



PRESIDENT'S MESSAGE



I am thrilled to share some exciting updates with you as we embark on a new chapter in our organization's history. 2023 is a

momentous year for NEACSM as it marks our 50th anniversary. Over the past five decades, we have been the leading resource in the New England region for exercise science, sports medicine, health, and fitness information. Our Fall 2023 Conference theme, "Back to the Future: Forging Future Horizons through History" will not only showcase our successes but also reflect on the challenges we've overcome.

Looking ahead, the NEACSM Spring 2024 conference will once again be virtual, and we'll soon provide you with save-the-date information along with the conference title and theme. In addition, the ACSM's 71st Annual Meeting is scheduled to be held in Boston, MA, from May 28 to May 31, 2024. Our regional

chapter will play a significant role in hosting special events during this prestigious gathering, so stay tuned for more details.

I'm also proud to announce that in 2023, NEACSM was awarded an ACSM Regional Chapter Grant. Our grant seeks to delve deep into aligning our commitment to inclusion and diversity, a central theme in our strategic plan, with our practices, policies, committee work, operations, and chapter activities. We aim to foster a culture of genuine inclusion and diversity within NEACSM. To achieve this, we hired Aqua Drakes, an external diversity, equity, and inclusion consultant to evaluate our organizational practices, procedures, and processes. Additionally, Aqua will be hosting several focus groups and has initiated several surveys of our current and past members. This initiative will guide our ongoing committee work, strategic planning, scholarship, and award processes, and more.

As we continue to grow and evolve, your participation and support are invaluable in shaping NEACSM and our continued legacy of excellence.

Thank you for being part of our remarkable journey.

Sincerely,

Marisa Hastie, EdD, FACSM



In this issue:

Sneak Peak	3
Committee Section	5
Sponsors	9

PAST PRESIDENT'S MESSAGE



*Colleen X Muñoz, PhD,
Past-President*

**UNIVERSITY
OF HARTFORD**

by Colleen X Muñoz, PhD

In alignment with the sentiments of many previous NEACSM Presidents, my time serving on the Chapter's Executive Committee team seemed to fly by. I had the pleasure of watching the chapter thrive and continue to grow despite rare and challenging circumstances, and I accumulated myriad friends/colleagues and knowledge along the way that I will forever be grateful for. And in harmony with these sentiments, we are upon the chapter's 50th anniversary! For 50 years our membership has volunteered their time to build a community that works to support, encourage, and advance individuals as well as the fields of exercise science and sports medicine.

I cannot wait to see you all at the Fall 2023 meeting, "Back to the Future: Forging Future Horizons through History" where we can continue our celebration of the chapter! Dr. Chee-Hoi Leong has been working hard to invite noteworthy speakers and incorporate timely topics that will highlight both our successes and needs. I have said it before and I will say it again: the future of the NEACSM is bright! Here's to another 50 years of positive momentum in the promotion of health and performance.

I look forward to seeing you all at the 2023 Fall Conference, October 12th - 13th in Springfield, MA.



SNEAK PEAK



BACK TO THE FUTURE: FORGING FUTURE HORIZONS THROUGH HISTORY

**OCTOBER 12TH-13TH, 2023
MASS MUTUAL CENTER
SPRINGFIELD, MASSACHUSETTS**



Chee-Hoi Leong, PhD



“For 2023, we proudly commemorate a remarkable half-century of steadfast dedication to excellence in the fields of exercise science, sports medicine, health, and fitness information within the New England region.”

by Chee-Hoi Leong, PhD

On behalf of the 2023 NEACSM Executive Committee and the Program Planning Committee, I am very excited to provide details on the approaching NEACSM’s Fall Conference at the MassMutual Center in Springfield, Massachusetts on October 12-13, 2023.

For 2023, we proudly commemorate a remarkable half-century of steadfast dedication to excellence in the fields of exercise science, sports medicine, health, and fitness information within the New England region. It is with utmost professionalism and enthusiasm that we approach this significant milestone, centered around the theme “Back to the Future: Forging Future Horizons through History.” Our objective is to meticulously dissect the transformative changes that have unfolded over the past five decades. This year’s program is aligned with our continual pursuit of excellence as we highlight best practices and the most promising scientific advancements. These endeavors are meticulously designed to equip us for future challenges, rendering this year’s meeting an exceptionally significant and commemorative occasion in our storied history.

