

# MAX!



Leadership | Education | Legacy

## Spring Meeting

April 22, 2016

*Resistance Exercise  
Engineering: Built to  
Perform*

Kingston, Rhode Island

## Sneak Peek

**Annual Fall Conference**

October 13 & 14, 2016

Providence, RI

Stay Tuned for More  
Information...

## Legacy: Remembering A Leader

Dr. Wayne Sinning, NEACSM's first President passed away in October 2015. The NEACSM membership sends its well wishes to the Sinning family during this time of loss. Dr. Sinning's legacy will remain a foundation for the NEACSM Chapter.



## President's Remarks

The executive committee is working diligently to fulfill our newest strategic plan, most recently updated in 2014. We use this as a template for accomplishing organizational goals and ensuring that we are meeting the needs of our membership. There are **3 primary goals**: 1) Provide Exceptional Service to NEACSM Stakeholders, 2) Ensure Effective Leadership Success & Opportunities and 3) Enhance NEACSM Brand Value.

This includes maintaining both depth and breadth of diversity in conference programming, including bringing international speakers such as Maria Fiatarone Singh from Sydney, Australia. State representatives have enhanced outreach and connections with various universities in New

## Student Committee Update

In 2015, the student representative position expanded from one to two representatives. Michael Bruneau was appointed as student representative by president Lara Carlson to succeed Jennifer Bossi in November 2015. The purpose of expanding the student representative position was twofold. The chapter first wanted to create a more efficient and transparent transition between elected student representatives while also increasing the engagement of student members of the NEACSM. This second purpose aligned well with the chapter's five-year strategic plan to enhance student engagement within and beyond the chapter. Upon appointment, Michael collaborated with Paul Gallo, chair and Connecticut state representative for the State Representative Committee to create a Student State Representative Committee (SSRC). In May, Michael, Jennifer, and newly elected student representative Nicole Schultz announced the appointed representatives for each of the six states at the NEACSM Social at the ACSM Annual Meeting in San Diego California. The appointed representatives included: Liam Fitzgerald (UMASS Amherst: Massachusetts Representative), Brittany Masteller (UMASS Amherst: New Hampshire Representative), Alannah Waisel (Simmons College: Connecticut Representative), Jamie Faro (UMASS Boston: Maine Representative), Michael Chiauzzi (UMASS Lowell: Vermont Representative), and Nathan Crawford (URI: Rhode Island Representative). In August, Michael, chaired the first SSRC conference call and discussed the primary purposes and objectives of the committee for the remainder of 2015. In October, Michael, Nicole and members of the SSRC assisted Peter Ronai with the scoring procedures at the college bowl. Finally, to conclude 2015, the SSRC debriefed the fall meeting with a post-conference social in Providence Rhode Island.

Submitted by: Michael Bruneu

England. We have been developing more volunteer opportunities for engaged members. Next, we need to connect more with non-university, clinical professionals to further serve our diverse membership. We are in the process of reorganizing the funding for scholarships and grants to include more opportunities for professionals. The Camaione fund will continue to support student endeavors while a newly formed NEACSM Fund will allow for support of both academic and clinical professional members.

For both students and professionals, we introduced a new pilot session at the fall 2015 meeting, "ACSM Advocacy & Initiatives" to promote learning about and potential involvement in national ACSM programs. Related to this, is the planned formation of a **NEACSM Advocacy ad hoc committee** (contact me directly if interested: [mroti@westfield.ma.edu](mailto:mroti@westfield.ma.edu)). We also hosted the Exercise is Medicine (EIM) Student Ambassador program to get the students involved in physical activity related advocacy. There are many advocacy opportunities that can happen at the local level; these are often wonderful projects to model and participate in with students.

With one of our primary goals of enhancing NEACSM's brand value, we have expanded our digital footprint through a greater social media presence (@NEACSM, #NEACSM2015, #NEACSM16), formed a social media committee with increased use of Twitter and Facebook (follow us for regular updates!) to advertise conferences and we are working with national ACSM on a pending website upgrade to make it more



of a resource for members all year long. In addition, many thanks to Past-President Dr. Lara Carlson on her development of our new logo!

