

PRESIDENT'S MESSAGE



Dear NEACSM members, as President, I would like to begin by sincerely thanking 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. Indeed, we celebrated our 50th anniversary in 2023 with a return to Springfield, MA that featured a captivating and diverse curriculum strongly supported by our ACSM parent organization, event sponsors, and our executive committee (EC).

2024 was kickstarted by Dr. Marisa Hastie (Immediate Past President), who developed our Spring Virtual Conference. Titled "Navigating Cutting-Edge Technologies in Health, Sports, and Exercise Science: Opportunities and Implications," it explored trends in wearable

technology, AI, and data analytics, and their potential impact on the future of healthcare, sports, and exercise science and sports medicine. Our chapter carried this momentum into the national meeting in Boston that occurred May 28-31, where we partnered with ACSM to host a tour of the Freedom Trail. Another highlight of our time at the national meeting was the robust representation of NEACSM professional and student members at our chapter social, where we shared a delightful time mingling with colleagues and friends past, present, and future!

In conjunction with the national meeting, our team of Marisa Hastie, James Whitworth, Linda Yamamoto, Cassandra Forsythe, Bob Axtell, Paul Gallo, Marcos Amalbert-Birriel, Dino Costanzo, and myself, with our Director of Operations, Katie Burton, serving as facilitator, congregated to hold our five-year strategic planning meeting. We engaged

in meaningful and thoughtful discussions surrounding our strengths and challenges, and generated goals and objectives that were shared at our recent EC meeting on Aug 16. Briefly, our strategic planning team discussed the importance of expanding our embrace of diversity, equity, accessibility, and inclusion, whilst continuing to advance and integrate scientific research and best practices to provide educational opportunities, practical applications, and meaningful connections in the exercise science and sports medicine community.

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We aspire to enhance member engagement, strengthen partnerships, and achieve operational excellence through professional development, diverse leadership, financial sustainability and fiscal fluency.

Taken together, we identified three strategic goals that focus on Engagement, Partnerships, and Operational Excellence. Within these three goals, we aspire to enhance member engagement, strengthen partnerships, and achieve operational excellence through professional development, diverse leadership, financial sustainability and fiscal fluency. Our strategic plan will also direct a DEI training program (supported by the ACSM Regional Chapter Grant 2024) targeting our Executive Leadership and Diversity Committee with the intent to shape our organizational priorities and goals toward informing committee practices, scholarship, and award processes, and even the selection of speakers at our chapter conferences. Subsequently, we will be presenting these goals and objectives at our open Business Meeting to be held during the Fall Conference on Thursday, Oct 17 in Ballroom C from 4:35-5:05 pm at the MassMutual Center in Springfield, MA. I strongly encourage you to participate in this plan as we will also be introducing our new Mission and Vision statements.

Speaking of our Fall Conference, Dr. James Whitworth (President-Elect) has developed a compelling curriculum titled "Building Bridges and Breaking Down Professional Silos," with a theme emphasizing collaborative and interdisciplinary work that intentionally cultivates interconnectedness within our profession of sports medicine (for more details, see the President-Elect column). So be sure to mark your calendar and save the date - October 17-18, 2024 - and join us at the MassMutual Center in Springfield, MA!

I am also thrilled to announce that we will be returning to an in-person meeting for the NEACSM 2025 Spring Conference to be held at Central Connecticut State University! We are currently in the planning stages to develop a student-centric program with a theme focusing on sports performance optimization, injury prevention, and rehabilitation. So be sure to stay connected to receive future updates and announcements surrounding the Spring Conference!

In closing, as I reflect on my time serving as president of NEACSM, I can attest that NEACSM's successes can only be due to all the professionals and students who have passionately and selflessly invested themselves into the chapter. Thus, I would like to sincerely acknowledge the commitment of our collective leadership of Past-President Dr. Marisa Hastie, President-Elect Dr. James Whitworth, and Executive Director Dino Costanzo. I have also been privileged to work alongside tremendously dedicated individuals on the Executive Committee. Thank you for the opportunity to serve as your President and I look forward to engaging with all of you at our meetings!

Respectfully,

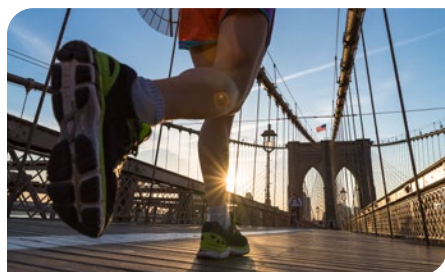


Chee-Hoi Leong, PhD



SEE YOU FOR THE FALL CONFERENCE OCTOBER 17TH - 18TH 2024!

