



President's Message-David Pascoe

SEACSM will be celebrating its 40th regional meeting this year in Jacksonville, Florida on February 9-11, 2012. Our first regional meeting was held in Gatlinburg, Tennessee with approximately 30 attendees and Dr. Andrew Kozar serving as President. Over the forty years, participation in the meeting has steadily increased, nearing a record of approximately 800 attendees last year at Greenville, South Carolina. It is the leadership, support, and involvement by our membership that makes this region of 10 states one of the largest and



most active memberships in the ACSM organization. Paul Davis, our President Elect has been working hard on conference preparations and invited speakers for the Jacksonville conference. The Executive Board has planned celebrations of our 40th annual meeting that will be integrated into the conference program. As usual, SEACSM member attendees will experience world renowned guest speakers, symposiums, tutorials, oral communications, posters, student poster award finalist, grad fair, student bowl, clinical tract, exhibitors, women's breakfast, conference luncheon, and socials. Over the past several years, our Board has built into the program numerous ways for students to become involved and network. We believe are students are a strong link to our region's success and future.

Opportunities Abound! I would encourage all members to take an active role in the SEACSM regional meeting. Abstract submission (oral communications, poster, tutorials, and symposium) begins September 1, 2011 and ends at midnight (Eastern Standard Time) Saturday, October 1st, 2011. The undergraduate student Bowl is a jeopardy style competition that challenges the brightest minds of the schools within the Southeast region. Winner takes home the honor and first prize, along with a paid support for the National Competition. This past year UNC Charlotte won the SEACSM region and National ACSM titles for the student bowl. Congratulations to the Charlotte Team. For information and registration for this year's competition, you can contact Michael McKenzie (mckenziemi@wssu.edu).

Schools planning on having a booth for the Grad Fair should see posting within the newsletter and contact John Quindry ([jqc0001@auburn.edu](mailto:jcq0001@auburn.edu)). For schools that want to apply for the student AV team program (room provided) contact Cherilyn Hultquist (chultqui@kennesaw.edu). Faculty members wanting to serve the region as possible session chairs or abstract reviewers, please contact the current President Dave Pascoe (pascodd@auburn.edu). We are also very fortunate to have a strong clinical track presented at the meeting with presentations and lectures aimed towards medical practice for physicians, health care and clinical practitioners. For more information regarding this meeting opportunity, please contact Kyle Casas (KCasas@ghs.org). We would also like to thank our sponsors and exhibitors that support our meeting and provide us the latest on technology, equipment, and supplies.

I wish to personally thank all of my regional colleagues that helped deliver a strong meeting program last year. This includes all of the speakers, presenters, session chairs, Board Members, and attendees. I am looking forward to another great meeting this year. On behalf of the Executive Board and myself, thank you all – faculty members, physicians, students, health care and clinical practitioners, sponsors and exhibitors for your continued support! I wish you the very best for this academic year and look forward to seeing you in Jacksonville February 9-11, 2012. Be sure to visit our SEACSM website for updates and meeting information (www.seacsm.org/).



SAVE THE DATE-SEACSM: FEBRUARY 9-11, 2012

The 40th Annual SEACSM meeting date is the week of February 9-11, 2012. The meeting will be at: Jacksonville Hyatt Regency Riverfront Hotel, 225 East Coastline Drive, Jacksonville, FL 32202. This is going to be a really special meeting and one that you are not going to want to miss. Start making your plans. See you in Jacksonville, FL. Here is a view from the hotel, looking down at the river below.



Sponsor and Exhibitor Opportunities.-Michael Berry

One of the ways by which the Southeast American College of Sports Medicine defrays the cost of the annual meeting is through the use of sponsors and exhibitors at the meeting. The chapter offers a variety of opportunities to companies and organizations to market their products and services to sports medicine and exercise science professionals in the southeast and to gain local, regional and national exposure for their company. One of the highlights of the conference is the exhibitors that participate in the meeting. Meeting participants have the opportunity for one-on-one contact with the exhibitors to learn more about the products and services they have to offer. The sponsors and exhibitors that participate at the annual meeting are from a wide variety of industries that offer products, equipment or services that the conference attendees use frequently in their professions. Last year was a record breaking year for SEACSM in terms of attendance and participation of exhibitors. In fact, all our exhibitor spaces were occupied. If you or your business would like to participate as a sponsor or exhibitor, or if you know of a company or business that you think would like to participate, please contact Michael Berry (berry@wfu.edu) as soon as possible to discuss these opportunities.

