



LEADERSHIP • SCIENCE • LEGACY

PRESIDENT'S MESSAGE



Dear NEACSM Members, thank you for allowing me the opportunity to serve as your President. Attending my first NEACSM

conference in 2009, I recall feeling overwhelmed at the size and breadth of our chapter. Luckily, a colleague encouraged me to reach out to the NEACSM leadership and ask whether opportunities for involvement were available. Nine years later, our chapter has grown and opportunities continue to be all around us, waiting to be sought! I encourage you to explore our website at www.neacsm.org and check out our current leadership roster, which highlights our various committees. Our membership committee continues to work to identify areas of need for our membership, and as we bring forth new initiatives we will be looking for assistance.

In 2017, we received an ACSM grant to fund video recording of selected

talks at our annual meetings. Our intention is to deliver video content first, exclusively, to our members who attend the meetings, followed later by access for all NEACSM members, and then eventually, public access. I am happy to report that we successfully pilot-tested and recorded four speakers from the Spring Conference, "EAT, LIFT, BUILD: Nutrition Strategies for the Strength Athlete." Stay tuned for information on how to access these videos! We hope you enjoy this added membership benefit as we look to expand our educational outreach and provide additional opportunities for member engagement. If you are interested in assisting with recording sessions at our upcoming fall meeting, please reach out to me via e-mail.

I'd like to close by reminding you of our upcoming fall meeting, planned by President-Elect Dain LaRoche. "Alpha to Omega: Human Performance Across the Lifespan" will take place on November 8 and 9 in Providence, RI. Additionally, the 2019 Spring Meeting, scheduled

for April 26, 2019, is currently in the planning stages and is tentatively titled: "Only the Strong: Brain versus Brawn." Please mark your calendars, and I hope to see you there!

It has been an honor and a privilege to serve as your President and I encourage you to reach out and seek opportunities to engage with our chapter!

With Many Thanks,

Jay Melnyk, Ph.D., CSCS



@jmelnyk

In this issue:

Sneak Peak.....	2
Committee Section.....	3
Sponsors.....	8

SNEAK PEAK



ALPHA TO OMEGA: HUMAN PERFORMANCE ACROSS THE LIFESPAN

NOVEMBER 8TH-9TH, 2018
RHODE ISLAND CONVENTION CENTER,
PROVIDENCE, RI



*Dr. Dain LaRoche
President-Elect &
Program Chair*



*“We hope you enjoy this
world-class program and
look forward to seeing
you in Providence!”*



by **Dr. Dain LaRoche, PhD, FACSM**

On behalf of the 2018 NEACSM Executive Committee and the Program Planning Committee, I invite you to join us for the Fall NEACSM Conference, “Alpha to Omega: Human Performance Across the Lifespan,” to be held November 8 & 9 at the Rhode Island Convention Center in Providence, RI.

A wide array of topics will be presented, including resistance training for athletes, middle-aged and older adults, neural contributors to skeletal muscle function, blood flow restricted resistance training, psychological factors that affect exercise participation, weight loss interventions, nutrition for athletes, chronic kidney disease, sex differences in the exercise response, exercising with type I diabetes, and age guidelines for contact sports.

The Knuttgen Keynote lecture, focusing on risks of early sport specialization, will be given by **Dr. Pierre d’Hemecourt**, Director of the Injured Runners Clinic at Boston Children’s Hospital, Clinical Professor at Northeastern University. **Dr. Maria Urso**, Manager of the Medical Science Liaison team at BTG Pharmaceuticals, will give the Clarkson Keynote lecture. She will review evidence supporting best approaches to optimizing skeletal muscle and cardiovascular health across the lifespan.

The Past-President’s lecture will be given by **Dr. Mary Jane De Souza**, Professor at The Pennsylvania State University, who will present on recovery from the female athlete triad. **Dr. Ken Powell**, an epidemiologist with the Centers for Disease Control, **Dr. Linda Pescatello**, Distinguished Professor at the University of Connecticut and Past-President of NEACSM, and **Dr. Loretta DiPietro**, Professor at The George Washington University, will speak about the scientific evidence behind why physical activity is the “best buy” for our health.

Dr. Jane Kent, Professor at UMass Amherst, will speak about skeletal muscle performance in older adults. **Dr. Jeffrey Mjaanes**, Director of Intercollegiate and Health Service Sports Medicine and Head Team Physician at Northwestern University, will discuss case studies of common pediatric musculoskeletal issues. **Dr. Markus Amann**, Associate Professor & Endowed Chair of Anesthesiology at the University of Utah, will speak on the role of muscle sensory neurons in the development of muscular fatigue.

