



LEADERSHIP • SCIENCE • LEGACY

PRESIDENT'S MESSAGE



As this organization's President, I would like to begin by thanking the professional and student members for sharing your work

and demonstrating your dedication to our profession at our Fall 2023 meeting that marked the 50th anniversary of our chapter. I am so blessed to be part of a historical event that brought together some of the brightest minds in sports medicine from around the nation and region. Combined with the strong support from our ACSM parent organization and event sponsors, our executive committee, including our members-at-large, state and student representatives, successfully hosted a meeting that continues to be a platform for the exchange of groundbreaking ideas, the presentation of pioneering research, and the cultivation of enduring professional relationships.

2024 promises to be an exciting time in our chapter with a series

of events beginning with Dr. Marisa Hastie (NEACSM Past President) kicking us off with our Spring Virtual Conference titled "Navigating Cutting-Edge Technologies in Health, Sports, and Exercise Science: Opportunities and Implications." Join us on Friday, April 5 to explore trends in wearable technology, AI, and data analytics, and their potential impact on the future of healthcare, sports, and exercise science and sports medicine. For our Fall Conference, Dr. James Whitworth (NEACSM 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. 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!

Importantly, as the New England chapter, we are very excited for the upcoming national meeting in Boston, May 28-31, 2024! We will be partnering with ACSM staff members to host a tour of the Freedom Trail (thefreedomtrail.org). I am eager for a robust representation of NEACSM members as we welcome colleagues from various regions, both nationally and internationally. It presents a great opportunity to showcase the vibrant city of Boston and the resilient spirit of New England!

Further, I am delighted to announce that our chapter has

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been successfully awarded the ACSM Regional Chapter Grant for 2024. This grant sought funding to tailor a targeted Executive Leadership and Diversity Committee training program by leveraging the results of the diversity, equity, and inclusion (DEI) assessment that was performed in recognition of our need for taking proactive steps toward embedding DEI into every fabric of NEACSM. Most critically, as we approach the renewal of our strategic plan in 2024, the outcomes of this DEI training will be pivotal in shaping our organizational priorities and goals toward informing committee practices, scholarship, and award processes, and even the selection of speakers at our chapter conferences.

In closing, I would like to assure all our members that our chapter remains committed to be at the forefront of sports medicine, serving as a beacon of knowledge, innovation, and collaboration in our ever-evolving New England landscape. I am very excited for what 2024 has in store for us and look forward to seeing all of you at our meetings!



Chee-Hoi Leong, PhD



PAST PRESIDENTS MESSAGE



NAVIGATING CUTTING-EDGE TECHNOLOGIES IN HEALTH, SPORTS, AND EXERCISE SCIENCE: OPPORTUNITIES AND IMPLICATIONS
FRIDAY APRIL 5, 2024 (9AM-1PM ET)
ZOOM WEBINAR

I am excited to share a sneak preview of our upcoming NEACSM Spring 2024 Virtual Conference, on Friday, April 5, 2024 (9am-1pm ET). Under the timely theme of “Navigating Cutting-Edge Technologies in Health, Sports, and Exercise Science: Opportunities and Implications,” this half-day event promises to be an engaging exploration of the latest advancements in our field.

Our distinguished lineup of speakers brings expertise from various domains, offering insights into the transformative power of emerging technologies in healthcare, sports, exercise science, and sports medicine. From wearable technology to artificial intelligence and data analytics, our speakers, include:

Elaine Choung-Hee Lee, PhD (Associate Professor, Molecular Biology and Applied Genetics and Director of Human Performance Laboratory, University of Connecticut) who will be presenting her work on wearable technology.

Amy Welch, PhD (Professor of Exercise Science, Department Chair of Health and Human Performance, Norwich University) who will present on “Measuring HRV Using Wearables in Exercise Science and Sports Medicine: Why, What, Where, and When.”

Erin Nitschke, EdD, ACE-CPT, NSCA-CPT, NFPT-CPT, ACE Health Coach, Fitness Nutrition Specialist, Therapeutic Exercise Specialist, Pnl (Program Director, Sciences, Laramie County Community College) who will present on “Revolutionizing Wellness: Harnessing the Power of AI in the Health and Fitness Space.”

Lindsay Baker, PhD, FACSM (Gatorade Sports Science Institute) who will present on “Sweat Testing Technologies for Personalized Hydration: From Physiology to Application.”

Attendees can expect a diverse range of topics and expertise from these esteemed speakers, making the conference a valuable learning experience for all participants. Through engaging presentations, robust Q&A sessions, and an interactive panel discussion, we hope you will gain valuable knowledge to inform your practices as exercise practitioners, researchers, faculty, students, and clinicians alike. Save the date for this opportunity to navigate the frontier of health, sports, and exercise science through the lens of groundbreaking technology!



