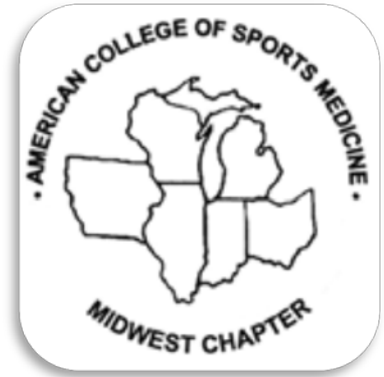


American College of Sports Medicine

Midwest Chapter

Leadership and Mentoring Program



The Leadership and Mentoring Program (LMP) is designed to provide a meaningful mentoring relationship aimed at guiding, advancing and inspiring individuals navigating their professional careers. This dynamic and reciprocal relationship facilitates career selection and advancement, accelerates professional growth, and offers exposure to networking and leadership opportunities within Midwest regional and national ACSM.

There are three levels of the Leadership and Mentoring program. Below is a summary of the purpose, eligibility, and details of each level of the MWACSM Leadership and Mentoring Program. Although applicants of diverse racial/ethnic backgrounds are highly encouraged to apply, anyone who desires leadership training through MWACSM may apply. The program is offered at three levels.

An applicant should choose the level that most closely describes their current academic and/or professional status. Individuals may move through all three levels, two levels, or participate in only one of the three levels during their academic and/or professional development.

Purpose & Eligibility

Level 1

Purpose: The first level is intended to introduce undergraduate students who are pursuing a degree in sports medicine, exercise science, activity epidemiology, or related fields to the benefits of MWACSM membership and the opportunities for professional growth available through MWACSM and the American College of Sports Medicine. Students in the Level 1 program will learn about careers in sports medicine, exercise science, activity epidemiology or a related field. Students will also be valued members of the MWACSM community as it will be their responsibility to assist in the recruitment of other undergraduate students for membership in MWACSM. Level 1 participants will also be provided with networking opportunities and will begin to learn about leadership within MWACSM. Level 1 participants will be mentored by professional leaders in the Midwest region.

Eligibility: All applicants must meet the following general criteria:

1. Be a citizen, citizen national, or permanent resident of the U.S. or Canada
2. Be enrolled in a Bachelor level program in a sports medicine, exercise science, activity epidemiology, or a related field

Level 2

Purpose: The second level targets students pursuing a graduate or professional degree related to sports medicine, exercise science, activity epidemiology, or a related field. The Level 2 program is intended to help graduate and professional students become more familiar with the MWACSM structures of service and leadership. Individuals participating in the Level 2 program will recruit other graduate students to become MWACSM members. FACSM members living in the Midwest region will mentor Level 2 doctoral student participants.

Eligibility: All applicants must meet the following general criteria:

1. Be a citizen, citizen national, or permanent resident of the U.S. or Canada
2. Enrolled in Master or Ph.D. program in a sports medicine (e.g., Athletic training, occupational therapy, or physical therapy), exercise science, activity epidemiology, or a related field OR a M.D. or D.O. program

Level 3

Purpose: The third level provides mentorship to individuals holding a professional or terminal degree in medicine, exercise science, exercise epidemiology or a related field who have been continuous professional MWACSM and/or ACSM members for two years. FACSM members living in the Midwest region will mentor Level 3 participants and expose them to MWACSM and ACSM service opportunities, leadership development, and the path to fellowship within ACSM. Mentors also will assist Level 3 participants with professional development outside of MWACSM and ACSM. Level 3 participants will serve as mentors to Level 1 participants in the following year's program as assigned by the MWACSM Leadership Ad Hoc Committee.

Eligibility: All applicants must meet the following general criteria:

1. Be a citizen, citizen national, or permanent resident of the U.S. or Canada
2. Hold a terminal degree in a sports medicine, exercise science, activity epidemiology or a related field or hold a M.D. or D.O.
3. Have been a MWACSM (or other regional chapter)/National ACSM Professional or Professional-in-training member for at least two years, immediately prior to applying to the program
4. Attended at least two MWACSM or other regional meetings within five years of applying for the program

In addition to meeting the general criteria outlined above, each applicant must meet the qualifications for EITHER the Research OR the Service component of this Program. **Applicants do not have to qualify for both components.**

Criteria for Research component

Only one of these three criteria is required for eligibility:

- 1) Possess or have access to data set intended to be used by applicant for publication