Highlighting our program this year are our two keynote lectures. ACSM President **Dr. Irene Davis**, professor in the School of Physical Therapy and Rehabilitation Sciences in the University of South Florida Health Morsani College of Medicine, will deliver the Knuttgen Keynote lecture on Thursday and present an argument for an evolutionary mismatch between the way we were adapted to move and how we are moving today, first proposed by evolutionary biologists to describe the high rate of noncommunicable diseases. On Friday, **Dr. NiCole Keith**, ACSM Past President and executive associate dean for the School of Public Health-Indiana University Bloomington, will deliver the Clarkson Keynote lecture by taking a historical look at how thoughtful trailblazers and visionary leaders in our organization began with humble findings to make innovative breakthroughs in both science and medicine to establish unprecedented and groundbreaking opportunities that inspired and continue to motivate others to improving human performance and helping people live longer, healthier lives.

Dr. Robert Axtell, professor of health and movement sciences from Southern Connecticut State University, will deliver the Past-President Lecture discussing breaking barriers in technology and physiology with a historical perspective on the anaerobic threshold in the age of Moore’s Law. Our exciting lineup of invited speakers will include **Dr. James Martin**, associate professor of nutrition and

CONTINUED ON NEXT PAGE >

SNEAK PEAK



CONTINUED FROM PREVIOUS PAGE >

integrative physiology at the University of Utah; who will present his work on integrating supply and demand modeling to explore strategies cyclists can use to improve sprint performance; **Dr. Lara Carlson**, founder and president of the Carlson Laboratory, will discuss the physiological demands of motorsport for the driver athlete; **Dr. Ernest Rimer**, director of sport science for University of Louisville Athletics, will speak on facilitating comprehensive integration of health and performance support through sport science; **Dr. Elaine Choung-Hee Lee**, associate professor of molecular biology and applied genetics and director of the Human Performance Laboratory at the University of Connecticut, will provide insight on innovation in sports biomarker, physiological monitoring and tracking for detecting stress, recovery, and adaptation in diverse populations; **Dr. Azizah Jor'dan** from the Manning College of Nursing and Health Sciences, UMass Boston, will present on vascular mechanisms and brain stimulation for treatment of balance control in aging; and **Dr. Matthew Martinez (M.D.)**, director of sports cardiology and hypertrophic cardiomyopathy at Morristown Medical Center will provide a medical perspective on the evolution of shared decision-making in athletes and medical practitioners specific to sudden cardiac death.

"This year's program is aligned with our continual pursuit of excellence as we highlight best practices and the most promising scientific advancements."

In addition to taking advantage of all these great sessions, we invite you to join us Thursday evening for the NEACSM President's Reception, Student Scholarships, Research Awards, our very first in-person President's Cup Student Research Competition and the Ronai Academic College Bowl. On Friday morning starting 8 am, we strongly encourage all attendees to join our Special Interest Group Symposiums featuring the special interest topics of biomechanics and psychobiology.

It is our hope that, whether you are a student or professional member, we have developed a captivating and diverse program that furthers your professional development. So please share the news, mark your calendar and plan your trip out to this year's conference with your students and colleagues now! We look forward to seeing you in Springfield!

SEE YOU FOR THE FALL CONFERENCE OCTOBER 12TH - 13TH 2023!

COMMITTEE SECTION

FREE COMMUNICATION UPDATE

The Free Communications Committee is looking forward to the Fall 2023 Annual NEACSM Conference. We are excited to help showcase the work of our New England students and professionals!

Student Investigator Award and President's Cup Competitions!

Students may participate in the Student Investigator Award Competition in bachelor's, master's, and doctoral categories. The abstract categories will include original research, case studies, and experiential learning. A winner for each category will be determined from the highest rated presentation score.

New this year is a change to the President's Cup Competition - graduate student participants will present their work in a special session as an oral poster. The highest scoring presentation will receive the President's Cup Trophy, \$1,200, and the opportunity to compete with peers from other regional chapters at the 2024 ACSM Annual Meeting. Competition details are located on the NEACSM Fall Conference website:

<https://www.neacsm.org/fall2023>

Seeking volunteers!

We could not make the Free Communications events happen without our member volunteers who help with judging abstracts and moderating presentations. If you are interested in volunteering for our committee, please fill out our volunteer form at: [FreeComm Volunteer Interest Form](#). If you would like more information, please contact the Free Communications co-chairs **James Whitworth** and **Ryanne Carmichael** at NEACSMfreecomm@gmail.com.