Marisa Hastie, EdD, FACSM
Past President



SNEAK PEAK



BUILDING BRIDGES: SPANNING THE GAP BETWEEN PROFESSIONAL SILOS

**OCTOBER 17 & 18, 2024
MASS MUTUAL CENTER
SPRINGFIELD, MASSACHUSETTS**



**James W. Whitworth,
PhD**



First off, I want to thank the NEACSM members for giving me the opportunity to serve the chapter as President-Elect. I look forward to working with the chapter members, Executive Committee and ACSM to ensure our chapter's continued growth and success. I have spent the first few months of my term onboarding and beginning preparations for this year's Fall Meeting. I am pleased to announce we will be 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, sports medicine, and of course exercise phys! 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 already lined up an impressive list of speakers, including keynote addresses 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. I am also pleased to announce the 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. The lineup of our Invited Speakers will include presentations outstanding by **Dr. Sarah Camhi**, Associate Professor of Kinesiology at University of San Francisco and NEACSM alumnus, and **Dr. Meghan Garvey**, Human Performance and Recovery Researcher with Leidos, and many more!

Please mark your calendars for October 17 & 18 and start sharing the news about this year's conference with your students and colleagues now, and keep an eye open for the Fall Conference general submissions call, coming this spring.

COMMITTEE SECTION

SCHOLARSHIP AND AWARDS COMMITTEE

Applications for the 2024 Undergraduate Research Experience Grants are now being accepted. This grant is designed for students at institutions in our region that have a strong emphasis on teaching but often lack the resources to support research endeavors. Students who attend non-R1: Doctoral Universities institutions in the New England region and are members of NEACSM are eligible for this grant. Applications will be accepted until March 24, 2024. The grant can be used to help fund either research or expenses associated with presenting the research at the annual NEACSM conference. Up to three grant winners will receive an award of \$1,000 in June 2024 and be recognized at the NEACSM Annual Fall Meeting in October 2024.

The next call for student scholarship applications will occur in March 2024. These scholarships are

designed to highlight professional and academic excellence among students in the New England region. The recipients of these scholarships will be granted \$1,000 each. Our scholarship categories encompass the Robert S. Axtell Undergraduate, Mark Connolly Memorial Masters, Linda Pescatello Doctoral, Lawrence E. Armstrong Minority, and Donna Murphy Service awards. We kindly request university faculty to encourage eligible students to pursue these scholarship opportunities.



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



SPONSORSHIP COMMITTEE

The Sponsorship Committee would like to thank the sponsors and exhibitors of our Fall 2023 meeting. Our meeting was a resounding success with the support of 32 diverse sponsors from across North America. We would particularly like to thank A.T. Still University, our President's Partner, for their ongoing support and Central Connecticut State University and Springfield College, our Keynote Partners, for their generous sponsorship contributions.

The Sponsorship Committee is preparing for the Spring 2024 Virtual Meeting. We want to thank our conference partners, the University of Hartford and ParvoMedics, and general partner, The Micheli Center for Sports Injury Prevention, for supporting the upcoming spring meeting.

Sponsorship opportunities for the spring meeting are still available! You can enhance your organization's visibility and support the NEACSM by considering a

sponsorship opportunity. Benefits organized by tier include advertising your logo on the NEACSM website, acknowledgment on social media, your logo displayed on the introductory slide at the start of speaker sessions with verbal recognition, and complimentary conference registration.

For more information on sponsorship benefits and options, please visit the Sponsorship page on the Dr. Cassandra Forsythe (CassandraF@ccsu.edu), or Dr. Mark Hartman (Mark_Hartman@uri.edu).



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



FREE COMMUNICATION UPDATE

The Free Communications Committee would like to welcome a new team for this upcoming year.

NEACSM FREE COMMUNICATIONS CO-CHAIRS:

Robert A. Huggins (robert.huggins@uconn.edu) & **Jonathan J. Nardi** (jonathannardi@usj.edu)

NEACSM FREE COMMUNICATIONS VOLUNTEER:

Tori DeScenza (tori.descenza@uconn.edu)

We had a very successful Fall 2023 Conference with 71 abstract submissions, up from 51 in the previous year. We continued the professional submission

category which started in 2020. This attracted 18 submissions (up from 15). Separately, we received 53 student abstract submissions (up from 36), with 29 (19 in 2022) in the non-competition category and 24 (17 in 2022) in the competition category. Under the competition category, there were 9 (6 in 2022) Bachelor's, 7 (6 in 2022) Master's, and 10 (5 in 2022) Doctoral entries. The winning Doctoral entry was also selected to represent NEACSM at the 2024 ACSM President's Cup competition.

