



LEADERSHIP • SCIENCE • LEGACY

PRESIDENT'S MESSAGE



As I reflect on my time as President, I can hardly believe that my time is coming to a close. I just chaired the last executive

committee as President and find myself already missing it. The past year has been a whirlwind; it was exciting to plan the fall conference and wonderful to get involved in the executive committee with friends old and new. Firstly, I want to thank Dino Costanzo, our Executive Director, the man behind the scenes guiding all of us through this wonderful adventure, he is an amazing colleague, mentor and friend. And thank you to my teammates on the Executive Committee, whose dedication to NEACSM makes the work a joy. I was lucky to come in as President-Elect as we revised our strategic plan in 2014 and it has been amazing to see so many of those goals come to fruition. Our first goal is to provide exceptional service to

“Our first goal is to provide exceptional service to NEACSM stakeholders”

NEACSM stakeholders: our state representatives have fostered new and stronger partnerships with New England universities and started an NEACSM Advocacy project to promote our organization. With the help of Heather Turner, our outstanding regional chapter liaison at ACSM, we have a new website to better serve our members including making conference registration much smoother. We always aim to create a diverse fall conference program in terms of topics and speakers. We are currently working to develop more benefits and opportunities for our clinical and professional members.

Our second goal is to ensure effective leadership success and opportunities. We have implemented a more formal orientation for executive committee members and added a

staggered co-chair structure to facilitate the mentoring of new EC members and consistency in function. We are working to create more volunteer opportunities for members-please visit our new Volunteer Booth at the fall meeting! Our third goal is to enhance NEACSM brand value and may I take a moment to applaud Past-President Lara Carlson as she has put so much effort into this with outstanding results. We have Lara to thank for getting our NEACSM logo and you will see our new kiosk, banner and brochure

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this fall as well. We have a more streamlined sponsorship structure, a new Social Media committee to expand our digital presence and you are seeing our revamped MAX! Newsletter. One area of my interest has been increased connection with national ACSM and promotion of national initiatives. We started the ACSM Advocacy & Initiatives session and Exercise is Medicine Student Ambassador training last year, both of which will be continued at this year's conference. ACSM also continues to provide support through their regional chapter grants program.

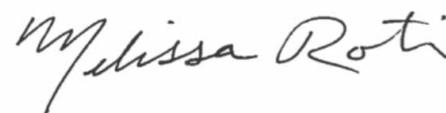
It was a great opportunity to be President of the host chapter for the National ACSM meeting this year in Boston. Our NEACSM History Project culminated with the amazing "wall" of history. I hope you had a chance to see it! I got to know many wonderful ACSM staff members better while organizing host events including the Boston Red Sox game, Walk Audit, Historic Walking Tour and the New England Social.

"The NEACSM conferences are my favorite times of the year since we can all gather together to learn from one another."

The NEACSM conferences are my favorite times of the year since we can all gather together to learn from one another. I am currently planning the next Spring Conference, "Multidisciplinary Insights into Exercise and the Brain". Mark your calendars for March 31, 2017 at Westfield State University in Westfield, MA. I can look forward to just enjoying the great slate of speakers that President-Elect Janet Whatley-Blum has gathered for our Fall Conference, "Advancing the Profession-One Step at a Time" on October 13th & 14th in Providence. You will see us continue with the new free communication format and the addition of thematic posters. We will also be unveiling our new named Legacy Lecture. Remember to get your abstracts submitted and register early in September!

"You get out of life what you put into it", nicely describes the benefits of service to our professional organization. The more you invest in a community, the more you will gain from those connections. I consider NEACSM my family and highly recommend serving the chapter in the future. The long list of accomplishments listed above are all thanks to individuals who chose to serve NEACSM. I appreciate having this opportunity and it has been an honor and privilege to serve as President of NEACSM.

Many thanks,



Melissa W. Roti, PhD, FACSM

@MelissaRoti



SNEAK PEAK



ADVANCING THE PROFESSION – ONE STEP AT A TIME

OCTOBER 13TH AND 14TH, 2016
RHODE ISLAND CONVENTION CENTER,
PROVIDENCE, RI



*Janet Watley-Blum,
President Elect &
Program Chair*



Please join us on October 13th and 14th at the Rhode Island Convention Center in Providence for our annual fall conference “Advancing the Profession - One Step at a Time”. **Dr. John Jakicic** from the University of Pittsburg will deliver the Knuttgen Keynote Lecture “Positioning Lifestyle and Physical Activity as Effective Treatments for Obesity”.

