

PRESIDENT-ELECT'S MESSAGE



Hello NEACSM Members!
The Executive Committee, Program Planning Committee, and I enthusiastically

invite you to join us at the 2025 Fall Conference in Springfield, MA, titled *"Wellness Within: Health and Strength from the Inside Out"*! I am so excited about our invited speakers and general session presenters who will bring the very best research, experiences, and clinical practice to spark inquiry, interest, and inspiration in all areas related to improving health and wellbeing from the level of the gut to the muscle to the brain. These three areas are all interconnected, and by highlighting the importance of the gut microbiome and the interactions between it and the skeletal muscle and the thinking brain, we can help attendees grow a greater appreciation and understanding of all the factors that play into a healthy, well-functioning body and mind for life.

The Knuttgen Keynote lecture on Thursday October 16th will be delivered by **Dr. Sara C. Campbell, PhD, FACSM**, Associate Professor of Kinesiology and Health at Rutgers University. The title of her presentation is, *"Exercise, Eating, and Estrogen: What in the Gut is Going On?"* which focuses on the impact of exercise and diet alone and in combination on the gut microbiome and health. Then, the Clarkson Keynote lecture on Friday October 17th will be delivered by **Dr. Nancy Rodriguez, PhD, RDN, FACSM**, Professor Emerita of Nutritional Sciences at UCONN. The title of her presentation is, *"Protein Intake and Renal Function in Healthy Active Adults: Understanding the Cause for Concern."* This session will present the role of kidney in protein utilization, the impact of protein intake on renal function, and the translation of this evidence to healthy eating patterns that support human performance, health, and well-being.

The Past-President's lecture will be given by **Dr. Jason Melnyk** titled *"How Storytelling Helps Us Become Better Teachers."* We will also learn from our impressive lineup of invited speakers, including **Dr. G. Monique Mokha, PhD, ATC, LAT**, Professor and Sports Scientist in the Health and Human Performance department at Nova Southeastern University (NSU) in Florida will discuss, *"Do Better Runners Run Better? What Biomechanics Tells Us About Speed, Skill, and Staying Healthy"*. **Dr. Loneke Blackman Carr, PhD, RDN**, Associate Professor of Community and Public Health Nutrition at UCONN, will discuss *"Culturally Appropriate Diet"*

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and Physical Activity Recommendations.” **Dr. Jonathan Mike, PhD, CSCS, NSCA-CPT** will deliver an interactive hands-on session titled, “Rotational Power Development”. Registered Dietitian Nutritionists, **Christina Badaracco, MPH, RDN, LDN & Olivia Thomas, MS, RDN, LDN & Eliza Leone, MPH, RDN, LDN** will deliver a clinical two-hour nutrition workshop titled, “From Kitchen to Competition: Implementing Culinary Nutrition in Sports Medicine for Optimal Performance and Health.” Finally, our Physician’s Track Invited Speaker, **Dr. Ian Patten, MD, MPH**, an orthopedic surgeon from Maine General, will educate on with his presentation, titled “Cartilage Restoration in the Knee.”

In addition to our invited speakers and diverse array of general session topics, I invite you to join us Thursday evening for the **Student Scholarships, Research Awards, President’s Cup Student Research Competition** and the **Ronai Academic College Bowl**. These activities are excellent opportunities for students, faculty, professionals, sponsors and guests to come together for fun, excitement and community building. As President-Elect, I am so happy to bring this conference program to you, and I look forward to hearing which sessions you loved the most! **See you there!**

Cassandra Forsythe, PhD, RD, CSCS

I enthusiastically invite you to join us at the 2025 Fall Conference in Springfield, MA, titled “Wellness Within: Health and Strength from the Inside Out”!



