
2021-2022 Presidents Cup Winner: Central States

Jacob Thomas
University of Missouri

Abstract Title: Comparative Accuracy of a Novel Approach to Automatic Temporal Event Detection During Drop Vertical Jump



Jacob Thomas received his Bachelor's degree in Exercise and Sport Science and MBA in Healthcare Delivery Science at the University of Tulsa. During his time at the University of Tulsa, he studied the biomechanics of tactical athletes (firefighters, police, and military) under Dr. Roger Kollock. Jacob is now a PhD candidate in the Health and Rehabilitation program at the University of Missouri, working in the Mizzou Motion analysis center under Dr. Trent Guess. His current research aims to assist clinicians in data-driven clinical decision making by helping to develop custom hardware and software applications for clinicians.

When asked about his personal experiences and overall involvement with ACSM on a regional and national level, Jacob answered as followed;

"I became involved with ACSM as a Master's student when I presented research at the CSACSM conference in my hometown of Tulsa, Oklahoma. My experience at the conference was so positive, with many professors and fellow students taking the time to discuss my research and their own, that I decided to attend this year's conference. I have attended two Central States ACSM conferences, but have not yet attended the national conference.

I believe that the experience of sharing one's research, especially in a competitive format, is the most rewarding part of the research experience. This particular setting (CSACSM) provided a rich environment for discussion with both judges and fellow students. I believe these types of interactions vastly improve one's ability to effectively communicate their own research, a skill that is imperative to professional development and growth.

My future career goals include helping clinicians make data-driven clinical decisions while treating a wide array of patient populations, whether this is through research, teaching, or product development pursuits. I believe that ACSM provides conversations with knowledgeable clinicians and experts who would be stakeholders in these pursuits, and who are able to guide research toward clinically meaningful outcomes. Additionally, ACSM has provided a supportive environment for me, personally, to hone and develop my skills as a researcher and as a professional."

2021-2022 Presidents Cup Winner: Greater New York

Nick Dvorscak
State University of New York at
Plattsburgh

Abstract Title: Shoulder Arthroscopy With Versus Without
Suprascapular Nerve Release: Clinical Translation For Elite
Volleyball Athletes



My name is Nick Dvorscak and I am an undergraduate student at SUNY Plattsburgh in the Fitness and Wellness Leadership program. I am an ACSM certified Personal Trainer and have been training faculty members here at my university for 6 months now. I am actively involved in staying up to date with current ACSM research and literature regarding exercise, specifically with covid-related implications on exercise.

When asked about her personal experiences and overall involvement with ACSM on a regional and national level, Nick answered as followed;

How did you become involved with ACSM? I became ACSM certified as a personal trainer as it was a requirement for my undergraduate degree.

What regional or national ACSM conferences have you attended? ACSM Greater New York Chapter conference fall 2021.

How has participating in ACSM and the President's Cup Competition influenced your graduate training and experience? The fall conference at NYU Langone hospital was a phenomenal experience taking part as a presenter and enhanced my presentation skills while having the opportunity to listen and engage with other highly inspiring instructors and mentors of their studies in the field of exercise science.

What are your future career goals and how do you see ACSM being a part of your future? In the future, I would like to be more involved with research and continue to stay up to date on the latest and most effective research-backed methods of exercise science. As I plan to graduate this May, I would like to take the ACSM Exercise Physiology exam to become certified so I can work with those who may have some health complications or compromisation to help bring longevity and promote health and wellness.

2021-2022 Presidents Cup Winner: Mid-Atlantic

Andrew R. Heckel
Syracuse University

Abstract Title: Ambulatory Arterial Stiffness, Salivary Inflammation, and Physical Activity in Young Adults With and Without COVID-19



My name is Andrew Heckel and I am a first year PhD student in the Department of Exercise Science at Syracuse University. I grew up in Jacksonville, FL and completed my undergraduate degree at Florida State University, prior to moving to Syracuse, NY for graduate school. At Syracuse University, I am working in the Human Performance Laboratory under Dr. Kevin Heffernan and my primary research interests are in studying cardiovascular physiology. We are currently working on an extension of my master's thesis project examining the effects of COVID-19 on the cardiovascular system. In the future, I hope to complete my PhD at Syracuse University before continuing to pursue aspirations in teaching and research.