Dr. Nico Pronk from HealthPartners in Minnesota, will present the Clarkson Keynote Lecture “Perspectives on the Fitness of the US Workforce”.

Dr. Deborah Riebe, NEACSM President 2001, from the University of Rhode Island presents our Past Presidents Lecture “Obesity, Physical Activity, and Physical Function in Older Adults”. We have several other distinguished invited speakers who are subject matter experts on aging, environmental physiology, nutrition, resistance training, skeletal muscle adaptations and sports medicine. Many of our general session presentations are from well-known and dedicated NEACSM members such as

Dr. Wayne Westcott, Dr. Jaci Van Heest, Dr. Carol Ewing-Garber, Professor Peter Ronai, Dr. Linda Pescatello, Dr. Doug Casa, Dr. Jacob Earp, Dr. Paul Gallo, Dr. Cassandra Forsythe, Dr. Hans Haverkamp, Dr. Beau Greer, Dr. Jason Melnyk, Dr. Marisa Hastie, Dr. William Lunn and Dr. Christie Ward-Ritacco to name a few.

Conference participants 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 an additional means to highlight student accomplishments. As always, the NEACSM Fall meeting is a terrific opportunity to interact with colleagues and catch-up with old friends.

SOCIAL MEDIA UPDATE!

By **Marisa Hastie, Chair of Social Media**



One of things that I love about ACSM Regional Chapters is our ability to adapt to the needs of our members and trends in our field. Our new focus on developing our social media presence to connect with our members is an example of this responsiveness. Our

updated Facebook page and our new Twitter feeds are intended to provide more dynamic, real time communication with our members and about our members! Over the next few months you can expect posts about upcoming conferences, workshops and regional events, as well as Chapter news and highlights of the scholarly work occurring in our region.

This Fall, please help us in sharing your successes, grants, events, ideas, photos, etc. and post to the New England American College of Sports Medicine Facebook page or to our Twitter feed. Also, don't forget to tag us in your photos and posts on your own pages (@neacsm and #neacsm)!

SHARE WITH THESE LINKS



Like us on
Facebook



Follow us on
twitter

LEGACY LECTURE



2016 NEACSM LEGACY LECTURE SERIES: JOAN A. FINN



Dr. Joan A. Finn was a Professor of Exercise Science, the Director of the Human Performance Laboratory at Southern Connecticut State University, and a member of the Southern Connecticut State University (SCSU) faculty since 1976. Dr. Finn taught undergraduate classes in Exercise Physiology and Sports Medicine as well as graduate courses in Heart Physiology, Adult Fitness and Cardiac Rehabilitation, and Adaptations to Endurance Training. Dr. Finn passed away in the spring of 2012; her loss was sudden and unexpected, and left a void in the SCSU community and across the New England ACSM chapter.

Dr. Finn was deeply passionate about the field and her students, always pushing her students to be their very best. She mentored many students and young professionals in the field. She promoted student involvement in the New England chapter since the chapter's inception, and was a strong proponent of student participation in national ACSM. Her support of the chapter was evident from the numbers of students she brought to the NEACSM meeting, the students she mentored and trained for their first presentation at the New England Chapter Annual meeting and the number of professionals in the field she trained who went on to make significant contributions to the chapter and to the field of Exercise Science as a whole.

As an advisor and professor, Dr. Finn instilled professionalism in her students. An educator committed to her student's well-being inside and outside of the class room, she took pride in helping

to 'turn caterpillars into butterflies'. She was the embodiment of what a great educator should be, teaching through a blend of knowledge, humor and leading by example. She was known for her passion for teaching, her direct style, and her blunt and systematic critiques. She continued to be a mentor to many of her students, even long after they graduated. Dr. Finn would attend her former student's research presentations and was known for asking the question, 'so what?' at the end of the presentation. Her fond sayings that her students continue to pass down, include: 'Remember to keep the head attached'; 'Fit body fit mind'; 'There are motor geniuses, and then there are motor morons'; 'Here's your useless piece of information for the evening', among many others.

Dr. Finn epitomized excellence in teaching and professionalism in the field. In her 36 years at SCSU, Dr. Finn's mentorship and guidance of her students impacted the New England Chapter of ACSM, national ACSM and the field as a whole. Those of us who had the good fortune to know, or work with Dr. Finn, benefited from her mentorship and her strong example of professional values and work ethic. She expected hard work, responsibility, and accountability from her students as she did herself and helped to shape the lives of those who she taught and mentored. Her memory lives on through those who knew and worked with her and through her students.

