



## President's Message

Lynn Panton



Hi Everyone,

I hope you all have had a wonderful summer and are getting some down time before the start of the fall semester. The call for research abstracts, tutorials, and symposiums has gone out or will be sent out shortly. Please consider submitting a research abstract or a tutorial or symposium for the 2019 SEACSM regional conference. Your participation in our regional meeting is the reason for its continued success. Please make sure you all take a look at the guidelines for the submission of abstracts. The Executive Board has updated some of the directions. Due to the large number of submissions we can no longer edit abstracts that are too long or are not in the correct format so check that your abstracts are submitted correctly. Once again we have a great line up of speakers for our 2019 annual meeting in Greenville, SC. Dr. Barry Braun from Colorado State University will be our keynote speaker, Dr. Kathryn Schmitz, our current ACSM president, from Penn State College of Medicine will do the president's address, Dr. Andrew Galpin from California State University – Fullerton will present the basic science talk, and Dr. Michael Delp from Florida State University will be our luncheon speaker.

I want to thank Dr. Andrew Bosak of Liberty University for organizing the Fall Lecture tour and getting Dr. Peter Grandjean to agree to be our speaker. Details on the locations and dates can be found in this newsletter from Andy.

As you all know our national meeting will be held in Orlando Florida from May 28<sup>th</sup> to June 1<sup>st</sup>. The SE chapter has been asked to plan an outing and a philanthropic event for the attendees during the conference. A number of ideas have been suggested such as going to see the Blue Man group on Friday evening. For the philanthropic project we are discussing donating school supplies to the organization called "A Gift For Teaching". This organization provides free school supplies for students in the Orlando and surrounding areas. More than 65% of the students in these areas come from families that cannot afford lunch, let alone their own school supplies. Perhaps we can have a competition among the regional chapters to see which chapter collects the most school supplies. Please let me know if you have any ideas or suggestions for Orlando. If you are interested in getting more involved with SEACSM visit our website and complete the volunteer form (<http://seacsm.org/volunteerpage.html>). Please feel free to contact me at [lpanton@fsu.edu](mailto:lpanton@fsu.edu) or any of the board members if you have any questions or concerns. The SEACSM Executive Board and I look forward to another great year.

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## Past-President's Message – Michael McKenzie

I am excited to fulfill my three-year presidential cycle as your Past President through our 2019 SEACSM Annual Meeting in Greenville, SC. For informational purposes, my duties include the student-poster awards, the Montoye Scholar, and officer elections. We hope to have a preliminary ballot to the SEACSM Past-Presidents for approval in the near future. Once the final ballot is approved, we will announce all those under consideration.



Additionally, we are accepting nominations for the Montoye Scholar. The Montoye Scholar honors Henry Montoye, and our 2019 awardee will deliver the Montoye Lecture at the conclusion of the 2019 meeting. If you would like to nominate someone, please email me at [mckenziemj@appstate.edu](mailto:mckenziemj@appstate.edu) with a brief rationale in support of your nominee.

Lastly, we strive to make SEACSM the best possible conference it can be. We especially want to encourage as many students to submit and present as possible. However, this seems to have come at a cost over the last few meetings as some presentations of lesser quality have gotten through. Additionally, abstract submissions which did not follow the submission guidelines were allowed as well. In short, due to the sheer number of submissions we are getting, these two circumstances can no longer be the case. Abstracts that do not meet scientific or editorial standards will not be accepted. I look forward to seeing everyone in Greenville.

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## Sponsor and Exhibitor Opportunities Michael Berry



Within the next couple of weeks, I will be sending out the Exhibitor and Supporters Guide for the 2019 annual meeting in Greenville, SC. 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. 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, please be sure to contact me ([berry@wfu.edu](mailto:berry@wfu.edu)) as soon as possible to discuss these opportunities. Last year we filled all the exhibitor spaces and had to turn down several applications, so be sure to contact me early if you would like to participate as an exhibitor at the 2019 meeting.

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**SAVE THE DATE -FEBRUARY 14-16, 2019****Greenville, SC**

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**President-Elect- Rebecca Battista**

It is hard to believe it is August already and that we are talking about our annual meeting! This year's annual meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM) will be held February 14-16, 2019 in Greenville, South Carolina at the Hyatt Regency Greenville ([Hyatt Regency Greenville](#)). Greenville is such a great host city with lots of things to do and see while in town (see the link [Visit Greenville](#)). It has great restaurants, a very walkable downtown area and of course fabulous trails that are downtown (trail system map [Greenville Health System Swamp Rabbit Trail](#)).