When asked about his personal experiences and overall involvement with ACSM on a regional and national level, Andrew answered as followed;

“I became involved in ACSM during the beginning of my master's degree in Fall 2019 when I attended my first regional conference (MARC-ACSM). I had a fun experience being able to attend the conference and I was really excited to see my fellow graduate students at Syracuse University presenting at the conference. After that, I was fortunate enough to be able to submit an abstract to the national conference and have been very happy to attend regional and national ACSM conferences since then.”

What regional or national ACSM conferences have you attended?

- Mid-Atlantic Regional Conference: 2019 (attendee), 2020 (student presenter), 2021 (student presenter)
- New England Regional Conference: 2021 (attendee)
- National American College of Sports Medicine Annual Meeting: 2020 (student presenter), 2021 (student presenter)

“Participating in ACSM has encouraged me to become more involved in graduate student research and has led me to pursuing more graduate research projects. After presenting at the MARC-ACSM conference, I decided to pursue a master's thesis project, which has led me to pursuing my current research interests on the effects of COVID-19 on the cardiovascular system.

In the future, I hope to one day become a University professor and continue to pursue research and teaching endeavors. I am looking forward to future regional and national ACSM conferences where I hope to be able to share my research and become an active part of the ACSM community.”

2021-2022 Presidents Cup Winner: Midwest

Isaac M. Lennox
Michigan Technological
University

Abstract Title: Exercise is Medicine® on Campus: A National Analysis



I am originally from Sault, Ste. Marie, Ontario, Canada. Completed my BS – Kinesiology in May 2021 at Lake Superior State University in Sault Ste. Marie, Michigan. I was a member of the Division 2 Men’s Golf Team for 4 years.

Currently, I am a MS – Kinesiology candidate at Michigan Technological University, where I am studying in the Exercise Physiology Laboratory under the advisement of Dr. Steven Elmer. I am currently researching Exercise is Medicine on Campus (EIM-OC) – specifically the implications for rural health. I am a graduate teaching assistant (GTA) with experience teaching coursework in the field of exercise physiology, and exercise assessment and prescription.

When asked about his personal experiences and overall involvement with ACSM on a regional and national level, Isaac answered as followed;

“As a member of the Kinesiology Club at Lake Superior State University during my undergraduate degree, I was introduced to Exercise is Medicine, as well as the ACSM. I officially became an ACSM student member in the Summer of 2021 after listening to Robert Sallis, MD, present “Exercise is Medicine: Merging Fitness and Healthcare during COVID-19 and Beyond” at the UP Health Science and Medicine Lecture at Michigan Technological University. After Dr. Sallis’ lecture, I was inspired to associate myself with the ACSM. I attended the MWACSM regional conference in the Fall of 2021.

Participating in ACSM and the President’s Cup Competition has influenced my experience as a graduate student by providing me the opportunity to share my passion for physical activity with others not only in the MWACSM regional chapter, but now during the ACSM Annual meeting. It has provided me with the opportunity to associate myself with EIM-OC representatives across Michigan as we work to leverage physical activity on campuses across the country.

I aspire to go to medical school after completion of my MS degree to become a sports medicine physician. I see ACSM being a part of my future as I dream to affiliate myself with ACSM as a practicing physician, merging evidence-based research into my practice while integrating exercise as a form of medicine for my patients. The ACSM is the perfect organization to affiliate myself as I prospectively work towards bringing practical applications of kinesiology and sports medicine into the lives of my patients.”

2021-2022 Presidents Cup Winner: New England

Khara James
Northeastern University

Abstract Title: Relation of Strength Training Participation to Incident Knee Replacement: The Multicenter Osteoarthritis Study



Khara is a 3rd year PhD student in the Human Movement and Rehabilitation Science Program at Northeastern University. She received her BS and MS degrees from the University of Pittsburgh in Exercise Science and Health, Physical Activity, and Chronic Disease. Khara's research interests include physical activity and exercise as they relate to maximizing function in aging adults with musculoskeletal pathologies. As a member of the Musculoskeletal Epidemiology and Biomechanics Laboratory (PI: Stefanik), her current research is focused on the integration of clinical gait biomechanics and epidemiology to better understand its application to physical activity interventions that prevent or delay the progression of knee osteoarthritis.

When asked about her personal experiences and overall involvement with ACSM on a regional and national level, Khara answered as followed;

"I became involved with ACSM as an undergraduate student (University of Pittsburgh) studying for my certifications as a group exercise instructor and exercise physiologist. I attended the 2021 NEACSM conference and San Diego will be my first national ACSM conference!

Participating in ACSM and the President's Cup Competition has provided me with invaluable opportunities in grant writing and disseminating research in written and oral formats.