INAUGURAL LECTURE SERIES



*Robert Kenefick,
38th President*



Please join us for this very special event on **Thursday, Oct 13th at 1:10 pm**

as Fall Conference Invited Speaker and NEACSM Past President, **Dr. Robert Kenefick** delivers this inaugural lecture series this year in honor of Dr. Finn. His talk is titled "Dehydration and Sport: When it Matters and Why".

IN MEMORIAM

TERESA CONNOLLY FITTS

by **Melissa Roti & Holly Noun**

On July 2, 2016, the NEACSM community lost a dedicated, genuine individual with the passing of Dr. Teresa Connolly Fitts; professor, role model, mentor and friend. Teresa lived with grace, love, faith, strength, intellectual curiosity and a healthy dose of tenacity. She taught us to never accept the status quo, to be grateful for something everyday, and to stay connected. She left us with stories. Teresa stories often stemmed from influential times in her life; high school basketball, life in the community as a nun, graduate work at Springfield College, and most importantly her time as a mom. The stories grew to include her families at Westfield State University and at NEACSM and ACSM.

Teresa brought important aspects of her life to everything she did. She was dedicated to God; as a devoted Catholic, she found a church in every city that hosted an ACSM conference. She was dedicated

“She thrived on leading a group effort and loved working with others to accomplish something greater”

to her family; husband Jim and twin teenage daughters, Mary and Sarah. Teresa and Jim created a close family culture full of love and respect. Teresa was also dedicated to Suzuki violin lessons with her daughters. She often brought her violin to ACSM conferences to practice in our hotel room!



PICTURED L-R: HOLLY NOUN, TERESA FITTS, KAREN CROTEAU, & MELISSA ROTI AT ACSM MEETING, 2011

Teresa was a dedicated educator, committed to her students and mentees. She guided and inspired them to work to their full potential and develop the best of themselves. A former student, Erin Croke, describes her, “From the very moment I met Dr. Fitts at Westfield State she had a significant impact on me. She showed me how to be passionate about exercise science and guided me on the right path to be accepted to graduate school...

I remember being in her 7:50 AM class and while we students were all still half asleep she came in full of energy, passion and life, every class. She truly cared about all of her students and their success.” Teresa was the driving force behind bringing up to 50 students to the fall NEACSM conference. She urged

students to participate in research and to submit abstracts to present both regionally and nationally.

Teresa was a dedicated colleague and friend. Collaboration was her middle name. She worked to make us feel included and valued. A great example of this was when Melissa joined Westfield State University; Teresa immediately thought to make her a co-director of the Exercise Science program. She readily shared the position so they could work as a team, because that is how Teresa loved to function. She thrived on leading a group effort and loved working with others to accomplish something greater. We always traveled together to conferences and relished that time for long discussions of everything from Exercise Science curriculum and pedagogy to family, spirituality, organic foods and music. Her most celebrated successes were those accomplished with others.

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“She truly cared about all of her students and their success”

Teresa was a dedicated professional, committed to improving our profession; although certainly not in the way of self-promotion. She served as a Member-at-Large on the NEACSM Executive Board as the Awards committee chair and was looking forward to serving the organization as President when she was needed and the timing was right for her family.

Teresa had a vision of the role of the ACSM in the future health and wellness of our global community. Teresa lived the socioecological model of behavior change; she professed the importance of community and individual and group psyche on improving the health status of communities, long before they became large components of the curriculum. She worked tirelessly on national committees, committed to asking the difficult questions about the future structure and function of the organization and its credentialing system, and their relationship to education program content. Earning the Fellow distinction in the ACSM was a proud moment for Teresa, who thought of the distinction as being as important for her students as it was for her. Our profession is better for Teresa’s tenacious, thoughtful influence.

Teresa loved to run. She even used to run while wearing her habit as a nun (sorry no picture!). She often participated with the students in the Gisolfi 5k at ACSM each year. Running with the Dana Farber Boston Marathon team was a major goal for her, the accomplishment of which included being recognized as the high fundraiser for the team. In the midst of treatments she kept running when she could and ran a portion of that Boston Marathon. Her lime green team shirt and marathon bib were prized possessions.

