



President's Message

John Quindry

I hope your summer is going well. We're continuing to plug away with preparations for the 2017 meeting, including the finalization of the invited talks. I am pleased to announce that we currently have the following speakers slated for February 2017: The keynote address will be presented by Dr. Barry Franklin. He will discuss clinical aspects of heart health and other perspectives related to his clinical practice and research. The President's lecture entitled "Walking the walk: a history of step counting and cadence tracking" will be given by Dr. Catrin Tudor-Locke. Dr. Marcas Bamman of the University of Alabama – Birmingham will give the Basic Science Lecture, entitled "Exercise is regenerative medicine". The Luncheon lecture will be given by Peter Wagner where he will discuss high altitude physiology and career reflections from the wine wizard.



It's not too early to start thinking about your original science, symposium, and tutorial submissions for the 2017 meeting. Stay tuned to your e-mail inbox for program submission announcements in the coming months. In addition, with the leadership of Dr. Graves and Brittany Overstreet, the Board is including some new features to the 2017 meeting, including a Preconference that includes 2-minute thesis type presentations. Additional details will be revealed in the Fall newsletter so stay tuned there too!

I also want to highlight the 2016 SEACSM Lecture Tour that will feature Dr. Lanay Mudd of NIH. The tentative schedule has Dr. Mudd presenting at the University of Tennessee on September 14th, and Mississippi State University on October 21st and at the University of Kentucky-TBA. Please plan to attend if you are at or near those locations. We are looking at other potential hosts in Louisiana. On behalf of the chapter I extend thanks to Drs. David Bassett and Dawn Coe for helping to organize the 2016 SEACSM Lecture Tour.

I continue to enjoy serving as President of SEACSM. We continue to seek input to further advance our collective cause and your input is valued. Please contact me or any of the board members to volunteer and/or provide suggestions to advance the SEACSM mission. The SEACSM Executive Board and I look forward to a great year of activities and events supporting fitness and health. My contact information is john.quindry@mso.umat.edu or 828 719-8533, cell.

President-Elect: Michael McKenzie



Greetings! The Executive Board of the Southeast Chapter of the American College of Sports Medicine hopes you will join us for our annual 2017 meeting in Greenville, SC from February 16-18. The meeting will once again be held at the Hyatt Regency Hotel. Dr. John Quindry has gathered quite an impressive array of talented speakers that we can all look forward to hearing. Our 2017 program will also include our traditional symposia, communications, posters, clinical track, grad student fair, and our student quiz bowl. Greenville has proved to be an ideal host for our conference due to its location. There are lots of restaurants, shops, and fitness trails nearby which can be taken advantage of. New this year will be a preconference, occurring at 2pm on the opening day. More details will be provided about this, but our student representatives have been hard at work on this project, which will specifically be designed for first-time attendees.

We also would like to encourage submissions of all types. Submissions are electronic, and will open on September 1st. Please go to SEACSM.org, and click on annual meeting on the side bar. Instructions should walk you through the process. If you experience difficulties, please contact me at 336-750-3136 or mckenziemi@wssu.edu. Please save your submission verification in case issues arise. **All submissions must be submitted by 11:59 p, on October 1, 2016. No late submissions can or will be accepted.** Also, please be certain the email address you submit under will be your email address through the end of 2016. We hope to see your outstanding submissions and see you at the meeting in February!

Past-Presidents Message – Sue Graves

The Past-President's duties include overseeing nominations for SEACSM Officers, nominations for Montoye Scholar, and managing the student award competitions. The slate of officers includes a new President-Elect, as well as two Members-At-Large and a Student Representative to the Executive Board. The President-Elect must have experience serving as an Executive Board member in the past, whereas the Members-At-Large and Student representative, can be from the membership at large. While we are currently in the process of selecting candidates, anyone who is eligible can submit their name and run for office. If you wish to nominate someone, please send your nominations to Past-President B. Sue Graves at sgraves@fau.edu by September 15. With your nomination, please provide a 2-3 sentence description of the nominee's qualifications to serve on the SEACSM Board. Also, please keep in mind that these are multi-year positions. Therefore, it is expected that nominees will be affiliated with an institution within the SEACSM region throughout the three-year term for President-Elect and two-year term for Member-At-Large and Student Representative.



