



President's Message-Paul Davis

Mentoring: Celebrating the Past and Moving Forward

The 41st SEACSM annual meeting (February 14-16 in Greenville, SC) is quickly approaching! We have a near-record number of abstract submissions this year and, as I write this, President-Elect Ed Acevedo, Clinical-Track Representative Kyle Cassas, and the rest of the Executive Board are busy putting together another *can't-miss* program! As SEACSM President, I want to express my sincere thanks to everyone responsible for putting together this meeting that serves a wide array of students, faculty, and other exercise science professionals across our 10-state region. Although in a smaller area, the Chapter also serves this region each year through the SEACSM Fall Lecture Tour. I want to thank Dr. Lynn Panton of Florida State University for organizing this year's Tour, which features Dr. Lee Jones from Duke University speaking at four institutions from Atlanta down to Miami. Dr. Jones' dissemination of research on the topic of exercise and cancer will be of value to students, clinicians, and researchers in this sub-region. If anyone is interested in organizing the 2013 Tour (to be held across Kentucky, Tennessee, Mississippi, and Louisiana), please let Dr. Acevedo or me know.



In addition to communicating research, *mentoring* is a key way in which our Chapter can serve the region. This notion is congruent with one of the SEACSM constitution's objectives, "To nurture academic and professional development of student members through research support, achievement awards, and programming at the annual meeting." With the exception of occasional symposia and tutorials, SEACSM's primary mentoring activity in the past has been the Women's Breakfast, which has been a staple of our annual meeting since the mid-1980s. In fact, the Breakfast was one of the highlights of our 40th meeting earlier this year, where the eight women who have served as SEACSM president since 1987 (including two ACSM presidents) were honored. Not only have these women been strong leaders in our field, but each has been an exemplary mentor. At the handful of Women's Breakfasts that I have had the opportunity to attend, I have been impressed by the large, energetic crowds that have gathered to hear about issues pertaining to female

professionals in exercise science. Given the above, it may come as a surprise that external financial support for the Women's Breakfast has been sparse over the past several years.

It has long been a policy of the SEACSM Executive Board not to fund initiatives that support specific groups or causes. We have been approached in the past by a number of groups asking the Board to support or endorse a specific program or event at our annual meeting. Because we are a relatively small organization and the meeting program is tight, we have chosen not to do so. As with the Women's Breakfast, should a group bring forward a proposal to be involved in the program along with external dollars to support such a program, the Board would consider it.

As such, at this year's annual business meeting, the SEACSM Executive Board decided unanimously to stop underwriting the cost of the Woman's Breakfast following the 2013 annual meeting. This decision was not made in disfavor of continued mentoring of women, but rather to facilitate support for the mentoring of a wider array of our membership. Although corporate sponsorship and the purchasing of tickets by attendees have partially offset costs in the past, SEACSM's financial contribution to the Breakfast each year has been considerable. It is the Board's view that these resources should go to provide for a broader portion of our membership. The future of the Women's Breakfast *per se* will be up to the Chapter's women; does the Women's Breakfast continue with independent support while other mentoring activities take place in separate forums or will the mentoring of women take place in other formats, possibly gender-specific and/or within a broader context?

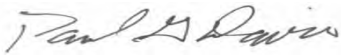
At this bittersweet change in protocol, I encourage everyone to give thought to how we as a Chapter should proceed with our mentoring activities. Should we continue to have a single Chapter-supported event along with the occasional independently submitted tutorial/symposium, or should we expand how we mentor, both within and outside of the annual meeting? Should we reconsider the policy not to fund initiatives that support specific groups and/or causes? While we want to be as broad as possible, who shall be prioritized in these plans? For example, while mentoring of women continues to be important, it is also critical to provide mentorship for those in ethnic minority groups. However, whether a person belongs to a minority group or not, different types of guidance are needed at various career stages. Proper mentoring of undergraduate students, graduate students, and young professionals can vary considerably. Likewise, advice for clinical professionals versus those in academia will differ in many ways. Which basket(s) should get most of our eggs?