**James Whitworth, PhD & Ryanne Carmichael, PhD
Co-Chairs Free Communication Committee**



Boston University School of Medicine



EXERCISE AND SPORTS PHYSIOLOGY

SPONSORSHIP COMMITTEE

Over the summer, the Sponsorship Committee developed a new Sponsorship Opportunities document for the upcoming fall conference at the new venue. We had the idea of offering premium spacing with tiered pricing but given that we were unaware of the table layout at the new location, we are holding off on that idea until next year. We have toured the new facility and designed the new table layout plan and anticipate where the premium spots will be. We did rename the benefit levels and increase pricing from the previous post-pandemic years to be more similar to pre-pandemic prices. Our new President's Partner level now indicates the benefit of a VIP dinner, which most conference partners were invited to, and indicates more opportunities than all other levels.

We are proud to announce that AT Still University is our President's Partner again this year, while Springfield College is our Keynote Partner, and Marist School of Physical Therapy and Team Buildr are our Invited Speaker Sponsors. We also have several new exhibitors for this new location and our total sponsorship contributions are **currently \$27,800**. Please encourage your institutions to be one of our sponsors if they have not done so already.



Cassandra Forsythe, PhD & Mark Hartman, PhD, Co-Chairs Sponsorship Committee



THE UNIVERSITY OF RHODE ISLAND

SCHOLARSHIP & AWARDS COMMITTEE

The Awards Committee has selected **Isabella Galdamez** (Central Connecticut State University) and **Sarah Kulpa** (University of Hartford) as recipients of the 2023 Undergraduate Research Experience Grants - congratulations! Isabella and Sarah both received \$1,000 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 2024.

In addition, the winners of the 2023 NEACSM Scholarships have been selected and will be recognized at the annual Fall meeting in Springfield, MA:

- **Robert S. Axtell Undergraduate Scholarship**
Amanda Ares (University of New Hampshire)
- **Mark Connolly Memorial Masters Scholarship**
Zach Bukowski (Southern Connecticut State University)
- **Linda Pescatello Doctoral Scholarship**
Sungwan Kim (University of Connecticut)
- **Lawrence E. Armstrong Minority Scholarship**
Samuel Darko (Central Connecticut State University)

- **Donna Murphy Service Scholarship**
Isabella Galdamez (Central Connecticut State University)

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 \$1,000. For students wishing to be considered for these scholarships, the next call for applications will occur in March 2024.

Finally, NEACSM would like to recognize the 2023 Honor Award recipient, **Dr. Melissa Roti**, Professor and Director of the Exercise Science Program at Westfield State University in recognition of her 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.



Amanda Hickey, PhD & Allison Seifert, PhD, Co-Chairs



HISTORY COMMITTEE

NEACSM at 50: A Snapshot of Our History!

This year's annual fall conference will mark the 50th anniversary of NEACSM fall meetings. What an exciting time to be a member of NEACSM! As the chapter's historian, I have the honor of looking back on our organization, and a little bit beyond, to share with you how NEACSM got its start and some of the great things that have led us here to our 50th anniversary. I first need to acknowledge ACSM Past President **Dr. Howard "Skip" Knuttgen** and NEACSM Past Presidents **Drs. Carl Christensen, David Camaione, and Robert Axtell** for helping with the historical information gathered over the years used in this snapshot of a review.

In 1965, Skip Knuttgen organized an exercise physiology group that consisted of approximately 20 physicians and scientists who were researching exercise physiology in the New England region. In February of 1973, NEACSM created its Constitution and Bylaws in the backyard of **Dr. Wayne Sinning's** home - and Dr. Sinning would go on to become the chapter's first president. Dr. Christensen remembers that, during one of the meetings of the exercise sciences interest group, members were discussing who would be the president of NEACSM and it was decided that the five members at

the table would be the first to serve. Dr. Christensen became the last of the five to serve.

In the fall of 1973, NEACSM would hold its first annual meeting in Springfield, MA - a meeting where Dr. Skip Knuttgen would be one of the five speakers that day. Fast forward fifty years and we are excited that Dr. Knuttgen plans to be at this year's fall meeting! What an example of dedication to NEACSM. At the 1973 conference, topics such as clinical exercise testing, physical exercise-neuromuscular mechanisms, and physiological response to physical exercise were presented, along with free communications. At the end of the decade, the organization would elect its first female president in 1979: **Dr. Lorraine Bloomquist**.