PAST PRESIDENT'S MESSAGE



Chee-Hoi Leong, PhD
Past President

Chee-Hoi Leong, PhD

After five years of virtual meetings for our Spring conferences, we finally returned to an in-person meeting since 2020! Our one-day Spring 2025 conference titled *"Stronger, Faster, Safer - Enhancing Sports Performance through Optimized Preparation, Injury Prevention, and Rehabilitation,"* was hosted at the Student Center of Central Connecticut State University. The content featured five invited speaker presentations, and robust speaker panel Q&A with the audience. Another exciting feature of the curriculum was the Student Research Poster presentations. These non-competitive student poster presentations allowed the showcase of student-led scholarly work, highlighting innovative findings and supporting our young scholars by fostering engagement between our student and professional members. Taken together, the 200 professional and student members in attendance supported by our conference partners, sponsors and exhibitors, exceeded our expectations and provided us with an extremely encouraging indication of the trend toward the reception of future in-person Spring conferences. Indeed, Dr. James Whitworth will be organizing another in-person Spring conference in 2026 with dates and registration details forthcoming.

As I conclude my term as Past-President of NEACSM, I would like to sincerely thank you for entrusting me with the stewardship of a chapter with a historically strong legacy of engagement and leadership, impacting sports medicine and exercise science in New England. I can attest that NEACSM's successes can only be due to all the professionals and students who have passionately and selflessly invested themselves in this chapter. Finally, I would like to sincerely acknowledge the commitment and dedication of our collective leadership of President Dr. James Whitworth, President-Elect Dr. Cassandra Forsythe, incoming President-Elect Ms. Nicole Mendola, our Executive Director Dino Costanzo, and Director of Operations Dr. Katie Burton, in guiding us toward a very exciting future.



COMMITTEE SECTION

FREE COMMUNICATIONS UPDATE

We had a very successful Spring 2025 Conference for the first in-person spring conference in roughly six years. The Free Communications committee reviewed 14 abstract submissions. There was one doctoral abstract submission, three master's student's abstract submissions, and ten bachelor's student's abstract submissions. We anticipate more submissions as the Spring conferences continue to be held in person.

MEMBERS OF THE EXECUTIVE COMMITTEE AND PAST PRESIDENTS COUNCIL

Do you have a passion for teaching? Are you dedicated to being a leader within the exercise science community and NEACSM? If yes, would you like to be a mentor to a NEACSM student member and future leader?

NEACSM is looking for experienced leaders within the community who have a history of volunteerism/service to the chapter and an authentic desire to shape future NEACSM leaders.

As a mentor you would be supporting a new Student Access Award that NEACSM is offering this year. The goal of this mentorship program is to connect students who are experiencing barriers to entry/ participation in NEACSM activities with a mentor who has experience successfully leading and navigating NEACSM communities. The mentor's overarching goal is to provide opportunity and guide the mentee to a path that allows them to maintain a lasting and fruitful relationship with NEACSM.

If you would like to volunteer to mentor, more information, or if you have any questions, please reach out to the NEACSM office at: neacsm1@gmail.com



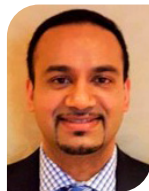
Robert Huggins, PhD & Jonathan Nardi, PhD
Alicja Stannard
Free Communication Committee



MEMBERSHIP COMMITTEE

The Membership Committee is exploring a range of new initiatives designed to strengthen connections between NEACSM and academic programs, medical centers, and professional societies across the New England region. By fostering these partnerships, the committee hopes to inspire more students and trainees to pursue careers in sports medicine and exercise science and to foster participation in the NEACSM. Plans are also underway to develop multidisciplinary, hands-on programming that emphasizes active participation from attendees. Additionally, the committee is working to increase awareness among NEACSM members about the criteria for achieving ACSM Fellow status (FACSM)—an important distinction that elevates both individual careers and the overall visibility of the chapter.

We may be reaching out to YOU soon and hope that you will engage with us!



Tori DeScenza, PhD, Paul G. Mathew, MD, DNBPAS, FAAN, FAHS, and Nicole Mendola, MS, Co-Chairs, Membership Committee



SPONSORSHIP COMMITTEE

Our chapter’s collected and expected sponsorship contributions for the Fall 2025 Conference exceed \$30,000. Please join us in thanking our generous Invited Speaker Sponsors: Central Connecticut State University, Marist University, Sacred Heart University, and Springfield College. The Sponsorship Committee would also like to thank our Exhibitors, which are too numerous to list here (over 20)! Please encourage your institution or organization to support future NEACSM events.