Teresa’s legacy will be her community building. She naturally built communities wherever she went, culminating with the Facebook group, T’s Village, that she created to keep us updated on her health. She grew up in a large Irish Catholic family and in addition to her immediate family of husband Jim and daughters, Mary and Sarah, she had many circles of friends related to her church, the girls’ school, Suzuki violin, fellow runners, research collaborators, professional committees, colleagues and students. The Suzuki violin teacher, Emily Green, posted the following “In reading the many tributes to Teresa, I’m struck by both the sheer magnitude of people whose lives she’s touched, but also by the intensity and longevity of relationships she maintained. It’s no wonder that this funny, sincere, kind, real, wise, graceful, thoughtful woman had such a large scope of friendships. But it wasn’t just her individual relationships that are remarkable, it was her ability to connect people with each other.” Teresa approached her health issues as another challenge, a

new kind of marathon which her niece, Kate Connolly Wade, nicely described. “Often people talk about ‘battling’ cancer and ‘fighting’ cancer, but Teresa took a different approach and brought a whole village along with her on her pilgrimage of faith and courage and humility. I will always be in awe of how she balanced being a best friend and partner, nurturing mother, and inspiring educator to so many.”

Anyone who has ever met Teresa, even briefly, could see that she was an authentic person with a contagious love of and enthusiasm for learning. We will miss her popping into our offices with yet another new idea, and a twinkle in her bright blue eyes. We were all so lucky to have had her in our lives. NEACSM Past-President, Peter Ronai said it best, “Teresa was a blessing and her open communication with us, expressions of gratitude for the daily things in life and ceaseless care for others throughout everything she went through were probably a source of daily inspiration and strength for most of us, her students and everyone who met her.” Teresa was an extraordinary woman who, for all her endeavors and accomplishments, had a gracious humility and easygoing sense of playfulness. She was always hatching

“Teresa was a dedicated educator, committed to her students and mentees”

new plans and invited us along for her adventures. If we weren’t able to join her she would go ahead anyway and simply say, “No worries”. Teresa left us with a gift and a charge. She left us with each other, this wonderful, diverse, very large community. And she left us with the charge to live by her example.

#TeresaStrong



PICTURED L-R BOTTOM ROW MELISSA ROTI ON FAR LEFT AND TERESA FITTS ON FAR RIGHT AT GISOLFI FUN RUN- ACSM MEETING 2013

PAST PRESIDENT LECTURER



MEET THIS YEAR'S PAST PRESIDENT LECTURER



DEBORAH RIEBE

NEACSM's 29th President

EDUCATION:

B.S. Physical Education, Springfield College; M.S. Physical Education, University of Rhode Island; Ph.D. Exercise Science, University of Connecticut

CURRENT OR MOST RECENT AFFILIATION:

Associate Dean, College of Health Sciences, University of Rhode Island

HONORS & AWARDS:

ACSM Fellowship 1997, NEACSM Honor Award 2004, NEACSM President 2001, elected member of ACSM's Board of Trustees 2013-2016, University of Connecticut Outstanding Kinesiology Professional Award, 2006.

PROFESSIONAL INTERESTS:

Physical activity and health, obesity

Q. What first inspired you to enter the Exercise Science/Sports Medicine Field? What made you decide to pursue your advance degree and/or line of research/service?

A. My love of athletics inspired me to pursue an undergraduate degree in physical education. At the time, I had never heard of exercise science and there were relatively few academic programs in this new discipline. Exercise physiology was my favorite class during my undergraduate program, and upon graduation, I worked in the area of adult fitness. I learned that I really enjoyed research while completing my master's thesis, and decided pursuing a Ph.D. was the best option for me.

Q. As a student, who were your mentors and what role did they play in your professional development? As a professional, was there anyone who was also instrumental in your career development?

A. Dr. Tom Manfredi, Dr. Bob Sonstroem, and Dr. Bo Fernhall introduced me to research and encouraged me to complete a thesis. Dr. Manfredi continued to be a mentor for 18 years at URI, where I was lucky enough to be his colleague until he retired. Dr. Dave Camaione, Dr. Carl Maresh and Dr. Larry Armstrong were important in helping me develop professionally and as a scientist in my doctoral program.

Q. What is it about Exercise Science/Sports Medicine that still inspires you today?

Every day, we learn more and more about the importance of physical activity to good health. The

breadth of health benefits from regular exercise inspires me to spread the word to as many people as I can. The physiological mechanisms responsible for the health benefits continues to intrigue me.

Q. Why and how did you decide to get involved with NEACSM? How did your service help you grow as a professional?

A. I had never heard of NEACSM until my major advisor in my master's program told me that I had to attend the annual meeting. It ended up being one of the best things that I have ever done. Over the years, I have held many different positions with NEACSM, ranging from being the processing coordinator to the president. I have been able to apply everything I learned in those committees to other aspects of my career. Being involved with NEACSM also introduced me to many individuals who supported me and helped me get involved with ACSM on a national level.