The 1980s marked a time period where three individuals served as NEACSM presidents prior to becoming ACSM presidents: **Dr. Lyle Micheli, Dr. Robert Cantu, and Dr. Carol Ewing Garber**. In 1985, NEACSM began soliciting donations for a student scholarship fund, and in 1986, then-Current Past President **Gary Skrinar** gave out the first scholarship award to **Judith Treadway-Balon**. 1986 was also the



CONTINUED ON NEXT PAGE >

year NEACSM named one of its keynote lectures after ACSM Past President Howard “Skip” Knuttgen AND awarded Dr. Knuttgen its first-ever Honor Award - the highest honor bestowed by NEACSM.

In the 80s, the NEACSM newsletter, MAX! - under the direction of editor and NEACSM Past President **Thomas Rowland** - would be reimagined, keeping pace with the growing sports medicine fields in the New England region. Additionally, a literary facelift to the newsletter improved communication of chapter functions and highlighted the educational and research activities of its members.

In the 1990s, NEACSM took a major step forward when it formed a formal office structure to be staffed by graduate assistants from the Fitness Management Program at the University of Connecticut, under the direction of **Dr. David Camaione**. In 1991, **Dr. Larry Armstrong**, who would in short time become President of NEACSM and then later ACSM, led an NEACSM executive committee in supporting and recruiting new members from underrepresented racial groups. Part of this initiative involved the creation of the Minority Scholarship in 1992. **NiCole Johnson**, now ACSM Current Past President **Dr. NiCole Keith**, was the first recipient of this scholarship. She is presenting as the Clarkson Keynote Speaker at the 2023 fall conference.

In 1995’s “Presidential Reflections” article, President **Priscilla Clarkson** stated, “If you would like to join our NEACSM family, let us know. Is it a lot of work? It could be, if you consider it work. Will you interact with motivated bright people? No question. Is it fun? Definitely. Is it rewarding? It’s the best.” So much of that sentiment still rings true today!

In 1997, to accommodate a growing membership and robust attendance at the fall meeting, NEACSM moved its annual meeting to Providence, RI. This year, the fall conference has, for the first time in 25 years, moved back to its roots in Springfield, MA: an exciting new milestone with new possibilities and solid ties to our history.

NEACSM kicked off the 21st century with the establishment of the David N. Camaione Endowment in 2000 - created by Dr. Camaione’s family in recognition of his contributions to NEACSM and his commitment to student success. I can’t emphasize enough the importance of this grassroots effort, with the Camaione Endowment now able to support thousands of dollars in scholarships for numerous students from our chapter every year.

In 2000, under the leadership of longterm NEACSM Executive Director and Past President **Dino Costanzo**, the organization contracted with New Britain General Hospital to help support administrative activities, including hiring **Mrs. Donna Murphy** as Processing Coordinator.

In 2004, under the direction of future NEACSM President **Peter Ronai**, NEACSM developed another exciting and long-lasting initiative: the NEACSM College Bowl - now named the Ronai Academic College Bowl. This year NEACSM will host its 19th annual competition!

In 2010, NEACSM named its second keynote lecture of the fall meeting, in honor of ACSM and NEACSM Past President Dr. Priscilla Clarkson. Then in 2012, to honor the life and contributions of NEACSM’s beloved Processing Coordinator Donna Murphy after her untimely passing, NEACSM established the Donna Murphy Service Award to recognize outstanding students who “demonstrate extraordinary and sustained service.”

On October 13, 2015, at the NEACSM Annual Fall Meeting, two-time NEACSM President **Dr. Lara Carlson** recognized Mr. Dino Costanzo for 15 years of outstanding leadership and service to NEACSM as Executive Director.

In the summer of 2016, NEACSM continued its tradition of holding strategic planning meetings to set the organization up for the future. In the fall edition of the MAX! Newsletter, President **Melissa Roti** stated that “Our first goal is to provide exceptional service to NEACSM stakeholders.” The organization was built on this principle, and its one that still drives NEACSM to this day. With the help of a regional chapter grant from ACSM, 2019 NEACSM President **Dain LaRoche** shared that “More than 50 students and faculty from universities that have historically had low engagement with NEACSM were recruited to the 2018 Fall Meeting.”

The start of the 2020s, quickly coinciding with the beginning of the COVID-19 pandemic, had global and local chapter impacts. Pandemic shutdowns were announced only weeks before NEACSM was to hold the Spring 2020 Meeting. NEACSM was forced to alter a few of its plans, but thankfully under the strong leadership of the NEACSM chapter office, it was able to pivot as well as it could and NEACSM would move into the virtual world as it continually tried to progress as an organization.

