



## President's Message

**B. Sue Graves**

Our 44<sup>th</sup> Annual Meeting is next month (2/18-20) in Greenville, South Carolina. I do hope you are making arrangements to attend. The program is completed and posted on our website, [www.seacsm.org](http://www.seacsm.org). John Quindry, President-Elect, has done an excellent job of making this meeting very special. One of our goals is to continue to maintain the student-friendly environment, while SEACSM grows academically and clinically. A special thank you to everyone who submitted and reviewed abstracts.



When you come to the meeting, please remember to vote for the candidates for the SEACSM Board. Kevin McCully, Past-President, has an excellent slate of candidates. Remember, voting begins Thursday afternoon and ends Friday afternoon, 5 p.m. Your ballot will be in the registration package. The ballot box will be located near the registration area. We need you to help us select the best possible leadership. If you are interested in running for one of the SEACSM positions next year, please let me know. I will see you February 18<sup>th</sup>.

If you have any questions or comments about SEACSM activities, contact me at [sgraves@fau.edu](mailto:sgraves@fau.edu) or 954-675-5782.

## Past-Presidents Message – Kevin McCully



This is my last SEACSM newsletter article, as my term as Past-President is ending. It is fitting that our annual meeting will be in Greenville, the site of our infamous snow meeting. Greenville is an excellent site for our meeting, the city center is very nice and there is a hiking/biking trail that goes through town. The hotel/conference area is has done an excellent job of hosting our meeting in the past. The 2016 annual meeting promises to be the largest and most exciting meeting ever. This year my tasks have been focused on chairing the awards committee; identifying the Doctoral, Master's and Undergraduate Research Award finalist; and developing a slate of candidates for election to the SEACSM 2016 Executive

Board. I would like to thank the candidates for their willingness to serve SEACSM. They are all highly qualified and I hope everyone will take the opportunity to review the candidates and vote. Ballots may be cast at the annual meeting from its opening on Thursday afternoon through 5:00 PM on Friday. PLEASE VOTE.

### **2016 SEACSM EXECUTIVE BOARD CANDIDATES**

#### President-Elect (elect one)

Michael McKenzie Winston Salem State University

Michael Turner University of North Carolina, Charlotte

#### For Member at large (Elect two)

Amy Knab Queens University, Charlotte

Mike Flynn College of Charleston

Gary Liguori University of Tennessee, Chattanooga

Jonathan Wingo University of Alabama

#### For Student representative (elect one)

Sam Buckner University of Mississippi

Marc Lewis University of North Carolina, Greensboro

The Henry Montoye Scholar Award is given annually to a SEACSM member with a strong history of research and mentoring in our Chapter. I am very happy to announce that this year's recipient of the 2016 SEACSM Montoye Scholar Award is Michael Berry. He holds the rank of Professor and is Chair of the Health and Exercise Department at Wake Forest University. Dr. Berry has published extensively on the effects of exercise on the respiratory system in people with diseases of the respiratory system. At the annual meeting Dr. Berry will deliver his lecture entitled, "Puffers, Panters, and Partial Pressures: A Career of Heavy Breathing", on Saturday morning at 11:00am.

This year we have an excellent group of Student Research Award Finalists. The 24 finalists (8 per category; undergraduate, master's, and doctoral) with their affiliations and abstracts, will be listed in the annual meeting program, which is available on our website ([www.seacsm.org](http://www.seacsm.org)). Finalists will present their research posters from 4:00 to 6:00 PM on Thursday at the annual meeting.

I look forward to seeing you in Greenville and participating with you in another wonderful SEACSM conference!



### **2016 Annual Meeting Preview John Quindry: President-Elect**

Happy New Year. The executive board has had a full and productive Fall semester planning for the 2016 meeting and processing the record number of symposium, tutorial, and original science abstract submissions. Accordingly, the 44<sup>th</sup> Annual Meeting in Greenville, South Carolina promises to be another successful gathering of the Southeast ACSM. While there are too many fantastic events to mention currently, I do

want to draw special emphasis to the "clinical crossover" talk, "Exercise is Medicine- Childhood Obesity: How do we get our youth moving?", presented by Pierre Rouzier, MD. The crossover talk represents a growing desire to merge the clinical and non-clinical aspects of the SEACSM for selected topics with broad interest. The crossover talk is set for Friday at 10:10 AM.

If you haven't already registered and made travel arrangements, I encourage you to do so quickly as we anticipate another large turnout. To help you in your final planning, the program information is posted on our website at [www.seacsm.org/annualmeeting.html](http://www.seacsm.org/annualmeeting.html).

