

STRONGER, FASTER, SAFER:

**ENHANCING SPORTS PERFORMANCE THROUGH OPTIMIZED
PREPARATION, INJURY PREVENTION, AND REHABILITATION**



 **ACSM** New England
Chapter

**NEACSM 2025 SPRING
CONFERENCE**
TUESDAY, APRIL 22, 2025
5 ACSM CECS



IN-PERSON FORMAT.....

Student Center

Central Connecticut State University, 105 Ella Grasso Blvd, New Britain, CT 06053

DESCRIPTION

The New England Chapter of the American College of Sports Medicine invites you to attend the 2025 Spring Conference, which is returning to an in-person format on **Tuesday, April 22** at the **Student Center of Central Connecticut State University**. The conference will feature four engaging presentations, robust Q&A, student poster presentations, and a culminating audience discussion with the panel of speakers.

This conference brings together experts in the fields of clinical exercise physiology, health sciences, sports nutrition, sports medicine, and strength and conditioning to explore cutting-edge strategies for optimizing athletic excellence.

Key topics include:

1. Sports Psychology, with a focus on coaching and leadership effectiveness, team building, mental training effectiveness, and quality of practice;

2. Strength and Conditioning, covering advanced training methodologies, utilizing both technology and effective programming to increase availability and performance;

3. Biomechanics, highlighting the application of movement analysis leading to performance improvement or the reduction and rehabilitation of injury through improved techniques, equipment, or training; and

4. Sports Injury Prevention and Rehabilitation, introducing therapy-based approaches to reducing injury risk, accelerating recovery, and ensuring safe return to play.

5. Sports Nutrition, providing guidance on nutrition advising to ensure consistent and accurate nutrition-related communication with athletes across disciplines.

Attendees will gain practical insights from leading researchers, clinicians, and coaches to enhance athlete performance, minimize injuries, and apply the latest science-driven interventions in their practice. Importantly, these key topics are well aligned with the specializations offered by exercise science and sports medicine programs offered by our regional universities.

An exciting addition to this year's IN-PERSON curriculum are Student Abstract Presentations. These poster presentations will showcase student-led scholarly work: highlighting innovative findings and supporting young scholars by fostering engagement between our student and professional members. The top three abstracts will be featured in a rapid-fire five-minute oral presentation format.

OTHER INFORMATION.....

Student Abstracts

Get information about Student Abstract Submission criteria and access the submission form at <https://www.neacsm.org/spring>.

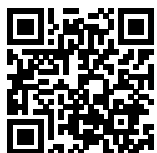
Deadline: March 17, 2025

Objectives

1. Understand the role of sports psychology in performance, including motivation, focus, stress management, and mental toughness.
2. Learn the latest techniques for reducing injury risk through biomechanics, training modifications, and sport-specific interventions.
3. Gain insights into cutting-edge rehabilitation techniques to accelerate recovery and ensure a safe return to play.
4. Explore evidence-based strength and conditioning strategies to improve speed, strength, endurance, and overall athletic ability.
5. Foster student-professional engagement and showcase innovative student-led research.
6. Provide guidance on athlete nutrition advising to ensure consistency and accuracy in any nutrition-related communication with athletes across disciplines.

DONATE NOW.....

The Camaione Student Endowment has been supporting student success for over twenty years. Your donation helps fund a variety of student scholarships and professional development opportunities.



PROGRAM SCHEDULE

All times shown are ET

8:00 - 9:00 a.m.	Registration
9:00 - 9:05 a.m.	Welcome Address <i>Chee-Hoi Leong, Ph.D. Past President NEACSM</i>
9:05 a.m.	Sport Psychology Speaker Introduction <i>James Whitworth, Ph.D. NEACSM President</i>
9:10 - 9:40 a.m.	Optimizing Mental Preparation & Execution + Q&A <i>Mike Voight, Ph.D. CCSU</i>
9:40 a.m.	Biomechanics, Equipment & Movement Analysis Speaker Introduction <i>Katie Lelasher NEACSM Student Representative</i>
9:45 - 10:15 a.m.	Sports Biomechanics: Performance Improvement & Injury Prevention + Q&A <i>Robert Gregory, Ph.D. SCSU</i>
10:15 - 10:45 a.m.	Conference Intermission - Student Free Comm Poster Presentations
10:45 a.m.	Injury Prevention & Rehabilitation of Sport Injuries Speaker Introduction <i>Allison Seifert Gonzales, Ph.D. NEACSM Scholarship & Awards Co-Chair</i>
10:50 - 11:25 a.m.	From Rehab to Readiness and Back: A Collaborative Approach to Long-Term Athlete Health + Q&A <i>David Bostic CTPTS & Mike DeStefano, M.A. UConn</i>
11:25 - 11:55 a.m.	Rapid-Fire Student Research Presentations
11:55 a.m. - 12:05 p.m.	Q&A
12:05 - 12:45 p.m.	Lunch - Provided
12:45 p.m.	Strength & Conditioning Speaker Introduction <i>Cassandra Forsythe, Ph.D. President-Elect NEACSM</i>
12:50 - 1:25 p.m.	Traditions and Trends: Integrating Technology with Old School Methods to Increase Athlete Health & Performance + Q&A <i>Joel DeMarco, M.Ed. UConn</i>
1:25 p.m.	Sports Nutrition Speaker Introduction Speaker Introduction <i>Olivia Vadas NEACSM Student Representative-Elect</i>
1:30 - 2:00 p.m.	Interdisciplinary Approach to Sports Nutrition + Q&A <i>Melissa Brown University of St. Joseph</i>
2:00 - 2:30 p.m.	Panel Discussion with all speakers <i>Chee-Hoi Leong, Ph.D. Past President NEACSM</i>
2:30 p.m.	Closing Remarks <i>Chee-Hoi Leong, Ph.D. Past President NEACSM</i>

SESSION DESCRIPTIONS



Mike Voight, Ph.D.

