

PRESIDENT'S MESSAGE



On behalf of the NEACSM, I hope you are well and remaining safe during these times. Over the course of the last year, this Chapter

has been faced with many challenges due to the COVID-19 pandemic and unrest within the current issues surrounding social injustice. As a result of the COVID-19 pandemic, and in an abundance of precaution to for our members and speakers, the Spring 2020 Spring Meeting was cancelled. Additionally, we are aware of the challenges that our members have been faced with including the conversion to virtual classrooms, relocation from dormitories, large scale quarantine, disruptions in our clinical/research settings, and contemplation of the unfamiliar learning environments many of us will be entering this fall. In addition to the pandemic, we have been deeply troubled by ongoing acts of systemic racism and have worked to make sure our Chapter's strategies support anti-racist efforts for social

change. We seek to improve the ways our organization, composed of a diverse community of professionals and students, can support equitable and inclusive practices.

In response to these challenges, I am proud to state that the NEACSM continues to work toward our organizational goals of improving diversity, service, growth, and professional development as a regional leader in exercise and sports medicine. Despite the challenges mentioned above, our Executive Committee and Leadership Team have been working tirelessly to meet our organizational goals by providing our members with high quality programming and services, education, career development, research support, and networking. The Fall Meeting Program Committee and newly formed Project Planning Committee, led by Dr. Elizabeth O'Neill (President-Elect), has been successful in pivoting our Fall Meeting to a virtual platform that will include pre-recorded lectures and live online panel discussions

scheduled for October 15-16. This year's Fall Conference, is the first ever virtual meeting for the Chapter, and is entitled, "Exploring the Diversity in Exercise Science and Sports Medicine: Research to Practice."

Additionally, the Technology
Committee, led by Dr. Jason
Melnyk, has been instrumental
in the conversion of our fall
programming by developing
speaker guidelines and training
online moderators and monitors to
ensure the highest quality lectures
and panel discussions. Over the
past year, our Diversity Committee
led by Dr. Katie Burton, continues
to develop events and services
focusing on diversity, equality, and

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inclusion with all Chapter events and opportunities. Our goal is for both professionals and students to feel comfortable with openly discussing their experiences and challenges regarding societal and educational equity. This committee was also a valuable resource for the development and release of our public statement on social injustice. I am pleased to announce the addition of the Ethics Committee, chaired by Past President Dr. Jaci Van Heest, which acts as an advisory committee to the Executive Leadership in response to any claim of ethical misconduct in accordance with our Chapter bylaws. I would also like to thank the Scholarship and Awards, Free Communications, Sponsorship, Membership, Marketing, Student Representative, and State Representative Committees for their efforts over the past year. The volunteers of our Executive Committee are vital to the success and strength of our Chapter.

As I near the end of my term as President, I am honored to have had the opportunity to lead this Chapter. I would also like to recognize the outstanding service of Dr. Dain LaRoche (Past President) and congratulate Dr. Elizabeth O'Neill on her transition to President, which will become official on Friday, October 16, at our Awards Ceremony. Please be sure to register for the Fall virtual conference. We look forward to "seeing" you there!

Respectfully yours,





Paul M. Gallo, EdD, FACSM

Interested in volunteering with the NEACSM? Please visit www.neacsm.org and complete the volunteer interest form.

PAST PRESIDENT'S MESSAGE

As Chair of the NEACSM Naming Committee it is my pleasure to announce that the NEACSM College Bowl will be named after its founder,

Professor Peter Ronai, MS FACSM.

Those who've been around since the College Bowl's inception have been amazed at Peter's stewardship of the event, taking it from a handful of schools competing in the Rotunda of the Rhode Island Convention Center, to the ballroom with 25+ schools and nearly 1,000 attendees, to a national program featuring competition between Chapters at the ACSM Annual Meeting. Peter's grassroot efforts, determination, ability to recruit and include schools across the New England region, and his charisma as the event's Emcee, have made the College Bowl what it is today.

In reaching the conclusion to name the event after Peter, the committee also considered Peter's longstanding service to NEACSM as a Member-at-Large, Past President, and member of the Board of Trustees, the quality presentations he delivers at our conferences every year, his reputation in the field of strength and conditioning and clinical exercise physiology, and his selfless dedication to the Chapter, its students and professionals.