SNEAK PEAK



BUILDING BRIDGES: SPANNING THE GAP BETWEEN PROFESSIONAL SILOS

**OCTOBER 17TH-18TH, 2024
MASSMUTUAL CONVENTION CENTER
SPRINGFIELD, MA**



**James W. Whitworth, PhD,
President-Elect**



by James W. Whitworth, PhD

I hope everyone's fall semester is off to a great start. It's hard to believe but another year has passed and with that it is time for our Fall Conference! We are returning to the MassMutual Convention Center in Springfield, MA for this year's Fall Meeting. The conference theme this year is "Building Bridges: Spanning the Gap Between Professional Silos." The goal is to bring together students, researchers, healthcare-providers, and educators from diverse professional backgrounds working to further sport and exercise science. We will be featuring invited speakers from a wide array of professional disciplines, including psychology, nutrition, public health, sport and exercise science! It is our hope by expanding our reach and including professionally diverse perspectives, we will provide a rich platform for education, networking, and community building.

We have an incredible lineup of speakers for this year's conferences, including keynote lectures from **Dr. Samuel Headley** and **Dr. Katherine Hall**. Dr. Headley is a professor of exercise science and Exercise Program Director at Springfield College. His program of research focuses on examining the impact of lifestyle interventions (diet and exercise) for chronic kidney disease and hypertension, particularly among the Black population. Dr. Hall is an associate professor at Duke University and researcher with the U.S. Department of Veterans Affairs. Her work focuses on the use of exercise to promote physical and psychological well-being among older veterans with posttraumatic stress disorder.

Our Past-President's Lecture will be delivered by our very own **Dr. Paul Gallo**. Dr. Gallo is the Director of Exercise Science and Wellness at CT State Norwalk, and a longtime leader and volunteer within both ACSM and NEACSM. We have Invited Lectures from **Dr. Sarah Camhi**, an associate professor of kinesiology at University of San Francisco and an NEACSM alumnae, **Dr. Meghan Garvey**, senior scientist at Nix Biosensors and Consulting Employee and Researcher with Leidos, and **Dr. Aston McCullough**, assistant professor at Northeastern University. We will also hear from **Dr. Brandon Yates**, an instructor in the Department of Physical Medicine & Rehabilitation at Harvard Medical School and Spaulding Rehabilitation Hospital, and **Dr. Ana Abrantes**, psychologist and professor of psychiatry and human behavior at Brown University. **Dr. Sealy Hambright** is our Physician's Track Invited Speaker. Dr. Hambright owns and operates Hambright Consulting LLC and holds positions as co-founder and Scientific Director of Base State Longevity and co-founder of TriCelX Bio, a startup orthobiologics clinic in Dallas, TX.

In addition, we have an exciting array of general sessions with many topics, spanning research, Practice, and education. Our student attendees can also make use of our new student lounge and meet and greet sessions with the 2025 President and President-Elect. We have many other fun and exciting things planned for this year's conference. I look forward to seeing you all October 17 and 18 at the MassMutual Convention Center in Springfield!

PAST PRESIDENT'S MESSAGE



Marisa Hastie, EdD
Past-President

ATSU | A.T. Still
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FIRST IN WHOLE PERSON HEALTHCARE

by Marisa Hastie, EdD

I'm excited to share some preliminary details about our upcoming Spring 2025 conference, "Stronger, Faster, Safer: Enhancing Athletic Performance through Training Optimization, Injury Prevention and Rehabilitation." After four years of virtual gatherings for our Spring conferences, we're thrilled to return to an in-person format, hosted by Central Connecticut State University. **Dr. Chee-Hoi Leong** is crafting a student-centric conference experience that will be memorable and applicable! Dates and registration details are still in the works and will be forthcoming. We are confident this event will offer valuable insights for all attendees.

As I conclude my term as Past President, I'm filled with gratitude for the incredible opportunities NEACSM has provided me. Serving this organization has been a true privilege. What began as professional relationships with colleagues across New England has blossomed into genuine friendships through our shared experiences on the executive committee.

I have the utmost confidence in our incoming executive leadership team. **Dr. Chee-Hoi Leong**, **Dr. James Whitworth**, and **Dr. Cassandra Forsythe** are colleagues I hold in the highest esteem. Their expertise and dedication will undoubtedly guide NEACSM to new heights and will be expertly supported by our chapter's executive director, **Dino Costanzo**, and Director of Operations **Dr. Katie Burton**.