- 2) Employed by an institution that is supportive of research by applicant (as indicated in letter from Dean, Department Chair, or equivalent)
- 3) Possess the capability to collaborate with mentor currently conducting research (e.g., applicant currently has NIH minority supplement grant or can provide plan of mentor collaboration)

Criteria for Service component

At least one of the four criteria is required for eligibility:

- 1) Have served in a position or medical practice in some aspect of sports medicine, exercise, physical activity, health and/or fitness for a minimum period of one year. This may include being a volunteer team physician, involvement in the prevention of sports injuries or in exercise, testing or rehabilitation medicine, or involvement in educating the general public in sports medicine or health-related issues
- 2) Have served or volunteered to serve on a regional or national ACSM committee
- 3) Have served as a member or Chairperson of an Interest Group
- 4) Have submitted a symposium or colloquium for the ACSM Annual or Regional Meeting (Acceptance is not required) Please include proof of submission with application.

Program Details

- Receive a mentor who is not affiliated with the participant's institution.
 - *Level 2* doctoral students & *Level 3* participants will receive an ACSM Fellow as a mentor
- Receive complementary registration and attend the MWACSM Annual Meeting.
- Receive a letter welcoming him/her into MWACSM/program highlighting the following expectations regarding the annual meeting:
 - Setting up a meeting with their mentor at the MWACSM meeting (preferably at the beginning of the meeting, early on the first day).
 - Mentor will discuss meeting navigation and how to determine which sessions to attend.
 - Mentor will take him/her to presentations and social events.
 - Mentor will ensure networking opportunities such that the participant meets a minimum of five professional members s/he did not previously know.
 - Attend all sessions of the annual meeting, especially the meeting with the MWACSM Leadership and Mentorship committee chair, keynote sessions, student colloquium, MWACSM Meopardy, and luncheon/dinner.
 - *Level 2 & 3* participants will attend MWACSM Board of Directors meeting as part of the annual meeting activities.
 - May specifically be asked to attend other aspects of the annual meeting or perform duties such as
 - Breakfast with the keynote speakers.
 - Other duties appointed by members of the MWACSM Board of Directors or the ad hoc Leadership committee (e.g., providing a leadership role during MWACSM Meopardy, chairing a session, etc.).
 - **Receive a year of free MWACSM membership including member benefits.**

Additionally, participants will:

- Maintain contact with mentor throughout the following year.
- Learn about serving at the ACSM regional and national level.
- Participate and attend the next ACSM regional and national annual meetings.
- Recruit students at his/her university and in his/her region to become members of MWACSM.
- Assist the student liaison to the MWACSM board of directors as requested.
- *Level 3* participants will serve as a mentor to a *Level 1* participant.
- *Level 3* participants will apply for fellow status within 3-5 years of participation in the program.

Required Application Materials

- 1) Completed application form.
- 2) A current CV or resume.
- 3) Two letters of recommendation, one of which is from the student's advisor or from another, department chair, academic dean, or individual who is familiar with the applicant's capabilities and work ethic. Your references can send your letters directly to the Chair of the MWACSM Leadership and Mentorship Ad Hoc Committee.
- 4) Level 3 Applicants ONLY
 - a. One of the two letters of recommendation must be from an ACSM Fellow (see #3 above)
 - b. In addition to the two letters of recommendation (#3 above), one additional letter is required from your Dean, Department Chair, or equivalent indicating support of research or service.

Letter of Recommendation Guidelines

Instructions for completion of letters of recommendations for program:

- 1) Please include in body of letter:
 - Applicant's Name
 - Your Name
 - Title/Position/Institution
 - Whether you are a MWACSM member and ACSM member and/or ACSM Fellow
- 2) Please provide the following information:
 - How long and in what capacity have you known the applicant?
 - Describe the quality of the applicant's work.
 - What is the applicant's level of productivity?
 - Please evaluate the applicant's level of interest and long-term potential to contribute to MWACSM
- 3) In the letter please rate the applicant according to:
 - General Knowledge
 - Leadership Skills and Potential
 - Persistence toward Goals
 - Maturity

Program Timeline

- September 15th
 - Applications are due
- October 1st
 - Participants will be selected by the MWACSM Leadership and Mentoring Committee and notified of their acceptance into the program.
- Two weeks post MWACSM Annual Meeting
 - Participants will submit a meeting report to the Leadership committee that provides details of their annual meeting participation, including activities in which s/he engaged, contacts met, information learned, ideas for activities throughout the year, and recommendations for improving the experience for that level participants the following year. Report is due two weeks after the last day of the MWACSM annual meeting.
- September 1st
 - Submit annual report summarizing activities from the past year