Please join me in congratulating Peter for his well-deserved honor!



Peter Ronai emceeing the College Bowl



Dr. Dain LaRoche Ph.D, FACSM, Past-President





EXPLORING THE DIVERSITY IN EXERCISE SCIENCE & SPORTS MEDICINE: RESEARCH TO PRACTICE

OCTOBER 1ST - DECEMBER 4TH, 2020

by Elizabeth O'Neill, DPE, President-Elect

On behalf of the Project Planning Committee, it is my pleasure to provide an overview for the NEACSM's Fall Conference. The 2020 Fall Conference will be a historic event, as it is the Chapter's first virtual conference. Amidst a global pandemic, the Chapter leadership has worked together to create a unique and exciting program for professionals and students alike. This year's meeting theme is "Exploring the Diversity in Exercise Science & Sports Medicine: Research to Practice," and it will provide abundant programming, extending across numerous disciplines. Attendees will be provided all conference presentations in a pre-recorded format to access at their convenience from October 1 through December 4, 2020. Additionally, attendees will be able to interact live with presenters via synchronous discussion panels grouped by presentation theme, to be offered on October 15 and 16, 2020. We would like to recognize that this high-quality program would not be possible without our conference partners: Springfield College, Lasell University, the Camaione Student Endowment, and Gatorade Sports Science Institute, as well as our many other sponsors.

The Knuttgen Keynote Lecture will be delivered by **Dr. Cheri Blauwet**. Dr. Blauwet is an Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and attending physician at Brigham and Women's Hospital and Spaulding Rehabilitation Hospital. She is a former Paralympic athlete in the sport of wheelchair racing, competing for the United States Team in three Paralympic Games. Her lecture will focus on the inclusion of people with disabilities in sport and physical activity. The Clarkson Keynote lecture will be given by **Dr. Panteleimon Ekkekakis**, Professor at Iowa State University. Dr. Ekkekakis is a leading researcher in the area of exercise psychology. In his presentation, Ekkekakis will review the challenge of achieving disciplinary integration in exercise prescriptions and physical activity recommendations. Dr. Sean Walsh, Professor at Central Connecticut State University, will deliver the Past President's lecture, presenting a journey in professional development in exercise science. Additionally, we are

excited to welcome an outstanding lineup of invited speakers: **Dr. Nicole Avena** (Ichan School of Medicine at Mount Sinai) will speak on the science of sugar addiction; **Dr. Nisha Charkoudian** (U.S. Army Research Institute of Environmental Medicine) will discuss sex differences in thermoregulation and implications on performance; **Dr. Yuri Feito** (Kennesaw State University) will provide insight on high intensity training with clinical populations; and **Dr. Wouter Hoogkamer** (University of Massachusetts, Amherst) will explore biomechanics related to running shoes. The program will also offer a large variety of general sessions, including tutorials, practicums, colloquia, clinical workshops, and more.

We are also very excited to provide a line of presentations associated with athletic care and clinical medicine for our Physicians' Track. Attendees are invited to join the live Physicians' Track Case Study discussions offered on Thursday and Friday, October 15 and 16, 2020.

In addition, we would strongly encourage you to join us on Friday, October 16, 2020 for the live Awards Ceremony, where we will recognize the winners of the NEACSM's student and professional awards.

Whether a professional or student, our fall meeting provides a diverse program of topics and events that will contribute to your continual learning and professional development. Both CECs and CMEs will be available. The format of this year's event lends itself nicely to incorporating into faculty courses, whether remote or face-to-face, so please encourage your colleagues and students to register!



Elizabeth O'Neill DPE. President-Elect

SPRINGFIELD COLLEGE



FREE COMMUNICATION UPDATE

The Free Communications Committee is excited to host e-poster submissions at this year's Fall Virtual Conference.

This year we have two categories of submission - Student and Professional!

Student submissions are from research completed in a Bachelor's, Master's, or Doctoral program. Students have one year from graduation from a Bachelor's, Master's or Doctoral program to present in that category. Professional submissions are from faculty, researchers, practitioners, and clinicians (e.g. PhD, MD, DO, PT, OT, Athletic Trainers, Physical Trainers, etc.). Professional submissions may be from original research or case studies.