Q. What are your most memorable moments from your service to NEACSM?

A. What is most memorable are the friends and colleagues that I have met through NEACSM. There have been so many great times and a lot of laughs over the years. I particularly remember the "stuffing" parties where the executive committee prepared for the conference by filling up portfolios for attendees and had a lot of fun at the same time.

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Q. What were some of the main issues confronting NEACSM at the time of your presidency?

A. When I became president, the Chapter was in a very precarious financial position. Dino Costanzo and I worked together to turn things around.

Q. What do you think are your most meaningful contributions to NEACSM?

A. I would have to say that it is my long term commitment to the Chapter. I have not missed a meeting since 1989 and served on countless committees and in various positions.

Q. What do you think are your most meaningful contributions to the field of Exercise Science/Sports Medicine?

A. Being the senior editor of the tenth edition of ACSM's Guidelines for Exercise Testing and Prescription and leading the expert panel which resulted in major changes in ACSM's pre-participation health screening are two highlights. Chairing the Committee for Certification and

Registry Boards where we laid the groundwork for uniting degreed exercise professionals under the title of exercise physiologist was important for practitioners.

Q. What advice would you have for future leaders of NEACSM?

A. Don't hesitate - get involved. Know that the passion and work that you put into the Chapter will help you in the long run. At the same time, you will be inspiring students and younger professionals to be active in the field.

Q. What advice would you give to students who are looking to pursue a career in Exercise Science/Sports Medicine?

A. Be passionate about what you do and don't be afraid of hard work. Get involved in the field while in school - participate in a research program, volunteer as a strength and conditioning coach, or work in the faculty and staff fitness program. Talk to faculty - they want you to succeed. Get certified.

JOIN DR. RIEBE ON THURSDAY, OCT 13TH AT 3:30 FOR THE PAST PRESIDENT'S LECTURE!

NEACSM PAST PRESIDENT NEWS



Dr. Kyle McInnis



Dr. Linda Pescatello



NEACSM's 27th President and current Health Sciences Associate Dean at Merrimack College, **Dr. Kyle McInnis** recently was awarded a \$1 Million grant from the prestigious Robert Johnson Foundation to expand the innovative Active Science program to help increase physical activity and science achievement among school aged children. **Click here for more information.** Congratulations Dr. McInnis!

NEACSM's 19th President and Distinguished Professor of Kinesiology at the University of Connecticut, **Dr. Linda Pescatello** was recently appointed to serve as member of the 2018 Physical Activity Guidelines Advisory Committee, made up of some of our country's most accomplished physical activity and health experts. Dr. Pescatello and other experts on the committee will play a critical role in the development of the second edition of the Physical Activity Guidelines for Americans. **Click here for more information.** Congratulations Dr. Pescatello!



Dr. Lawrence Armstrong



Dr. Carol Ewing Garber



At the annual ACSM Meeting held in Boston earlier this year NEACSM's 17th President, **Dr. Carol Ewing Garber** moved into the Second Past President role of the organization while NEACSM's 20th President, **Dr. Lawrence Armstrong** moved into the Immediate Past President role. We are very fortunate that both these great leaders are still so closely connected with NEACSM. Thank you for all your service, both regionally and nationally!

COMMITTEE SECTION

NEACSM SCHOLARSHIP & AWARDS UPDATE

The Awards Committee has selected the following three individuals as recipients of the 2016 Undergraduate Research Experience Grants: **Gabriella Narowska** (Quinnipiac University), **Stephanie Ostrowski** (University of New England), and **Albino Schifino** (Central Connecticut State University). Each of these individuals received a \$500 award to be used to conduct independent research leading to a presentation at a future NEACSM meeting - congratulations! For students wishing to be considered for this award in the future, the next call for applications will occur in January 2017.

The winners of the following awards have been selected and will be announced at the NEACSM Fall 2016 meeting in Providence, RI: the Robert S. Axtell Undergraduate Scholarship, the Mark

Connolly Memorial Masters Scholarship, the David N. Camaione Doctoral Scholarship, the Lawrence E. Armstrong Minority Scholarship, and the Donna Murphy Service Scholarship. These scholarships are designed to highlight professional and academic excellence in students in the New England Regional Chapter; scholarship winners will receive an award of \$500-\$1,000. For students wishing to be considered for these scholarships in the future, the next call for applications will occur in January 2017.