Please do not hesitate to contact me if you have any questions or comments about the upcoming SEACSM meeting ([jqc0001@auburn.edu](mailto:jcq0001@auburn.edu) or 334-844-1421). Otherwise I look forward to seeing you and interacting in Greenville.

## SAVE THE DATE -FEBRUARY 18-20, 2016

### Greenville, SC

The 44<sup>th</sup> Annual SEACSM meeting will be at the Hyatt Regency Greenville, 220 North Main Street, Greenville, South Carolina 29601. Make plans to attend this SEACSM meeting immediately. Be sure to register early as **pre-registration** ends on February 5. You must purchase tickets for the luncheon and the mentoring breakfast before February 5! Rooms at the Hyatt have sold out-check the Holiday inn express.

## Sponsor and Exhibitor Opportunities

### Michael Berry

The Southeast American College of Sports Medicine has a variety of opportunities available for 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 opportunity for one-on-one interactions with exhibitors participating in the meeting. The opportunity to learn more about the products and services that companies and organizations have to offer sports medicine and exercise science professionals is an important part of the meeting. The sponsors and exhibitors that participate at the annual meeting are from a wide variety of industries and offer products, equipment or services that the conference attendees frequently use in their professions. We have already sent out the Sponsors and Exhibitors Guide for the upcoming 2016 meeting, and responses are coming in. Please be sure to contact us soon 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 or that you would like to see at the meeting. Contact Michael Berry ([berry@wfu.edu](mailto:berry@wfu.edu)) as soon as possible to discuss these opportunities.



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## ***A Message from Your Student Representatives***



**Hello Students!** We hope you all had a wonderful winter break and are ready for the semester ahead! We are very excited to see you all at the upcoming SEACSM meeting in February. Please be sure to check out the student help desk at the conference for additional information on activities and events or just to say “Hi” and introduce yourself!

**Student Bowl:** We are looking forward to the competition as The University of Tennessee at Chattanooga defends their title. If you and your friends are interested in participating in future Student Bowl competitions, please be on the lookout for information regarding team submission in the fall newsletter!

**Graduate Program Showcase:** Be sure to stop by after the Student Bowl and check out a variety of graduate programs from the region! Representatives will be at each booth to talk to you and answer any questions you may have. This is a great way to network and gain valuable information if you are looking to continue your education!

**Mentoring Breakfast:** If you bought a ticket for the mentoring breakfast, get ready to jump start your morning, have a great meal, and meet amazing people! We are looking forward to a wonderful group of professionals and students from all around! Bring your appetite ☺

**President’s Cup Competition:** This year at the annual SEACSM meeting, we will be hosting the first ever President’s Cup Competition. One graduate student presentation (either oral or poster) will win free registration and \$1,200 travel allowance to compete at the 2016 ACSM Annual Meeting. Good luck to all involved!!

**Stay Connected!** Check out our website at [www.seacsm.org](http://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!

**Be on the lookout!** Following our meeting in February, we will send out a newsletter with a recap of our award winners, amazing events, and additional

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information regarding important dates to be aware of! As always, if you have any questions regarding any of these items – feel free to contact your student representatives. We are here to help!

**Got an idea for a student event you'd like to see at future meetings?** Email your student representatives at [SEACSMStudents@gmail.com](mailto:SEACSMStudents@gmail.com) and share them with us!

Stay Healthy and Active,

Bridget A. Peters, Ph.D.  
Medical Student  
Edward via College of Osteopathic Medicine  
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Brittany Overstreet, ABD, RCEP  
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### SEACSM Clinical Track

#### **"Current Controversies in Clinical Sports Medicine - What's the Evidence?"**

The members of the 2016 SEACSM Clinical Track Planning Committee are: Kenneth Barnes, MD, FACSM (Chair); W. Franklin Sease, MD, FACSM (Clinical Representative), Matthew Close, DO (Vice Chair), Ryan Draper DO, David Liddle MD, Brent Messick MD, and Amadeus Mason MD. We invite sports medicine fellowship directors, faculty members, fellows, sports medicine physicians in private practice, physical therapists and athletic trainers to join us at the 2016 SEACSM Annual Meeting's Clinical Track on February 19<sup>th</sup> and 20<sup>th</sup> at the Hyatt Regency in beautiful downtown Greenville, SC.

The theme of the 2016 SEACSM Annual Meeting's Clinical Track is "Current Controversies in Clinical Sports Medicine - What's the Evidence"? ACSM Leadership and Primary Care Sports Medicine Fellowship Directors are scheduled to provide evidence and expertise surrounding controversial and challenging topics in the field of clinical sports medicine.