My short-term career goals upon completion of my PhD are to pursue a postdoctoral fellowship and tenure-track faculty position at a research-intensive institution. My long-term career goal is to establish a line of research focused on developing clinical interventions that facilitate adults with knee OA to lead healthier, more active lives. I look forward to networking within the ACSM community and learning from my colleagues at future conferences, continuing education courses, brown bag series, and journal publications!"

2021-2022 Presidents Cup Winner: Northland

Adam Bradley
North Dakota State University

Abstract Title: Body-Composition and Blood Lipid Changes
Following 6-Weeks of Aerobic Exercise and Energy Restriction



Adam is a teacher, researcher, and coach originally from Dubuque, Iowa. He played football at Iowa State University where he earned his bachelor's degree in Kinesiology. Adam then graduated from the University of Louisiana with a master's degree in Kinesiology. He is currently pursuing his PhD in Exercise Science and Nutrition at North Dakota State University, where he teaches and conducts human performance research.

In addition to his education, Adam is a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association (NSCA) and holds his Strength and Conditioning Coach Certified (SCCC) through the Collegiate Strength and Conditioning Coaches Association (CSCCa).

Adam has served in a variety of strength and conditioning roles at several major NCAA Division I universities: Iowa State University, the University of Texas, and the University of Louisiana. He provides professional coaching services through his company, Bradley Barbell LLC.

When asked about her personal experiences and overall involvement with ACSM on a regional and national level, Adam answered as followed;

"I first became involved with ACSM in 2019 through my advisor, Dr. Kyle Hackney. We worked together to submit a poster to the 2020 Northland ACSM conference which was ultimately cancelled due to COVID-19. I attended the 2022 online Northland ACSM conference. This will be my first national ACSM conference.

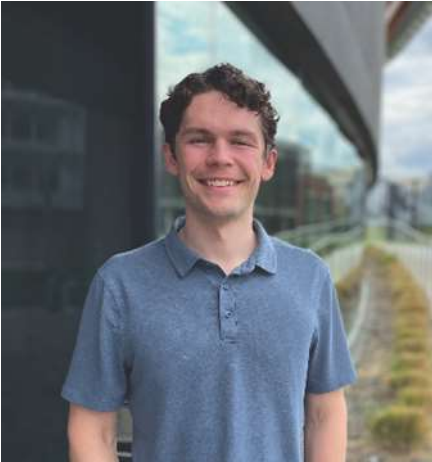
The Northland ACSM conference was my first experience presenting research outside of the classroom setting. Participating in the President's Cup Competition has provided me the opportunity to refine my dissemination skills and grow my CV.

Due to my background in strength and conditioning, I hope to work in a role where I can teach and perform research while still being involved with collegiate athletics. I plan to apply for ACSM grants as well as submit to ACSM journals in the future."

2021-2022 Presidents Cup Winner: Northwest

Brendan W. Kaiser
University of Oregon

Abstract Title: Hot Water Immersion Versus Aerobic Exercise in Lowering Blood Pressure in Adults With Untreated Hypertension



I completed my undergraduate studies at the University of Delaware in 2018, with a major in Exercise Science and a minor in English Literature. I began my research career as an undergraduate research assistant in the renal rehab program within the Vascular Physiology Research Lab under the direction of Dr. David Edwards at the University of Delaware, supervising exercise training sessions in individuals with chronic kidney disease. I then transitioned to working as an undergraduate research assistant in the Cardiovascular Physiology Lab under the direction of Dr. William Farquhar FACSM, focusing on dietary sodium consumption and cardiovascular function. After finishing my undergraduate studies, I began my graduate training in the Cardiovascular, Exercise, and Environmental Physiology Lab at the University of Oregon, advised by Dr. John Halliwill FACSM and Dr. Christopher Minson

FACSM. During my initial years at the University of Oregon I worked on a variety of projects, including examining the role of histamine in acute responses and chronic adaptations to exercise, as well as the role of active vasodilation in regulation of cutaneous blood flow during passive heat stress. My master's work was at the intersection of exercise and environmental physiology, focused on the impact of hyperthermia on critical power as determined by a three-minute all-out test. My dissertation project is the data that I will present at the 2022 ACSM Annual Meeting, comparing hot water immersion versus aerobic exercise training in lowering blood pressure in adults with untreated hypertension.

