MASTER'S STUDENT AWARD:
Julia D. Mieh
University of Massachusetts, Amherst
Mentor: Dr. Jane A. Kent, University of Massachusetts, Amherst

We are also pleased to announce that Corinna Serviente from University of Massachusetts, Amherst was selected to represent the New England chapter in the President's Cup Competition at the 2018 ACSM Annual Meeting in Minneapolis. She will receive \$1,200 for travel and conference registration support.



PRESIDENT'S CUP WINNER (highest overall score):
Corinna Serviente
University of Massachusetts, Amherst
Mentor: Dr. Sarah Witkowski, Smith College

We are currently working on some exciting changes to make the abstract submission process more streamlined and user-friendly for the Fall 2018 Annual NEACSM Conference. We are also revising the judging criteria for student competitions and will release this information in the upcoming call for abstract submissions in May 2018.

Seeking Abstract Judges and Session Moderators: If you are interested in being an abstract judge or session moderator for the Fall 2018 Conference, please contact the Free Communications co-chairs

Sarah Camhi (sarah.camhi@umb.edu) or **Christie Ward-Ritacco** (christieward@uri.edu) to express your interest or learn more information.

We look forward to receiving your abstract submissions in September 2018!



*Dr. Sarah M. Camhi & Christie Ward-Ritacco
Co-Chairs Free Communications*



THE UNIVERSITY OF RHODE ISLAND

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 NEACSM, student success, and his 42-year career in higher education as a coach, professor, and university administrator.

The DNC Endowment Fund, in alignment with the mission of the New England Chapter of the American College of Sports Medicine, supports student members through scholarships, awards and professional development activities.

The DNC Endowment Fund is a restricted gift providing a permanent source of funds for a particular purpose(s) within the NEACSM Chapter, including, but not limited to, awards for student scholarships, visiting lectureships, research recognition, and student support. The Fund will provide a financial base with the continual goal of increasing the Endowment Fund's earnings as well as future gifts to make financial awards for the purposes outlined.

The DNC Endowment Fund is governed by an appointed volunteer board of seven directors, five with voting privileges and three as ex officio, each with specified terms of office. The DNC board would like to congratulate the following students for NEACSM 2017 Scholarships and Investigator Awards:

- **David N. Camaione Doctoral Scholarship: Brittany Masteller - University of Massachusetts, Amherst**
- **Mark Connelly Memorial Master Scholarship: Greg Petrucci - University of Massachusetts, Amherst**
- **Robert S. Axtell Undergraduate Scholarship: Mikaela Frechette - University of New Hampshire**
- **Lawrence A. Armstrong Minority Scholarship: Melanna Cox - University of Massachusetts, Amherst**

- **Donna Murphy Service Scholarship: Albino Schifino - Central Connecticut State University**
- **Doctoral Student Investigator Award: Sarah Burkart - University of Massachusetts, Amherst**
- **Master Student Investigator Award: Julia D. Meihm - University of Massachusetts, Amherst**
- **Undergraduate Student Investigator Award: Dhanya Kumar - University of Massachusetts, Amherst**
- **Undergraduate Research Experience Grant: Kara Hacker - University of New England**

Lastly, The DNC Endowment Fund would like to congratulate the NEACSM 2017 College Bowl Champion: Central Connecticut State University's team of **Emily Sargent, Taylor Pelletier, and Natalia Tamjid**. These students will represent NEACSM in the National Bowl in Minneapolis, MN at the 2018 ACSM Annual Meeting.

Due to the generous \$25,000.00 donation from the NEACSM Chapter to the DNC Endowment Fund in January 2018, the Fund continues to grow for future student scholarships and student-related activities. The DNC encourages all professional and student members to continue to help this student-based fund grow by making a donation this year.

The DNC Endowment Fund/Board invites ideas from the membership and past awardees that will continue to grow the DNC Endowment Fund, allowing for growth in the monetary values of the above awards as well as new initiatives.



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

CAMAIONE
STUDENT ENDOWMENT

STUDENT REPRESENTATIVES COLUMN.....

Brittany Masteller (UMass Amherst) and **Sarah Burkart** (UMass Amherst) are the current Student Representatives. Brittany and Sarah have been working hard to increase student engagement and expand student opportunities for student involvement in NEACSM. In 2017, they received a grant from ACSM to implement a peer mentoring program for students. They had 6 mentor/mentee pairs participate in the pilot program and received positive feedback from their experience. This program sought to provide more in-depth and reciprocal relationships between undergraduate NEACSM members and graduate/professional mentors, as well as expose participants to networking and leadership opportunities within NEACSM and ACSM. One of the goals for 2018 is to build upon the feedback received and offer this program again, so keep an eye out for the application in late spring.

Spring is a great time for students to get involved with NEACSM! The Student Representatives have been working with the State Representative Committee to identify how the Student State Representative Committee can best support chapter initiatives and are currently seeking applicants for the Student State Representative position. Be sure to check your email for details and encourage students to apply for this two-year position. If you have any questions or concerns, please contact Brittany (bmasteller@umass.edu) or Sarah (sburkart@umass.edu).