I would also like our membership to consider how intense our mentoring should be as a regional chapter. Anything beyond what is currently being provided by the Chapter will require the work of far more than those sitting on the Executive Board. Should we as a Chapter take on mentoring as a *major* activity or is this better done in conjunction with mentoring activities offered nationally through ACSM? Needless to say, as valuable as a good mentoring program might be, it will not "happen by itself". It is important that we assess our levels of dedication and resources and act accordingly.

Obviously, feedback on this issue is important. Some time for discussion of this topic will likely be given at this year's Women's Breakfast. In addition, feel free to send me any comments you might have (pgdavis@uncg.edu). Depending upon the volume of messages,

I cannot promise that I will send everyone a response, but I can assure you that I will read every message and pass your concerns along to the Board and anyone else who happens to be involved in future mentoring programs. While the decision to discontinue underwriting the cost of the Woman's Breakfast may not be overwhelmingly popular, I want everyone to understand that this decision, although unanimous among the Board, was made following a painstaking discussion over what is best for the Chapter. As someone who has been on the receiving end of valuable informal mentoring by several of SEACSM's woman members, I look forward to continuing to observe the strong impact of women on our Chapter in the future.

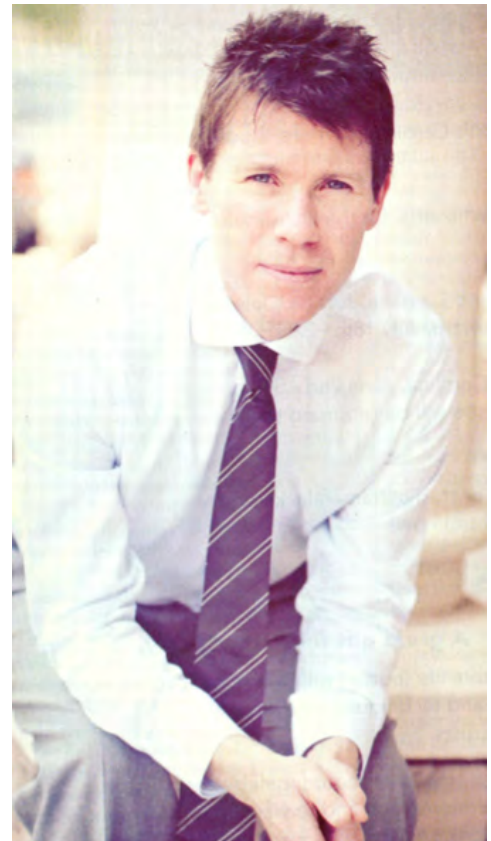
Respectfully,



Paul G. Davis, PhD, RCEP, FACSM
SEACSM President

2012 SEACSM Fall Lecture Tour

The Fall SEACSM Lecture Tour is taking place the first week of December in the states of Florida and Georgia. The tour is being coordinated by Lynn Panton from Florida State University. This year's speaker will be Dr. Lee Jones who is an Associate Professor and the Scientific Director of the Duke Center for Cancer Survivorship in the Department of Radiation Oncology within the Duke Cancer Institute. Dr. Jones's research program focuses on a translational approach to: (1) evaluate the cardiovascular / functional impact of cancer therapy, and efficacy of defined exercise training to prevent and/or treat dysfunction, and (2) elucidate the effects, and underlying systemic and molecular mechanisms, of defined aerobic training on tumor progression and metastatic dissemination. His research program is supported by the National Institutes of Health, American Cancer Society, and U.S. Department of Defense Breast Cancer Research Program. His tentative lecture title is "Exercise Therapy Following a Cancer Diagnosis: Cardiovascular and Tumor-Related Outcomes". On 12/3 Dr. Jones will be at Life University in the Center for Chiropractic Education, Room 125 at 11 AM and then at 4:30 PM, at Georgia State University in the Georgia State University Speakers Auditorium; on 12/4 Dr. Jones will be at Florida State University in the College of Medicine Auditorium at 1 PM; Dr. Jones will complete his SEACSM Lecture Tour at the University of Miami at a time TBA on 12/5. For more information about the lecture tour please contact Lynn at Lpanton@fsu.edu.