SEACSM Graduate Student Fair

Dear Graduate Coordinators and Internship Supervisors:

Several schools have already registered for the 2012 Graduate Student Fair. The event to be held on Friday, February 10 at 5:45-7:00 PM is expected to attract representation from over 20 universities and hundreds of prospective students. Encourage your students to attend. Door prizes and other incentives will be available for those in attendance. Those interested in reserving table at the upcoming Fair in order to advertise internship sites or graduate programs can download an application form at http://www.seacsm.org/gradfair2012_app.pdf The October 31, 2011 pre registration discount fee for hosting a booth is \$75.00 (electrical access will require an additional \$15.00). Table fees received after November 1 are \$85 (\$100 with electrical) and \$100 (\$115 with electrical) after December 1. All applications and payments must be received by Friday, January 27, 2012. Any questions regarding the Graduate Student Fair may be addressed to Dr. John Quindry at [jqc0001@auburn.edu](mailto:jcq0001@auburn.edu) or (334) 844-1421.



2012 Annual Meeting Preview

We are eagerly preparing for the 40th SEACSM meeting at the Hyatt Regency along the beautiful St. Johns River in Jacksonville, Florida on February 9th-11th, 2012. In addition to the usual program of symposia, tutorials, and free communications, the agenda includes an excellent slate of invited speakers (Barbara Ainsworth – Arizona State University, Russell Pate – University of South Carolina, Scott Trappe-Ball State University) as well as special 40th meeting presentations by some of SEACSM's "pioneers".

Please begin making plans for submitting your meeting abstracts. The deadline for receipt of all abstracts is midnight (24:00) Eastern Daylight Time (23:00 Central) on Saturday, October 1, 2011. The link for the electronic abstract submission form may be found at <http://www.seacsm.org> under the *Annual Meeting* tab. We will once again have submission categories for the Doctoral, Master's, and Undergraduate Student Poster Awards.

You don't want to miss SEACSM's 40th! We look forward to seeing you in JAX!

As usual, the conference will include the opening night social, the Graduate Student Fair, and the new and wildly popular Student Bowl, a Jeopardy-like quiz game. Be sure to check out the website for more details. <http://www.seacsm.org>

We look forward to seeing you in Jacksonville!



Student Article

Welcome Back! Another exciting year is upon us and we hope to include YOU in all that SEACSM has to offer. I strongly encourage all students, both undergraduate



and graduate, to submit research abstracts to present at the 2012 annual SEACSM meeting. Presenting research is a great way to network with students and faculty from other Universities while building your curriculum vitae. As the Fall semester comes into full swing, be sure to check out www.seacsm.org for all important information regarding abstract submission, student funding opportunities, and the annual meeting schedule. You can also find SEACSM on facebook to stay

up to date on current events and network with other members!

This year's annual meeting will be located at the Hyatt Regency Convention Center in Jacksonville, FL. This is a fantastic riverfront location with plenty to do and see within walking distance. Aside from all of the great presentations and exhibits, there are plenty of activities for students such as Student Bowl- the famous Jeopardy style inter-University competition, Graduate Student Fair, Student research award poster competition, Women's breakfast (for men too) and last but certainly not least the famous SEACSM social. Getting involved with the Southeastern chapter of ACSM is a great opportunity for students to speak directly to graduate students and faculty to learn about potential educational or employment opportunities. The Southeastern meeting gives students an opportunity to learn about a variety of clinical and research applications through personal interaction, and to present their research in a professional setting. Not to mention- it's fun!

Want to get involved?



Contact me, Lindsey Miller, your student representative for the SEACSM. I am currently seeking student representatives from Universities across the Southeastern region to join our Student Coalition. The purpose of the Student Coalition is to provide a platform for students to communicate and provide information about meetings, potential funding opportunities,

and even ride and room sharing for conferences. Whether you are seeking information about a prospective graduate program or just enjoy meeting others with similar interests, networking with other students is a learning experience you cannot find anywhere else! Also, make sure to check out SEACSM on facebook to have direct access to all our current information! (<https://www.facebook.com/groups/101537789055/>) "SEACSM Chapter" is the group name.

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Student Representative on the Executive Board of SEACSM

Clinical Track Program Info
Message from Kyle J. Cassas, MD, FACS
(Clinical Representative and Chair of the 2012
Planning Committee) to SEACSM Clinical
Members

If you have not attended a previous SEACSM Clinical Track Program then now is the time!

We are excited to be heading to beautiful Jacksonville Florida in 2012. Based on the planning committee's assessment of need and feedback from participants of the 2011 SEACSM Clinical Track Program, this year's course is designed to educate clinical professionals interested and engaged in the healthcare of the young and master's athlete participating in organized and recreational sports. Please check out the preliminary agenda listed below and don't miss this exciting program. For more information please visit the clinical page at www.seacsm.org (see the clinical tab) Registration is a quick and easy online process – just go to <http://www.fau.edu/divdept/exsci/seacsm/clinreg.htm> - we look forward to seeing you in Jacksonville!