*Brittany Masteller & Sarah Burkart,
Co-Chairs Student Representative
Committee*



SEE YOU IN PROVIDENCE, RI FOR OUR ANNUAL FALL CONFERENCE, NOVEMBER 8-9!

STATE REPRESENTATIVE

The State Representative Committee (SRC) is excited to welcome our new state representatives:

•**Jacob Earp** (Rhode Island: University of Rhode Island)

•**Ryanne Carmichael** (New Hampshire: Plymouth State University)

•**Zane Pfefferle** (Vermont: Lyndon State College).

We're also appreciative of the continued participation of:

•**Michael Lawrence** (Maine: University of New England)

•**Kyle Coffey** (Massachusetts: UMASS-Lowell)

•**Nicole Mendola** (Connecticut: Norwalk Community College).

The SRC is continuing to promote the NEACSM throughout the New England region through our Advocacy Project. The purpose of the Advocacy Project and respective visits to campus communities is to share with students, faculty, and professionals the benefits of being a part of the NEACSM and the benefits of chapter membership. We hope these advocacy visits will continue to support the mission and vision of NEACSM, advance the value of regional chapter membership, and promote participation in our Annual Fall and Spring conference events.

In addition to connecting with members of the academic community, the SRC is also working to connect with members of the professional community

and develop a clinical contact database so that we can continue communicating the educational and networking opportunities available through membership and participation in the NEACSM.

If you are interested in helping to promote the NEACSM in your academic or professional setting, please contact your state representative. We look forward to connecting with you this April at the Spring 2018 Meeting!



*Nicole Mendola, MS,
RCEP, Chair*



SOCIAL MEDIA UPDATE!

By Dr. Marisa Hastie, Chair of Social Media



New England ACSM continues to be a vibrant and rich community serving the fitness, research, and education fields of sports medicine and exercise science. We want to highlight your work! Our focus on developing our social media presence offers an excellent venue for such highlights. **Please tag us @NEACSM on Twitter and @NewEnglandACSM on Facebook in your posts:** share your successes, grants, events, ideas, photos, etc. See you in North Andover, MA for our annual Spring conference on April 20!

SHARE WITH THESE LINKS



Like us on **Facebook**



Follow us on **twitter**

MEMBERSHIP

The Membership Committee would like to thank those who provided chapter feedback following the Fall 2017 meeting. The information gathered has already been used to set new initiatives in motion to better serve our membership. This includes the onboarding of several new volunteers to assist in the development of new opportunities, which we are very excited about. Please continue to check our Social Media outlets, email, the MAX!, the chapter website and messages delivered via the State Representatives to learn about these upcoming offerings.

We would also like to thank those who participated in the Professional Development Workshop, particularly those professionals who donated their time to meet with students to discuss career paths, graduate school application processes, and beyond. For those students, faculty, and practitioners who are interested in Exercise is Medicine, we encourage you to register onsite for

the Fall 2018 EIM Ambassador Training at the meeting registration desk. This year's training will incorporate new content and we welcome those who have already become Ambassador's to stop by and join us; learning of those around us who are involved in the EIM initiative can be a powerful tool! Please also see us at the Volunteer Interest Booth at the Fall Meeting to learn more about opportunities to get involved in the chapter.

We hope to see you at the Spring meeting and please continue to provide your valuable feedback on the chapter surveys!



*Dr. Colleen X. Munoz
Brandon Yates
Co-Chairs Membership Committee*



SPONSORSHIP COMMITTEE

The NEACSM Sponsorship Committee would like to thank our sponsors and over thirty exhibitors who, through their generous donations, helped make our Fall Meeting a success! We would also like to recognize our 2016-2017 Conference Partners, the National Strength and Conditioning Association, Sacred Heart University, and Equinox.

The Sponsorship Committee is currently working to finalize sponsors and exhibitors for the spring meeting that will take place at Merrimack College on Friday, April 20. The deadline for spring meeting sponsorship is April 1.

Registration for 2018-2019 sponsorship is now open and we welcome any organization interested in sponsoring or exhibiting for the upcoming Fall Meeting in Providence, RI on November 8-9, 2018. Updated sponsorship literature is available on the NEACSM's official website: **<https://www.neacsm.org/sponsorship>**.

There are many benefits associated with NEACSM sponsorship, including the display of official logos

for each sponsor on the chapter's website, each issue of the MAX!, and brochures in size and positioning commensurate to the giving amount. Pending the sponsorship level, recognition of sponsors will occur at the start of special events or speaker sessions during NEACSM meetings. Several of our sponsorship levels, ranging from \$500 - \$5,000, include registration waivers for two individuals and exhibitor space that will afford opportunity for networking, recruitment, and equipment/ product demonstration. For more information regarding NEACSM Sponsorship, please contact **Dr. Paul Gallo** (pgallo@norwalk.edu) or **Dr. Colleen Munoz** (colleen.d.munoz@gmail.com).



*Dr. Paul M. Gallo &
Dr. Colleen X. Munoz
Co-Chairs Sponsorship*



SPRING 2018 SPONSORS

CONFERENCE PARTNERS



Sacred Heart
UNIVERSITY

SPEAKER SPONSORS



EXHIBITORS / FRIENDS



The **EDUCATION ABROAD** Network
An Adventure In **MIND**™



Click on the above logos to visit our sponsors & friends