SAVE THE DATE -FEBRUARY 14-16, 2013

The 41th Annual SEACSM meeting date is the week of February 14-16, 2013. The meeting will be at: Greenville Hyatt Regency Hotel, Greenville, SC.

Sponsor and Exhibitor Opportunities**Michael Berry**

There are still opportunities for exhibitors and sponsors at the upcoming 2013 meeting. Exhibitors and sponsors help to defray the cost of the annual meeting and offer conference attendees the opportunity for one-on-one contact 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 conference attendees frequently use in their professions. If you know of a potential sponsor or exhibitor, or if you would like to participate as an exhibitor or sponsor, please contact Michael Berry (berry@wfu.edu) immediately. There are a variety of opportunities to market products and services to sports medicine and exercise science

professionals in the southeast and to gain local, regional and national exposure. 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. Hopefully, this year will be similar.

2013 Annual Meeting Preview**Edmund Acevedo: President-Elect**

We are finalizing the 2013 SEACSM program for this year's conference in Greenville, S.C., on February 14 through 16. We have had a record number of abstract submissions, and it is clear from the quality of the submissions that this year's conference will be another rewarding academic experience for our SEACSM members. The expertise and commitment of our SEACSM chapter members will be clearly on display in the symposia, tutorials, oral presentations and poster presentations; including a special session for the 24 student award finalists, whose names will be included in our 2013 SEACSM program. The awards



will be given in three categories: undergraduate, masters, and doctoral.

The slate of nationally recognized, invited speakers is always a highlight of our conference. Below is a list of our invited speakers.

Keynote Address

Molly Bray, PhD
Professor, Department of Epidemiology/Genetics
Director, Heflin Center for Genomic Science Core Labs
University of Alabama at Birmingham

The topic of her presentation will be on the genetics of physical activity and obesity.

Link to her website: <http://www.soph.uab.edu/epi/directory?facname=4040>

ACSM Presidential Address

Janet Rankin, PhD
Associate Dean of the Graduate School
Department of Human Nutrition, Foods & Exercise
Virginia Tech University

The topic of her presentation will be on the optimum nutritional strategies for health and human performance. Link to her website:

http://www.hnfe.vt.edu/about_us/Bios_faculty/bio_rankin_janet.html

Basic Science Lecture

Douglas R. Seals, PhD
Arts and Sciences College Professor of Distinction
Department of Integrative Physiology
University of Colorado

The topic of his presentation will be on the aging artery and physical activity. Link to his website: <http://www.colorado.edu/intphys/faculty/seals.html>

Luncheon Lecture

Michael Joyner, MD
Caywood Professor of Anesthesiology
Human Integrative Physiology
Mayo Clinic

The topic of his presentation will be on the physiology of a 2-hour marathon. Link to his website: http://mayoresearch.mayo.edu/mayo/research/joyner_lab/

In addition, our program includes students from various institutions who will be competing and demonstrating their knowledge in the always entertaining jeopardy-style Student Bowl. Make sure your teams sign up early to represent your school. There will also be a Graduate Fair to learn about future career and academic opportunities. And on Thursday night look forward to the Social, which will give us an opportunity to meet and network with new and old friends. Throughout the

meeting, we also have exhibitors that will promote and demonstrate their latest equipment, software, and supplies.

Last year our conference had over 750 attendees and more are expected this year. Be sure to register early and finalize your hotel arrangements. Greenville is centrally located within our region and features a river park and a variety of local restaurants and pubs that are within walking distance from the conference hotel.

If you have any questions regarding the 2013 SEACSM meeting please contact Dr. Ed Acevedo - eoacevedo@vcu.edu or 804-828-1948.

Message from Kyle Cassas, MD, FACS (Clinical Representative and Planning Committee Chair) to Clinical Members

We are excited to announce our topic/agenda for the upcoming annual meeting in Greenville, SC. Based on the planning committee's assessment of need and feedback from participants of the 2012 SEACSM Clinical Track Program, this year's course and focus will include cartilage injuries of the hip, knee, and shoulder. Preliminary topics include cartilage basic science, femoroacetabular impingement, meniscal and chondral injuries of the knee, shoulder labral tears and arthroscopic management, MRI imaging of cartilage injuries of the hip, knee, and shoulder. Utilization of musculoskeletal ultrasound for diagnosis and injection in the office. We will also have presentation of 9 clinical cases by primary care sports medicine fellows. A preliminary program will be available soon on our the clinical page of the SEACSM website soon. We look forward to seeing you in Greenville next year!