Dr. William Roberts, Professor at the University of Minnesota Medical School and former ACSM President, will talk about acute and long-term health effects of marathon running. **Dr. Lindsay Baker**, R&D Principal Scientist at the Gatorade Sports Science Institute, will present on the effect of hydration status on exercise performance.

There are many other opportunities to interact with NEACSM colleagues and friends, including research posters, President’s reception, College Bowl, student presentations, exhibitor booths, leadership workshop, and NEACSM town hall meeting. Conference participants will once again have the opportunity to participate in the Exercise is Medicine Ambassador Certification training.

COMMITTEE SECTION

MEMBERSHIP COMMITTEE

The Membership Committee would like to thank those members who participated in the Spring Meeting survey. We highly value our membership feedback and are working to address identified needs and continue to offer those opportunities that were reported as valuable.

We hope to see you at the Fall Meeting in Providence, RI where the Membership Committee will again facilitate the Exercise is Medicine (EIM) Ambassador Training on Friday, November 9, which will also incorporate select NEACSM members who have been developing an EIM presence in their institutions and communities. Please also stop by our Volunteer Interest Booth to learn more about the roles of each committee as well as their volunteer needs.

We welcome all who would like to get involved and develop professionally.

The Membership Committee has new and exciting events and opportunities on the horizon, and we encourage all members to look for related announcements. Lastly, please continue to help us build the chapter by completing the Fall Meeting survey once it becomes available.



*Dr. Colleen X. Munoz
Brandon Yates
Co-Chairs Membership Committee*

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SPONSORSHIP COMMITTEE

The NEACSM Sponsorship Committee would like to thank all sponsors and exhibitors who have committed to the NEACSM Fall meeting in Providence, RI on November 8 and 9, 2018. We would also like to recognize our 2018-2019 Conference Partner, Equinox. Thanks to the generous contributions of our sponsorship and exhibitors, the chapter is able to offer high-quality programming, scholarship awards, and special events associated with each of our meetings.

There are still 2018-2019 sponsorship opportunities available and we welcome any organization interested in sponsoring or exhibiting. The many benefits associated with NEACSM sponsorship include logo display on the chapter's website, conference brochures, and recognition in each issue of the MAX! Newsletter. Dependent on the sponsorship level, recognition of sponsors will also occur at the start of special events or speaker sessions during the NEACSM meetings. Several of

our sponsorship levels, ranging from \$750 - \$5,000, include registration waivers for two individuals and exhibitor space that will afford opportunity for networking, recruitment, and equipment/product demonstration. All exhibitors are placed in a high-traffic thoroughfare of the convention center that will allow for exposure to the 1,000+ professional and student attendees.

Updated literature and more information is available on the NEACSM's official website:

<https://www.neacsm.org/sponsorship> or by contacting **Paul Gallo** (pgallo@norwalk.edu) or **Colleen Munoz** (colleen.d.munoz@gmail.com).



*Dr. Paul M. Gallo &
Dr. Colleen X. Munoz
Co-Chairs Sponsorship*



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STUDENT REPRESENTATIVE COMMITTEE

Brittany Masteller (UMass Amherst) and **Sarah Burkart** (UMass Amherst) are the current Student Representatives. Brittany and Sarah have been working to increase student engagement and expand opportunities for student involvement in NEACSM.

Congratulations to new representatives **Danny Bonanno** (Vermont; Merrimack College), **Hannah Chamblin** (Connecticut; Sacred Heart University), **Andrew Stranieri** (Rhode Island; University of Rhode Island), **Melissa Cummings** (New Hampshire; Franklin Pierce University), **Brent Pritt** (Maine; University of New England), and **Robert Marcotte** (Massachusetts; University of Massachusetts Amherst), who will serve as Student State Representatives.

Our newly appointed representatives will be instrumental in enhancing communication and outreach efforts between the NEACSM and individual schools in their respective states.

If you have any questions/concerns or want to get involved in the chapter, please contact Brittany (bmasteller@umass.edu) or Sarah (sburkart@umass.edu).



*Brittany Masteller & Sarah Burkart,
Co-Chairs Student Representative
Committee*



STATE REPRESENTATIVE COMMITTEE

Members of the State Representative Committee (SRC) have been working collaboratively with members of other NEACSM committees, including the Sponsorship Committee, Scholarship and Awards Committee, and the Free Communication Committee, to support their initiatives. The SRC is also continuing to promote the NEACSM throughout the region through our Advocacy Project.