The future of NEACSM is bright, and I'm honored to have played a part in its journey. I look forward to seeing the continued growth and success of our organization!



COMMITTEE SECTION

SCHOLARSHIP & AWARDS COMMITTEE

The Awards Committee has selected **Alicen Burnham** (Saint Joseph's College of Maine), **Brooklyn Erlick** (New England College), and **Shayenne Tomasik** (University of Vermont) as recipients of 2024 Undergraduate Research Experience Grants - congratulations! They all 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 2025.

In addition, the winners of the 2024 NEACSM Scholarships have been selected and will be recognized at the annual fall meeting in Springfield, MA:

- **Robert S. Axtell Undergraduate Scholarship**
Ashima Fillback (Springfield College)
- **Mark Connolly Memorial Masters Scholarship**
Jessica Bryan (Southern Connecticut State University)
- **Linda Pescatello Doctoral Scholarship**
Colleen Chase (University of Massachusetts, Amherst)

- **Lawrence E. Armstrong Academic Excellence Scholarship**
Andin Fosam (Yale School of Medicine)
- **Donna Murphy Service Scholarship**
Mason Goodell (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 2025. Finally, NEACSM would like to recognize the 2024 Honor Award recipient, Dr. NiCole Keith, Executive Associate Dean and Professor of Kinesiology at Indiana University - Bloomington 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.



Allison Seifert Gonzales, PhD, & Amanda Hickey, PhD
Co-Chairs Scholarship & Awards Committee



SPONSORSHIP COMMITTEE

The sponsorship team visited many past and new potential sponsors at the National ACSM meeting in Boston this summer; it strengthened relationships and helped build new leads for our Fall 2024 conference.

We are honored that A.T. Still University will be our President's Partner again this year for the third year in a row, while Springfield College and Marist School of Physical Therapy are our Invited Speaker Sponsors. Our new sponsors this year are University of Tampa, Qubit, and Bioventus, while iWorx is returning

after a several-year hiatus. Our total sponsorship contributions are currently \$29,650. Please encourage your institutions to support our organization as a sponsor if they have not done so already.



Cassandra Forsythe, PhD
Sponsorship Committee



FREE COMMUNICATION UPDATE

The Free Communications committee is gearing up for the Fall 2024 Annual NEACSM 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.

Thank you to all who submitted abstracts!

This year abstracts were due August 6th, which was one month earlier than in previous years. We would like to say thank you to all who submitted abstracts before this deadline. The free communications committee has received nearly 50 abstracts from bachelors, masters, doctoral, and professional level submitters. While the abstract submission numbers were good, we wanted to maximize the opportunity for faculty and students to present so we announced a late breaking abstract submission period from August 15th through September 6th. This additional period allowed for even more submissions and we are excited for a full program and a robust student award competition.

Student Competition With New E-Poster Format!

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 17, 2024. 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 will receive the President's Cup, which provides the winner with the opportunity to compete with peers from other regional chapters at the 2025 ACSM Annual Meeting, with travel support from NEACSM.

We are very excited for the new "e-poster" format for all of those who are selected to participate in the Student Investigator Award Competitions and President's Cup Competition. Students will present a slide of their full poster followed by other supplementary slides to present their work. Students electing not to participate in the competitions will present physical printed posters as has been done in years past which will be up for all to see throughout the conference.

Seeking volunteers to help the Free Communications Committee

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 at:

<https://forms.gle/WHLVRRpT6dbdw1zd9>

If you would like more information, please contact the Free Communications co-chairs Robert Huggins and JJ Nardi at NEACSMfreecomm@gmail.com.



**Robert Huggins, PhD
& JJ Nardi, PhD
Co-Chairs Free Communication
Committee**

UConn

**UNIVERSITY
OF SAINT JOSEPH
CONNECTICUT**

USJ

DIVERSITY COMMITTEE

Students Wanted!

NEACSM is dedicated to broadening the diversity of our membership and fostering a sense of belonging for all. This Chapter wants all members to feel welcomed and that their interests are represented. Last year's diversity, equity and inclusion assessment provided valuable insight into our progress toward those goals and highlighted areas where we can improve our transparency and inclusivity.

As we develop our next five-year strategic plan, we reflect on our past achievements and look forward to our future. Our new strategic plan embraces diversity, equity, accessibility, and inclusion, bringing fresh ideas and aspirations for our Chapter's continued success.