As always, we anticipate a full program that kicks off Thursday with a pre-conference that sets the stage for more exciting presentations and other events and wraps up with a luncheon and speaker on Saturday. The program will consist of tutorials, symposia, and clinical case studies. Of course we will also have the popular and always exciting Student Bowl followed by the Graduate Fair as well as many opportunities to network with colleagues within the region. However, the meeting is not possible without submissions for each part of the program. Faculty, please consider submitting proposals for tutorials and symposium and encourage undergraduate and graduate students to submit abstracts for the oral and poster presentations as well as enter in the poster competition. Each year I am amazed at the quality of work by students (undergraduates, masters and doctoral students) which is showcased by the poster competition.

Finally, here is some information regarding submitting abstracts for presentation for the annual meeting. The abstract submissions will open soon. Due to the number of submissions we have had in previous years, the Board has provided updated guidelines for abstracts. We ask that you please adhere to these guidelines which follow those from ACSM. Tutorials and Symposium proposals have revised guidelines but use the same procedures as the abstracts (oral and poster communications). All meeting submissions are done electronically, no paper submissions will be reviewed or accepted. Please carefully review the guidelines for submission as well as the examples provided before submitting (located on the website). This includes formatting and adhering to the Rules for Submission of abstracts (please see the website for this information).

To submit electronically, go to the SEACSM website (<http://www.seacsm.org/home.html>), use the button, Annual Meeting, complete the forms, and submit from the website. If you are unable to access to the site, please contact Becki Battista at 828-262-3047 or email [battistara@appstate.edu](mailto:battistara@appstate.edu) or Don Torok, 954-236-1261 or email [torok@fau.edu](mailto:torok@fau.edu). You should print and keep the message that appears after you hit the submit button, as verification that your submission was received. Another email message will be sent to you during late November indicating whether your submission has been accepted for presentation at the annual meeting. Please ensure the email address you provide with your submission will be available during November (if in doubt, list your major professor's

or another accessible email address). The deadline for receipt of all abstracts is midnight (11:59 pm) eastern time October 1, 2018.

Becki

### **SEACSM Graduate Student Fair Attention Graduate Coordinators:**

The 2019 Graduate Student Fair will be held on Friday evening of the conference. Each year we continue to increase the number of programs represented. This is one of the most popular events with very heavy student traffic. Please consider this opportunity to market your program and recruit some of the best undergraduate & graduate students to your program. Applications and payments are accepted through the link on the ACSM site. The link for payments will be posted soon on the ACSM Website. Programs are encouraged to register early. Registration fees will increase as we get closer to the conference. Room for only 48 programs, so register early.

#### Forms and Cost:

If you are interested in reserving a table at the upcoming Graduate Fair, you must submit your application form ( [https://americancollegeofsportsmedicine-rcdmj.formstack.com/forms/2019\\_seacsm\\_graduate\\_fair](https://americancollegeofsportsmedicine-rcdmj.formstack.com/forms/2019_seacsm_graduate_fair) ) and proof of electronic payment to Amanda Price (priceaa@wssu.edu).

\$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 Amanda Price (priceaa@wssu.edu).

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### **Student Bowl Information**



Congratulations, to the students from James Madison University who represented the SEACSM chapter at our 2018 Annual ACSM Meeting in May (Team Members: Emilee Blosser, Chelsea Robinson, Justin Kidd). If you would like to compete in the 2019 Undergraduate Student Bowl at the annual SEACSM Meeting in February please be aware that team registration opens on October 1, 2018. Sponsors should contact Tiffany Esmat at [tesmat@kennesaw.edu](mailto:tesmat@kennesaw.edu) to register.

### **Undergraduate Student Bowl Requirements:**

Students and Club Advisors: It is time to start thinking of who you want to represent your undergraduate program in the 2019 SEACSM Undergraduate Student Bowl. This is one of the most highly attended events at our annual meeting. Students are provided an opportunity to showcase their knowledge while competing in a jeopardy style competition. The winning team will be invited to represent the SEACSM chapter while competing at the ACSM Annual Meeting in Orlando, Florida. SEACSM contributes up to \$300 towards travel for each student to attend the ACSM Annual Meeting. All teams must have a Faculty Sponsor and 3 undergraduate students (no graduate students are allowed to participate). Faculty Sponsor need to contact Tiffany Esmat ([tesmat@kennesaw.edu](mailto:tesmat@kennesaw.edu)) to register their team starting October 1. Only ONE team per university can be accepted and students must be undergraduates of that university at the time of the competition. Due to limited

space and equipment only a limited number of teams can be accepted to participate. Registration begins October 1, 2019. Faculty Sponsors who have registered a team will receive an update email with helpful instruction to prepare for the event on December 3, 2018.