Lastly, as the host chapter, we are very excited for the upcoming national meeting in Boston, May 31-June 3, 2016! I have been working with the many wonderful ACSM staff members to plan various host events including Red Sox tickets at Fenway Park for Friday, June 3<sup>rd</sup> (reserve yours on the annual meeting website!), walking events with our newly training EIM Student Ambassadors (Historical & Walk Audit) and our New England Chapter Social the evening of Thursday, June 2<sup>nd</sup>. I look forward to a strong showing of

NEACSM members to host our colleagues from across the country and the globe. We can share our wonderful city of Boston and our strong New England spirit.

Safe Travels!

A handwritten signature in cursive script that reads "Melissa Roti". The ink is dark and the signature is fluid and personal.

Melissa Roti, Ph.D., FACSM, ACSM-EPC, GEI  
President, New England Chapter of the American College of Sports Medicine  
@MelissaRoti @NEACSM #NEACSM16 #ACSM16 #BostonStrong

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### ***In Memoriam: Passing of NEACSM's First President Dr. Wayne Sinning*** ***By Sean Walsh, Board of Trustee Representative***

NEACSM was saddened to learn that Wayne E. Sinning, Ph.D., FACSM, passed away on October 22, 2015, at the age of 84. Dr. Sinning served NEACSM as its first President in 1973.

As a result of NEACSM's recent history project, I had the pleasure of speaking with Dr. Sinning on the phone early in the new year of 2015. We had a great conversation about his career, NEACSM, and his involvement with the exercise sciences. As a tribute to him and his legacy, I would like to share a few of those conversations with you.

Dr. Sinning earned his Doctorate from the University of Oregon in 1966. He told me that in the summer of 1965 both he and Jack Wilmore at the University of Oregon were cramped together in a cubby hole of an office both trying to finish their dissertations together! He then accepted his first job as an Associate Professor at Springfield College where he taught until 1976. It was during his tenure at Springfield where he played a paramount role in establishing the provisional and then permanent chapter status of the New England Chapter of the American College of Sports Medicine. Dr. Sinning also primarily drafted NEACSM's first Constitution and Bylaws,

mostly in his backyard during the summer in East Longmeadow, MA. Dr. Sinning played such an integral role in our organization that on its 20<sup>th</sup> anniversary, he was invited back by NEACSM leadership at the time to give a special lecture at the annual fall meeting.

In 1976, he and his wife Jane brought their family to Kent State University where he was hired as a Full Professor. In 2001 he retired from Kent State as Professor Emeritus. He was a leading authority on body composition and shared with me that he first became interested in this field as an athletic trainer who worked with wrestlers. He wanted to learn more about the practices wrestlers had at that time related to controlling body weight and the resulting impact it had on body composition. He would go on to publish numerous articles in *Medicine & Science in Sports & Exercise* and the *Journal of Applied Physiology*. He also continued with a career of service, serving the Midwest Chapter of ACSM as President, and serving ACSM as a trustee and committee member. He thought it was 'really neat' that he was able to personally meet each original founder of ACSM.

In discussing his experiences here in New England, he mentioned that he did take pride in being the first president of NEACSM and seeing the Chapter evolve into what it has become. He remembered the relationships with people he built in the region; in particular he mentioned NEACSM Past President Priscilla Clarkson. He expressed how saddened he was to hear of her passing. He had fond memories of her as a student at UMASS-Amherst when she was a doctoral student in Exercise Science from 1973-1977 and how she would always sit with his students and him at any professional meetings they attended together.

We ended up speaking for over an hour and had a great conversation about his experiences. As our conversation was coming to an end, one thing I asked him was what were some of the most memorable aspects he had regarding NEACSM/ACSM meetings? He responded "The best part about NEACSM/ACSM meetings was that at the end of the day after the meeting was having a drink with everyone before everyone went to bed and to tell tall tales!" It struck me then and

continues now, that after all these years including a distinguished career in teaching, research, and service some of his most memorable aspects was enjoying spending time with his friends and colleagues; a legacy that began with Dr. Sinning forming our Chapter in 1973 and thankfully a legacy that still rings true today within NEACSM.