When asked about her personal experiences and overall involvement with ACSM on a regional and national level, Brendan answered as followed;

"I became involved with ACSM in 2017 during my undergraduate studies. I was fortunate enough to attend the Mid-Atlantic regional chapter meeting and present a small piece of data from a larger study that was being conducted in the Cardiovascular Physiology Lab at the University of Delaware. MARC ACSM 2017 was my first ever academic conference and opened my eyes to the breadth of research being conducted by members of ACSM, something that I have been proud to be a part of during my career.

During my undergraduate studies at the University of Delaware, I attended the Mid-Atlantic Regional Chapter meeting in 2017, where I was awarded the Matthew Kerner Undergraduate Student Investigator Award for my presentation, "Effect of Dietary Salt Intake on Ambulatory Central Blood Pressure." During my graduate studies at the University of Oregon, I have attended the Northwest Chapter meeting three times, presenting in 2020 and 2022. In 2020 I presented my master's work related to hyperthermia and critical power, and this year I participated in the President's Cup competition presenting, "Hot Water Immersion versus Aerobic Exercise in Lowering Blood Pressure in Adults with Untreated Hypertension." The 2022 meeting will be my first time attending the National ACSM conference.

Participating in the President's Cup has been an excellent opportunity to communicate research that is at the heart of the ACSM mission. Collecting the data that I will present in the President's Cup Competition has been

a rewarding experience that involves practically applying concepts in exercise science with the goal of integrating and advancing scientific research. With each opportunity to present data to other researchers, I gain new ideas and perspectives that improve the quality of my work. These collaborative interactions help to foster rigorous science with the greatest potential for impact.

I anticipate that I will finish my PhD studies in June of 2023, and plan to move on to postdoctoral training related to cardiovascular, exercise, and environmental physiology. During both my undergraduate and graduate studies, I have greatly enjoyed being a trainee under the guidance of Fellows of the American College of Sports Medicine. Integrating concepts from basic science research into larger studies in clinical populations has been a very rewarding experience, and certainly a career goal that I hope to pursue. ACSM represents an invaluable interface between scientists, clinicians, and providers in all fashions, and I aim to continue to conduct research both basic and clinical that can have an impact at all levels of the American College of Sports Medicine.”

2021-2022 Presidents Cup Winner: Rocky Mountain

Sophie L. Seward
Colorado State University

Abstract Title: One Week of Time-Restricted Eating Improves Markers of Cardiometabolic Health in Healthy Adults



I began my undergraduate studies at Western Colorado University as undeclared. It was not until I took an exercise physiology course with Dr. Ryan Weatherwax my junior year that I developed a strong interest in physiology and clinical research. Once I recognized my interest, I sought out a position as an undergraduate research assistant under the mentorship of Drs. Lance Dalleck and Christina Buchanan in the High Altitude Exercise Physiology Laboratory. Upon graduating with my bachelor's degree cum laude, I decided to stay at Western Colorado University and pursue a Master of Science degree in the High Altitude Exercise Physiology.

As a master's student, I worked as a research assistant for an evidence-based, supervised exercise program for people living with clinical conditions such as heart disease, stroke and diabetes, called Wellness Elevated. I was awarded a scholarship by the American Council on Exercise that paid for my certification as a Certified Medical Exercise Specialist. During my involvement with Wellness Elevated, I lead an investigation to examine if personalized exercise training based on ventilatory threshold would improve cardiovascular disease risk factors in 150 sedentary adults. At the conclusion of this study, I examined the data and became interested in how seasonal fluctuations (12-week community exercise in the fall versus winter) could have been a limitation. This interest led me to conduct a literature review on circadian rhythms and how it may impact exercise performance. After diving into the literature, I began to realize the impact of insufficient sleep and circadian disruption in relations to cardiovascular disease.

Ultimately, this led me to pursue a PhD with Dr. Broussard in the Sleep and Metabolism Laboratory at Colorado State University because of her ongoing research and expertise in the areas of sleep, circadian rhythms, and metabolic health at the whole-body and tissue-specific levels. Together, Dr. Broussard and I have developed a training plan to combine my interest in cardiovascular function/disease with clinical sleep and circadian research.

Between the completion of my master's degree and the beginning of my PhD, I worked as a certified personal trainer at Colorado Athletic Club in Boulder, Colorado while training for the 2020 USA Olympic marathon trials.

When asked about her personal experiences and overall involvement with ACSM on a regional and national level, Sophie answered as followed;

"The global health initiative that Exercise is Medicine was a cornerstone of my undergraduate and graduate education. I first became a member of ACSM as a student during my master's degree at Western Colorado University. Becoming a member provided me access to publications and online learning course opportunities that helped foster my research and career development.