### **3 WAYS TO GET BEHIND THE SCENES AT THE 2019 ANNUAL MEETING**

#### **Interested in Paid Travel?**

SEACSM offers paid awards for students attending the meeting, who are first time presenters, abstract winners, or participants in the chapter's Leadership and Diversity Training Program. Awards help offset the cost of travel, lodging, food, etc., and range from \$100 to \$1,200 depending on the grant type submitted. In February 2019, sitting home is not an option. Travel on us and submit your application today. Links can be found at [seacsm.org/studentinformation.html](http://seacsm.org/studentinformation.html)

#### **We're Looking for Mentors**

Students have questions. You have answers. Join the ranks of your colleagues and mentor next generation leaders in ACSM. If you're an ACSM Fellow, or aspiring to apply for Fellowship, this is the perfect opportunity to gain service at the chapter and help students develop in an area they're passionate about. Use the volunteer link below to submit your interest.

#### **Make Connections**

There's no better place than the SEACSM annual meeting to make new connections with individuals from across our region. Exciting opportunities exist for professionals and students to grab a friend and get involved by volunteering before or during the annual meeting.

Check out the volunteer link: <http://seacsm.org/volunteerpage.html> for ways you can serve and discover what it really takes to make our regional meeting the best in the College!

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### **CHAMPIONS NEEDED. BUILD A TEAM**

*By Alicia Bryan*

Each year, eight schools gather at the annual regional meeting, armed with laptops, projectors, and laser pointers, ready to simultaneously help launch one of the most important aspects of the SEACSM annual conference- oral presentations.

Student audiovisual (AV) teams are the backbone of the regional meeting. Their primary responsibility is to make sure conference presenters have the required technology in place for their keynote presentation or their free communication session. Each session must translate seamlessly to audience attendees. This is why we need champions.

Champions must display great communication skills, professional appearance, attention to details, promptness, and the ability to follow directions. Schools interested in taking on this responsibility will find a faculty sponsor, build a team of 2 to 3 students to help facilitate the mission, and submit an application to participate. Only eight teams are selected for this task based on past team performance (if applicable) and timeliness of the



team application.

In exchange for your selection, SEACSM will provide one (1) hotel room for Thursday and Friday night of the conference. A faculty mentor **MUST ATTEND** the conference with you.

To apply, use this link (<https://goo.gl/forms/euf0PUmaXso5uLLI3>). For questions, contact Alicia Bryan at [bryan\\_alicia@columbusstate.edu](mailto:bryan_alicia@columbusstate.edu).

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***A Message From Your Student Representatives***



**Hello Students!** We are hoping you are having an incredible summer whether you are enrolled in summer courses, working at the lab, or relaxing by the pool. Please check out the exciting news and updates specifically from SEACSM students. We have been working hard to plan new events for the upcoming 2019 SEACSM annual meeting! Below are a few things to be aware of...

- ❖ **T-shirt Contest.** Want to see your design displayed on the t-shirts of next year's annual meeting? We are having our first ever t-shirt design contest! The winner will receive a FREE conference shirt! The contest is simple, the shirt design must include the following items: 1. Conference name (SEACSM), 2. Year (2019), 3. Location (Greenville, SC), and 4. Representation of an aspect of Kinesiology (Be creative)! Send designs by October 30<sup>th</sup> to [aschwa13@vols.utk.edu](mailto:aschwa13@vols.utk.edu) to enter.
- ❖ **Pre-Conference.** Perhaps you went last meeting? The pre-con was such a hit the past two years that we will be continuing it again! During the pre-conference we will have student specific events aimed at providing mentoring and networking opportunities. We will also be hosting a 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 14<sup>th</sup> to take advantage of all these great opportunities!