Professor, Department of Physical Education and Human Performance
Central Connecticut State University

Optimizing Mental Preparation and Execution - 9:05 - 9:40 a.m.

The objective of this presentation is to highlight best practice strategies taught to high performance athletes by an experienced and certified mental performance consultant/professor to optimize their preparation and execution using specific process routines. After sharing some "X's & O's" of mental skills training, Dr. Voight will share examples of client coaching, including preparation rituals, coping-resiliency/mistake management, and execution practices. He will also provide the applicable foundational theories and empirical articles specific to the content and routines taught.



Robert Gregory, Ph.D., CPSS,

Professor, Department of Health and Movement Sciences
Southern Connecticut State University

Sports Biomechanics:

Performance Improvement and Injury Prevention Invited Lecture - 9:40 - 10:15 a.m.

Sports biomechanics is the study of athlete movement and the internal and external forces generated by or acting upon the body during sports activities. Application of biomechanics may lead to performance improvement or the reduction and rehabilitation of injury through improved techniques, equipment, or training. Topics that will be highlighted during the presentation include force-velocity-power profiling for improving sprint performance, the use of force plates to assess injury risk for and rehabilitation of ACL injuries, and the use of gait analysis for injury prevention/performance improvement in distance runners.



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David Bostic, PT, FAAOMPT,

Owner/Practice Manager
Connecticut Physical Therapy Specialists

Michael DiStefano, MA, ATC, PES, CES,

Director, Return to Play
UConn Institute for Sports Medicine



From Rehab to Readiness and Back:

A Collaborative Approach to Long-Term Athlete Health - 10:45 - 11:25 a.m.

Returning to sport is not the finish line—it's a checkpoint in an ongoing cycle of readiness, adaptation, and injury prevention. This session explores how orthopedic manual therapy (OMPT) and return-to-sport programming work together to optimize athlete health and performance. Using a real-world case study, we will highlight the subtle movement deficits that persist post-clearance and how PTs and ATCs can collaborate to refine movement, restore tissue function, and ensure long-term readiness. Attendees will gain practical strategies for integrating continuous assessment, OMPT interventions, and performance testing into their rehab-to-sport models.



SESSION DESCRIPTIONS



UConn

Joel DeMarco, M.Ed, CSCS-RSCC, USAW, FMS,
Director, Olympic Sports Performance
University of Connecticut

**Traditions and Trends:
Integrating Technology with Old School Methods to Increase
Athlete Health & Performance - 12:45 - 1:25 p.m.**

Technology continues to leverage the strength and conditioning industry to new heights, but traditional training methods are still relevant. In an effort to increase health and performance, professionals need to balance both ends of the continuum. It is vital to use objective feedback to guide decision making processes while utilizing both technology and effective programming to increase availability and performance. Insights into the integration of multiple technologies and assessment into training program design to maximize both health and performance.



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Melissa L. Brown, PhD, RD, CSSD, LD,
Associate Professor and Chair, Department of Nutrition,
Public Health, Exercise Science and Health Science
University of Saint Joseph

Interdisciplinary Approach to Sports Nutrition - 1:25 - 2 p.m.

Sports dietitians understand the immense benefit and importance of interdisciplinary collaboration in athletics. We know that we would not be as effective in our sports nutrition practice without our team of incredible athletic trainers, strength and conditioning coaches and other members of the sports medicine and sports performance team. We know that all members of the team receive nutrition questions from athletes and our goal is that everyone is on the same page when it comes to providing athletes with evidence-based responses to their questions. The purpose of this presentation is to provide interdisciplinary team members with a basic background in sports nutrition with guidance on nutrition advising to ensure consistency and accuracy in any nutrition-related communication with athletes across disciplines. This will help minimize athlete confusion and will help promote athletes' success in their health and athletic performance.

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CONFERENCE REGISTRATION

Online registration opens on Monday, March 3, 2025 and closes on Tuesday, April 15, 2025. To register a group, email Heather Turner at hturner@acsm.org. Complete group registration information must be received by April 1, 2025 to be processed.

Register at the NEACSM website: www.neacsm.org/spring
(no registrations by mail or phone)

REGISTRATION FEES:

	Register by April 15	Register Onsite
Professional Member	\$75	\$85
Student Member	\$45	\$55
Professional Non Member	\$85	\$95
Student Non Member	\$55	\$65

NEACSM membership required for rates listed above. To join or renew: Students \$15; Professionals \$35

Full payment must accompany the registration. Cancellation policy: all conference registration cancellations must be requested in writing. A 50% refund may be obtained up to ten business days prior to the event. Substitutions are allowed. Send cancellation requests to hturner@acsm.org.