



LEADERSHIP • SCIENCE • LEGACY

## PRESIDENT'S MESSAGE .....



Over the last year, the NEACSM has successfully provided its membership with professional development opportunities in a virtual format. The 2020 Fall Conference, “Exploring the Diversity in Exercise Science & Sports Medicine,” offered a robust pre-recorded curriculum available for registrants to access at their convenience, while also hosting live panel discussions with presenters over two days. The 2021 Spring Conference developed by Dr. Paul Gallo - “Managing Physical Activity in the New Normal: Science to Practice” - offered a unique format that engaged attendees with extensive discussions on cutting-edge topics. While these virtual events proved successful, we are extremely excited to be back in person for the 2021 Fall Conference, “Progress in Motion,” to be held October 21-22 in Providence,

RI. This year’s meeting offers extensive opportunities for both professionals and students to grow their network, attend enlightening presentations, engage in Special Interest Groups, test their knowledge at the College Bowl, and so much more. I would like to recognize NEACSM President-Elect Dr. Colleen Munoz and the Project Planning Committee for all their hard work in preparation for the fall meeting. During this year’s President’s Reception, we will also acknowledge the commitment of Past President Dr. Paul Gallo as he completes his term on the executive leadership team, welcome Dr. Marisa Hastie as the incoming president-elect, and thank all of those who have served on executive committees. Looking back on my time serving as president of the NEACSM, I can honestly say it was a presidency like no other. The pandemic altered the vision that I had had for my experience. Despite having to adjust my expectations of what my presidency would look like,

my time was one of significant professional and personal growth. I feel honored and privileged to have worked alongside so many talented and dedicated individuals who selflessly serve the chapter. The network and friendships that I have gained will be cherished forever. Thank you very much for the opportunity to serve as NEACSM president - I look forward to seeing everyone in person in October!

Respectfully yours,



Elizabeth O’Neill, DPE

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# PAST PRESIDENT'S MESSAGE



## MANAGING PHYSICAL ACTIVITY IN THE NEW NORMAL: SCIENCE TO PRACTICE

FRIDAY, APRIL 23, 2021  
ZOOM WEBINAR



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



by Paul M. Gallo, EdD, FACSM, Past-President

I am pleased to announce that our first ever virtual spring meeting, “Managing Physical Activity in the New Normal: Science to Practice,” was a great success. The virtual meeting on Friday April 23, 2021 had an attendance of over 250 students, faculty and exercise professionals. The virtual meeting allowed for subject matter experts to share their evidence-based insight on best practices for research, education, and programming during the COVID-19 pandemic. Thank you to the many sponsors who helped make this year’s spring meeting possible. Your generous support is greatly appreciated.

As my term as past president comes to an end this October, I would like to thank the Executive Committee and Executive Leadership Team for their support, hard work, and dedication to this chapter. Without their service, this chapter would not be as successful. Finally, I would like to thank our membership for their continual engagement and participation in our chapter meetings and programs!

**I look forward to seeing you all at the 2021 Fall Conference, October 21-22 in Providence, RI.**



NEACSM 2021 FALL MEETING

# SNEAK PEAK



## PROGRESS IN MOTION

OCTOBER 21<sup>ST</sup> - 22<sup>ND</sup>, 2021

RHODE ISLAND CONVENTION CENTER



*Dr. Colleen X Munoz*  
President Elect

**UNIVERSITY  
OF HARTFORD**

*“Our two keynote lectures will bring particular attention to the complex issues and progress in our fields of study.”*

by Colleen Munoz, PhD, President-Elect

The Executive Committee, Program Planning Committee, and I invite you attend the 2021 Fall Conference, titled “Progress in Motion.” This meeting will highlight impressive scientific advancements in a variety of exercise, sport, and health disciplines.

Our two keynote lectures will bring particular attention to the complex issues and progress in our fields of study. The Knuttgen Keynote lecture will be delivered by **Dr. Erica Perrier**, medical innovation lead at Perifit in France, who will dive into the many challenging and fascinating facets of linking behaviors to health outcomes. The Clarkson Keynote lecture will be delivered by **Dr. Monica Hubal**, associate professor at Indiana University-Purdue University Indianapolis and former student of the late Dr. Priscilla Clarkson. Dr. Hubal will illustrate how non-reductionist (systems) biology defines the effects of exercise, providing us with a holistic and larger picture of exercise and health connections.

