

SOUTHWEST AMERICAN COLLEGE OF SPORTS MEDICINE

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**AMERICAN COLLEGE
of SPORTS MEDICINE®**
Southwest Chapter



FROM THE EXECUTIVE DIRECTOR

The calendar says it is summer and I trust most of you have been vaccinated and are enjoying a well-deserved respite from COVID imposed restrictions. Regardless, the Southwest Board of Trustees has been hard at work preparing for a return to an in person annual meeting this fall. Meeting information can be found on the SWACSM.org web site and elsewhere in this newsletter. Our meeting will be returning to the Orange County-Cosa Mesa Hilton again. Room Reservations can be made by contacting the hotel directly asking for the Southwest Chapter annual meeting block. Registration for the meeting is now open through the SWACSM website with a COVID relief discount of \$10 applied to all registrations in 2021. This year will feature Dill Lectures by NiCole Keith and Bruce Gladden, ACSM



Presidents in 2020 and 2021, respectively. The 2020 and 2021 Recognition Award recipients, Ben Yaspelkis and John Mercer, and Presidents, Michele LeBlanc and Marci Raney, will also be honored. Those of you who are or have used the book titled *Exercise Physiology, Human Bioenergetics and Its Applications* might want to bring a copy with you as it might be a chance to get an autograph

from two of the authors, George Brooks and Tim White, who will be presenting on Saturday.

Information on abstract submissions,

student research competition, and the new Student Travel Grant are described elsewhere in this newsletter and posted on the SWACSM website.

Congratulations and welcome to the newly elected board members. Trevor Gillum returns to the Board as President-elect having served previously as Member-at-Large for abstracts. New Members-at-Large include

CALL FOR JUDGES STUDENT RESEARCH AWARD COMPETITION

The undergraduate and graduate student research award competition is always a highlight of the annual meeting. In order to facilitate

the competition, we need professional judges who are willing to review and rank expanded abstract

submissions and be present at the annual meeting to judge oral presentations

delivered by the finalists. If you would like to serve the

chapter in this capacity,

please contact

Jenevieve Roper, PhD,
Jenevieve.ropер@lmu.edu

familiar faces Jeff Bernard and Zach Ziegler who began Southwest activity as students and Sarah Camhi who brings her experience with the New England Chapter to Southwest. Thanks to Todd Hagobian and the Student Jeopardy Bowl team from Cal Poly San Luis Obispo who represented the Southwest chapter at the national 2021 ACSM competition. The Student Bowl returns live at this year's Southwest annual meeting so start

organizing a team of your institution's best and brightest undergrads.

Finally, because the 2020 annual meeting was virtual, negating the cost incurred by an in person meeting, the chapter is in a good financial position heading into the 2021 annual meeting. The Board is happy to offer a discounted registration for 2021 and we encourage attendance at this year's meeting. Although there was

outstanding participation in the 2020 virtual meeting, there is no substitute for the personal interactions afforded by meeting face-to-face. I hope to see you there. In the meantime, enjoy summer but remember sunscreen, shade, and hydration. Stay safe everyone.

Jack Young, PhD, FACSM
SWACSM Executive Director

41ST ANNUAL MEETING OF THE SOUTHWEST REGIONAL CHAPTER - OCTOBER 29-30TH

Registration for the annual meeting is now available: [SWACSM Annual Meeting Registration](#). This year, we are offering a Covid-19 return to in-person meeting discount. The registration rate for **professional members is \$125** and the rate for current **students is \$65**. Students who register for the meeting will also automatically become SWACSM members. Professionals have the option to pay chapter membership dues at the time of conference registration. Please register online before October 25th. Registration after this date will occur onsite.

This year's conference will be held at the [Costa Mesa Hilton](#). Be sure to book your hotel room before the SWACSM discount room block closes on **October 28th**. The discounted room rate for SWACSM attendees is \$139. You must call the hotel at **714-540-7000** to get the discount. When you book, please mention that you are with the Southwest American College of Sports Medicine conference.

This year's program is one you will not want to miss. Be sure to check out the [conference highlights](#) and [program preview](#) on the SWACSM website.

SWACSM 2021 ABSTRACT SUBMISSION

As mentioned in previous communications, all poster presenters and student research award candidates should submit abstracts through the *International Journal of Exercise Science* (IJES) Conference Proceedings website at: <https://digitalcommons.wku.edu/ijesab>. All abstracts will be published in IJES after the conference concludes. The submission deadline for expanded abstracts for the Student Research Award Competition is **Friday, September 17th, 2021, 5pm PDT**. The submission deadline for general abstracts for the poster session is **Friday, September 24th, 2021, 5pm PDT**. Please review the detailed [abstract submission instructions](#) and download the abstract template prior to submission.