The State Representative Committee is represented by

Nicole Mendola (Connecticut; Norwalk Community College), **Michael Lawrence** (Maine; University of New England), **Kyle Coffey** (Massachusetts; UMASS-Lowell), **Ryanne Carmichael** (New Hampshire; Plymouth State University), **Zane Pfefferle** (Vermont; Lyndon State College), and **Jacob Earp** (Rhode Island; University of Rhode Island).

If you would like your state representative to visit your institution this fall to talk to students and faculty about the

organization and scholarship, grant, and service opportunities, please contact **Nicole Mendola** (nmendola@norwalk.edu). We look forward to connecting with you this November at the Fall 2018 Meeting!



*Nicole Mendola, MS, RCEP
Chair, CT State Representative*



LINDA S. PESCATELLO DOCTORAL SCHOLARSHIP



The Naming Committee is pleased to announce the David N. Camaione Doctoral Scholarship has been renamed the Linda S. Pescatello Doctoral Scholarship. The renaming of this scholarship was a special request from Dr. Camaione to allow other NEACSM contributing members to have named recognition within the chapter. Dr. Pescatello exemplifies the criteria for renaming of the Doctoral Scholarship in all categories.

Dr. Pescatello is recognized for her demonstrated mentorship to graduate students across a variety of disciplines, including kinesiology, physical therapy, and allied health sciences, at the University of Connecticut. Graduate students under her mentorship receive highly competitive and prestigious awards, graduate with numerous published peer-reviewed journal

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articles and obtain very competitive postdoctoral fellowships, faculty positions in higher education, or administrative positions in health care or the pharmaceutical industry.

Dr. Pescatello has a rich history with NEACSM that began in 1981 as a student member. She served on or chaired numerous committees, was an elected Member-at-Large and President, and she is currently a Board of Trustee member. She was also the recipient of the prestigious Honor Award. She routinely presents at NEACSM and her sessions are considered a highlight of the conferences.

Dr. Pescatello is a three-time alumna from the University of Connecticut, earning a B.S. in Biological Sciences and an M.S. and Ph.D. in Kinesiology. She is

currently a Distinguished Professor of Kinesiology at the University of Connecticut. She is a fellow of the American College of Sports Medicine and the American Heart Association.

Of note is the special connection between Dr. Pescatello and Dr. Camaione. Dr. Pescatello credits her initial involvement in NEACSM to Dr. Camaione, as he was her master's and doctoral advisor and "insisted" that graduate students get involved with the Chapter. She notes that Dr. Camaione had a major impact on both her professional and personal life and they have been colleagues and friends for over 40 years. Thus, it seems especially fitting that the David N. Camaione Doctoral Scholarship is renamed the Linda S. Pescatello Doctoral Scholarship.

CAMAIONE ENDOWMENT FOR STUDENT SUCCESS

The David N. Camaione (DNC) Endowment Fund was established by Dr. David Camaione's family in 2000 to recognize and honor Dr. Camaione's commitments to the NEACSM and student success, as well as 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, and professional development activities.

The DNC Endowment Fund 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 fund will provide a financial base with the continual goal of increasing the Endowment Fund's earnings, as well as future gifts to make financial awards for the purposes outlined.

The DNC Endowment Fund 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. The DNC board looks forward to congratulating future student professionals at the 2018 NEACSM Fall Meeting in November.

The following Scholarships and Investigator Awards will be announced and celebrated:

- **David N Camaione Doctoral Scholarship**
- **Mark Connelly Memorial Master Scholarship**
- **Robert S. Axtell Undergraduate Scholarship**

- **Lawrence A. Armstrong Minority Scholarship**
- **Donna Murphy Service Scholarship**
- **Doctoral Student Investigator Award**
- **Master Student Investigator Award**
- **Undergraduate Student Investigator Award**
- **Undergraduate Research Experience Grants**

Lastly, the DNC Endowment Fund looks forward to supporting the 2018 NEACSM College Bowl Champions' trip to the ACSM National Meeting in Orlando, FL in 2019. In total, the DNC will provide our top performing students with over \$10,000 in supportive funding this year.