Ryan Chapman, PhD & Matthew Orange, PhD; Co-Chairs of the Sponsorship Committee

DIVERSITY COMMITTEE

The Diversity Committee remains deeply committed to advancing inclusive excellence across all aspects of NEACSM. At our most recent meeting, we reflected on the purpose and evolving role of the committee.

Our diversity consultant, Aqua Drakes, continues to facilitate impactful trainings designed to help build a more inclusive and informed leadership team. These sessions encourage leaders to examine their own thinking and evaluate NEACSM’s operations and programming through a lens that supports belonging for all members.

We recognize that inclusive excellence is not a one-time initiative, but an ongoing journey. Our commitment is fueled by the personal passion and lived experiences of our members, expressed through advocacy, mentorship, student engagement, and

educational outreach. We are also exploring ways to document and share our efforts through publications, ensuring transparency and accountability.

As we move forward, we invite all NEACSM members to share ideas that can help foster a greater sense of belonging, representation, and inclusion. Whether it is a suggestion for conference programming, mentorship opportunities, or outreach strategies, your voice matters.



Linda M. Yamamoto, PhD & Elisa Ogawa, PhD Diversity Committee

CHAPTER NEWS

Nancy is delighted to share that she will be President Elect of the MIT Club of Boston beginning July 1, 2025. The MIT Club of Boston is the largest MIT alumni club, serving 23,000 alumni in the Greater Boston area, and globally.

Nancy is a seasoned professional with extensive experience in clinical physiology and healthcare management. She currently serves as a Senior Clinical Physiologist at Beth Israel Deaconess Medical Center in Boston. Past roles include Chief Operating Officer/ Operations Officer at GVNA Healthcare/Orthopaedics Plus. She has held faculty positions at Northeastern University and Harvard Medical School. Nancy actively participated in Covid 19 response efforts serving as a case investigator and contact tracer for Partners in Health.

She is Past President of the New England Chapter of the American College of Sports Medicine and a Fellow of the American College of Sports Medicine. Nancy holds multiple degrees, including an MBA from the Sloan School of Management at MIT, and an ScD in Applied Anatomy and Physiology from Boston University.



Nancy Elizabeth O'Hare, ScD, FACS, MBA

CAMAIONE STUDENT ENDOWMENT UPDATE

In 2025, we proudly celebrate the **25th anniversary of the David N. Camaione Student Endowment Fund**—a quarter-century of advancing student success in sports medicine and exercise science across New England.

25 Years of Empowering Future Leaders

Since its founding in 2000, the Camaione Endowment has supported dozens of students annually, fueling:

- **Advanced degrees and research careers**
- **National conference attendance and presentations**
- **Leadership and service opportunities**
- **Equity through minority and service-based scholarships**

With over \$50,000 awarded to date and an average of \$10,000 distributed annually, the endowment has become a cornerstone of NEACSM’s mission to cultivate the next generation of leaders in our field.

Why Give in the 25th Year?

This is a pivotal moment to honor the past and build the future:

REASON	WHY IT MATTERS
Celebrate Dr. Camaione’s Legacy	Mark 25 years of his enduring influence as a mentor, educator, and leader.
Expand Student Support	Help the endowment reach new heights—potentially supporting even more students in 2026 and beyond.
Show Gratitude	If you’ve benefited from NEACSM or student awards, this is the perfect time to pay it forward.
Join a Movement	Be part of a special group of donors making a difference during this historic year.

Ways Your Donation Helps

In this anniversary year, your donation can:

- **Fund named scholarships like the Pescatello, Connolly, Axtell or Murphy awards**
- **Support student travel to participate in the student bowl at the national ACSM conference**
- **Increase diversity in the field through the Armstrong Minority Scholarship**
- **Ensure sustainability of the endowment for the next 25 years**

25th Anniversary Goal

NEACSM may be aiming to grow the endowment’s annual impact or principal balance in 2025. Whether it’s a \$25 gift to mark the milestone, or a larger contribution, every dollar helps elevate the next wave of researchers, practitioners, and educators.