John Hatzenbuehler & Robert Gregory, Co-Chairs



FREE COMMUNICATION UPDATE

The Free Communications Committee, co-chaired by Drs. William Lunn and Jacob Earp, are hoping for and planning on another record-setting year in terms of abstract submissions for the 2016 Fall meeting. The student competitions in each category (bachelor, masters, and doctoral) will follow last year's format and will all be held at 9:40 on Thursday morning of the meeting. Students are eligible for the competition if they are NEACSM members and are presenting research of their own design. Winners receive the following cash prizes: \$500 for the bachelor's category, \$750 for the master's category, and \$750 for the doctoral category. The category must align with the program the student was in when the work was completed.

For the 2nd year, we are holding the President's Cup Poster Competition. The top-rated abstract submitted for competition by a master's or doctoral student will be selected to represent the New England chapter in a poster competition at the 2017 annual meeting in Denver, Colorado. A \$1,200 travel stipend and registration fee waiver for the annual meeting will

be provided to the winner. The student MUST be a currently-enrolled graduate student at the time of the 2016 chapter meeting, and must be willing to present at the 2017 annual meeting if selected.

We will again have traditional posters for presentation on the main floor on Thursday afternoon and Friday morning, but new this year, students will participate in an oral poster presentation on Friday afternoon of the meeting. This event is modeled in a similar vein as thematic poster sessions at the national meeting. We are hoping this addition to our program adds interest and encourages more students to submit abstracts, while encouraging more senior attendees to further support our young scientists. We hope to see a great turnout!



William Lunn & Jacob Earp, Co-Chairs Free Communications



CAMAIONE ENDOWMENT FOR STUDENT SUCCESS

The David N. Camaione (DNC) Endowment for Student Success was established by Dr. David Camaione's 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 for Student Success, in alignment with the mission of The New England Chapter of the American College of Sports Medicine, supports student members through scholarships, awards and professional development activities.

The DNC Endowment for Student Success is a restricted gift providing a permanent source of funds for a particular purpose(s) within the NEACSM Chapter including but not limited to awards for student scholarships, visiting lectureships, research recognition, and student support. The Endowment will provide a financial base with the continual goal of increasing the Endowment's earnings as well as future gifts to make financial awards for the purposes outlined.

The DNC Endowment for Student Success is governed by an appointed volunteer board of seven directors five with voting privileges and three as ex officio each with specified terms of office.

Each year the following student scholarships, fully supported by the DNC Endowment for Student Success, are awarded at the annual Fall Meeting:

- **David N Camaione Doctoral Scholarship for \$1000**
- **Mark Connelly Memorial Master Scholarship for \$750**
- **Robert S. Axtell Undergraduate Scholarship for \$500**
- **Lawrence A. Armstrong Minority Scholarship for \$500**
- **Donna Murphy Service Scholarship for \$1000**

Each year the following awards/grants are given out at the annual Fall Meeting and are also supported financially by the DNC Endowment:

- **Doctoral Student Investigator Award for \$500**
- **Master Student Investigator Award for \$500**
- **Undergraduate Student Investigator Award for \$500**
- **Undergraduate Research Experience Grants (up to 3 each for \$500) ***

The DNC Endowment for Student Success Board invites ideas from the membership and past awardees that will continue to grow the DNC Endowment allowing for both growth in the monetary values of the above awards as well as new initiatives.



*Robert Axtell,
Chair of Camaione Endowment
for Student Success*

CAMAIONE
STUDENT ENDOWMENT

STUDENT COLUMN.....

NEACSM Student Chapter Representatives, Dr. Michael Bruneau Jr. (Drexel University) and Nicole Schultz (Tufts University), have been hard at work to increase student engagement and expand opportunities for student involvement in NEACSM. Such efforts were supported by members of the Student State Representative Committee (SSRC) and aimed to enhance the reach and impact of NEACSM opportunities for students within the New England region. At the 2016 ACSM Annual Meeting in Boston, MA, newly appointed student leaders were announced, including Student Chapter Representative-Elect, **Brittany Masteller** (UMass Amherst), and Student State Representatives: **Stephanie Ostrowski** (University of Maine), **Albino Schifino** (Central Connecticut State University), **Liam Fitzgerald** (UMass Amherst), **Sarah Bergstrom** (University of New Hampshire) and **Samuel Slezak** (University of Rhode Island).

In 2016, a primary initiative of the SSRC was to design and distribute a survey to NEACSM student members in an effort to learn how the chapter can better meet student needs and preferences.

