

MAX!



February
Issue
2013

NEW CHAPTER LEADERSHIP

As I step into the President's role and take over for Dr. Kraemer, it is clear that the New England Chapter of the American College of Sports Medicine is an exceptionally well-managed organization with a rich history, and world class professional membership, and a vibrant student program. I've reviewed the list of previous presidents of this chapter and found it to be full of names of people who have set standards in the field of exercise science, not just regionally, but nationally and internationally. I find it humbling for my name to be listed with these leaders and pioneers.

The cornerstone of our chapter is our fall Annual Meeting, and we are coming off another very successful meeting this past November. I found it thrilling to see the rooms overflowing with attendees to hear our keynote speakers, invited lecturers, presenters from the region, and research presentations from our own scientists, both young and experienced. We set another record for attendance and had our largest student attendance ever.

Perhaps the greatest general strength of our chapter is our commitment to the education and training of these students. Through the efforts of our

region's faculty and chapter resources, particularly the David Camaione Fund, we continue to foster the development of the future of exercise science. We need to continue our focus in this area, but we will also be



Jeffrey Anderson, MD
President NEACSM
University of Connecticut

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increasing our efforts to maintain the engagement of our professional members. As Dr. Sean Walsh plans and develops our next fall Annual Meeting on November 14 and 15, 2013, I know he will be placing an emphasis on recruiting the involvement and participation of our professional members.

I'm looking forward to this year. I'm looking forward to the excellent Spring Meeting, described by Dr. Kraemer elsewhere in this issue. He has put together a meeting that is right in his wheelhouse and has assembled a superior panel of speakers in the area of Strength and Conditioning. However, I'm mostly looking forward to the pleasure of serving with people for whom I have tremendous respect and for a chapter that has repeatedly demonstrated its greatness. It is my expectation that we will continue to expand and grow upon this foundation this year and in the years to come.

Jeffrey Anderson, MD

Allyson Derosier Receives the First Donna Murphy Service Scholarship

Congratulations to Allyson and advisor, Dr. William Lunn. Allyson excels in her own academic endeavors, as well as conducting research and volunteerism. She completed the rigorous Exercise Science Human Performance major / Nutrition minor at Southern Connecticut State University. Allyson has twice served as a College Bowl team member for Southern, and as a work-study student in Southern's Human Performance Laboratory, where she worked as a co-investigator in a faculty-sponsored research study looking

into the effects of low-carbohydrate diets on high-intensity exercise performance. Over the past two years, Allyson has served as an executive committee member for the local Habitat for Humanity chapter and has spent weekend and vacation time volunteering to both raise money and construct homes for those less fortunate. Most recently, she accepted an offer from the Olympic Training Center in Lake Placid, NY for a highly-competitive fall internship in strength and conditioning, and is currently working with the U.S. Biathlon team. Allyson has truly balanced her academic career, research responsibilities and service to her community. Congratulations again Allyson!



Dr. Kraemer, Dr. Milliken, Allyson, Dr. Lachman, Dr. Anderson

NEACSM Honors Students at Fall Meeting

DAVID CAMAIONE DOCTORAL SCHOLARSHIP

Congratulations to Courtenay Dunn-Lewis and advisor, Dr. William Kraemer (UCONN). Courtenay is a research assistant, laboratory team leader and doctoral fellow under Dr. William Kraemer. Congratulations again Courtenay!

LAWRENCE E. ARMSTRONG MINORITY SCHOLARSHIP

Congratulations to Riana Pryor and advisor, Dr. Douglas Casa. Riana is a certified athletic trainer with experience at the Division III collegiate level and at mass medical tent events. She currently is the Vice President of Research for the Korey Stringer Institute and teaches in the athletic training education program at the University of Connecticut. Congratulations again Riana!

MARK CONNOLLY MEMORIAL MASTER SCHOLARSHIP

Congratulations to Jennifer Bossi and advisors, Dr. David Harackiewicz and Dr. Kimberly Kostelis. Jennifer completed the graduate program in physical education and human performance at Central Connecticut State University. Jennifer is currently enrolled in the Ph.D. in exercise physiology program at Springfield College. Congratulations again Jennifer!

UNDERGRADUATE SCHOLARSHIP AWARD

Congratulations to Laurel Ayvazian and her advisor Dr. Tracy Matthews. Laurel is an Exercise Science major and Nutrition minor at Springfield College. Congratulations again Laurel!

Submitted by Peter Lachman, Ph.D.



Courtenay Dunn-Lewis, Dr. Kraemer



Jennifer Bossi, Dr. Kostelis



Riana Pryor, Dr. Casa



Laurel Ayvazian, Dr. Matthews



Robert Kenefick, NEACSM Honor Awardee 2012

Dr. Robert Kenefick is fellow of the ACSM and currently a research physiologist at the U.S. Army Institute of Environmental Medicine in Natick, MA and is a member of the NEACSM chapter. He has most notably served NEACSM in the roles of President Elect, President and Past President from 2009 – 2011. These duties are only a small piece of Dr. Kenefick's contribution to NEACSM. Beginning in 1992 as a doctoral student at the University of Connecticut, he served as chairperson of the NEACSM exhibits committee, was a member-at-large, the New Hampshire state representative, the sponsorship chair and dedicated an exceptional amount of his time as the free communications chair from 2005-2007. It has been apparent that he has always acted professionally, selflessly, and in the best interest of NEACSM.