STUDENT TRAVEL GRANT FOR THE 2021 ANNUAL MEETING

The Southwest Regional Chapter of the American College of Sports Medicine is proud to announce a new Student Travel Grant available to undergraduate and graduate students attending the SWACSM annual meeting on October 29-30, 2021 in Costa Mesa, California.

Multiple awards will be distributed in amounts up to **\$500** to assist students with conference registration and travel-related expenses. The application deadline is **Friday, September 17th at 5pm PDT**. Winners will be notified on or before Friday, October 1st and will be presented their award during the conference awards ceremony on Saturday October 30th.

Travel grant eligibility and application guidelines can be found on the [SWACSM website](#). Students, please consider submitting an application. Faculty, please encourage eligible students to apply.

JEOPARDY BOWL: CALL FOR TEAMS

After taking a year off, the 11th annual Southwest Student Jeopardy Bowl returns and will be held at the Costa Mesa Hilton on Friday October 29th, 2021. All Universities and Colleges are invited to bring a team of **3 currently enrolled undergraduate students** to answer questions on categories including anatomy, biomechanics, cardiovascular physiology, EKG, and exercise prescription, to name a few. The format will be like that of the longstanding television show, Jeopardy, with single jeopardy questions being easier than double jeopardy questions, and a final jeopardy question being the most difficult. All questions will have a dollar amount associated with the answer, and the team with the highest total at the end of the night will be victorious.

We are looking forward to having more Universities participate, resulting in the “best and brightest” representing the Southwest Chapter at the 2022 ACSM annual meeting in San Diego (our home turf!). Registration is paid for by the National ACSM and the Regional Chapter will contribute funds for travel, lodging, and food. Each University is also expected to contribute a portion of the cost. Faculty should identify a team of complementary members who can work together in answering questions. Each University is encouraged to bring as many students as possible to support their team, wear their school colors, and cheer them on to victory! All Universities interested in competing must complete [this form](#) before **5:00pm PDT September 24th, 2021**, so we can make necessary arrangements for the room and audio-visual equipment. Although each institution in the region can submit the names for **up to two teams**, institutions are only guaranteed one spot. The more Universities that participate, the better the selection process will be, and the stronger the team we send forward to National.

To compete, each team must also have a professional representative or graduate student available to serve as a judge during the competition. Contact MAL-Abstracts and Awards, James Navalta, PhD, james.navalta@unlv.edu if you have any questions.

GATORADE AND SPORT SCIENCE INSTITUTE UNIVERSITY



Gatorade Sports Science Institute University will soon be adding more educational content to their website under the [GSSIU tab](#). Syllabi, recorded lectures, and associated activities are available to ACSM members and can be incorporated into the classroom by exercise science faculty. Be sure to check it out!

SWACSM ELECTION RESULTS

Congratulations to the newly elected SWACSM Board members. Terms for the new members will officially begin at the conclusion of the 2021 annual meeting in October.

- President-Elect: Trevor Gillum, PhD, California Baptist University
- Member-at-Large (MAL), Communications: Zachary Zeigler, PhD, Grand Canyon University
- MAL, Abstracts and Awards: Sarah Camhi, PhD, University of California, San Francisco
- MAL, Abstracts and Awards: Jeffrey Bernard, PhD, California State University, Stanislaus

The Board would like to thank the following candidates for participating in the election: Kenneth Vitale, MD, University of California, San Diego; Bülent Sökmen, PhD, Sonoma State University; William Boyer, PhD, California Baptist University; and Brent Peterson, PhD, Biola University.

The SWACSM membership also passed the proposed constitutional amendment to increase the number of Members-At-Large serving on the Board to at least 5. Moving forward, the Board of Trustees will include the following positions who will serve on one or more committees: Executive Director, Associate Executive Director, Past-President, President, President-Elect, Regional Chapter Representative, 5 Members-At-Large, and the Student Regional Representative. For more information, please refer to the [SWACSM bylaws](#) and [SWACSM constitution](#) posted on the website.

CONGRATULATIONS TO THE NEW ACSM FELLOWS FROM OUR CHAPTER

- Bruce Bailey, PhD, Brigham Young University
- Michelle Barrack, PhD, California State University, Long Beach
- Timothy Brusseau, PhD, University of Utah
- Lynn Cialdella-Kam, PhD, RDN, Naval Health Research Center
- Joseph Duke, PhD, Northern Arizona University
- John Fraser, DPT, PhD, Naval Health Research Center
- Trevor Gillum, PhD, California Baptist University
- Rodney Joseph, PhD, Arizona State University
- Christos Katsanos, PhD, Arizona State University-Mayo Clinic Arizona
- Anne Lindsay, PhD, University of Nevada Cooperative Extension

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