The Course Objectives include: identifying the evidence behind why we do the things we do in sports medicine as it relates to some of the more controversial issues in our field. With respect to certain topics, we hope to present the pro and con sides and review if the current evidence supports continued treatment protocols or whether more research is needed to justify continued use of our protocols.

Confirmed topics include:

1. Viscosupplementation – Where are we in 2016?
2. Pregame and Training Room NCAA Controversies
3. PCSM and Bone Health
4. Hematology Controversies

5. Current Controversies in Sports Cardiology
6. NATA Inter-Association Consensus Statement on Appropriate Pre-hospital Care of the Spine-Injured Athlete
7. Spine Pathology and Skull Fractures: Return to Play
8. Concussion and CTE: An Evidence Based Review
9. Medications for Concussion Management – What’s the Evidence?
10. Controversial Hip Pathology
11. Pediatric Fracture Management

As always, we will have a topic dedicated to "Exercise is Medicine" and we are excited to have as our guest speaker Pierre Rouzier MD, FACSM, from The University of Massachusetts. Pierre will share with us a passion of his and expand our knowledge regarding our role as ACSM physicians in tackling the epidemic of childhood obesity and "How do we get our Youth Moving"?

We always devote a significant portion of the program to interesting clinical cases and this learning opportunity plays a big part in the agenda. We have asked the sports medicine fellowship directors to encourage your fellows to submit a case for presentation as part of the 2016 Clinical Track. The top nine clinical cases will be presented at the meeting. Each case presentation will include a 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. The overall winner of best case will receive a monetary award. These nine individuals will be presenting at this year’s meeting: Stephanie Bailey, mBrian Schutzbach, Thomas Starnes, Kevin Dabrowski, Ryan Kelln, Mac Thurston, Renu Gautam, Ben Oshlag, and Trent Christensen.

Lastly, we are always looking for input and participation from our clinical members and are asking if anyone has an interest in becoming involved in the leadership aspect of the SEACSM Clinical Track, please reach out to either Ken ([kpbarnes14@gmail.com](mailto:kpbarnes14@gmail.com)) or Franklin ([fsease@ghs.org](mailto:fsease@ghs.org)). We are currently seeking members to join the Program Planning Committee.

Looking forward to seeing you all in beautiful Greenville in February, 2016!!

**SEACSM Graduate Student Fair - February 19**  
**Attention Graduate Coordinators:**

The 2016 Graduate Student Fair will be held on Friday evening of the conference. Over 26 graduate programs have already registered for this event. **It appears that we have only room for a few more for tables at the event. Please contact Becki Battista ([battistara@appstate.edu](mailto:battistara@appstate.edu)) immediately if you are interested in participating in this event.**

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## Presenters at the 2016 SEACSM Meeting

Thank you for taking the time and effort to present at this year's SEACSM conference in Greenville, SC. We would request that you send your final power point presentation to: [carsonj@mailbox.sc.edu](mailto:carsonj@mailbox.sc.edu). The SEACSM will have this PowerPoint loaded onto the AV computer for your session. Once the conference is over, all PowerPoints will be deleted from the hard drive/email, etc.

Please submit your PowerPoint by **February 11<sup>th</sup>**. When submitting your presentation please use the following format for the file name [presentation number-last name; example, **T40-Petrella**]. The presentation number can be found at SEACSM.org in the short or long program of the meeting. Next to your name, on the far left, will be a letter and number indicating your specific presentation. Please include this in your email with your final presentation as an attachment.

SEACSM will provide AV support for your presentation room. The AV support is comprised of student teams from campuses within the SEACSM region. AV teams will provide a computer, projector, laser pointer, etc. The AV teams have been instructed to arrive at your presentation room 15 minutes prior to the start of your session to offer any assistance required.

One final note, you will not have internet access in the presentation room so, please be mindful of that when you are constructing/finalizing your presentation.

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## ACSM Award Submission Deadline is February 1, 2016

Giving back to our members is one way ACSM invests in the future of sports medicine and exercise science.

ACSM is currently accepting applications for several awards and funding opportunities. You may be an eligible candidate! Are you looking for travel funding or research awards? Does our highly regarded diversity leadership program interest you? If so, please check out the links below to determine if you're eligible to apply.

Learn more about the [Specialty Awards](#), [GSSI Awards](#) and the [Leadership & Diversity Training Program](#) that ACSM has to offer.