That progression has gone well, and here we are ready to celebrate our 50th annual fall meeting, to be held in Springfield, MA under the direction of current President-Elect **Dr. Chee-Hoi Leong**. It is our hope that you will be able to join us and share in the telling of our history with our members throughout the region, and help to create new history with the organization as we plan for the next 50 years!



**Dr. Sean Walsh,
NEACSM Historian**



CAMAIONE ENDOWMENT FUND

The **David N. Camaione** (DNC) Endowment Fund was established by the Camaione 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, undergraduate research grants, travel & expenses to the ACSM national meeting to compete in the College Bowl, and professional development activities. To enable the DNC Endowment Fund to award additional dollars to support the above initiatives, donations are essential. Approximately \$20,000 in donations translates to \$1,000 of earned dividends and interest per year, which can be allocated to student support.

The DNC Endowment Fund plans to increase both students' and professionals' awareness of giving opportunities by adding donation options to conference on-line registrations as well as hosting a donation and information booth at NEACSM Fall Conference to tie into NEACSM 50th anniversary theme. Let us all help grow this fund by "paying it forward"!



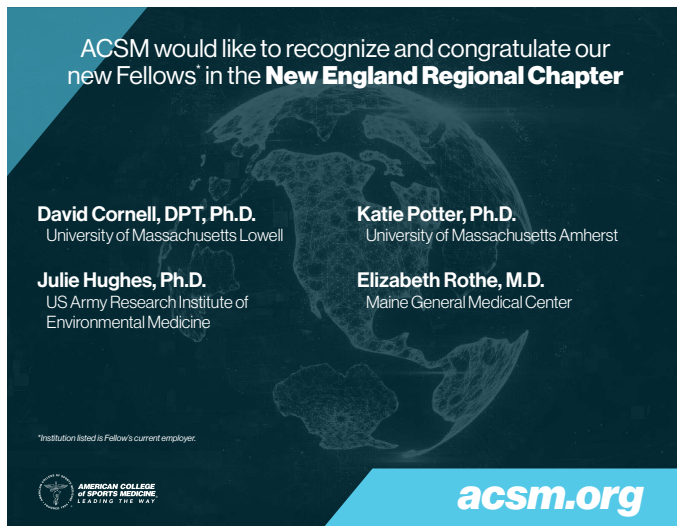
Dr. Robert Axtell
FACSME, Chair of Camaione
Endowment for Student Success

CAMAIONE
STUDENT ENDOWMENT

MEMBER SPOTLIGHT

The NEACSM would like to recognize our members for their outstanding work and achievements!

Congratulations to those who were awarded Fellowship:



Check out the September/October Themed Issue of ACSM's Health & Fitness Journal where many of our members are featured!

The NEACSM contributors for this issue are:

Paul Gallo, EdD, FACSME - Associate Editor-in-Chief
Past-President

Elizabeth O'Neill, DPE, ACSME-EP - Guest Editor of the 2023 Themed Issue; "Exploring Aspects of Exercise Prescription"
Past-President

M. Jay Polsgrove, PhD - Author
"Using Posture to Enhance Insights on Movement Performance"
Former ME State Representative

Chee-Hoi Leong, PhD - Author

"Using Biomechanics to Optimize Mobility"
President-Elect

Stella Volpe, PhD, RDN, FACSME, ACSME-CEP - Column Editor;

"Urolithin A, Mitochondrial Biogenesis, and Exercise Performance"
Past-President / ACSME National President-Elect

Not a subscriber to ACSM's Health & Fitness Journal? Click the links below to access the two themed issue articles that are freely accessible:

[Exploring Aspects of Exercise Prescription](#)
Elizabeth O'Neill, DPE, ACSME-EP

[Thinking Out to In: Psychological Considerations and Strategies for Optimal Sport and Exercise Performance](#)
Kathleen T. Mellano, Ph.D., CMPC

Interested in subscribing to the ACSM's Health & Fitness Journal? You can do so when you renew your membership online or by visiting the "My Journal" tab on your ACSM account (www.acsm.org).



FALL 2023 SPONSORS

PRESIDENT'S PARTNER



KEYNOTE & INVITED SPEAKER PARTNERS



CONFERENCE EXHIBITORS AND CONTRIBUTORS



Click on the above logos to visit our sponsors & friends

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