- ❖ **Want to stay active at the meeting?** You are just in luck! We will be having a running group Friday morning at 6:30. Make sure to register at the student help desk early as spots will fill up fast!
- ❖ **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:** If you would like to compete in the 2019 Undergraduate Student Bowl at the annual SEACSM Meeting in February please be aware that team registration opens on October 1st. Sponsors should contact Tiffany Esmat at [tesmat@kennesaw.edu](mailto:tesmat@kennesaw.edu) to register.
    - Congratulations, to the students from James Madison University who represented the SEACSM chapter at our 2018 Annual ACSM Meeting in May won 1<sup>st</sup> place (Team Members: Emilee Blosser, Chelsea Robinson, Justin Kidd)!



- **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 2018!
- **President's Cup Competition.** This year we will hold the fourth 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 travel allowance to the 2019 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 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! Plus, you remember the t-shirt design contest? Volunteering is a great way to receive a free shirt!

#### ❖ **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! Follow us on Twitter @SEACSM! **We have a new Instagram page! (southeastern\_acsm)** Make sure to find us!
- Since our SNAPCHAT filter was such a huge success with over 26.4Kviews, we will be having social media events to stay connected during the conference. Stay on the lookout as this progresses!

#### ❖ **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,

Ashlyn Schwartz, M.S., EP-C  
Graduate Research Assistant  
Department of Child and Family Studies

University of Tennessee  
Email: [aschwa13@vols.utk.edu](mailto:aschwa13@vols.utk.edu)

Emily Bechke, B.S., EP-C  
Graduate Research Assistant  
Department of Exercise Science & Sports  
Management

Kennesaw State University  
Email: [ebechke@students.kennesaw.edu](mailto:ebechke@students.kennesaw.edu)

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### **SEACSM Clinical Representative- Matthew Close, DO**



The clinical program for the 2019 SEACSM meeting will be on focusing on "Sports Medicine, One Sport at a Time: A Sports Specific Tour of Sports Medicine." This would include, but is not limited to: Rodeo, wrestling, tennis, NASCAR, sailing, scuba, lacrosse and more. Robert E. Sallis, MD, FACSM, FAAFP will be our clinical crossover speaker this year. He is the Co-Director of the Sports Medicine Fellowship at Kaiser Permanente in Fontana, CA, a Clinical Professor of Family Medicine at UC Riverside School of Medicine, Past President of the American College of Sports Medicine, and Conference Chairman of the Ironman Sports Medicine Conference in Kona, HI. We look forward to another exciting program and look forward to highlighting the outstanding clinical case studies from our Sports Medicine fellows.

**CLINICAL CASE ABSTRACTS:** Deadline for case abstract submissions is Monday, December 10, 2018 at 5 PM ET for the 2019 meeting. Authors of cases that are accepted for presentation during the 2019 SEACSM Clinical Track will be notified by Tuesday,

January 2, 2019. Please send case submissions (Microsoft Word Document as e-mail attachment) directly to Dr. Ryan Draper, DO (mailto: [timothyd72@yahoo.com](mailto:timothyd72@yahoo.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. Please include your email address on your submission.

The following members have graciously agreed to contribute to planning our next meeting:

Matthew Close, DO --Clinical Representative (UC Health)

Brent Messick, MD --Chair (Cabarrus)

Ryan Draper, DO --Vice Chair (Moses Cone)

Amadeus Mason, MD (Emory)

Kim Kaiser, MD (Kentucky)

David Liddle, MD (Vanderbilt)

Ken Barnes, MD (Greensboro Orthopedics)

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### **2018 SEACSM Fall Lecture Tour**

The 2018 Fall SEACSM Lecture Tour is taking place this October in the states of Virginia, South Carolina, and Alabama and will feature Dr. Peter W. Grandjean, from Baylor University. Dr. Grandjean will be presenting alternate topics that depend upon each host site's preference and the topics will be: 1) Does short, disrupted sleep affect transient metabolic and vascular health benefits of exercise? or 2) Cardiovascular and Renal Responses to Continuous, Moderate-intensity versus High-intensity Interval Exercise in Mid-Spectrum Chronic Kidney Disease. The tentative schedule has Dr. Grandjean presenting at Liberty University on 10/15, The University of South Carolina Aiken on 10/16, and Samford University on 10/18. Please plan to attend if you are near any of these locations. The 2018 SEACSM Lecture Tour is being coordinated by Dr. Andy Bosak from Liberty University.

