



# Midwest American College of Sports Medicine Annual Meeting Tips & Tricks

## **Before The Conference: How to Prep**

- What to wear:
  - Business casual. Click [HERE](#) for visual examples
  - Select attire that can be worn for long hours comfortably
  - Consider your role in the conference (presenter vs attendee)
  
- What to bring
  - Hydration & Fuel:
    - Friday: breakfast and lunch will be offered during the keynotes.
    - Saturday: brunch is offered during the keynote
    - Bringing water and snacks is always a good idea.
  - Note Taking Items:
    - Bring your computer/ tablet and/or a notepad with a pen.
  - Networking:
    - Bring business cards / be prepared to connect on Linked In
  
- Session Attendance Planning
  - Visit the MWACSM conference page [Annual Meeting](#)
  - Download the conference program
  - Make a schedule for sessions/events you are planning to attend
  - Be sure to plan for and schedule breaks
  - Attend networking events



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## **During the Conference: What to Expect**

- Meeting Dates & Location
  - When: OCTOBER 20th - 22nd
  - Where: Indy Hyatt Regency Indianapolis, IN
  
- Upon Arrival:
  - Check-in, obtain ID badge, schedule, etc.
    - It is highly recommended that all attendees complete their Clear HealthPass (<https://clear.app.link/healthpass>) prior to arriving at the check-in/registration desk. MWACSM's COVID-19 policy requires all attendees to show their Clear HealthPass at the time of check-in/registration.
  
- Conference Content:
  - 2 Keynote speakers
  - 23 Symposium presentations
  - 10 Free Communication Sessions
  - 6 Poster sessions
  - 2 Grad Fairs
  - 2 Receptions (in the Studio Lounge)
    - First Time Attendee Reception (Thursday, October 20th, 6 - 7:30pm)
    - Past Presidents Opening Reception (Thursday, October 20th, 7:30 - 10pm)



- Student events: Student social, student presentations, quiz bowl, grad fair
  - First Time Student Attendee Reception
    - When: Thursday, October 20th, 6 - 7:30pm
    - Where: Studio Lounge
    - What: Meet fellow students and faculty members of MWACSM from various universities and positions
    - Potential Goals:
      - Meet 2 students from different universities.
      - make a connection with a faculty member from another university.
      - Find another individual interested/working in the same profession as you.
  - Presentations:
    - Student Presentations: Free Communication / Slides
      - When/where: as scheduled (see program)
    - Professional Symposium Presentations
      - When/where: as scheduled (see program)
    - What: Listen to or participate in scientific discussions of various research interests
    - Why: Stay up to date with the research happening around the Midwest region, explore professional development opportunities and investigate how you can become involved in future MWACSM meetings.
    - Potential Goals:
      - Connect with 2 - 3 other professionals / students for potential future collaborations
      - Identify at least 1 topic of interest to research further after the conferences



- Poster sessions:
  - When: Friday, October 21st, 8 -11:55am & 2:15 - 4:50pm & Saturday, October 22nd, 8 - 9:15am
  - Where: Regency Ballroom E & F (2<sup>nd</sup> Floor)
  - What: Students display posters on various scientific topics, and attendees rotate around to learn about and discuss the research.
  - Why: You have the opportunity to walk about the room and read about projects other students are participating in, what other students have found through their research, and discuss with presenters what the implications of their findings are
    - Engagement and questions are encouraged at these, so feel free to chat about what you are thinking with other student presenters!
  - Potential Goals:
    - Chat with at least 1 student presenter and listen to their poster presentation
    - Ask a question to a student presenter
- Jeopardy Quiz Bowl:
  - When: Friday, October 21st, 8 - 9:30pm
  - Where: Cosmopolitan Ballroom
  - What: An undergraduate quiz bowl competition as a jeopardy style contest where teams of 3 undergraduates from the various universities/colleges of MWACSM compete for the title of Quiz Bowl masters based on various facets of Kinesiology
- Grad Fair:
  - When: Friday, October 21st, 10am - 12pm & 2 - 4pm



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## **After the Conference**

- Follow / interact on MWACSM social media platforms
  - ([MWACSM Twitter](#))
  - ([MWACSM Facebook](#))
  
- Claim / download Continuing Education Credits (CEC)
  - CECs are needed to recertify any ACSM credentials you may have already obtained (e.g., certified personal trainer, certified exercise physiologist, clinical exercise physiologist, etc). The CEC document can be found in the MWACSM Long Program (see MWACSM website)
  
- Continue networking, make follow-up communications
  
- Share conference content with colleagues, students, peers, etc