

PRESIDENT'S MESSAGE



NEACSM affords its members the opportunity for education, career development, research support, and networking.

This is most apparent at our spring and fall meetings when clinicians, strength and conditioning specialists, nutritionists, students, and faculty come together to learn from each other about how exercise affects health and physical function.

Our chapter leadership has been intentional in creating programs that facilitate professional development, including continuing education, student scholarships, undergraduate research experience grants, awards, leadership workshops, and, new for the 2019 fall meeting, Meet the Expert luncheons. It is our hope that student and professional members alike will maximize the advantage these programs provide by encouraging each other's participation and fully engaging in chapter activities.

“More than 50 students and faculty from universities that have historically had low engagement with NEACSM were recruited to the 2018 Fall Meeting through support from an ACSM regional chapter grant.”

To that end, more than 50 students and faculty from universities that have historically had low engagement with NEACSM were recruited to the 2018 Fall Meeting through support from an ACSM regional chapter grant. The majority of attendees reported it was their first NEACSM meeting, they enjoyed meeting people from other institutions, the program was inspiring and educational, and that this first experience positively influenced their desire to attend future NEACSM meetings.

I hope we can all share this enthusiasm at the 2019 spring conference, “Only the Strong: Brain vs. Brawn,” on Friday, April 26, 2019 at Central Connecticut State University, which will be jointly

sponsored by NEACSM and the National Strength and Conditioning Association; as well as at the 2019 fall conference, “Enhancing Health and Human Performance: Science to Practice,” to be held on November 7-8, 2019 in Providence, RI.

We look forward to seeing you there!

Dain LaRoche, PhD, FACSM

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PAST PRESIDENT'S MESSAGE



ONLY THE STRONG: BRAIN VERSUS BRAWN

FRIDAY, APRIL 26, 2019

STUDENT CENTER OF CENTRAL CONNECTICUT STATE UNIVERSITY IN NEW BRITAIN, CT



*Dr. Jason A. Melnyk
Past-President &
Program Chair*



by Jason Melnyk, PhD, CSCS, Past-President and Program Chair

It is my pleasure to announce that selected presentations—including the keynote lecture and invited speakers' lectures—are available from our most recent fall and spring meetings. You may access these videos for free on our website at www.neacsm.org/videos. This work was made possible with support from an ACSM grant in 2017, and we will continue to record a select number of sessions from our upcoming meetings. We hope you enjoy this added membership benefit as we look to expand our educational outreach and provide additional opportunities for member engagement.

Additionally, NEACSM, in collaboration with the National Strength and Conditioning Association (NSCA), proudly invites you to attend "Only the Strong: Brain versus Brawn," on April 26, 2019 at the Student Center of Central Connecticut State University in New Britain, CT. At this one-day conference, participants will learn from nationally and internationally recognized researchers, content experts, and strength & conditioning professionals as they present and discuss various topics relating strength to cognitive function, endurance performance, muscle hypertrophy, mental toughness, and leadership.

These sessions will contain practical information that can be applied to strength athletes, academic students, and the general population. The curriculum is 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. For registration and more information about this meeting, please visit nsca.com/2019NEACSM.

Hope to see you there!

SPRING MEETING PREVIEW

YOUTH STRENGTH TRAINING: SURVIVAL OF THE STRONGEST

Avery Faigenbaum, EdD, FACSM, FNCSA

MIND, MUSCLE, AND THE CURIOUSLY ELASTIC LIMITS OF HUMAN PERFORMANCE

Alex Hutchinson, PhD

MENTAL TOUGHNESS: WHAT IS IT? HOW DO WE TRAIN IT?

Matthew Nein, MS, CSCS, RSCC*D

THE MILITARY MINDSET IN LEADERSHIP: OBSERVATIONS AND LEARNINGS FROM THE FIELD

Jay Merlino, MS, CSCS, USAW

DISSECTING THE SET AND REP CONTINUUM FOR HYPERTROPHY

Brad Schoenfeld, PhD, CSCS, CSPS, FNCSA

SNEAK PEAK



ENHANCING HEALTH AND HUMAN PERFORMANCE: SCIENCE TO PRACTICE

NOVEMBER 7TH-8TH, 2019

RHODE ISLAND CONVENTION CENTER,
PROVIDENCE, RI



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



by **Paul M. Gallo, EdD, FACSM, President-Elect**

I am pleased to announce that this year's fall conference, entitled "Enhancing Health and Human Performance: Science to Practice," is scheduled for November 7-8, 2019 at the Rhode Island Convention Center in Providence. The meeting agenda will include evidence-based lectures that will highlight research associated with the effects of different types of exercise and physical activity on people throughout the lifespan with and without a variety of chronic diseases and disabilities. Our program agenda will offer all attendees practical information that can be applied to the individuals with whom they work on a daily basis.