WE'RE HAPPY TO ANNOUNCE THAT OUR STUDENT COMPETITION WINNERS WERE:

BACHELOR'S STUDENT AWARD:
Kaitlyn Kleeman
University of Massachusetts
- Amherst

MASTER'S STUDENT AWARD:
Nehemiah Wilson
University of Massachusetts
- Amherst

DOCTORAL STUDENT AWARD:
Jacob Bowie,
University of Connecticut

PRESIDENT'S CUP WINNER:
Luke Arieta,
University of Massachusetts
- Amherst

THANK YOU TO ALL OF THE PARTICIPANTS FOR THE TERRIFIC PRESENTATIONS AND STUDENT COMPETITION IN 2023.

The 2024 Fall Conference is this fall at the Mass Mutual Center in Springfield MA. Start planning your abstract submissions for the Fall 2024 meeting!

ABSTRACT SUBMISSIONS WILL OPEN ON APRIL 28TH AND THE NEW DUE DATE FOR SUBMISSIONS IS AUGUST 6TH

ATTENTION STUDENTS AND FACULTY MENTORS:

Students who have completed experiential-learning activities (e.g., internships, independent studies, and structured job shadow programs) can submit an abstract to present on this learning experience. These submissions are eligible to compete in both the Student Competition and President's Cup. This submission category is to encourage students in clinically focused and non-research track programs to present their work. For details contact the NEACSM FreeComm Committee or see the **Abstract Guidelines and Checklist**.

SEEKING ABSTRACT REVIEWERS, SESSION MODERATORS AND COMPETITION JUDGES FOR FALL 2024

If you are interested in being a reviewer, judge or session moderator for the Fall 2024 Conference, or would like more information, please contact the Free Communications co-chairs **Robert Huggins** and **Johnathan Nardi** at **NEACSMfreecomm@gmail.com**.



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



Tori DeScenza
Volunteer Free Communication Committee



DIVERSITY COMMITTEE

Fostering diversity, equity and inclusion (DEI) is an ongoing focus of NEACSM. Recently, **Aqua Drakes**, a racial and equity consultant, completed a document and organizational assessment of our Chapter so we can make informed decisions about how to best serve our members with programming, financial support, networking, and an overall sense of belonging. Based on Ms. Drakes' feedback, initial steps by the Diversity committee include updating our website to integrate and highlight our commitment to racial and gender equity, action steps toward our DEI efforts, defining DEI in terms specific to our Chapter, and highlighting winners of both student scholarships focused on DEI.

Furthermore, our committee will play an active role in upcoming strategic planning to ensure DEI is woven throughout the fabric of our organization.

We thank all of our members who completed surveys or participated in focus groups as part of our DEI evaluation. Your feedback was heard, and we will continue to update you on our efforts.



*Laurie Milliken, PhD, FACSOM & Linda M. Yamamoto, PhD
Diversity Committee*



UNIVERSITY OF HARTFORD

SEE YOU IN SPRINGFIELD, MA FOR OUR 2024 FALL CONFERENCE, OCTOBER 17TH – 18TH!

STUDENT REPRESENTATIVE COMMITTEE

INTRODUCTION TO CHAPTER MEMBERS

Marcos A. Amalbert Birriel

Marcos, 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 LeLasher

Katherine (Katie) LeLasher, from Connecticut, is an undergraduate student at Central Connecticut State University. She studies Exercise Science and minors in Business. Katie has a passion for health and fitness. She is primarily interested in Strength and Conditioning and helping other students!

UPCOMING PROFESSIONAL DEVELOPMENT OPPORTUNITIES

The Student Representative Committee is currently developing a series of professional development workshops. In order to best tailor them to the needs

of our students, we will be asking for student input as to their structure and purpose. 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.

STUDENT-DRIVEN INITIATIVES

For PhD students from diverse backgrounds who are close to completing their degree, please consider applying to:

Yale Ciencia Academy for Professional Development

For more information, visit www.cienciapr.org/yca



*Marcos Amalbert Birriel & Katie LeLasher
Co-Chairs Student Representative Committee*

UMassAmherst



MEMBERSHIP COMMITTEE

Lee A. Mancini, MD, FAAFP, CSCS*D, CSN (Chief of the Division of Sports and Exercise Medicine, Director of the UMass Chan Sports and Exercise Medicine Fellowship, Associate Professor at the UMass Chan Medical Center) and **Paul G. Mathew, MD, DNBPAS, FAAN, FAHS** (Assistant Professor of Neurology at Harvard Medical School, Headache/Concussion Specialist at Mass General Brigham/Atrius Health), serve on the NEACSM Board of Directors and as Co-Chairs of the Membership Committee. They are firm believers that multi-disciplinary approaches lead to results when it comes to the care of our patients, but also when it comes to professional development. The Membership Committee stands by the belief that the strength of the NEACSM as an organization stems from its wealth of diversity in terms of education, post-graduate training, and clinical experiences among its members. They seek to enhance and further highlight the NEACSM's and ACSM's interdisciplinary partnerships and opportunities for cross-disciplinary education amongst its members.