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## Editor's News- Don Torok

Now that another record submission deadline has past, you need to prepare for attending this year's meeting in Greenville, SC. Please share this information with colleagues or students who may not have received it. Remember that all presenters must register for the conference. The earlier that you do this, the cheaper your costs will be. There is a link on the website to the online meeting registration(<http://www.seacsm.org/annualmeeting.html>). The Hyatt has sold out, check with **Holiday Inn Express & Suites Greenville-Downtown, \$153 per night, 407 N Main St, Greenville, SC 29601; Phone:(864) 678-8000**. Remember that **if you want to attend the Mentoring Breakfast on Friday or luncheon on Saturday, you need to purchase a ticket before pre-registration ends**. These events have been selling out, so don't forget to reserve your ticket early!

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**Pre-registration ends on 2/5/16.** Directions to the hotel can be found here: <http://greenville.hyatt.com/hyatt/hotels-greenville/>

The airport is about 14 miles from the hotel-The Hyatt Regency Greenville (864-235-1234) offers registered guests complimentary, scheduled, Shuttle Service to and from the Greenville-Spartanburg International Airport (GSP). Airport pick up should be arranged 24 hours prior to arrival and departure with a member of the hotel guest services team to help ensure shuttle availability. Transportation without prior arrangements will be provided within 60 minutes of notifying the hotel upon your arrival. Non-registered guests may purchase transportation in advance at \$20.00 one way. Shuttle operates from 5:30 am – 12:00 am.

Posters should be made to fit on a board which is 4'x 6'. Presenters should bring their own pins to present their poster. If you have an oral presentation, you will receive instructions on where and when you need to send your presentation, so that it get properly uploaded onto the conference computers. There is complimentary Wi-Fi access in the first floor lobby area.

Check us out on Facebook  There are a number of jobs and other announcement that are posted on the site. Don't miss the exciting program that is being planned for our 44<sup>th</sup> Annual Meeting. See you in Greenville, SC!

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### **Other ACSM meetings**

- ACSM Team Physician Course-Part 1: Jacksonville, FL on Feb. 3-7, 2016.
- ACSM's Health and Fitness Summit will be held in Orlando, Florida on March 29-April 1, 2016\_
- ACSM 63<sup>nd</sup> National Meeting: Boston, Massachusetts on May 31-June 4, 2016

### ***Undergraduate Student Bowl– All Spots have been filled***

Students and Club Advisors: There are still a **few alternate spots** for you and your two smartest friends to compete in the SEACSM Undergraduate Student Bowl in 2016! The winning team will be invited to compete at the ACSM Annual Meeting in Boston, MA. SEACSM contributes up to \$300 towards travel for each student to attend the national meeting.

**Registration ended on November 15.** The following teams have been registered:



Bellarmino University, Western Kentucky University, Kennesaw State University, University of North Florida, Roanoke College, High Point University, UNC-Charlotte, Campbell University, Winston Salem State University, Bridgewater College, Georgia College, University of Tennessee/Chattanooga, Virginia Commonwealth university, Anderson University (SC), Florida Atlantic University, Berry College, Meredith College, Wake Forest University, University of South Carolina, University of Southern Mississippi.

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

## SEACSM Executive Board

- Sue Graves-President, Florida Atlantic University, Department of Exercise Science & Health Promotion, 777 Glades Road, Field House 11-25D, Boca Raton, FL 33431, (954) 675-5782 E-mail: [sgraves@fau.edu](mailto:sgraves@fau.edu)
- Kevin McCully- Past-President, University of Georgia, Department of Kinesiology, 115F Ramsey Building, Athens, GA, 30602 (W) 706-542-3148, e-mail:[mccully@uga.edu](mailto:mccully@uga.edu)
- John Quindry, President-Elect, Auburn University, School of Kinesiology, 301 Wire Road, Auburn, AL 36849, (334) 844-1421, fax (334) 844-1467 E-mail: [jqc0001@auburn.edu](mailto:jcq0001@auburn.edu)
- Carolynn Berry, Executive Director, Office of the Provost, Associate Provost, 201 Blair Hall, Winston-Salem State University, Winston-Salem, NC 27110, (W)336-750-2110, (FAX) 336-750-2202 E-mail: [berryc@wssu.edu](mailto:berryc@wssu.edu)
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- Bridget Peters, Student Representative (2014-2016), School of Kinesiology Graduate Student, Cardioprotection Laboratory, Auburn University, e-mail to: [bap0019@auburn.edu](mailto:bap0019@auburn.edu)
- Brittany Overstreet, Student Representative (2015-2017), Department of Kinesiology, Recreation and Sport Studies, 1914 Andy Holt Ave, Knoxville, TN 37996, e-mail to: [bwilker8@vols.utk.edu](mailto:bwilker8@vols.utk.edu)

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