Student Article

SEACSM is all about Student networking! 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. Annual Southeastern meetings give students an opportunity to learn about a variety of research applications through personal interaction, and to present their research in a professional setting. Not to mention- its fun!

The annual Southeast Chapter of the American College of Sports Medicine's annual meeting will be held February 14-16, 2013 at the Hyatt Regency Hotel in Greenville, SC. This is a great 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 the famous SEACSM social, Graduate Student Fair, Student research award poster competition, and last but certainly not least the Student Quiz Bowl- the entertaining Jeopardy style inter-University competition. **To reserve a spot in the Student Bowl, please have the team faculty representative send an email to andy.bosak@armstrong.edu.** There will be a maximum of twenty teams in the student bowl, so acceptance is based on a first come, first serve basis!

This year, we have had a high number of abstract submissions and have an excellent line up of Guest Speakers- don't miss this meeting!

Want to get involved?

Contact me, Lindsey Miller, your student representative for the SEACSM. I am currently seeking faculty and student representatives from Universities across the Southeastern region to join our Student Coalition. The goal of the SEACSM Student Coalition is to aid student's realization of professional and personal goals by providing an inter-university platform to improve student involvement, networking opportunity, and mentorship. The SEACSM student coalition will function in conjunction with University interest clubs (such as Exercise Science Club, Athletic Training Club, Pre-physical Therapy Club, etc.), led by a faculty advisor. The faculty advisor and student members are encouraged to share their experiences, such as volunteer/outreach and research projects, which may be published in the SEACSM Student newsletter to highlight their achievements. Participation in the SEACSM Student Coalition makes it possible for students to learn what others are doing in the southeast region and stay informed on SEACSM Chapter meeting information. All meeting information will be posted at www.seacsm.org. Also, make sure to join SEACSM on Facebook to have direct access to all our current information!



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Student Coalition Highlight: Georgia College & State University Exercise Science Club

The Exercise Science Club at Georgia College is extremely active and enjoys the activities our members participate in. So far in 2012 – 2013, at 136 members strong, we have had three successful meetings – each ending in a wing night at a local restaurant. We have come in second place in GCSU intramural Flag Football under the team name *The AROCS* and conducted a Spirit Night at the local Sonic restaurant raising \$70 for the club. Our senior members run a Battling Ropes workout for the campus and we are actively recruiting freshman to our major through campus activities and festivals.

Currently, we are preparing for our annual 5K fun run on November 10th, with proceeds benefitting the program as well as the Georgia College Cancer Wellness Program. And a

few of our students are excited to be attending the Medical Fitness Association conference in New Orleans in November as well as the SEACSM conference in February.



Future plans include:

- A club gathering around a fire pit with s' mores and other seasonal goodies
- Canned Food Drive
- Holiday Potluck
- Movie Nights
- Intramural Dodge ball
- Tailgating during Homecoming (We love to support our exercise science student athletes!)

And to end the year, we are planning another trip to a Braves game!

Past President's Message David Pascoe



It has been a great honor to serve our regional chapter over the past three years. I strongly encourage all members to get involved in the organization, meetings, and volunteer for leadership opportunities. Our regional organization continues to grow and have a profound impact on the Sports Medicine research, teaching, and outreach. Our regional professional meetings provide a strong network for faculty and students. We continue to provide strong mentorship and leadership both at the regional and national organizations for the American College of Sports Medicine. Our

strength has been the continuity of leadership and involvement of our membership. I can promise you that you that your time commitment will be greatly outweighed by the valuable experiences, professional development, and a strong network of colleagues and friends from pervious Board members. I have been active in the Southeast region for more than 20 years, but these past few years working with the SEACSM leadership has been VERY rewarding. I am very excited about our current Board and I am looking forward to an intellectually robust professional meeting in February. Ed Acevedo has brought together a strong slate of invited speakers, Paul Davis provides the Presidential oversight, and I have worked with committees to identify the Montoye Scholar, Service Award recipient, and our new nominees for Board positions.