We will have a student competition!

Students may participate in the Student Investigator Award Competition in Bachelor's, Master's, and Doctoral categories. The Student Investigator Award Competition will occur on October 5-6, 2020 where finalist e-posters (with required five-minute audio explanation) will be evaluated by a panel of judges. A winner for each category (Bachelor's, Master's and Doctoral) will be determined from the highest rated

e-poster presentation score. Also, the top-rated written abstract presented by a graduate student will be awarded the President's Cup. The winner will present their e-poster at the NEACSM virtual meeting with a required five-minute audio explanation. Winners will be announced at the Fall Virtual Conference!

Seeking volunteers to help the Free Communications Committee

If you are interested in volunteering for our committee please fill out our volunteer form at

https://forms.gle/WHLVRRpT6dbdwlzd9

If you would like more information, please contact the Free Communications co-chairs **Chee-hoi Leong** and **Sarah Witkowski** at **NEACSMfreecomm@gmail.com**





Dr. Chee-hoi Leong, & Dr. Sarah Witkowski Co-Chairs Sponsorship





CAMAIONE ENDOWMENT FOR STUDENT SUCCESS

The David N. Camaione Student Endowment (CSE) 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.

This year's 2020 Virtual Annual Fall Meeting will be the 20th year that the CSE has been in existence! One cannot thank enough the very generous Camaione Family and all of the individuals that have made donations big or small over the years! Without the continued support of the Camaione Family, NEACSM Executive Committee, and many more, student initiatives such as scholarships and research grants would not be possible.

In addition, the following scholarships and awards are supported by the DNC:

- Linda Pescatello Doctoral Scholarship
- Mark Connolly Memorial Master Scholarship
- Robert S. Axtell Undergraduate Scholarship
- Lawrence A. Armstrong Minority Scholarship
- Donna Murphy Service Scholarship
- Doctoral, Master & Undergraduate Student Investigator Awards
- Undergraduate Research Experience Grants
- College Bowl Team Support to the National College Bowl

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The current balance of the CSE investment account totals over \$272,000 (8/31/2020). The CSE will provide our top performing students with over \$10,000 in supportive funding this year.

The CSE continues to need everyone's support to grow this fund so that more dollars can be given out to students: every dollar helps. The fund uses the interest and dividends earned each year to fund the above listed student initiatives. To be able to increase the monetary awards given each year by \$1,000 we must have \$20,000 of new donations. We challenge

the NEACSM leadership and the membership at large to check the donation box on your registration form to continue to the grow the fund so more dollars can be directed towards students.



Dr. Robert Axtell
Chair of Camaione Endowment
for Student Success

CAMAIONE STUDENT ENDOWMENT

STUDENT REPRESENTATIVE COMMITTEE

As many of you know, we restructured the fall conference to accommodate the current state of the world. The Student Representative Committee (SRC) understands that these situations are impacting the members of NEACSM. The SRC is working diligently to provide students with accessible and engaging events as well as working with the new Diversity Committee to ensure that all future events are created with diversity in mind.

Connecting with students remotely will allow the SRC to reach more students, increase diversity, and provide free online events! As the SRC develops different events, they are developing both virtual and in-person variations for each in the event that adjustments need to be made quickly.

As for leadership, **Melanna Cox** (UMass, Amherst) and **Sarah Poirier** (Sacred Heart University) are still the co-chairs of the SRC. Sarah's term as co-chair of the SRC will end October 16, 2020. Sarah graduated with

a Master's in Exercise Science and Nutrition this past Spring. When Sarah's term ends, **Maggie Morrissey** will be taking over as the new co-chair of the SRC. Maggie is a 3rd year PhD student in Kinesiology from the University of Connecticut. The SRC thanks Sarah for her service and is excited to welcome Maggie this Fall!

During these times, the SRC would especially like to hear how they could support you and your academic success. If you have any questions or would like to be informed of volunteer opportunities, please contact **Melanna Cox** (mfcox@umass.edu) or **Sarah Poirier** (poiriers4@mail.sacredheart.edu). Please be on the lookout for upcoming events!