We believe our current students are the future professionals and leaders of NEASM. Therefore, we invite all students, both undergraduate and graduate, to join the Diversity Committee. Your ideas are crucial to our future, and your voice is valued. Please contact Dr Laurie Milliken

(laurie.milliken@umb.edu) or Dr Linda Yamamoto (lyamamoto@hartford.edu) to be included in Diversity Committee communications and meetings. Together, we can build a more inclusive and welcoming NEACSM.



**Linda Yamamoto, PhD, &
Laurie Milliken, PhD
Co-Chairs Diversity Committee**

**UNIVERSITY
OF HARTFORD**

**UMASS
BOSTON**

STUDENT REPRESENTATIVE COMMITTEE

Marcos A. Amalbert Birriel, born and raised in Puerto Rico, is a doctoral candidate at UMass Amherst. He is also a former track and field athlete and coach. Marco’s research interests include the use of wearable devices and modern analytics to calibrate and validate algorithms used to estimate device-determined physical behaviors (physical activity and sedentary behavior) and step detection from hip- and wrist-worn devices in older adults.

Katherine (Katie) LeLasher, from Connecticut, is a Master’s Student at Sacred Heart University studying exercise and sport science with a focus on strength and conditioning. Katie has just completed her Undergraduate degree at Central Connecticut State University. She earned her bachelor’s in exercise science and a minor in business. Katie has a passion for health and fitness. She is primarily interested in strength and conditioning, and helping other students learn about the field.

We are developing a series of workshops but we ask the student body to help us tailor them in the best possible way so we can all get the best from them. As part of this effort, an email will be sent containing polls for the students selecting which type of activities/workshops they prefer related to academia, industry, and professional development.



Marcos A. Amalbert Birriel, MS, & Katie LeLasher
Co-Chairs Student Representative Committee

UMassAmherst



MEMBERSHIP COMMITTEE

Paul G. Mathew, MD, DNBPAS, FAAN, FAHS (Assistant Professor of Neurology at Harvard Medical School, Headache/Concussion Specialist at Mass General Brigham/Atrius Health), is continuing to serve on the NEACSM Board of Directors and as a Co-Chair of the Membership Committee.

Additionally, **Nicole Mendola** and **Tori Descenza** will join Paul as Co-Chairs of the Membership Committee as of October. See below for an introduction of the new Co-Chairs:

Nicole Mendola, M.S., ACSM-CEP, ACSM-EP, ACSM GEI, EIM, registered clinical exercise physiologist, is an associate professor of exercise science and wellness at CT State - Norwalk, Norwalk, CT. Nicole currently is a member of ACSM’s Group Exercise Instructor Committee on Certification and Registry Boards, she holds the position of associate editor for the certification column of ACSM’s Health and Fitness Journal and is an active member of the Clinical Exercise Physiology Association Membership Committee. Her passion for clinical exercise physiology and her interest in chronic disease and the aging population has influenced much of her research.

Tori DeScenza, PhD, ACSM-EP, CET, is an assistant professor in residence of exercise prescription at the University of Connecticut. In her role, Tori teaches in the Certificate and Master’s in Exercise Prescription Programs, which aim to promote healthier lifestyles for individuals with chronic conditions such as hypertension, dyslipidemia, cancer, arthritis, diabetes,

and cardiovascular disease through tailored exercise prescriptions. Her passion for the field is deeply rooted in health behavior change and its impact on chronic disease management. Tori’s research focuses on exercise and lifestyle interventions for cancer survivors, including those with breast, prostate, and head and neck cancers, as well as the prevention and management of chronic diseases more broadly.

The membership committee will be sending out a survey asking for membership feedback on the Fall 2024 Meeting. Please be on the lookout for this survey, and more importantly please make sure to take the time to fill it out. Based on everyone’s responses, NEACSM will be able to enhance the future conference experience for our members.

We greatly appreciate any time you’re willing to take to share with us your experiences.



Paul G. Mathew, MD, Nicole Mendola, M.S., & Tori DeScenza, PhD
Membership Committee



HISTORY COMMITTEE

Introducing “Visionary Leaders of NEACSM” Series!