In addition to his service, Dr. Kenefick is a world-renowned researcher in the area of hydration status and environmental physiology and is also recognized as a respected teacher. He was

awarded the University of New Hampshire School of Health and Human Services Teaching Excellence Award in 2005. As a doctoral student, Dr. Kenefick won the NEACSM Student Investigator Award, and has since published more than 60 original research articles in top tier scientific journals. What is difficult to document is the dedication Dr. Kenefick has shown to the development of students and young professionals. He was also instrumental in the formation of the Undergraduate Research Experience Grant. In addition, Dr. Kenefick has promoted the involvement of a regionally diverse group of professionals in the leadership of NEACSM.

To honor his selfless dedication to the Chapter, his commitment to our profession, and his devotion to our students NEACSM proudly named Dr. Robert Kenefick as the recipient of the 2012 Honor Award. Congratulations Dr. Kenefick!

Submitted by Peter Lachman, Ph.D.



UNDERGRADUATE RESEARCH EXPERIENCE GRANT

Congratulations to Vanessa O'Donnell and research advisors, Drs. Walsh and Kostelis. Vanessa is a student in the Exercise Science Undergraduate Professional Program at Central Connecticut State University. Congratulations again Vanessa!



UNDERGRADUATE RESEARCH EXPERIENCE GRANT

Congratulations to Brianna Bisesti and advisor, Dr. Lara Carlson. Brianna is devoted to the field of sports medicine. She is a student in at the University of New England. Congratulations again Brianna!

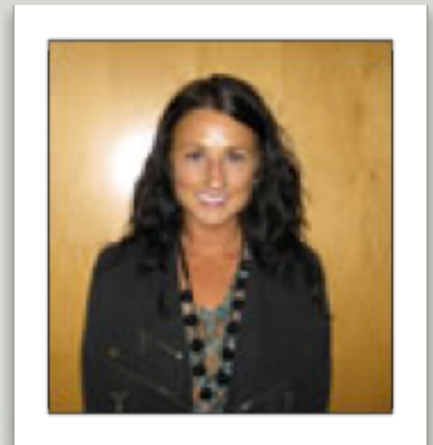
Student Corner - Hayley MacDonald, NEACSM EC Student Representative

I am Hayley MacDonald, one of the newest members of the NEACSM executive committee holding the position of student representative. I am a third year doctoral student at the University of Connecticut.

I am looking forward to representing the New England Student Chapter and continuing the high quality of work and services of those before me. I am committed to promoting an approach that is student-focused and incorporating new ideas and suggestions from you, the student members. I strongly urge you to get involved with the college—it is a great way to meet new members and gain valuable experience.

Here is your first chance to get involved: the 2013 Student Video Challenge- submit your video today for a chance to win! (flyer on page 7)

Remember to check out our Facebook page for important information and updates from the college! I look forward to interacting with you at our upcoming spring meeting and the annual meeting in Indianapolis.



**March 15
Spring Meeting**





NEACSM Spring Meeting 2013 Focuses on Strength Training

We hope that you can all join us on Friday March 15 for an unbelievable day looking at strength training from several different perspectives. Our goal was to give the sports medicine and exercise science professionals a critical update and intensive learning experience for this important part of our field. I was excited that we could bring together group of extraordinary speakers to help achieve this goal for our New England ACSM Chapter membership.

The conference will allow an extraordinary view of the field not typically available at the local or regional level. We have the opportunity to hear how professional and collegiate strength and conditioning programs are conducted and optimized. Conference participants will learn how the ACSM concept of “exercise as medicine” is translated in personal training and addressing the needs of older populations that now strive to be more active than ever. Proper programming is also a huge part of a successful conditioning programs and it has become so important to know how to vary workouts. The non-linear approach is one of the newest forms of periodization that allows

for more rapid responses to the everyday demands and physical status of a trainee.

This conference will be fantastic opportunity to hear outstanding speakers, exchange ideas and interact with our New England colleagues and friends. What a great opportunity for gaining new insights and understanding of the many different areas in strength training on a “single” day!

Bill Kraemer, Ph.D., NEACSM Past-President





**AMERICAN COLLEGE
of SPORTS MEDICINE®**

2013

Student Video Challenge

**Sponsored by the Student
Affairs Committee**

**Create and submit a
video with content
related to a field of study
within the ACSM!**

**Show off your
creativity and
knowledge of the
field of exercise
science!**

Rules & Submission Details:

- Videos must be no more than two minutes in length
- The video can take ANY form: dance, song, skit, etc. so long as the content is related to a field of study within ACSM
- Video must be in one of the following formats: .MPEG4, MOV, AVI, MPEGPS, WMV, FLV, WebM
- Submissions will be accepted between the dates of January 14th-April 26th
- Winners will be notified by May 24th
- Videos will be judged under the following three categories by current Student Affairs Committee members:
 1. Most creative
 2. Most scientific
 3. Most informative

**Send all submissions and/or questions
to:**

evanhilberg@gmail.com

College Bowl 2012 – Congratulations UCONN



march 15

SPRING 2013

REGISTER ONLINE
www.neacsm.org