Melanna Cox & Sarah Poirier Co-Chairs Student Representative Committee





STATE REPRESENTATIVE COMMITTEE.....

State Reps are currently working to update and expand the NEACSM clinical contact database in order to encourage higher attendance at NEACSM Conferences and associated continuing education events. This task may also tangentially serve as a pathway to untapped

internship or employment opportunities for our students. If your facility or place of employment does not have a NEACSM contact person, please let your state representative know so you can get in the loop with all that's happening with the NEACSM!

MEMBERSHIP COMMITTEE ..

The Membership Committee would like to thank those who provided feedback for the up-coming Fall 2020 Virtual conference. We are excited and looking forward to implementing many of the amazing suggestions that were submitted through our on-line survey! Please continue to check our Social Media outlets, email, the MAX!, the Chapter website and messages delivered via the State Representatives to learn about these upcoming offerings.

We would like to acknowledge the following NEACSM members taking lead for each of the five SIGs:

- Aging: Arthur Sculco, MS, ACSM RCEP
- Biomechanics: Robert Gregory, PhD
- Physiological & Biological Mechanisms Underlying Health & Performance: Jeb Struder, MS, CSCS
- Psychobiology and Behavior: Grace Giles, PhD
- Strength & Conditioning: Joseph Gordon III, MS, CSCS





Dr. Marc Robertson & Dr. Dai Sugimoto Co-Chairs Membership Committee





MEMBER HIGHLIGHT



We would like to welcome **Allison Seifert**, PhD, CSCS to the Free Communications Committee. Allison is an Assistant Professor at Central Connecticut State University. She completed her doctorate degree in exercise physiology at Springfield College. Allison has worked in the field developing strength and conditioning programming for high school and collegiate level dance programs for the past 11 years. She is active in writing and presenting research in her area of expertise – applied exercise physiology in dance and the performing arts.



We also would like to welcome Rick Armstrong, MS, CSCS, ACSM-EP to the Membership Committee. His current position is as a Senior Lecturer and Internship Director for the Department if Kinesiology at The University of Rhode Island where he also received his Master's degree. He is also an adjunct faculty member at Dean College. Rick is credentialed as a Certified Strength and Conditioning Specialist from the NSCA, and Exercise Physiologist from the ACSM. His extensive experience and knowledge consist of educating and training various populations including NCAA D-I athletes, law enforcement, and young baseball players, and has held positions in strength and conditioning, physical therapy, and health and wellness. He was a former college baseball pitcher and has previously coached high school athletics in RI. Rick has previously volunteered as the RI State Director for the NSCA over the past eight years where he has worked in conjunction with the NEACSM in hosting a joint spring conference.

SPONSORSHIP COMMITTEE.

The Sponsorship Committee has been working throughout the summer to secure sponsorship for our new virtual Fall Meeting 2020. With the new meeting comes new sponsorship opportunity levels which range from \$300 to \$1000.

Currently we have secured four conference sponsors at the highest opportunity level: Springfield College, Lasell University, GSSI, and the Camaione Student Endowment. General session sponsors include St. Francis University Center for Rural Cancer Survivorship, St. Francis Hospital School of Cardiovascular Technology, and Sacred Heart University. Logan University is sponsoring an invited speaker and NYCC is sponsoring a live session.

The committee is still working on securing more sponsorship and if any NEACSM member knows of an

organization that would like to support, please contact **Dr. Ryanne Carmichael** (rcarmichael@plymouth.edu), **Dr. Cassandra York** (CassandraYork@ccsu.edu), or **Dr. Mario Munoz** (mam325@shsu.edu).













Dr. Mario Muñoz Co-Chairs Sponsorship



MARKETING & COMMUNICATION

By Dr. Christopher Bopp and Dr. Amanda Zaleski, Co-Chairs of Marketing & Communication

Please welcome **Christopher Bopp**, PhD (New England College) who joins **Amanda Zaleski**, PhD (Hartford Hospital) as our Chapter's new Co-Chair of the Marketing and Communications Committee!