## Resistance Exercise Engineering: Built to Perform

The NEACSM, in collaboration with the National Strength and Conditioning Association (NSCA), proudly presents the 2016 *Resistance Exercise Engineering: Built to Perform* conference on Friday, April 22, 2016 at the Fine Arts Center on the campus of the University of Rhode Island, Kingston, RI.

Learn from esteemed and experienced leaders in strength and conditioning to accelerate your education and career. From biomechanics to youth resistance training and periodization to powerlifting, prepare for a power-packed day featuring an exciting variety of lecture and hands-on topics.

<https://www.nasca.com/events/clinics/neacsm2016/>

**Avery Faigenbaum, EdD, FACSM, FNCSA**

**The College of New Jersey**

**Presentation Title:** *Building Young Athletes: Citius, Altius, Fortius*

**William J. Kraemer, PhD, FACSM, FNCSA**

**The Ohio State University**

**Presentation Title:** *Resistance Training Overload: Building the Human Machine*

**Meg Ritchie-Stone, MA, FNCSA**

**Presentation Title:** *Factors To Consider When Training The Female Athlete*

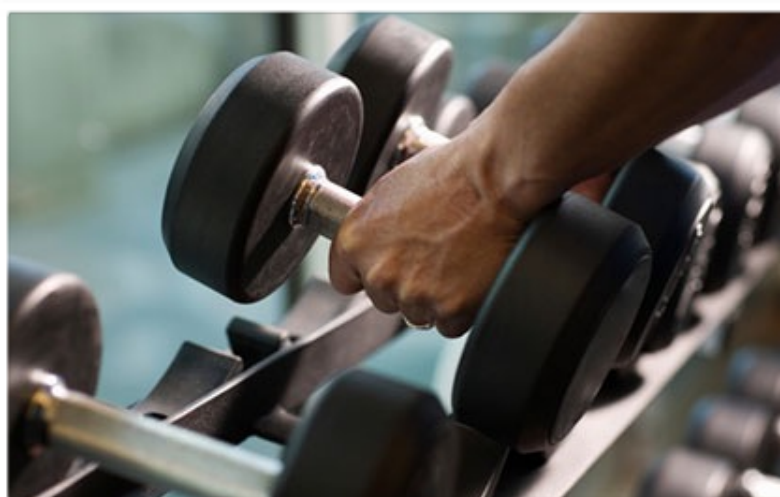
**Scott Caulfield, BA, CSCS\*D, RSCC\*D, USA Weightlifting (Level 2)**

**National Strength & Conditioning Association**

**Presentation Title:** *Olympic Lifting Program Design For Beginners; Research To Application*

**Michael Lawrence, MS, Disa Hatfield, PhD, CSCS\*D & Greg Panora, BA**

**SYMPOSIUM Presentation Title:** *Powerlifting Science: Optimizing Lifting Technique For All Athletes*



## Fall Meeting Debriefing

On behalf of the 2015 NEACSM Executive Committee and the Program Planning Committee, I want to thank you for your participation and attendance at this year's Annual Fall Conference, "Fueling Curiosity: Seeking Knowledge to Advance Health". We are an extraordinary chapter and I was proud to highlight current and former members by inviting them to share their own love of learning. Highlighting our program this year were our two keynote lecturers, both internationally renowned experts and former chapter members. Dr. Maria Fiatarone Singh, from the University of Sydney, Australia, was our Knuttgen Lecturer discussing resistance training in older adults. Dr. Eric Rawson, of Bloomsburg University in Pennsylvania and former NEACSM executive committee member, delivered the Clarkson Lecture on sport nutrition in the 21<sup>st</sup> century. Our illustrious invited speakers included: Dr. Nina Stachenfeld (fluid regulation), Dr. NiCole Keith (health across populations), Ms. Grace DeSimone (group exercise), Dr. Monica Hubal (exercise genomics), Dr. Patricia Deuster (heat tolerance testing), Dr. Adam Persky (exercise science pedagogy), Mr. Thomas Buckley (exercise pharmacology) and our Past President Lecturer, Dr. Patty Freedson who spoke about the "Quantified self". I want to say a special thank you to all the professionals that submitted general session proposals that comprise the majority of our sessions-we are very proud to share your work and dedication to our profession. Start planning for this fall!