SEACSM 2012-February 10th and 11th
Jacksonville, Florida at the Hyatt Regency

Preliminary Agenda

Issues in Pediatric Sports Medicine and the Masters/Aging Athlete

Pediatric Fractures

Sports Related Concussion in the Young Athlete-

Update on Pediatric ACL Injuries

Back Pain in the Young Athlete: Spondylolysis and Beyond

Throwing Injuries

Injury Prevention: What is the Evidence?

Pediatric Obesity

Rehabilitation of the Young Athlete

Arthritis and Exercise

Osteoporosis and Exercise

Medical Considerations in the Masters Athlete

FAI and Hip Arthroscopy

Alternatives to Total Hip and Knee in the Active Patients

Strength Training Young and Old

Rehabilitation of the Aging Athlete

Editor's News- Don Torok



Congratulations, now that you have gotten to this part of the newsletter, you are very well informed on the exciting program that is being planned for you on your trip to Jacksonville, FL. After last year's record crowd, we are planning on another repeat performance. Please keep these things in mind when submitting your abstracts.

REQUIREMENTS FOR ALL SEACSM 2012 MEETING SUBMISSIONS:

No Symbols, Figures, or Tables should be included in abstracts. Abstracts will appear in the program as submitted. Your complete abstract must fit into a box with the following dimensions: **5.75 inches wide by 5 inches high**. There is a limit of no more than 25 lines of text-this includes your title, authors, their affiliations and the body. All submission boxes in the form, must have info in them for the form to correctly be sent. Review the call for abstract materials on the website for required materials in the abstract. Title, Authors, and Institution should be included in all abstracts and formatted as in the example on the website.

In order to make all abstracts readable in the program, no more than 14 characters and spaces per horizontal inch and 6 lines-per vertical inch should be used or the abstract will be rejected without review. Required fonts for all electronic submissions are either **TIMES-12 point** or **TIMES NEW ROMAN- 12 point**. Use of other fonts may result in the loss or changing of characters. **DO NOT USE SYMBOLS**, as they do not always transfer electronically.

One of the most important items to check before you submit your abstract is that **ALL BOXES are filled in on the submission page. Failure to enter something in ALL of the BOXES will result in failure of your submission to work. You must also check the box that states-All authors have reviewed this abstract and approve of the content as submitted.** The number one problem that individuals encounter with the submission process is not filling in all of the boxes.

Do not wait until the last day to submit your materials, as the site becomes very overloaded and it might prevent your materials from arriving on time. Please share this information with colleagues or students who may not have received it. Remember that all presenters must register for the conference.

Here are some other things that you will need to know about the meeting. 1)

Online registration for the meeting will be posted on the chapter website: SEACSM.ORG, as well as the hotel registration materials. These links should be operational some time during late fall.

Just in case you didn't see the pictures posted from our 2011 SEACSM

Meeting-look on Facebook  You are not going to want to miss the special program that is being planned for our 40th Annual Meeting. See you in Jacksonville!

2011 SEACSM Fall Lecture Tour

The Fall SEACSM Lecture Tour is taking place in the states of North Carolina, South Carolina, and Virginia. This year the tour is being coordinated by Dr. Ronnie Evans from Virginia Commonwealth. This year's speaker will be Dr. John Jakicic from the University of Pittsburg. For more information regarding dates and times for this lecture tour: Email: rkevans@vcu.edu. Thank you Dr. Ronnie Evans for your time, efforts and service in organizing this tour.

Past President's Message August 2011 Peter Grandjean

As summer comes to a close and we are gearing up for the Fall semester it is now time to start thinking about the upcoming 2012 SEACSM Annual meeting to be held at the Jacksonville on February 9-11, 2012. We hope that you will mark this on your calendar and inform your students as the 2012 program (under the leadership of President-Elect Dr. Paul Davis) looks to be another academically stimulating event.

One of the honors at the annual meeting is to elect new SEACSM Executive Board members. I would ask that you please email me nominations for both President-Elect and Members at Large to: Peter_Grandjean@baylor.edu. The President-Elect nominee must have previously served on the SEACSM Executive Board. The nominating committee will then contact the selected candidates to develop the ballot for the election in February.

I also ask that you please consider submitting nominations to me for both the Montoye Scholar Award and the SEACSM Service Award. For each of these awards a letter of nomination is requested, and the letters can be emailed to me directly. Both of these awards have a prestigious history in our SEACSM Chapter, so I thank you in advance for taking the time to submit a nomination letter for your colleagues who are deserving. Please send all nominations before September 15, 2011.

I look forward to seeing you all in February, at our 40th SEACSM meeting. I would also like to say thank you, as it has been both a pleasure and an honor to serve you as the 39th President of the SEACSM. I wish you all the best in the upcoming year.

SEACSM Executive Board

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