We have learned this year that staying connected is more important than ever. In response to the COVID-19 pandemic, our team quickly mobilized to reach out to Chapter members to see what they needed. Through our needs assessment survey, we learned that members were navigating many challenges unique to the pandemic, particularly surrounding disruptions to ongoing research projects, teaching and learning in an online format, and maintaining work / life balance. In response, we curated a collection of webbased tools, resources, and articles informed by our own Chapter member's needs. All of these resources and tools can be found on our NEACSM COVID-19 Resource Page (https://www.neacsm.org/covid-19). Also, check out our new NEACSM Radio on Spotify; a playlist created by our very own members. Please check it out and add your favorite songs today! (https://open.spotify.com/playlist/OKjkXQQSBj3swCwbeCoy4M?si=H5j4cP47RfSHsIj9kEGrLQ)

In other "news" (literally), Co-Chair, Dr. Zaleski, was featured in the Hartford Courant for her op-ed piece detailing the importance of maintaining physical activity during the COVID-19 pandemic. (https://www.courant.com/opinion/op-ed/hc-op-zaleski-coronavirus-exercise-0402-20200401-tuy3bbhfjvaari2fuaapc5zdvm-story.html). If you, or your colleagues, have been recognized, featured, or you just simply have a story to share, please let us know so that we can shine some spotlight on you!

As a reminder, the latest happenings can be found on our Facebook, Twitter, Instagram, and LinkedIn (NEW!) pages so please like, follow, and continue to tag us in your posts so that we can help share all of our Chapter's wonderful successes!

HOW TO FOLLOW!



Like us on Facebook



Follow us on Instagram



Follow us on twitter



Follow us on LinkedIn





SCHOLARSHIP & AWARDS COMMITTEE

The Scholarship and Awards Committee would like to congratulate **Sarah Seron** (Smith College) for receiving the 2020 Undergraduate Research Grant Award. This grant awards the recipient with \$500 to be used towards an independent research project leading to a presentation at a future NEACSM meeting. Congratulations Sarah! For those students interested in applying for this award in the future, the next call for applications will occur in January 2021.

Additionally, the winners of the following awards have been determined and will be announced at the NEACSM Fall 2020 meeting: the Robert S. Axtell Undergraduate Scholarship, the Mark Connolly Memorial Masters Scholarship, the Linda Pescatello

Doctoral Scholarship, and the Lawrence E. Armstrong Minority Scholarship. These scholarships are designed to highlight professional and academic excellence in students in the New England Region; scholarship winners will receive an award of \$500-\$1,000. For those students interested in applying for these scholarships in the future, the next call for applications will occur in March 2021.





Nicole Mendola, M.S. & Dr. Robert Gregory, Co-Chairs





HONOR AWARD RECIPIANT

The Scholarship and Awards Committee is proud to announce **Dr. Samuel Headley** as the 2020 Honor Award Recipient. The Honor Award is the highest recognition that can be bestowed on a Chapter member. Dr. Headley is a professor and Karpovich Chair of Wellness at Springfield College and has a distinguished career in clinical exercise physiology with a focus on chronic kidney disease.

Dr. Headley has published nearly 50 peer reviewed articles and academic book chapters and has a sustained record of external funding for his work, including funding from the National Institutes for Health. Additionally, he regularly reviews grant proposals for the National Institute of Health and is a section editor for The Journal of Clinical Exercise Physiology and ACSM's Health Fitness Journal. Despite a robust research record, Dr. Headley remains dedicated to educating.

Dr. Headley has been a long-time advocate for the profession of clinical exercise physiology. He is a founding member and Past President of the Clinical Exercise Physiologist Association (CEPA), where he also co-chaired the Advocacy Committee. He has served on the ACSM Committee for Certification and Registry Boards (CCRB) where he obtained the role as chair of the registered clinical exercise physiologist subcommittee. Dr. Headley leads by example and maintains many professional certifications including ACSM Exercise Test Technologist, ACSM Exercise Specialist, NSCA Certified Strength and Conditioning

Specialist, ACSM Registered Clinical Exercise Physiologist, and ACSM Exercise is Medicine Level III.