Some of the student focused aspects of planning the fall conference included a new Free Communications schedule with competition students presenting during concurrent sessions to increase exposure and support of our future professional members and leaders. (We had a record 77 abstracts submitted!) We added the Exercise is Medicine Student Ambassador Certificate Training and continued with the Student Professional Development Workshop. Congratulations to Norwalk Community College as the winners of the 12<sup>th</sup> Annual College Bowl-they will be representing New England at the national college bowl in Boston 2016!

Many thanks to ACSM for their grant support of an international speaker and for sending past-president Dr. Janet Walberg Rankin to speak about ACSM Advocacy & Initiatives. Remember, the upcoming 2016 fall meeting will again be held mid-October, so be ready for abstract submissions in early September. President-Elect, Dr. Janet Blum has a wonderful line-up of speakers! On behalf of the New England Chapter, I thank you for your support of this past fall's meeting and I look forward to seeing everyone again this fall!

*Submitted by Melissa Roti, Ph.D., NEACSM President*

# SNEAK PEEK!

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## Janet Watley-Blum, Sci.D., President Elect

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We are excited to already be underway in planning the NEACSM Fall 2016 conference on October 13 & 14, 2016 at the Rhode Island Convention Center in Providence, RI. A great slate of speakers is being assembled for a stimulating and educational conference! We anticipate inspiration from four previous Doctoral Student Scholarship recipients who have been invited to present about advances in their field of sports medicine. Students will have the opportunity again this year to participate in the Exercise is Medicine Ambassador Certification training. Also this year, we are adding student oral poster sessions. As always, the NEACSM Fall meeting is a terrific opportunity to interact with colleagues and catch-up with old friends.



**Be Sure to Join Us  
Spring Meeting 2016**

***Resistance Exercise Engineering: Built to Perform***

**April 22, 2016**

**University of Rhode Island  
Kingston, Rhode Island**

**NEACSM Executive Committee**

<b><u>POSITION</u></b>	<b><u>MEMBER</u></b>	<b><u>TERM</u></b>
President	Melissa Roti (elected)	2015-2016
President-Elect	Janet Whatley-Blum (elected)	2015-2016
Past President	Lara Carlson (elected)	2015-2016
Members at Large	Elizabeth O'Neill, Marketing (elected) Cassandra Forsythe, Marketing (elected) William Lunn, Free Communications (elected) Jacob Earp, Free Communications (elected) John Hatzenbuehler, Scholarships/Awards (elected) Robert Gregory, Scholarship/Awards (elected)	2014-2016 2015-2017 2014-2016 2015-2017 2014-2016 2015-2017
Student Representative	Michael Bruneau (appointed)	2014-2016
Student Representative-Elect	Nicole Schultz (elected)	2015-2017
Finance Chair	Bob Axtell (appointed)	2015-2017
Board of Trustees Rep	Sean Walsh (appointed)	2015-2017
Regional Chapters Rep	Peter Ronai (elected)	2014-2017
Social Media	Marisa Hastie	2016-2018
MAX! Newsletter	Jaci VanHeest	2015-2016
Membership Chair	Colleen Munoz (appointed)	2015-2016
State Representatives (appointed)		
Connecticut	Paul Gallo	2015-2017
Maine	Michael Lawrence	2014-2016
Massachusetts	Sarah Camhi, Chair	2014-2016
New Hampshire	Melissa Rodgers	2015-2017
Rhode Island	Christie Ward-Ritacco	2015-2017
Vermont	Hans Haverkamp	2015-2017
Executive Director	Dino Costanzo (contracted)	2014-2016

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Thank you for the opportunity to serve as the MAX! Newsletter Editor for the past several years. It has been a privilege to serve. I look forward to the future of the MAX! as it continues to be a critical part of the NEACSM's history. Thank you. Jaci L. VanHeest