#### **Sites & Contacts for more information**

Liberty University, Lynchburg, VA (October 15th)

Contact person: Dr. Andy Bosak ([ambosak@liberty.edu](mailto:ambosak@liberty.edu))

The University of South Carolina Aiken, Aiken, SC (October 16th)

Contact Person: Dr. Brian Parr ([BrianP@usca.edu](mailto:BrianP@usca.edu))

Samford University, Birmingham, AL (October 18th)

Contact Person: Dr. John Petrella ([jkpetrel@samford.edu](mailto:jkpettel@samford.edu))

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## Did You Know?

- 1) SEACSM is cracking down on abstracts submissions. Individuals that do not strictly follow the submission guidelines for formatting, content, and word limits will be rejected. Please read and follow the guidelines carefully! Submission site will open on September 3<sup>rd</sup> and close at 11:59 PM on October 1, 2018.
- 2) Did you know that all of the Regional Chapters will have new pages on the ACSM website? Check this section on the ACSM site in early September for our new links: <https://members.acsm.org/ACSM/CHP-SE/Welcome/ACSM/Chapters/CHP-SE/Welcome.aspx?hkey=f26df90f-10e5-47b6-b228-3300198e4662>
- 3) Do you want to get more involved with SEACSM? Visit our volunteer page and tell us how you would like to help: <http://www.seacsm.org/volunteerpage.html>
- 4) Did you see the dates for the Fall SEACSM Lecture Tour? They are in this newsletter. Former SEACSM President Dr. Peter Granjean will be our lecture tour speaker this year.
- 5) Did you see that Dr. Robert E. Sallis, MD, FACSM, FAAFP will be our clinical crossover speaker this year? Dr. Sallis has been a leader of the Exercise is Medicine movement for ACSM. Put this on your calendar!
- 6) Does your university or college have an active student group? If so, let our student reps: Ashlyn or Emily know, so they can discuss an opportunity to highlight your activities. Great way to let the chapter know of the great things our students are doing.
- 7) ACSM National meeting will be in Orlando, FL this next year and SEACSM is the local host.
- 8) Be sure to check out the ACSM's Brown Bag in Science series. Learn some great info during your lunch hour.
- 9) Save the date for: Running Medicine 2019. Darden School of Business & North Grounds Rec Center Charlottesville, Virginia, March 15-16, 2019. More info at: [www.cmevillage.com](http://www.cmevillage.com).
- 10) Be sure to check out the jobs posted on Facebook and our website.
- 11) If you have not received the **call for abstracts** email, be sure that your email address and your membership in SEACSM is up to date. Here is the link to the call for abstracts for the 2019 SEACSM Meeting: <http://www.seacsm.org/Call2019.pdf>
- 12) SEACSM is only as strong as our membership. Be sure to get involved and plan on attending the 2019 in Greenville, SC on February 14-16, 2019. Make sure to book your room early as this is going to be another outstanding meeting!

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**SEACSM Executive Board**

- Lynn Panton-President, Florida State University, Department of Nutrition, Food & Exercise Sciences, 100C Sandels Building, Tallahassee, FL 32306-1493 (850) 644-4685, (FAX)850-645-5000, E-mail: lpanton@fsu.edu
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- Michael McKenzie, Past-President, Appalachian State University, Dean and Professor, Cratis D. Williams School of Graduate Studies, 287 Rivers Street, Boone, NC 28608 (W) 828-262-2690 E-mail: [mckenziemj@appstate.edu](mailto:mckenziemj@appstate.edu)
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- Amanda Alise Price, At-Large Member, Winston Salem State University, Department of Exercise Science, School of Health Sciences, 144 B Anderson Center, Winston Salem State University, Winston Salem, NC 27110 (W) (336 750-8285), (F) 336 750-2591 E-mail: [priceaa@wssu.edu](mailto:priceaa@wssu.edu)
- Emily E. Bechke, EP-C, Student Representative (2018-2020), Kennesaw State University, (w) (404-917-9523), mail to: [ebechke@students.kennesaw.edu](mailto:ebechke@students.kennesaw.edu)
- Ashlyn Schwartz, Student Representative (2017-2019), University of Tennessee, Department of Kinesiology, Recreation, and Sport Studies, 1914 Andy Holt Avenue, Knoxville, TN 37996. Office 314 HPER Building, (W)(865)974-5091, (F)(865) 974-8981, mail to: [aschwa13@vols.utk.edu](mailto:aschwa13@vols.utk.edu)

## SEACSM

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