The pandemic, compounding a complex medical system, has demonstrated the demand for new ways of delivering therapeutic interventions. Accordingly, **Dr. Dain LaRoche**, kinesiology professor and chair at the University of New Hampshire, will deliver the Past-President’s lecture on the role of robots as caregivers. With expertise in developing technology for tracking physical activity and movement quality, exercise program delivery, and assistance for independent living, Dr. LaRoche will turn our attention to new options pertinent to exercise, sport, and health science.

Our invited lecturers are also bound to capture attendees’ attention. **Dr. NiCole Keith**, ACSM immediate past president and professor at Indiana University-Purdue University Indianapolis, will speak about her journey to ACSM leadership, important leadership characteristics, and current ACSM leadership initiatives - particularly for those who have been historically underrepresented. **Dr. Sara Campbell**, associate professor at Rutgers University, will present on factors that influence the microbiota and inflammation. **Dr. Michael Bergeron**, clinical and scientific advisor to the Women’s Tennis Association, will speak on the roles of artificial intelligence in sport and exercise science. **Dr. Gregory Lewis**, cardiologist and director of the Cardiopulmonary Exercise Testing Laboratory at Massachusetts General Hospital, will discuss the exercise metabolome in exercise and disease. **Dr. Amy Lu**, associate professor at Northeastern University, will present how the use of narratives promote physical activity.

Our Physician’s Track and general session presentations will also be filled with critical and novel topics directed towards athletic care and clinical medicine, as well as diversity, nutritional, performance, COVID-19, and special populations considerations. We will also offer a collection of presentations geared towards the development of our student and professional members.

**We are thrilled to be returning to in-person programming. Please note that chapter leadership will be consistently monitoring local and national pandemic safety guidelines. Updated safety guidelines will be available on our website.**

We look forward to seeing you in the fall!

# COMMITTEE SECTION

## FREE COMMUNICATION UPDATE

The Free Communications Committee is gearing up for the 2021 Fall Conference. We are excited to provide various platforms for our many members to showcase their novel work for this year and are looking forward to the Student Investigator Award competition.

### Expanded Abstract Categories!

This year's student and professional abstract categories will expand to include original research, case studies, and experiential learning. Student submissions are from research completed in a bachelors, master's, or doctoral program. Students have one year from graduation from a bachelor's, master's, or doctoral program to present in that category. Professional submissions are from faculty, researchers, practitioners, and clinicians (e.g. PhD, MD, DO, PT, OT, athletic trainers, physical trainers), featuring work from their respective areas of expertise.

### Student Competition!

Students may participate in the Student Investigator Award Competition in bachelor's, master's, and doctoral categories. Top student abstracts in the Student Investigator Award Competition will occur on October 21-22, 2021. A winner for each category (bachelor's, master's, and doctoral) will be determined from the highest rated presentation score.

Additionally, the graduate student with the highest scoring written abstract will receive the President's Cup, which provides the winner with the opportunity to compete with peers from other regional chapters at the 2022 ACSM Annual Meeting, with travel support from NEACSM.

### Volunteers Wanted!

Finally, we want to thank the members volunteering their time to help with judging abstracts and moderating presentations. If you are interested in volunteering for our committee, please fill out our volunteer form:

<https://forms.gle/WHLVRRpT6dbdw1zd9>

If you would like more information, please contact the Free Communications Co-Chairs **Chee-hoi Leong** and **James Whitworth** at [NEACSMfreecomm@gmail.com](mailto:NEACSMfreecomm@gmail.com).



**Dr. Chee-hoi Leong, & Dr. James Whitworth**  
Co-Chairs Free Communication Committee



Boston University School of Medicine

## HONOR AWARD RECIPIANT

The Scholarship and Awards Committee is proud to recognize the 2021 Honor Award recipient, **Dr. Wayne Westcott**, professor and coordinator of exercise science at Quincy College in Quincy, MA. Dr. Westcott was nominated for this award by **Peter Ronai** (Sacred Heart University) in recognition of his service to NEACSM and professional contributions to the field of exercise science/sports medicine. If you would like to nominate a candidate for the NEACSM Honor Award, please forward the individual's name to the Awards Committee.