We are also seeking nominations for the 2016 Henry Montoye Scholar Award. This annual award honors an SEACSM member with exemplary research contributions. The winner will deliver the Montoye Scholar Lecture at the SEACSM Annual Meeting. If you would like to nominate someone for the Henry Montoye Scholar Award, please send the name of your nominee with a brief rationale supporting your nominee to Past-President B. Sue Graves at sgraves@fau.edu by September 15. Feel free to include a copy of your nominee's curriculum vita with your nomination (if not included, the selection committee will request a CV from the nominee or her/his institution if s/he is under serious consideration). Also, if you just want to get involved, contact any of the SEACSM Board members.

Sponsor and Exhibitor Opportunities

Michael Berry



I would like to thank the supporters and exhibitors who participated in the 2016 meeting. These included: [Steadman Hawkins Clinic of the Carolinas](#), [Hologic](#), [Breg](#), [Liberty University](#), [Donjoy](#), [American College of Sports Medicine](#), [Gatorade Sports Science Institute](#), [BioPac](#), [Bioventus](#), [Cosmed](#), [DonJoy](#), [Intelametrix](#), [Merrimack College](#), [Natus](#), [ParvoMedics](#), [Össur](#) and [SECA](#). The Southeast American College of Sports Medicine chapter is very lucky to have these

companies and organizations attend and help support our annual meeting. We are even more fortunate to have a number of exhibitors that return yearly. I was pleased to see a large number of attendees visiting the exhibits and interacting with the company representatives, and I heard positive comments from a number of exhibitors regarding the amount of traffic they received. A high volume of traffic to the exhibits is one way to insure they continue to participate in our annual meeting. I hope to see many of these same supporters and exhibitors at next year's meeting in Greenville, SC. If you would like to exhibit at or support next year's meeting or know someone who might be interested, please contact me (berry@wfu.edu) as soon as possible to discuss these opportunities.

2016 SEACSM Fall Lecture Tour Information



The Fall SEACSM Lecture Tour is taking place this September and October in the states of Kentucky, Tennessee, Louisiana, and Mississippi. The 2016 SEACSM Lecture Tour will feature Dr. Lanay Mudd of NIH. The topic of her talk will be: "Yoga for Health? Research Gaps, Challenges and Funding Opportunities." The tentative schedule has Dr. Mudd presenting at the University of Tennessee on September 14th, and Mississippi State University on October 21st and at the University of Kentucky-TBA. Please plan to attend if you are at or near those locations. We are looking at other potential hosts in

Louisiana. Please plan to attend if you are at or near those locations. The 2016 SEACSM Lecture Tour is being coordinated by Drs. David Bassett and Dawn Coe from the University of Tennessee.

A Message From Your Student Representatives



Hello Students! Whether you are enrolled in courses or relaxing by the pool, we hope you all are having a wonderful Summer. Please check out the exciting news and updates specifically for SEACSM students. We have been hard at work planning and organizing a bunch of new events for the upcoming 2017 SEACSM annual meeting! A few things to make you aware of...

- ❖ **NEW EVENT!** For the first time ever, we will be hosting a pre-conference at this year's annual meeting in February. During the pre-conference we will have student specific events aimed at providing mentoring and networking opportunities. We will also be hosting a new presentation platform called the "Rapid Research Race". During this session students and professionals in our field will provide a 2-minute presentation on their latest research! Be sure to show up early on February 16th to take advantage of all these great opportunities!
- ❖ **Be on the lookout this fall for important deadlines regarding our annual SEACSM Meeting. Things to watch out for:**
 - **Abstract Submission:** Start preparing those abstracts now! Be sure to check out <http://www.seacsm.org/annualmeeting.html> for the most up to date information on deadlines and formatting requirements!
 - **Student Bowl:** *Congratulations*, to the students from The Florida Atlantic University who represented the SEACSM chapter at our 2016 Annual ACSM Meeting in May (Team Members: Bryan Rodriguez, Alexandra Rodriguez and Gabriel Pena)! **If you would like to compete in the 2017 Undergraduate Student Bowl at the annual SEACSM Meeting in February please be aware that team registration opens on October 1st. Sponsors should contact Amy Knab at knaba@queens.edu to register.**
 - **Call for AV Teams.** Each year AV teams are needed at our annual conference. This is a very important aspect of the meeting so please carefully consider providing this service. AV teams will be responsible for managing the

AV equipment and providing support for presenters during keynote presentations and free communication sessions. AV teams are composed of 2-3 students and will be required to bring a laptop computer, data projector and supporting peripherals (cord connectors, etc.). More information will be available early fall 2016!