It is with great excitement that I share with you an introduction to a new project that the History Committee of NEACSM is working on! We are interviewing past leaders of NEACSM and/or the fields of exercise science/sports medicine who have made an impactful, impressive, determined, steadfast, ambitious, worthy, or uplifting contribution to the field and/or our organization. We hope to meet this through online video interviews with past leaders. Just this summer, I had the good fortune of being able to interview such a visionary leader, Dr. David N. Camaione, NEACSM’s 14th President. You can watch this interview by clicking on this link to NEACSM’s history page: <https://www.neacsm.org/history>. Once there you will find various reflections of our past leaders in the written word in our Meet Our Past President profiles, as well as learn a little bit more about our history, our beginnings, and you can also learn more about the great award history of NEACSM recognizing the success of many of its professional and student members! There will be a link as well to click on to watch these visionary leaders of NEACSM! These interviews will last approximately thirty minutes each and we hope that you will find them inspiring as you navigate your own career!



PAST PRESIDENT CAMAIONE GIVING OUT THE DOCTORAL SCHOLARSHIP TO DR. KIM SEWRIGHT REICH AT THE 2007 ANNUAL FALL MEETING OF THE NEW ENGLAND CHAPTER OF THE AMERICAN COLLEGE OF SPORTS MEDICINE

NEACSM is also thrilled to highlight a recently published article on the ACSM blog titled “ACSM’s Old Headquarters: A Sunset Leads to a Sunrise,” written by our very own historian Sean Walsh regarding change in location of the ACSM headquarters. Those interested in the full article may find it here:

<https://www.acsm.org/blog-detail/acsm-blog/2024/08/13/acsm-s-old-headquarters--a-sunset-leads-to-a-sunrise>

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 and expenses to the ACSM national meeting to compete in the College Bowl, and professional development activities.

We hope to see you in Springfield when we recognize the 2024 scholarship and research awardees, and crown the Peter Ronai Academic College Bowl winners.

Look for opportunities at this year’s annual meeting to make a contribution to the DNC Endowment Fund at whatever level you are comfortable: \$1, \$5, \$10, or more. Thank you!



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

CAMAIONE
STUDENT ENDOWMENT

CHAPTER NEWS

Highlight of Incoming Editor-In-Chief for Health & Fitness Journal

The American College of Sports Medicine (ACSM) has announced that **Paul M. Gallo**, Ed.D., FACSM, both an NEACSM past president and Honor Award recipient, will become the next editor-in-chief (EIC) of ACSM's Health & Fitness Journal (HFJ), starting January 1, 2025. Dr. Gallo, currently the associate EIC, was chosen through a rigorous selection process due to his scholarly achievements, extensive experience in ACSM certification programs, and his leadership roles within the organization. He has been involved with ACSM since 2002 and became a Fellow in 2017. Dr. Gallo will work closely with the outgoing EIC, **Dr. Brad A. Roy**, Ph.D., FACSM, over the coming months to ensure a smooth transition. Dr. Roy praised Gallo for his contributions to the journal's growth and expressed confidence in his future leadership. HFJ serves a broad range of health and fitness professionals by providing practical, evidence-based content on topics such as exercise, nutrition, injury prevention, and professional development.

Deb Riebe awarded the citation award at the recent ACSM National Meeting in Boston

Deborah Riebe, associate dean of the University of Rhode Island College of Health Sciences, has been recognized as one of the top scientists in sports medicine and will receive the prestigious Citation Award at the upcoming American College of Sports Medicine (ACSM) annual meeting. This award honors her significant contributions to sports medicine and exercise science, particularly her research on physical activity interventions for various populations, including those with chronic diseases. Riebe has played key leadership roles within ACSM, including chairing the "Exercise is Medicine" Credentials Committee and authoring ACSM's Guidelines for Exercise Testing and Prescription. Her work to improve exercise pre-screening guidelines has reduced barriers to physical activity, a critical step in combating inactivity. Riebe has authored over 80 scientific publications and has been a Fellow of both ACSM and the National Academy of Kinesiology.

STATE REPRESENTATIVES COMMITTEE

We are in the process of updating the primary contact information for academic program leaders in member states. If you teach in an undergraduate or graduate program, please contact your state representative to make sure they have the most up to date information for your program leader. Thank you!



Amy S. Welch, PhD
State Representative Committee



**STAY CONNECTED FOR UPDATES ON
NEACSM'S 2025 SPRING CONFERENCE TO BE HELD AT
CENTRAL CONNECTICUT STATE UNIVERSITY!**

FALL 2024 SPONSORS

PRESIDENT'S PARTNER



KEYNOTE & INVITED SPEAKER PARTNERS



CONFERENCE EXHIBITORS AND CONTRIBUTORS



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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!