In addition to Dr. Headley's work and advocacy, he has a distinguished record of service to the NEACSM. He served as a Member-at-Large and chaired both the Scholarship and Honor Award Committees. He regularly presents scientific sessions at the fall meeting and his presentations are highly attended. Dr. Headley is extremely supportive of student involvement in the Chapter, and highly encourages participation by his graduate students. His scholarly, clinical and service contributions to the field of exercise and sports medicine are evident. NEACSM is honored to award Dr. Samuel Headley with the 2020 Honor Award.



HISTORY COMMITTEE

In June of 2000, members of David Camaione's family decided to have a retirement party in honor of his 42-year career in higher education as a coach, professor, and university administrator. Donations generated from the retirement dinner served as a launching pad for the funding of a student scholarship at the PhD level supported by the then David N Camaione Fund, not titled an endowment yet. Since then, and in further support of student success, the Camaione Endowment now funds the following:

- The Linda S. Pescatello Doctoral Scholarship
- The Mark Connolly Master's Scholarship
- The Robert S. Axtell Undergraduate Scholarship
- The Larry E. Armstrong Minority Scholarship
- The Donna Murphy Service Scholarship
- The NEACSM Student Investigator Awards at the undergraduate, master's, and doctoral level
- Up to three Undergraduate Research Experience Grants
- The winning NEACSM's College Bowl team to travel and compete in the National ACSM College Bowl each year

Needless to say, NEACSM has been extremely fortunate of the growth of this endowment over the years. But we are not yet ready to stop there and are always looking for greater ways to support our students. NEACSM and the David N. Camaione Endowment would greatly appreciate any donations that you might be so willing to give in support of our students in the Chapter!

CAMAIONE STUDENT ENDOWMENT



Dr. Sean Walsh, NEACSM Historian



DIVERSITY COMMITTEE

The Diversity Committee has worked to identify and advocate for opportunities for the NEACSM to improve its diversity, equity, and inclusion efforts. As a response to the onset of the pandemic, the Committee helped create a COVID-19 Resource Guide for students and professionals and posted it on our website. The Guide provides profession-specific resources for individuals experiencing disruption during this time. In June, Committee members understood the organization had an imperative to respond to recent acts of racial violence and to call for profession-wide anti-racist action. In collaboration with the Executive Leadership Team and with full Executive Committee approval, the Diversity Committee wrote and released an official Statement Against Racial Injustice and Call to Action. The action steps we set forth in that statement continue to shape our approach to programming and community-building. Areas of current focus include working with the Student Representative Committee to build more robust student-centered programming,

identifying/amplifying excellent DEI work currently being done in the profession; and reassessing organizational funding support for underrepresented groups. The Committee is also excited to support the Fall 2020 Virtual Conference, "Exploring the Diversity in Exercise Science & Sports Medicine: Research to Practice," where the theme and curricula were informed by DEI principles.

If you are interested in sharing ideas with or volunteering to serve on the NEACSM Diversity Committee, please contact our office at **neacsml@gmail.com**.



Dr. Katie Burton Chair

JOIN OUR CHAPTER'S FIRST VIRTUAL CONFERENCE, OCTOBER 1ST — DECEMBER 4TH!

COMMUNITY OPPORTUNITIES

Introducing the Special Olympics Online Learning Portal!

Fitness professionals are at the forefront of health promotion and play a central role in creating fitness opportunities for all. However, fitness professionals may be less familiar with the principles of inclusion and adaptation necessary to meet the needs of individuals with intellectual disabilities who often face barriers to fitness opportunities, leading to poorer health outcomes.

Through the Special Olympics Online Learning Portal, you can now receive free, interactive courses which offer certification upon completion of three fitness-specific trainings including:

- Inclusive Fitness Online Training
- Fitness Coach Online Training
- Fitness for the Sports Coach

These trainings are designed to provide information and guidance on inclusion of individuals with intellectual disabilities in fitness opportunities. Additionally, fitness professionals will learn about the unmet health needs and barriers to fitness experienced by individuals with intellectual disabilities. Principles and strategies for communicating, instructing, and motivating individuals with intellectual disabilities are included, as are methods for program design, and fitness assessment.

Register for the Special Olympics Online Learning Portal here:

https://learn.specialolympics.org/Default.aspx

FALL 2020 SPONSORS

CONFERENCE PARTNERS





MEETING SPONSORS



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