The membership committee will be sending out a survey asking for membership feedback on the Fall 2023 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.

Dr. Mancini and Dr. Mathew are also considering new initiatives to encourage medical schools and residency programs in New England to become more engaged with NEACSM, which may result in more students and trainees deciding to pursue careers in sports medicine and exercise science. They are also planning to promote programming that will be multidisciplinary and hands-on with heavy audience participation.



Lee Mancini, MD & Paul Mathew, MD
Co-Chairs Student Representative Committee

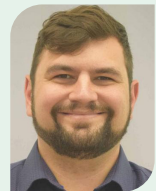
 UMass Memorial Health



MARKETING & COMMUNICATION

The Marketing and Communication Committee would like to thank everyone who helped promote our Chapter's return to Springfield for the Fall 2023 Annual Meeting on social media. Our primary goal this year is to continue to improve social media engagement on all platforms. We have some fun ideas in the works so keep your eyes peeled when scrolling through your feeds. Follow NEACSM on Instagram, X (or is it still Twitter?), Facebook and LinkedIn if you haven't yet!

If you have content you think would be valuable to share on our social media accounts (e.g., recent publication, self or colleague accomplishments, recruiting students for your program/department/lab, etc.), feel free to email it to **Greg Petrucci** (gpetrucci@umass.edu).



Greg Petrucci, PhD and Steven Maris, PhD
Co-Chairs Marketing & Communication Committee

HOW TO FOLLOW!



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HISTORY COMMITTEE

The New England Chapter of the American College of Sports Medicine would like to extend our heartfelt congratulations to **Deborah Riebe, Ph.D., FACSM, FNAK**, Past President of our Chapter and **Kathryn Ackerman, M.D., FACSM** for being announced, and receiving word from current ACSM President and Past President of NEACSM, **Stella Volpe**, as recipients of the ACSM Citation Award which is granted to an individual(s) who has made significant and important contributions to sports medicine and/or the exercise sciences.

They join a group of Past NEACSM Presidents who have also received this award:

- 1993 - **Lyle Micheli M.D.**
- 1996 - **Robert Cantu M.D.**
- 1997 - **Priscilla Clarkson, Ph.D.**
- 2009 - **Patty Freedson Ph.D.**

- 2011 - **Linda Pescatello, Ph.D.**
- 2018 - **Larry Armstrong, Ph.D.**
- 2018 - **Mary Jane DeSouza Ph.D.**
- 2019 - **Carol Ewing Garber, Ph.D.**
- 2020 - **William Kraemer, Ph.D.**

Dr. Riebe and Dr. Ackerman represent everything that is great about our Chapter (with Dr. Riebe earning all three of her college degrees from three different institutions within our region!). **Please join all of us in congratulating both Dr. Riebe and Dr. Ackerman!**



Sean Walsh, PhD, FACSM
NEACSM Historian



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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. At the 2023 Fall meeting, \$6,000 in student scholarships, \$3,000 to the University of New Hampshire's winning College Bowl team to participate at the ACSM Annual Meeting's College Bowl in Boston in June 2024, and \$3,000

of Undergraduate Research Grants support were awarded by the DNC Endowment Fund.

To award additional dollars to support the above initiatives, about \$20,000 in donations translates to earned dividends and interest of \$1,000 per year which can be allocated to student support. The by-laws only allow the DNC to spend monies earned through dividends and interest, not principle.

The DNC Endowment Fund Committee would like to fund scholarships at a higher monetary value than currently is possible. We are seeking donations at any level: \$1, \$5, \$10, or whatever one feels comfortable with. We are speaking to faculty, professionals, and students alike! We need everyone's help to grow this fund!



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

CAMAIONE
STUDENT ENDOWMENT

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Thank you to NEACSM MAX! Newsletter Committee Members Nicole Mendola, MS and Luke Pelton, PhD; and NEACSM Director of Operations Katie Burton, PhD, for all their work curating, editing, and designing the Spring Newsletter!