- **President's Cup Competition.** This year we will hold the second annual President's Cup Competition. During this competition, a select group of graduate student presentations (either oral or poster) will be selected to compete for free registration and \$1,200 travel allowance to the 2016 ACSM Annual Meeting. If you're the winning presentation, you will present (in poster format) at the Annual ACSM Meeting against other regional winners. Be sure to check the President's Cup option during abstract submission to be considered for this award!
- **Call for volunteers.** This year we will be providing many new and exciting opportunities for students. This means we are going to need a few extra hands to help things run smoothly! If you are interested in volunteering, please contact one of your student representatives so we can keep you in the loop!
- ❖ **Stay Connected!**
 - Check out our website at www.seacsm.org and be sure to join **SEACSM on Facebook (SEACSM Chapter)** to have direct access to all our current information, job opportunities and interacting with other SEACSM members!
- ❖ **Got an idea for a student event you'd like to see at future meetings?**
 - Email your student representatives at SEACSMStudents@gmail.com and share them with us!

Stay Healthy and Active,

Brittany S. Overstreet Ph.D., RCEP
Assistant Professor
Dept of Kinesiology & Applied Physiology
University of Delaware
bover@udel.edu

Samuel Buckner, M.S.
Graduate Research Assistant
Dept of Health, Exercise Science, & Recreation Management
The University of Mississippi
Email: slbuckne@go.olemiss.edu

SEACSM Grad Fair

Attention Graduate Coordinators:

The 2017 Graduate Student Fair will be held on Friday evening of the conference. Over 25 graduate programs have presented at this event and each year it seems like we have more and more students attend, making it a great recruiting place for graduate programs. See information below concerning how to participate and cost. Registration fees will increase as we get closer to the conference, so submit early!

Forms and Cost:

For those interested in reserving a table at the upcoming Graduate Fair, you will need to submit an application form (http://seacsm.org/gradfair2017_app.pdf) and mail the form with payment to:

Jody L. Clasey, PhD, FACSM
Department of Kinesiology and Health Promotion
100 Seaton Center
University of Kentucky
Lexington, KY 40506

\$75.00 if payment received by November 1 (\$90.00 if need electrical)
\$85.00 if payment received by December 1 (\$100.00 if need electrical)
\$100.00 if payment received by January 15 (\$115.00 if need electrical)

If you have any questions, please contact Jody Clasey (jlclas0@uky.edu). Deadline for all applications is 1/15/2017!

Undergraduate Student Bowl

Students and Club Advisors: Do you and your two smartest friends have what it takes to compete in the SEACSM Undergraduate Student Bowl in 2017? Earn bragging rights by winning this jeopardy style inter-university competition! The winning team will be invited to compete at the ACSM Annual Meeting in Denver, CO. SEACSM contributes up to \$300 towards travel for each student to attend the national meeting.

Registration

In order to secure your spot at this competitive event, teams need to have a Faculty Sponsor as well as consist of only 3 undergraduate students (no graduate students are allowed to participate). The Sponsor needs to contact Amy Knab (knaba@queens.edu) in order to have the school name registered as a team. **Registration begins October 1, 2016** and runs through November 15. There are only 20 teams allowed due to the equipment we have available to play jeopardy. Priority will be given to those who register early – as we take the first 20 teams registered.

Notifications

Notifications will be sent to all teams registered and accepted to compete at the event by December 1, 2016. We have limited room and equipment and therefore do have a limit on number of teams (**20 teams**) that can compete.

Only ONE team per university and ALL students must be undergraduates of that university

AV Teams Needed for the 2017 SEACSM Meeting

The annual meeting in Greenville, SC will once again be using student AV Teams. AV teams are responsible for managing the AV equipment, and providing presenter support at keynote presentations and free communication sessions. Teams are composed of two or three students and are responsible for providing a laptop computer (with Powerpoint 2010 or later), data projector with supporting peripherals (cord connectors, etc.), and a laser pointer. For their service, SEACSM will pay lodging expenses for each assembled AV team. These teams provide an essential service for the meeting, so please carefully weigh the importance of this commitment. If you are interested in participating, please have a faculty sponsor contact Ron Evans at <mailto:rkevans@vcu.edu>. Student AV team

acceptance will be based on the timeliness of the team application, the prior success of the AV team (if applicable), and the amount of AV support needed.