President Elect (one position)

James Churilla-University of North Florida

Kevin McCully- University of Georgia

Members at Large (Two positions)

Andy Shanley – Appalachian State

Bill Barfield-Charleston

Danielle Wadsworth –Auburn University

John Petrella- Samford

Student Representative (one position)

Amber Kinsey-Florida State University

Brian Ferguson-Auburn University

D.J. Oberlin-University of North Carolina/Greensboro


Once again, I strongly encourage all members to get involved with SEACSM and volunteer. Be part of the great future of the Southeast Regional chapter.

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 will be links on the website to the online meeting registration and to reserve a hotel room at the Hyatt Regency Greenville. www.seacsm.org/annualmeeting.html Remember that if you want to attend the luncheon on Saturday, you need to purchase a ticket. This event has been selling out, so don't forget to reserve your ticket early! 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. For those institutions that are considering entering a team for the Student Bowl, be sure to check out the information provided by Lindsey in the student section of the newsletter. Don't be left out because you didn't enter your team before the clickers ran out.

Check us out on Facebook  There are a number of jobs and other announcements that are posted on the site. Don't miss the exciting program that is being planned for our 41st Annual Meeting. See you in Greenville, SC!

SEACSM Graduate Student Fair

Dear Graduate Coordinators and Internship Supervisors:


We have already had several schools reserve their spots for our upcoming 2013 Graduate Student Fair. This annual event will be held on February 15 from 5:45-7:00 PM in Greenville, and based on current reservations; we expect to have roughly 20 universities and hundreds of prospective masters and doctoral students. Please encourage all of your students to attend. As in previous years, door prizes and other incentives will be available for those in attendance. Those programs interested in reserving a table at the upcoming meeting should download the application form (http://www.seacsm.org/gradfair2013_app.pdf). Please note that the price to reserve

a space increases on October 31st. Right now, spots are just \$75 (electrical access will require an additional \$15.00).. After this date, prices increase so that table fees received after November 1 are \$85 (\$100 with electrical) and finally \$100



(\$115 with electrical) after December 1. All applications and payments must be received by Friday, January 25, 2013. For any questions regarding the Graduate Student Fair, please contact Dr. Mike McKenzie at mckenziemi@wssu.edu, or (336)-750-3136.

AV Teams Needed for The 2013 SEACSM Meeting



We will again be using student AV teams. Please contact the executive board member below if you can help. We need eight AV teams for the 2013 SEACSM meeting. Each team 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 two or three students and will be required to bring a laptop computer, data projector and supporting peripherals (cord connectors, etc...). SEACSM will pay lodging expenses for each AV team. A faculty sponsor from the student team's university should contact Matt Green at jmgreen@una.edu or (256) 765-4554 ASAP.

The ACSM World Heart Games needs your help!

ACSM has formed a leadership group of eager ACSM members with cardiac rehab background. They are creating a geographic network to link with other members across the country to promote the ACSM World Heart Games, May 17-18, 2013 in Decatur, Georgia. Essentially, we are asking volunteers to contact cardiac program professionals in their communities and states, especially if they know them personally. In your contacts, the idea is to encourage them to inform their eligible patients about the opportunity, guide preparation and training for those that are interested, consider forming teams for some of the events, and refer them to resources ACSM is making available online, including registration forms. Here is a copy of the program brochure and the website URL (<http://www.acsm.org/attend-a-meeting/other-meetings/2012/08/09/the-2013-acsm-world-heart-games>). The brochures are available at the site.

If you have the time to make some contacts and then notify the leadership group of cardiac program staff that express interest, that would be most helpful. The contact for the leadership group is Trent Hargens (hargenta@jmu.edu), at James Madison University, in Harrisonburg, VA. Trent will be able to follow up and answer questions and explain further how help and coordinate this promotional effort. and explain further how help and coordinate this promotional effort.

SEACSM Executive Board

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