I attended the virtual American College of Sports Medicine 2020 Annual Meeting where I presented the accepted abstract entitled, "Effect of community-based ventilatory threshold training program on metabolic syndrome risk factors." This year I attended the 2020 Rocky Mountain chapter where I presented my poster

entitled, “One week of time-restricted eating improves markers of cardiometabolic health in healthy adults.” I am looking forward to attending ACSM’s 2022 Annual Meeting in San Diego, California. This will be my first in-person national conference!

The ACSM mission to “[advance] and [integrate] scientific research to provide educational and practical application of exercise science and sports medicine” has guided my graduate research inquiries. As a result, my research has been centered on developing feasible and cost-effective lifestyle interventions that improve cardiovascular health. My past research in community-based exercise programs and my current research in meal timing are targeted to examine the effectiveness of lifestyle interventions to reduce cardiovascular risk factors.

My long-term research goals are to use circadian and exercise-based strategies to develop feasible and cost-effective lifestyle interventions that improve cardiovascular health in people at risk for cardiovascular impairments. My academic training and research experiences have given me a strong foundation in cardiovascular disease and fueled my passion to pursue an independent research career to identify solutions to combat vascular dysfunction induced by sleep and circadian disruption. ACSM offers resources to help with professional growth and successfully transition from student to a successful professional. The ACSM resources will foster my passion of scientific innovation and communicating it effectively to impact public health.”

2021-2022 Presidents Cup Winner: Southeast

Matthew Martenson
Florida State University

Abstract Title: Daily Stretching with Ankle Dorsiflexion Splint Improves Measures of Microvascular Reactivity in Patients with Peripheral Artery Disease



Matthew “Jake” Martenson began his academic career at Mercer University by completing his B.S. in Biology and his Master’s in Public Health. While earning his MPH, he developed a fascination with exercise due to its role in health promotion and disease prevention. With this interest in mind, he subsequently earned his M.S. in Applied Physiology and Kinesiology at the University of Florida. During his tenure at UF, he worked on projects at the UF Health Orthopaedic and Sports Medicine Institute pertaining to ability of resistance training to improve pain and function in patients with knee osteoarthritis. Jake then spent four years as an Exercise Physiologist at the Health & Wellness Center at Florida Hospital Wesley Chapel. In this role, he oversaw the facility’s “Exercise Is Medicine” physician referral program and started “Well On Your Way”- a free 12 week exercise intervention for diabetics. Jake is currently a PhD candidate in Exercise Physiology at Florida State University. His research focuses on a stretching intervention in patients with Peripheral Artery Disease to improve vascular health and physical function.

When asked about her personal experiences and overall involvement with ACSM on a regional and national level, Matthew answered as followed;

“I originally joined ACSM as a graduate student in Public Health. I had no background in exercise science at the time, but I was drawn to research published in ACSM journals. After earning my MS in Applied Physiology and Kinesiology, I obtained my ACSM Exercise Physiologist Certification and worked with hundreds of individuals in an exercise prescription and training capacity. Since returning to academia, I’ve been a part of 3 abstract submissions to Southeast ACSM conferences.

The first ACSM meeting I attended was the Annual Meeting in 2014 in Orlando, FL. I went to this meeting as a practicing Exercise Physiologist and attend several symposiums/lectures pertaining to Exercise Is Medicine. Since that time, I’ve been an attendee at the 2021 and 2022 Annual Meetings for the Southeast Chapter of ACSM. I’ve presented abstracts at both of these regional meetings.

Membership and participation in ACSM have enhanced my graduate training by connecting me with people and ideas that I would not encounter otherwise. By connecting with academic faculty, fitness professionals, and other students through ACSM, I’ve received feedback on my research, have been given valuable career advice, and have established relationships that will enhance future opportunities and collaborations. ACSM’s dissemination of ideas through publications and newsletters has also provided value for my training by giving a view of the current landscape of research in our field. Participating in the President’s Cup Competition has enhanced my training by challenging me to explain my research to people with a variety of backgrounds and, in turn, critically think about how I conduct my research based on other students in the competition.

Though it remains unknown whether I remain in academia or venture into the private or government sectors, I do plan to continue with teaching and research in some capacity. ACSM will always play a prominent role in

each of those areas. With regard to teaching, ACSM consistently provides rigorous curriculum to educate future health and fitness professionals. I will heavily rely on ACSM's updates and guidelines to inform my teaching practice. In terms of research, ACSM provides a tremendous platform to share my work and develop collaborations with other ACSM members. Continuing to play a role in the dissemination of research at ACSM conferences and in ACSM publications will certainly be a priority of mine regardless of vocation."