The keynote speakers for the meeting will be **Dr. Catrine Tudor-Locke** and **Dr. Martin Gibala**. Dr. Tudor Locke, Associate Dean and Professor in the Department of Kinesiology at UMASS Amherst, will deliver the Knuttgen Keynote lecture and present on health monitoring and health-outcomes across the lifespan. Dr. Gibala, Professor and Chair of the Department of Kinesiology at McMaster University, will lecture on interval training and its role on skeletal muscle for the Clarkson Keynote. The lineup of other invited speakers will include current ACSM President **Dr. Kathryn Schmitz**, **Dr. Barry Braun**, **Dr. Jaci VanHeest**, **Dr. James Rimmer**, and **Dr. Samuel Headley**. **Mr. Peter Ronai**, Clinical Professor of Exercise Science at Sacred Heart University, will deliver the Past-President lecture on the topic of physical function assessment with the ageing client.

Please be sure to mark your calendars and tell a colleague, student, or friend about the NEACSM 2019 Fall Meeting. We look forward to seeing you in Providence, RI!



NEACSM 2019 FALL MEETING

COMMITTEE SECTION

FREE COMMUNICATION UPDATE

We had a successful 2018 Fall Conference, with 68 abstract submissions resulting in 40 poster presentations, 8 oral poster presentations and 20 oral/slide presentations. We're happy to announce that our student competition winners were:

Thank you to all of the participants for a terrific student competition and poster session in 2018. We're looking forward to receiving your submissions for the Fall 2019 meeting.



*Dr. Christie Ward-Ritacco & Dr. Sarah Witkowski
Co-Chairs Sponsorship*



SEEKING ABSTRACT JUDGES AND SESSION MODERATORS FOR FALL 2019:

If you are interested in being an abstract judge or session moderator for the Fall 2019 Conference, or if you would like more information, please contact the Free Communications co-chairs Christie Ward-Ritacco and Sarah Witkowski.



BACHELOR'S STUDENT AWARD:
Francis Gesel
University of New Hampshire
Mentor: Dr. Dain LaRoche



MASTER'S STUDENT AWARD:
Aurora Foster
University of Massachusetts, Amherst
Mentor: Dr. Mark Miller



DOCTORAL STUDENT AWARD & PRESIDENT'S CUP WINNER:
Christine St. Laurent
University of Massachusetts, Amherst
Mentor: Dr. Sofiya Alhassan

STUDENT REPRESENTATIVE COMMITTEE

Sarah Burkart (UMass Amherst) and **Jessica Sudock** (Springfield College) are the current Student Representatives. Sarah and Jessica have been working hard to increase student engagement and expand student opportunities for student involvement in NEACSM.

We are excited to announce that our chapter received a grant from ACSM to offer two "Meet the Expert" luncheons during the Fall 2019 meeting in Providence. This will be an excellent opportunity for students to engage with and seek advice from NEACSM/ACSM leaders regarding career plans and involvement within the organization.

More information about this program will be announced at a later date.

If you have any questions or concerns, please contact Sarah (sburkart@umass.edu) or Jessica (jsudock@springfieldcollege.edu). We hope to see you at the Spring Meeting!



*Sarah Burkart & Jessica Sudock,
Co-Chairs Student Representative
Committee*



STATE REPRESENTATIVE COMMITTEE

The NEACSM State Representative Committee would like to welcome new members **Beau Greer** (CT - Sacred Heart University), **Myles (Jay) Polsgrove** (ME - Husson University), **Mario Muñoz** (MA - University of Massachusetts, Boston), and **Greg Ledoux** (VT - Northern Vermont University). In addition, we'd like to thank **Jacob Earp** (RI - University of Rhode Island) for his continued service and **Nicole Mendola** (former State Rep Chair) for her support.

This spring, the committee will continue to work towards encouraging participation in NEACSM through outreach to both academic and professional contacts. We plan to continue the Advocacy Project, which promotes the benefits of NEACSM membership to both faculty and students in each of our regions. We will also continue to promote the chapter to our professional community by maintaining and updating our developing clinical contact list.

If you'd like your State Rep to visit your institution/place of employment to learn more about the NEACSM, please let us know and we'd be happy to arrange it!



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



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, and each with specified terms of office. The DNC board looks forward to congratulating future student professionals at the 2019 NEACSM Fall Meeting in November.