The survey results indicated the student members' desire for more engagement opportunities and improved communication, as well as an interest in regional interest groups, peer mentoring programs and career and professional development activities. The SSRC, with the support from the faculty State Representative Committee (SRC), have begun conversations about these initiatives, and will continue to develop and implement the new student activities in the upcoming year.

If you have any questions or suggestions for the SSRC, or would like to be involved in NEACSM student initiatives, please contact **Michael Bruneau Jr** (mlb425@drexel.edu) and **Nicole Schultz** (Nicole.Schultz@tufts.edu).



*Nicole Schultz & Michael Bruneau,
Co-Chairs of the Student
Representative Committee*

Tufts
UNIVERSITY

SPRINGFIELD
COLLEGE

STATE REPRESENTATIVE

New addition of the State Representative Committee improves outreach to students and chapter members.

The State Representative Committee (SRC) was formed as part of the 2014 NEACSM Strategic Plan and has been charged to improve outreach to students, professionals, colleges and universities while advocating for chapter benefits, events and opportunities. To carry out the mission of our committee, the SRC has enhanced the role of the six State Representatives by improving visibility as local officials of the chapter within each of the states they represent in the New England Region.

During this past year, our state representatives have worked to develop a faculty and student contact at each college and university with an Exercise Physiology or associated program of study. Through this network the SRC has been able to streamline communication and information from the chapter's Executive Committee to our contacts including, but not limited to, scholarship and awards, free communications, and workshops. As a result, the SRC has been successful in generating professional and student volunteers willing to serve the chapter to support related events.

Recently, the SRC successfully completed the first year of an Advocacy Initiative that targeted six college/universities in each of the states that the chapter represents. The purpose this program was to enhance the involvement of each target school over the upcoming academic year. The committee presented

information about the various NEACSM opportunities to students and faculty with our newly developed brochures and presentations. First year outcomes for this initiative will be made available at the chapter's fall meeting this October. The Advocacy Initiative received funding from the Camaione Fund Board.

Our future plans are to explore adapting our Advocacy Project to include our clinical and professional members. We recently generated a contact list for clinical professionals and sites within each state, and are discussing ways to modify our existing advocacy materials to make relevant for clinical members in order to further promote the NEACSM to these professionals.

Other tasks the SRC has assisted with this past year include supporting the Student State Representative Committee in modifying and updating questions, procedures and judging for the 2016 College Bowl, and supporting the Scholarship and Awards Committee in judging applications for minority, undergraduate, graduate and doctoral scholarships.



Sarah Camhi, Chair & Paul M. Gallo, Past-Chair



THE CURRENT COMMITTEE MEMBERS INCLUDE:

Sarah Camhi (Chair; Massachusetts; sarah.camhi@umb.edu)

Michael Lawrence (Maine; mlawrence3@une.edu)

Hans Haverkamp (Vermont; Hans.Haverkamp@jsc.edu)

Paul Gallo (Past-Chair; Connecticut; pgallo@norwalk.edu)

Christie Ward Ritacco (Rhode Island; christieward@uri.edu)

Melissa Rodgers (New Hampshire; melissa.rodgers@unh.edu)

During the 2016 NEACSM Fall Meeting, the SRC will have a volunteer interest booth available at the vendor section of the conference hall on **Thursday October 13th from 7:30am - 10:00am / 12:00pm - 3:00pm** and **Friday October 14th from 8:00am - 10:00am.**

Please stop by to introduce yourself, learn more about the advocacy initiative and volunteer opportunities, and ask questions. This is also a great opportunity to meet your State Representative!

MEMBERSHIP

At the Fall 2015 meeting, the Membership Committee facilitated the very first certification training for the Exercise is Medicine® Ambassador program. Nearly 50 students and professionals attended this training session and sat for the certification exam with a high success rate. Therefore, the New England Chapter contains the very first EIM Ambassadors! Congratulations Ambassadors! Due to the overwhelming success of this pilot, National ACSM is in strong support of the Ambassador program's further growth. The program is now expanding to additional regional chapters and was hosted at the 2016 national meeting in Boston, MA. Who are the EIM Ambassadors? EIM Ambassadors are individuals who are trained and knowledgeable in the initiative to serve as a foundation for EIM in their local communities and institutions.

Further information about the EIM Ambassador Program can be found in "On-going Initiatives" at www.exerciseismedicine.org.