2021-2022 Presidents Cup Winner: Southwest

Suhas Rao Velichala
University of California, San
Diego

Abstract Title: Self-Generated Lower Body Negative Pressure as a No-Power Countermeasure for Deep Space



Suhas Velichala is a fourth-year undergraduate student at the University of California, San Diego where he is working on obtaining a Bachelor of Science in Global Health and a minor in Biology. His interest in exercise science stems from his love for sports and his career goals which lie in the medical field. Suhas' experience, with regards to the field of exercise science, entails assisting athletic trainers and working with athletes on game day as well as working on research projects in conjunction with UC San Diego's Department of Orthopaedic Surgery. In his spare time, Suhas enjoys playing basketball/soccer, following Formula 1 racing, and learning more about the advancements in modern day health technology.

When asked about her personal experiences and overall involvement with ACSM on a regional and national level, Suhas answered as followed;

"I was first introduced to ACSM by Dr. Alan Hargens, the principal investigator of many of my research projects that I was fortunate to work on. As a student researcher, I was encouraged by Dr. Hargens to apply to present our work at the Southwest Region of ACSM's annual meeting for the student researcher award. I have greatly enjoyed my interactions at the ACSM events while also learning a lot and I look forward to learning even more about the latest innovation in exercise science at future meetings. I have attended the Southwest Chapter of ACSM's annual meeting in 2021.

Participating in ACSM and the President's Cup Competition has provided me, an undergraduate student researcher, an opportunity to learn from other professionals in my field of interest and has helped me consolidate my interest in exercise science. These opportunities have allowed me to engage/participate in research processes and present my findings to others. Overall, I hope to use these experiences to strengthen my own skill sets and to hopefully continue researching and innovating in the field of sports medicine.

My future career goals involve becoming a physician and to eventually get involved with orthopaedic surgery, more specifically with regards to sports medicine. While doing so, I hope to remain engaged with exercise science related research and innovating in the field of sports medicine. As a current and future member of ACSM I look forward to utilizing all the available resources and learning from other health professionals to incorporate the latest innovations in sports science into my own practice."

2021-2022 Presidents Cup Winner: Texas

Sten Stray-Gundersen
The University of Texas at Austin

Abstract Title: Hypoxic Preconditioning Attenuates
Ischemia-reperfusion Injury in Older Adults



I first started my research career in 2017 at The University of Texas at Austin in the Cardiovascular Aging Research Laboratory as a Master's student under the guidance of Dr. Hirofumi Tanaka. Prior to that, I obtained a Bachelor's degree in Biology with emphasis in Molecular Biology from Dartmouth College in 2016 where I also played varsity soccer for the Big Green for four years. My athletic career combined with a growing interest in the underlying physiological basis for exercise and training led me to Austin to study under Dr. Tanaka. After completing my Master's requirements and publishing my thesis investigating the acute hemodynamic effects of walking with blood-flow restriction, I decided to continue my research pursuits in the Clinical Exercise Physiology Laboratory under the instruction of Sophie Lalande. Since

then, my dissertation work has been focused on the acute effects of intermittent hypoxia on peripheral vascular function in both young and older adults. I plan to continue my pursuit of knowledge and research with the hope to run my own laboratory and ask pertinent questions related to exercise and training in both clinical and athletic populations.

When asked about her personal experiences and overall involvement with ACSM on a regional and national level, Sten answered as followed;

"My first exposure to ACSM was through my father, Dr. James Stray-Gundersen, who brought me to ACSM in the spring of 2017. I was instantly enamored with the research world and found a passion for the important questions being asked. I was able to start connecting what I had learned in my athletic career with the knowledge being presented, and I just had to learn more! I have attended three national ACSM conferences (2017, 2018, and 2019) and four Texas regional ACSM conferences (2018, 2019, 2020, and 2022).

This whole experience has been wonderful! One of my favorite parts about research is discussing findings and new ideas with colleagues from around the country to better understand and advance the field. This President's Cup Competition has greatly enhanced my graduate experience and helped to sharpen my presentation and speaking skills.

My goal is to run my own laboratory and ask pertinent questions regarding the physiological response to exercise in both clinical and athletic populations and I hope to continue to be able to attend ACSM and present novel research, share ideas, and connect with other scientists. In short, I see ACSM as a critical and integral part of my future as a researcher."