Editor's News- Don Torok

After last year's record number of submissions, we are planning on another repeat performance. Please keep these things in mind when submitting your abstracts.

REQUIREMENTS FOR ALL SEACSM 2017 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 (all capital letters), 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. See you in Greenville!

SAVE THE DATE -FEBRUARY 16-18, 2017

Greenville, SC



The 45th Annual SEACSM meeting will be at the Hyatt Regency Greenville, 220 North Main Street, Greenville, South Carolina 29601. See the photo above of the hotel. Start to make plans to attend our next SEACSM meeting.

SEACSM Clinical Representative- Kenneth P. Barnes, MD, MSc., CAQSM, FACSM

The clinical program for the the 2017 SEACSM meeting will be on focusing on emergencies in sports medicine. This would include, but is not limited to:

- sudden collapse
- cardiac arrest
- c-spine immobilization
- environmental emergencies
- head injuries
- mass event coverage/planning/prep
- electrolyte disturbances/rhabdo
- anaphylaxis
- airway issues!



We look forward to an another exciting program and look forward to highlighting the outstanding clinical case studies from our fellows.

CLINICAL CASE ABSTRACTS: Deadline for case abstract submissions is **Monday, December 12, 2016 at 5 PM ET for the 2017 meeting. Authors of cases that are accepted for presentation during the 2017 SEACSM Clinical Track will be notified by Monday, January 2, 2017.**

Please send case submissions (Microsoft Word Document as e -mail attachment) directly to Dr. Kenneth Barnes, MD, MSc at kpbarnes14@gmail.com. Required format for case abstract submissions is as follows (500 word limit, not including title): Title of Case, History (to include history of present illness, past medical history, medications, allergies, etc.), Physical Examination, Differential Diagnosis List, Data (to include diagnostic tests performed and results, laboratory studies performed and results, etc.), Final Working Diagnosis and Treatment, and Outcome

SEACSM Executive Board

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- Michael McKenzie, President-Elect, Winston-Salem State University, Department of Exercise Physiology, 601 S. MLK Jr. Dr, 147B Anderson Center, Winston Salem State University, Winston Salem, NC 27110 (W) 336-750-3136 E-mail: mckenziem@wssu.edu
- Sue Graves- Past-President, Florida Atlantic University, Department of Exercise Science & Health Promotion, 777 Glades Road, Field House 11-25D, Boca Raton, FL 33431, (954) 675-5782 <mailto:sgraves@fau.edu>
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- Jody Clasey, At-Large Member, University of Kentucky, Kinesiology and Health Promotion, 216 Seaton Building, Lexington, KY 40506-0219, (859) 257-8055, Fax (859) 323-1090, E-mail: jody.clasey@uky.edu
- Ron Evans, At-large Member, Virginia Commonwealth University, Department of Kinesiology and Health Sciences, 1020 West Grace Street, Rm 111, PO Box 843021, Richmond, VA, (804) 827-6848, E-mail: rkevans@vcu.edu
- Amy Knab, At-large Member, Queens College-Charlotte (w) 704-688-2853, knaba@queens.edu
- Jonathan Wingo, At-Large Member, University of Alabama, Department of Kinesiology, Box 870312, Tuscaloosa, AL 35487-0312 (W) (205) 348-4699, (F) 205-348-0867, <mailto:jwingo@ua.edu>
- Sam Buckner, Student Representative (2016-2018), University of Mississippi, Department of Health, Exercise Science & Recreation Management, 244 Turner Center, PO Box 1848, University, MS 38677, (w) (662) 915-5521, (F) (662) 915-5525, mail to: slbuckne@go.olemiss.edu
- Brittany Wilkerson, Student Representative (2015-2017), Department of Kinesiology and Applied Physiology, University of Delaware, Newark Delaware, (W) 302-831-7058, e-mail to: bover@udel.edu

SEACSM

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