

New England Chapter of the American College of Sports Medicine

MAX!



Greetings All:

It has been my honor to serve as president of NEACSM continuing in a long line of distinguished leaders in that position. We are all blessed with an exceptional group of leaders on our Executive Council. I specially thank our outgoing past president, Dr. Laurie Milliken, and our president-elect Dr Jeff Anderson for all their help and support. It is also though our fantastic group of State Representatives that the many needs and ideas have been nurtured into actions and have made our Chapter even better each year. I encourage everyone to look to see how you might be involved with Chapter activities. Over the past year we have accomplished a great deal to maintain the momentum of the past and propel it into the future. Last year's annual fall meeting set records for both attendance and financial support. It

was only through the efforts of everyone in the Chapter that success was realized. The fall meeting has been an extraordinary event over the years with the bar going higher and higher. Students and professional members have been able to interact with some of the top clinicians and scientists in the field today, many of which reside in our Chapter. The spring meeting was also a day for us to hear fantastic presentations and interact with colleagues. The growth of the student attendance and involvement in the Chapter has been exceptional and my sincere thank you to the extraordinary faculty members in our Chapter who have advocated for their involvement. The College Bowl, conceived and developed by Prof. Peter Ronai has grown into the marquee event for students not only in our Chapter but in the College itself. Our student scholarships

represent our commitment to students and the future of our field. Support for our scholarships and programs also come from our members and I ask that you all help in this process so that we continue to enjoy outstanding educational and networking opportunities. It is also my hope that the 2013 spring meeting it will challenge and inspire both students and professional members alike as we explore exercise and genomics.

One of the major challenges is getting more professional members to rediscover their roots and become involved with the Chapter. This will take our Chapter to the next level providing students with greater opportunities to see the rich array of scientific and clinical talents that we are so blessed with in our region.

continued on page 3

Upcoming Annual Fall Meeting 2012

On behalf of the 2012 New England ACSM Executive Committee and Annual Meeting Planning Committee, I am excited to welcome you to the 2012 Annual Meeting in Providence, Rhode Island. The theme of this year's meeting will be "Building and Maintaining the Elite Athlete." We have arranged an exceptional group of keynote and invited speakers to provide lectures on all different facets of exercise science, athletic performance, and managing the athlete when problems arise. The speaker for the Clarkson Keynote Lecture this year is Dr. Andrew Pipe from Queen's University in Ottawa Canada. Dr. Pipe is an internationally respected sports medicine authority. In addition to his extensive experience with the Canadian Olympic program, he also is an expert on preventive health. He will be drawing on his experience when he speaks on the advocacy responsibilities of sports medicine professionals. The Knuttgen Keynote Lecture will be delivered by Dr. Steven Fleck, the current President of the National Strength and Conditioning Association. In his career as a strength and conditioning authority, Dr. Fleck has been a prolific researcher, author, and practitioner. He will be addressing the health benefits of resistance training.

Our invited speakers include Mr. David Epstein of Sports Illustrated who will discuss his role as a preeminent lay writer about sports medicine issues. Eric Quandt, JD, is an attorney from Chicago whose experience and expertise in the legal areas of sports medicine have made him a respected national leader in this area and will contribute to his lecture on minimizing liability in the sports medicine and exercise science field.

This year, we also have a unique Invited Symposium, headlined by Drs. Douglas Casa and Christopher Minson. Drs. Casa and Minson will present along with Dr. Rebecca Stearns in the issues surrounding heat illness in athletes, an area in which they are amongst the world's leading authorities. Also, Dr. Michael Joseph combines a background as a clinical physical therapist along with a doctoral degree in exercise science. His combined work in biomechanics and tendon basic science is leading to new thinking in the

management of athletes with tendinopathy, which will be addressed in his lecture. Dr. Nancy Rodriguez will be speaking on the nutritional needs of elite athletes, drawing on her eminent career as a leader in the field of sports nutrition and her research on protein requirements in elite athletes. Dr. John Sullivan rounds out this exceptional line-up as a sports psychologist whose experience with NCAA, Olympic, and NFL athletes and his passion and speaking ability have made him a nationally recognized expert in the mental health needs of athletes.

The 2012 meeting combines this impressive array of experts with the usual cutting edge presentations from our chapter's members, Free Communications, and the President's Reception and 9th Annual College Bowl on Thursday. Additionally, the New England Chapter is the home of ACSM's national President-elect, Dr. William Dexter, who will be speaking just before the Clarkson lecture on the history and role of the New England Chapter in the context of ACSM nationally.



Jeffrey Anderson, MD
President-Elect
Fall Meeting 2012 Chair

NEACSM Elects New Executive Board Members

The incoming Executive Board members were announced in June at the National ACSM 2012 meeting. The members include Sean Walsh, Ph.D., President-elect and three members Drs. Janet Whatley-Blum, Cynthia Ferrara and David Lisle.

Please take a moment to congratulate our new Board members.



Sean Walsh, Ph.D.
Incoming President-elect



Janet Whatley-Blum, ScD.
Incoming Member-at-Large



Cynthia Ferrara, Ph.D.
Incoming Member-at-Large



David Lisle, MD
Incoming Member-at-Large

Continued from pg 1. I want to thank Dino Costanzo for his leadership of the Chapter as Executive Director and Sarah Landeen and Sebastian Vassallo for their help in the Chapter office with the multitude of operational tasks needed to keep us running. One cannot leave this message without sadly noting the passing of Mrs. Donna Murphy this past December. She was by all accounts the heart and soul of the New England Chapter providing extraordinary service to us for so many years and to say she will be missed is an inadequate colloquialism to write. The Chapter will continue to honor her memory. With that, I again thank you for the honor to have served you as president and look forward to continued service in other ways as we move forward in our growth and development as professionals and as human beings.

William J. Kraemer, Ph.D., FACSM
President NEACSM

COLLEGE BOWL COMPETITION 2012

The NEACSM College Bowl enters its 9th year at the Upcoming Fall Conference in Rhode Island. Teams from across New England will compete to represent the NEACSM Chapter at the ACSM National Meeting in June 2013.

Be sure to attend the President's Reception and cheer on your favorite team on Thursday, November 8th 5:30 - 7:00 pm.

For more information, contact: Peter Ronai at (203) 416-3935 or email: pronai@optonline.net



Donna Murphy Scholarship to be Awarded at Fall Meeting

The Donna Murphy Service Scholarship will be awarded to a worthy student who exhibits extraordinary and sustained service to a genuine and worthy cause. The first awardee will be recognized during the Annual Fall Conference in Rhode Island this November 2012.



Poster sessions return to the Annual Meeting. Student and professional research will be presented at the upcoming meeting in both oral sessions and in poster presentations.

Be sure to look for the Posters on Thursday!



**Silent Auction to Support the
Camaione Fund**

**THURSDAY, November 8, 2012
at the Annual Meeting**

**We will auction off lectures from
experts in the NEACSM Chapter**

**For more information, please
contact: Jaci L. VanHeest, PhD.
NEACSM Camaione Fund
Development Chair
jaci.vanheest@uconn.edu**

**NEACSM EXECUTIVE
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Finger Lakes School of Acupuncture & Oriental Medicine
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Meeting

FALL 2012



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