25 years ago, a small group set out to honor Dr. David Camaione’s unwavering belief in student potential. Today, that vision thrives—because of donors like you. Join us in celebrating this milestone by investing in students, science, and the future of our profession.

Let’s make the next 25 years even more impactful.



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

CAMAIONE
STUDENT ENDOWMENT

STATE REPRESENTATIVES COMMITTEE

Katherine (Katie) LeLasher, from Connecticut, is a master’s student at Sacred Heart University studying exercise and sport science with a focus in strength and conditioning. Katie has just completed her first year as a graduate intern with Sacred Heart’s 32 teams. Katie has a passion for health and fitness. She is primarily interested in strength and conditioning, sport science, and helping other students learn about the field.

Liv Vadas, from Fairfield, CT, is also a graduate student at SHU, studying sport science. She is currently a sport science graduate assistant for SHU’s women’s basketball team, where she facilitates regular testing and monitoring of the players. Liv is also a certified strength and conditioning specialist and is using this certification in her position as a pilates coach. She is dedicated to promoting athlete well-being and fostering a culture of fitness in her community.

You can find us at our information desk at the upcoming conferences which will help guide students through the conference, as well as inform them on all the resources available to them courtesy of the NEACSM! As we continue to work to improve this, we ask that if you have any ideas we can include in our table to email us at **Katherinelelasher@gmail.com** or **Livvadas16@gmail.com**

Thank you and see you soon!



Katie LeLasher & Liv Vadas
State Representative Committee

HISTORY COMMITTEE

25 Years of Leadership!

December 1, 2025 will mark twenty-five years from the date that Mr. Dino Costanzo officially took on his role of executive director of the New England Chapter of the American College of Sports Medicine. In his first NEACSM office update, published in the MAX! Newsletter in 2001, Dino noted that the chapter finances remained stable, with \$16,500 in the bank. He then stated that the David N. Camaione Endowment, earmarked for student scholarships, had grown to over \$15,400. As of the August 15, 2025 executive meeting of the NEACSM, the chapter finances were at \$575,000, while the Camaione Endowment was just shy of \$400,000. Looking at this growth financially, it is nothing short of remarkable from a capital standpoint, and it is in large part due to the leadership of Dino. But what cannot be seen by examining financial statements is the growth of human capital of the NEACSM, the most important capital there is. While in his role as executive director, he has mentored 25+ presidents and executive committees of the NEACSM that, alongside Dino, have helped to build the organization to where it is today. So please, when you see Dino at this year's fall conference, if you know him, go up to him and say hello and say thank you to him for his leadership (but please wait until after the Thursday morning rush at registration), and if you don't know him, or haven't



**DINO COSTANZO AND LONGTIME NEACSM
PROCESSING COORDINATOR DONNA MURPHY IN 2010
AT THE FALL CONFERENCE**

had the opportunity yet to meet him, please go up and introduce yourself to him. As proud as he may be regarding where we are financially, I know that nothing brings a bigger smile to his face than when he sees the members of NEACSM be successful. Thank you (which just doesn't seem to suffice), THANK YOU Dino, for all that you do to help us all be better!

NEW THIS YEAR AT THE FALL CONFERENCE!

Join us for the first ever Military and Tactical Athlete Special Interest Group session at the NEACSM Fall Conference! This session on October 16th from 4:35 - 5:05 will start with a brief introduction to the U.S. Army Research Institute of Environmental Medicine (USARIEM; Natick, MA) and the work being done to advance Warfighter health, performance, and readiness. We will then turn the focus to you

- participants will have the chance to meet new colleagues, share their interests, and discuss what brought them to this space. Whether you already work with military and tactical populations or are simply curious to learn more, this session will provide the opportunity to learn, network and help shape the future direction of the SIG.

Emily Howard

**STAY CONNECTED FOR UPDATES ON
NEACSM'S 2026 SPRING CONFERENCE DETAILS TO COME!**

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KEYNOTE & INVITED SPEAKER SPONSORS



CONFERENCE EXHIBITORS



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Thank you to NEACSM MAX! Newsletter Committee Members Luke Pelton, PhD and Nicole Mendola, MS for their work developing the Fall Newsletter!