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

In alignment with the mission of the New England Chapter of the American College of Sports Medicine, and through ongoing development efforts, the Camaione Endowment Fund supports student members through scholarships, awards, and professional development. Additionally, the Camaione Endowment Fund develops initiatives to continue growth of the fund.

The David N. Camaione Student Endowment was established by Dr. David Camaione's family in recognition of Dr. David Camaione and his commitment to student success and to honor his 42-year career in higher education as a coach, professor, and university administrator.

A retirement dinner back in 2000 helped raise around \$4,500 to jumpstart what is now known as the Camaione Student Endowment. With a grassroots effort in fundraising over the years, the financial support of over 225 donors to date, and financial contributions from the Camaione family and the NEACSM, the growth of the Endowment has allowed the Camaione Student Endowment to meet its primary focus in benefiting students in their professional career development in the areas of medicine and science in sport and exercise. The Endowment has underwritten over \$50,000 in student activities, including previous student luncheons at the annual fall meeting. It currently funds approximately \$10,000 per year to support student development through the

monetary support of scholarships, awards, research grants, and through providing monies for the winners of the annual College Bowl competition, paying for their travel, registration, and housing expenses to attend the national convention.

Currently, the Camaione Student Endowment has over \$300,000 to support the above activities using only the income generated by the fund investments. To be able to increase the monies given out to students, the Endowment Fund must take in approximately \$25,000 of new donations to be able to generate \$1000 of income from investments.

The Camaione Student Endowment Committee is currently examining future strategies to promote increased giving by all members of the NEACSM. One such strategy under consideration is the promotion of a "Day of Giving." More to come in the coming months.

Lastly, the Camaione Student Endowment Committee will discuss increasing all scholarships to \$1000 each for 2022. Stay tuned to the NEACSM webpage for updates on scholarship values in coming weeks.



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

**CAMAIONE**  
STUDENT ENDOWMENT

## STUDENT REPRESENTATIVE COMMITTEE .....

The Student Representative Committee (SRC) is excited to see you all at the first in-person meeting in over a year! Please let us introduce ourselves and get you excited about the fall meeting and opportunities within the SRC. Melanna Cox and Maggie Morrissey serve as co-chairs. Melanna is a Ph.D. candidate at the University of Massachusetts who studies physical activity and sexism and is passionate about mentoring younger students. Maggie is a fourth-year Ph.D. candidate at the University of Connecticut, and her research interests include occupational heat stress and exertional heat illnesses. Your three state representatives are **Robert Marcotte**, **Nghi Coa**, and **Mike DiPasquale**. Robert is a Ph.D. candidate at the University of Massachusetts, Amherst who enjoys assessing algorithms for physical behaviors. Nghi Coa is a 3+3 student studying exercise science and physical therapy at Simmons University who enjoys working with patients of different ages to optimize their overall health. Our newest state representative, Mike DiPasquale, is an undergraduate student in

exercise science at Rhode Island College working as a physical therapy aide. He hopes to continue his work in a doctorate of physical therapy program.

The SRC is focused on increasing student presence at NEACSM meetings. To do so, we need increased representation throughout our organization. Therefore, the SRC is seeking new student state representatives! If you are passionate about advocating for students, then this is the right position for you! If you would like to help, please contact **Melanna Cox** (mfcox@umass.edu) or **Maggie Morrissey** (margaret.morrissey@uconn.edu).



**Melanna Cox & Maggie Morrissey**  
**Co-Chairs Student Representative**  
**Committee**



**UConn**

## STATE REPRESENTATIVE COMMITTEE .....

Since spring, the State Representative Committee has assisted both the Sponsorship and Scholarship & Awards Committees in successfully completing their duties. Additionally, the Committee has made updates to the clinical contact list. We are always seeking new contacts, so if you want to be notified of upcoming NEACSM events and would like to be added to the list, please connect your state representative member: **Kimberly Brian** of University of New Hampshire, for New Hampshire; **Beau Greer** of Sacred Heart University, for Connecticut; **Mark Hartman** of University of Rhode

Island for Rhode Island; **Greg Ledoux** of Northern Vermont University, for Vermont; **Stephen Maris** of Springfield College for Massachusetts; and **Jay Polsgrove** of Husson University for Maine.