The Membership Committee is committed to providing a variety of quality services and opportunities for students and young professionals to develop into the next generation of scientists, physical activity and health professionals. The Membership Committee continues to offer the unique Professional Development Workshop series where students are connected with a well established professional in their field of interest to review their curriculum vitae and

discuss a variety of topics pertaining to application processes and professional development. The committee would like to take this opportunity to once again thank the following professionals who donated their time to take part in this workshop, as its success is solely due to their participation.

Bill Dexter, M.D.
NiCole Keith, Ph.D.
Cassandra Forsythe, Ph.D., R.D.
Nicole Hafner, M.S., RCEP, HFS
Marc Robertson, D.P.T.

The EIM Ambassador Program training and Professional Development Workshop will be held again at the Fall NEACSM meeting. Advertisement will be distributed to faculty thanks to the State Representatives, on NEACSM social media and on the NEACSM website that will contain registration information.



*Colleen Muñoz,
Chair of the Membership
Committee*

**UNIVERSITY
OF HARTFORD**

SPONSORSHIP

The 2016 Marketing and Sponsorship committee worked very hard this summer to secure outstanding contributors for this year's meeting. Overall, 21 generous sponsors pledged over \$25,000 in support for the conference and our organization. We would like to sincerely thank all of the organizations who have contributed, but especially, our Conference Partners, the NSCA and University of Southern Maine, of which are our highest level of sponsorship. Next, Springfield College, who is sponsoring our Knuttgen Keynote Lecture, Normatec who is supporting the Student Bowl, and Gatorade Sport Science Institute as an overall substantial meeting sponsor. Then, all our meeting friends, both the new and reoccurring.

We encourage you to click the active sponsor links in this brochure to learn more about each sponsor, and visit their exhibit tables at the Fall conference.

With these friends and supporters, the NEACSM continues to flourish, and provides excellent content and benefits for all those involved, so please be sure to thank and support them in return.



*Elizabeth O'Neill &
Cassandra Forsythe,
Co-Chairs of the
Sponsorship Committee*

**SPRINGFIELD
COLLEGE**



HISTORY OFFICE UPDATE



Introducing the Newly Appointed NEACSM History Committee

In April of this year, the Executive Committee of NEACSM unanimously voted to add a History Committee as a new standing committee of our organization. An ad hoc committee was created in 2014 to begin working on a historical project that included building an NEACSM historical timeline of important events to present day as well highlighting the strengths of our organization

that culminated in a visual display showcased at the annual ACSM meeting held in Boston this year. Hopefully you were able to visit it in Boston but if not we will have a page on our NEACSM website to showcase this work as well as other important historical related projects and documents.

I am honored and humbled to have appointed the first official NEACSM Historian. In this role I will be focusing on continuing to capture our great history as an

organization and the work of so many of our past leaders for over forty years now but to also capture and record our present work and present leaders to preserve it for decades to come. Moving forward the role of the historian will be to archive and preserve historical documents related to our work as an organization, serving on NEACSM committee's where the historian is needed, writing historical pieces for the MAX! Newsletter, taking pictures of important NEACSM events, as well working on any historical related projects as needed. If you have any historical items or ideas that would be valuable for NEACSM to be aware, please do not hesitate to contact me.



Sean Walsh,
NEACSM Historian



BLAST FROM THE PAST- NEACSM TWENTY YEARS AGO!

From Fall 1996 MAX! Newsletter:

NEACSM President-Elect **Mary Jane De Souza** Chair's 23rd Annual Program Committee for NEACSM's Fall Meeting that features **Dr. Carl Gisolfi** as the Knuttgen Lecturer and **Dr. Jack Wilmore** as a keynote speaker.

Following the lead of national ACSM, President **Robert Axtell** organized the first Strategic Planning Committee (SPC) in NEACSM's 23 year history. The purpose of the SPC will be to move our organization into the next decade. The initial SPC activity involved formulating a first draft of a Mission Statement for NEACSM. Much discussion focused on the rapid growth of NEACSM in recent years and the problems that have resulted. Because this phenomenon may precipitate overcrowding at the annual Fall Conference, SPC members toured the RI Convention Center in Providence as a possible site for future considerations.

New Processing Coordinator-**Charlie Chatterton** recently assumed this role at our Regional Chapter Office at UCONN.

Member News: **Michael F. Bergeron, Ph.D.** has accepted a post-doctoral research position, under the direction of **Priscilla M. Clarkson, Ph.D.** in the Department of Exercise Science at the University of Massachusetts in Amherst. He also received an M&M/Mars Young Scientist Award that funded a course in muscle physiology at the University of Copenhagen in Denmark.

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