Due to the generous \$25,000.00 donation from the NEACSM Chapter to the DNC Endowment Fund in January, 2018, the Fund continues to grow for future student scholarships and student related activities. The DNC encourages all professional and student members to continue to help this student-based fund grow by making a donation this year. Furthermore, the DNC welcomes creative ideas centered around ways to encourage more extensive donor participation by all members of the chapter with the goal to increase total funds allowing us to increase the student award values as we move into the future.



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

CAMAIONE
STUDENT ENDOWMENT

FREE COMMUNICATION UPDATE.....

The Free Communications committee is gearing up for the Fall 2018 Annual NEACSM Conference. We're eagerly awaiting your abstract submissions for this year's Fall Meeting, and we're especially excited to crown this year's award winners in our Bachelor's, Master's, and Doctoral Student categories. The abstract with the highest overall score will receive the President's Cup and have their travel to the ACSM Annual Meeting supported by the NEACSM. Complete conference information and abstract submission criteria and forms are available on the NEACSM website on the Conference page. **A friendly reminder that the submission deadline is Friday, September 21 at 5pm EST.**

If you have any questions regarding abstract submission for the Fall 2018 Conference, please contact the Free Communications co-chairs, **Sarah Camhi** (sarah.camhi@umb.edu) or **Christie Ward-Ritacco** (christieward@uri.edu).



*Dr. Sarah M. Camhi & Christie Ward-Ritacco
Co-Chairs Free Communications*



THE UNIVERSITY OF RHODE ISLAND

NEACSM RECOGNITION

AT THE ANNUAL NATIONAL ACSM MEETING.....

This year, many NEACSM members received recognition and awards by ACSM.

Citation awards were presented to:

- **Bill Dexter, a major contributor to the Physicians track within NEACSM**
- **Mary Jane De Souza, former NEACSM president**
- **Larry Armstrong, prominent member of NEACSM**

The ACSM Foundation Doctoral Student Research Grant was presented to **NEACSM Student Representative Sarah Burkhart.**

The ACSM Legacy member designation recognizes past-presidents, past Honor Award recipients, and past Wolffe lecturers beginning 25 years after the end of the individual's presidency, award, or lecture.

This year, two former NEACSM and ACSM presidents were honored:

- **Robert C. Cantu, M.D., FACSM**
- **Lyle Micheli, M.D., FACSM**



Pictured left to right:

- William L. Haskell, Ph.D., FACSM**
- Jere H. Mitchell, M.D., FACSM**
- Robert C. Cantu, M.D., FACSM**
- Walter Thompson, Ph.D., FACSM**
- Lyle Micheli, M.D., FACSM**
- James S. Skinner, Ph.D., FACSM**
- Peter Raven, Ph.D., FACSM**
- Jerome A. Dempsey, Ph.D., FACSM**

MEMBERS IN THE NEWS

1. Past-President Stella Volpe competed this year in Spain for the World Cup, playing for the USA Masters Field Hockey team. Congratulations on a job well done!

2. The Hydration for Health Annual Scientific Conference was held June 26-27, 2018, in Evian-Les-Bains, France. This international conference is aimed at providing a forum for opinion leaders from different countries and disciplines to share the latest scientific and medical evidence on current hydration habits.

NEACSM was well-represented at this event, especially at the “Pitch Your Science!” Young Researcher Award. Two of the competitors were Brandon Yates M.S., CSCS, USAW and Gabrielle Giersch.

Out of six total competitors, the Young Researcher Award winner was Gabrielle Giersch from the University of Connecticut! In addition, ACSM member and Past-President Larry Armstrong, Ph.D. was presented with the Tribute to Hydration Award.

Congratulations to all!

A TRIP DOWN MEMORY LANE



Lorraine Bloomquist, Ed.D., FACS, NEACSM's seventh overall and first female president in 1979, organized the 1978 conference meeting. It is the 40th anniversary of this meeting and NEACSM would like to recognize one of our first leaders.

Dr. Bloomquist is Professor Emerita of the Department of Kinesiology at the University of Rhode Island. She is a lifetime member of ACSM and a member of the Board of Trustees for NEACSM.

She has received numerous awards throughout her career, including the NEACSM Honor Award and Distinguished Service Award from Special Olympics Rhode Island.

Dr. Bloomquist was inspired to enter the Exercise Science and Sports Medicine fields by her father, who was the Massachusetts Director of Physical Education, Health, and Safety. The field still inspires her today because it is “alive and relevant.” Her advice to future students in the field is to “use your wits, personality, education, and humor in exercise activities.”

Congratulations from all at NEACSM!

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