*Dr. Jay Polsgrove  
Chair State Representative Committee*



## MEMBERSHIP COMMITTEE .....

The Membership Committee would like to thank each member who provided conference feedback following the 2021 Spring Conference. Your survey input has been vital during this unprecedented time and will help us maximize your experience at the 2021 Fall 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 upcoming Chapter and Special Interest Group (SIG) offerings.

Participation with one of the SIGs is a great way to become more invested in your specific passion and with the NEACSM. Check them out at the 2021 Fall Conference at the Rhode Island Convention Center in Providence, RI on October 21-22. We look forward to seeing you there!



*Dr. Marc Robertson & Dr. Richard Armstrong, Co-Chairs Membership Committee*



## SPONSORSHIP COMMITTEE .....

The Sponsorship Committee has been working throughout the spring and summer to secure sponsorship for the fall meeting. The levels of sponsorship are similar to past in-person meetings, but the costs are lower considering pandemic budget constraints. The levels of sponsorship are Conference Partner (\$3000), Keynote Sponsor (\$1500), College Bowl/Presidents' Reception Sponsor (\$1500), Invited Speaker Sponsor (\$1000), Conference Exhibitor (\$750), and General Session Sponsor (\$500).

Springfield College is again supporting NEACSM as a keynote sponsor. Marist School of Physical Therapy and Logan University are Invited Speaker sponsors. Our ten Conference Exhibitors include: Lasell University, Plymouth State University, St. Francis University for Rural Cancer Survivorship, Central Connecticut State University, Merrimack College,

Hologic, Norwich University, Cosmed, UMass Boston, and the University of Bridgeport. General Session sponsors are University of New England, Micheli Center for Sports Injury Prevention, Merrimack College, and Northeast College of Health Sciences.

The committee is working on securing additional sponsorship. Please refer potential sponsors to **Ryanne Carmichael** (rcarmichael@plymouth.edu) or **Cassandra Forsythe** (CassandraF@ccsu.edu) if you have any in mind.



*Dr. Ryanne Carmichael & Dr. Cassandra Forsythe  
Co-Chairs Sponsorship*



# MARKETING & COMMUNICATION

By Dr. Christopher Bopp and Dr. Matthew Orange, Co-Chairs of Marketing & Communication



Stay up to date with the latest NEACSM happenings by following our Facebook, Twitter, Instagram, and LinkedIn pages. Please like, follow, and continue to tag us in your posts so that we can help share all our chapter's successes. We're always looking for social media content, so if

you or your colleagues, have been recognized, featured, or have a story to share, please let us know.

We've been dealing with the impact and challenges of COVID-19 for over a year now, so remaining connected is especially important. Please look over our collection of web-based tools, resources, and articles on our NEACSM COVID-19 Resource Page (<https://www.neacsm.org/covid-19>).

Finally, check out NEACSM Radio on Spotify; a playlist created by our very own members. Enjoy listening and please add your favorite songs today! (<https://open.spotify.com/playlist/OKjkXQQSBJ3swCwbeCoy4M?si=H5j4cP47RfSHsj9kEGrLQ>)

## HOW TO FOLLOW!



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## SCHOLARSHIP & AWARDS COMMITTEE .....

The Awards Committee has selected **Olivia Elie** (Westfield State University) and **Karli Stroshine** (University of New England) as recipients of 2021 Undergraduate Research Experience Grants - congratulations! Olivia and Karli both received \$500 awards to be used to conduct independent research under the guidance of a faculty research advisor. These research projects will lead to presentations at a future NEACSM meeting. For students wishing to be considered for this grant, the next call for applications will occur in January 2022.