The following Scholarships and Investigator Awards will be announced and celebrated:

- **David N Camaione Doctoral Scholarship**
- **Mark Connelly Memorial Master Scholarship**

- **Robert S. Axtell Undergraduate Scholarship**
- **Lawrence A. Armstrong Minority Scholarship**
- **Donna Murphy Service Scholarship**
- **Doctoral Student Investigator Award**
- **Master Student Investigator Award**
- **Undergraduate Student Investigator Award**
- **Undergraduate Research Experience Grants**

Lastly, The DNC Endowment Fund looks forward to supporting the 2018 NEACSM College Bowl Champions' trip to the ACSM National Meeting in Orlando, FL in 2019. In total, the DNC will provide our top performing students with over \$10,000 in supportive funding this year.

Due to the continuous support from the NEACSM Chapter Executive Committee, the DNC Endowment Fund acknowledges the generous \$15,000 contribution to the DNF Fund this year, allowing all investments to continue to grow without compromising any principle. The DNC Endowment fund continues to seek suggestions from the chapter membership on how we can encourage the general membership to take greater interest in growing this fund to much higher levels in order to increase the support currently available to our excellent students. The DNC Board welcomes your creative ideas to increase financial support of this worthy initiative.



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



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 2018 annual meeting in Providence, RI:

David N. Camaione 2018 Doctoral Scholarship

Sarah Burkhart (UMass Amherst)

Mark Connolly Memorial 2018 Masters Scholarship

Christopher Moore (UMass Amherst)

Robert S. Axtell 2018 Undergraduate Scholarship

Emily Sargent (Central Connecticut State University)

Lawrence E. Armstrong 2018 Minority Scholarship

Yasuki Sekiguchi (University of Connecticut)

Donna Murphy 2018 Service Scholarship

Amanda Zaleski (University of Connecticut)



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

NEACSM 2018 Honor Award: MaryJane de Souza, PhD

NEACSM 2018 President's Award: Jason Melnyk, PhD

NEACSM 2018 New Investigator Award: Humin Yan, 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.

The application period for the 2019 Undergraduate Research Experience Grants is now closed. 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-Tier 1 research institutions in the New England region are eligible for this scholarship. The scholarship can

be used to help fund either research or expenses associated with presenting the research at the annual NEACSM conference. Scholarship winners will be announced and receive an award of \$500 in June 2019 and be recognized at the NEACSM Annual Fall Meeting in November 2019.



Dr. Marisa Hastie & Nicole Mendola, Co-Chairs

LASELL COLLEGE
GRADUATE & PROFESSIONAL STUDIES



SPRING MEETING AUTHORS COMMENTS

QUESTION:

What will an audience member learn from your presentation that they may not expect?

ANSWERS:

Avery Faigenbaum: Contemporary physical activity guidelines for children often focus on aerobic exercise, whereas recommendations for muscular fitness seem to be less important. This view undermines the critical importance of building a strength reserve early in life, in order to set the stage for ongoing participation in a variety of physical activities throughout the life course. Without adequate levels of muscle strength, it is unlikely that youth will be able to optimize performance gains or overcome adverse life events. Concerted efforts are needed to rebuild the youth fitness pyramid and recognize the critical importance of resistance training right from the start.

Alex Hutchinson: I think most of us tend to think of physiology and psychology as two separate fields. But when you're looking at the limits of human performance, the two are impossible to separate: you can't talk about the limits of your muscles without considering what's happening in your brain. That's why things like subliminal messages and electric brain stimulation can alter your physical limits—and why even hardcore physiologists should pay attention to sports psychology!

Brad Schoenfeld: Audience members will learn what science shows as to the effects of different repetition ranges on muscle growth. In addition, they will learn how training through a spectrum of repetition ranges may be synergistic for maximizing hypertrophy.

MEMBERSHIP COMMITTEE

The Membership Committee would like to thank those who provided chapter feedback following the Fall 2018 Meeting. 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!, the chapter website and messages delivered via the State Representatives to learn about these upcoming offerings. Also, please feel free to e-mail us—**Brandon Yates, MS, CSCS** (byates@partners.org) and **Dai Sugimoto, PhD, ATC** (dai.sugimoto@childrens.harvard.edu)—throughout the year with any ideas, suggestions, or membership-related concerns.

MEMBER HIGHLIGHT:

We would like to acknowledge the two NEACSM members running for ACSM President, **NiCole Keith, PhD, FACSM** and **Catrine Tudor-Locke, PhD, FACSM**. Both candidates have proposed unique and innovative platforms that will seek to increase member engagement and opportunities for junior faculty and students. The next President-Elect of the American College of Sports Medicine will be announced this spring.