In addition, the winners of the 2021 NEACSM Scholarships have been selected and will be recognized at the annual fall meeting in Providence, RI:

**Robert S. Axtell Undergraduate Scholarship**  
**Payton Lynch** (Springfield College)

**Mark Connolly Memorial Masters Scholarship**  
**Nicholas Remillard** (UMass Amherst)

**Linda Pescatello Doctoral Scholarship**  
**John Chase** (UMass Amherst)

**Lawrence E. Armstrong Minority Scholarship**  
**Marilyn Vazquez** (Springfield College)

**Donna Murphy Service Scholarship**  
**Violet Sullivan** (University of New Hampshire)

These scholarships are designed to highlight professional and academic excellence in students in the New England region; the scholarship winners will receive an award of \$500-\$1,000. For students wishing to be considered for these scholarships, the next call for applications will occur in March 2022.



**Dr. Robert Gregory & Dr. Amanda Hickey, Co-Chairs**



## HISTORY COMMITTEE .....

I would like to take a minute to recognize an upcoming great moment in NEACSM's history: on Thursday evening, October 21, 2021, NEACSM will be transferring the gavel from our 49th president, **Dr. Elizabeth O'Neill**, to **Dr. Colleen Muñoz**, NEACSM's 50th president! Furthermore, NEACSM's incoming president-elect will be **Dr. Marisa Hastie**, which will be the fourth time in NEACSM history that three women held the highest elected positions for our organization. This trio of female presidents began 20 years ago, in 2001, with President **Dr. Deborah Riebe**, Past President **Dr. Patty Freedson**, and President-Elect **Dr. Nancy O'Hare**. This continued on for the next year when **Dr. Stella Volpe** was elected to the incoming president-elect position. A trio of female presidents would next come along in 2016 with President **Dr. Melissa Roti**, Past President **Dr. Lara Carlson**, and President-Elect **Dr. Janet**

**Whatley-Blum**. This all may not have been possible without **Dr. Lorraine Bloomquist** trailblazing back in 1979 to become the first female president of NEACSM. To read more about these amazing women, and others, please visit our NEACSM history webpage (<https://www.neacsm.org/history>) and click on their names to read the "Meet Our Past President" profile that they helped to create! And then please join me in welcoming our soon-to-be 50th NEACSM president, Dr. Colleen Muñoz!



*Dr. Sean Walsh,  
NEACSM Historian*



## DIVERSITY COMMITTEE .....

NEACSM excels in many ways: top-tier conferences with renowned experts; opportunities for volunteering and involvement; member support via grants and mentoring. Our commitment to excellence means we also aim to be a self-aware organization invested in identifying areas for improvement. One such area is our need for increased representation of marginalized identities in our membership and leadership: we must take intentional steps to address the lack of diversity in our organization.

Our Diversity Committee consists of members who are committed to increasing diversity, equity, and inclusion to create an organization representative of all identities and interests in our field. Examples of some of our current efforts include:

### **Financial support:**

- **Lawrence E. Armstrong Minority Scholarship:** Awards \$1,000 annually to students of color
- **Student Access Awards:** Provides funding and mentorship for students experiencing financial hardship
- **High school and community college recruitment initiative:** Targets underserved schools to build relationships between NEACSM and schools/teachers

### **Intentional programming:**

- A Strategic Plan that prioritizes diversity and inclusion as organizing principles
- Formalized pathways for Diversity Committee members to advise, lead, and contribute to programming

### **Growing a more diverse leadership:**

- Leadership workshops at Fall conferences for young professionals
- Recruitment of and support for individuals from underrepresented social identities
- Partnership with the Student Rep Committee to collaborate and support student engagement and opportunity

We know we have more work to do, and we welcome your ideas on additional steps we can take to address the lack of representation in our organization. Please reach out to us in person, on our **Diversity Committee webpage**, or via **Google form (can be anonymous)**.



*Dr. Katie Burton, Chair &  
Dr. Linda Yamamoto,  
Member Diversity Committee*



**SEE YOU IN PROVIDENCE, RI FOR OUR 2021 FALL CONFERENCE, OCTOBER 21ST – 22ND !**



# FALL 2021 SPONSORS

## CONFERENCE PARTNERS



Sacred Heart  
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## MEETING SPONSORS

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## EXHIBITORS / FRIENDS