We also would like to welcome **David J. Cornell, DPT, PhD** to New England. Dr. Cornell completed his doctorate degree at the University of Wisconsin, Milwaukee and is currently an Assistant Professor at UMASS, Lowell. David has a community-based

research agenda concentrated on the optimization of human performance across various populations of interest, including: elite athletes (e.g., professional athletes, collegiate student-athletes, etc.); tactical athletes (e.g., firefighters, police officers, etc.); and occupational laborers (e.g., public works employees, etc.). His lab leverages both laboratory and applied/clinical techniques to facilitate the investigation of musculoskeletal injury prevention programming, the non-invasive assessment of autonomic nervous system and electro-mechanical muscle function, and the enhancement of human health, fitness, and performance within these populations of interest. David holds credentials as a Certified Strength and Conditioning Specialist (CSCS) and as a Certified Exercise Physiologist (EP-C). Additionally, he is currently the Chair of the ACSM Student Affairs Committee and is active within the National Strength and Conditioning Association (NSCA) and the American Physical Therapy Association (APTA) organizations.



*Brandon Yates & Dr. Dai Sugimoto
Co-Chairs Membership Committee*



SPONSORSHIP COMMITTEE

The chapter would like to sincerely thank the Fall 2018 Meeting sponsors and exhibitors for their contributions that allowed the chapter to offer high-quality programming, scholarship awards, and special events. We would also like to specifically recognize our current conference partner, Equinox, for their generous support. Attendees who visited the sponsor booths collected valuable information on new and existing products, job and internship opportunities, and graduate school offerings, so don't forget to visit our sponsors at upcoming meetings!

The Sponsorship Committee has successfully secured sponsorship for the Spring 2019 meeting at Central Connecticut State University, and we are currently accepting sponsors for the Fall 2019/Spring 2020 sponsorship year. Sponsorship opportunities range from \$500 to \$5,000 dependent upon the meeting and the magnitude of benefits. Between the Fall

and Spring meetings, sponsors will also have the opportunity to reach our 1,500+ members comprised of students and professionals through chapter emails, social media, and the MAX! newsletter.

Those interested in NEACSM sponsorship opportunities are highly encouraged to visit the NEACSM official website <https://www.neacsm.org/sponsorship> and/or contact **Colleen Muñoz** (colleen.d.munoz@gmail.com) or **Liz O'Neill** (eoneill@springfieldcollege.edu).



*Dr. Colleen X. Munoz &
Elizabeth O'Neill, PhD
Co-Chairs Sponsorship*

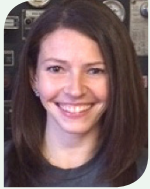


MARKETING & COMMUNICATION

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



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 follow, share, and tag us in your posts so that we can help share your successes, grants, events, photos, and more!



HOW TO FOLLOW

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HISTORY

The Impact of Chapter Engagement In Future Outcomes

I would just like to share with you some details of former leaders of our Chapter who used their engagement with NEACSM as a stepping stone for further engagement in the field. In 1989, Dr. Carol Ewing Garber was President of NEACSM. Almost thirty years later, Dr. Garber would go on to lead the American College of Sports Medicine as its 2014 President, and this year she will receive an ACSM Citation Award at the National Meeting in Orlando, FL! Citation award winners are selected for their outstanding performance in the areas of research and scholarship, clinical care, administrative services or educational services. The NEACSM Chapter would like to extend a big congratulations to Dr. Garber!!!!



In 1994, NEACSM President-Elect Dr. Priscilla Clarkson was planning for the upcoming Fall meeting. Dr. Clarkson would go on to become President of ACSM in 1999. NEACSM would later go on to name one of our two keynote lectures in honor of Dr. Clarkson and all her great work and service in the field. It was also in 1994 where NiCole

Johnson (now NiCole Keith) was NEACSM's student representative, and now Dr. Keith is running for President of ACSM in the 2019 election.

In 1999, NEACSM thanked Dr. David Camaione for developing and overseeing the NEACSM office for the past decade. Now Dr. "C" will be receiving the 2019 Ohio State University College of Education and Human Ecology Award of Distinction. The award is presented to alumni who have achieved distinction in their field of endeavor for making a difference in the lives of others through outstanding professional, personal or community contributions.

NEACSM is very thankful to all these individuals for their contributions to the organization and our members. Are you ready to step up and serve NEACSM alongside other great leaders and follow in these footsteps? Contact us today!



*Dr. Sean Walsh,
NEACSM Historian*



SEE YOU IN PROVIDENCE, RI FOR OUR ANNUAL FALL CONFERENCE, NOVEMBER 7-8!

SPRING 2019 SPONSORS

CONFERENCE PARTNERS



SPEAKER SPONSORS / EXHIBITORS / FRIENDS

