President’s Message
Rebecca Battista

As we enter the month of August that means one thing to many of us - the start of another academic year! I hope the summer was full of adventures and accomplishments. Speaking of accomplishments - congratulations to the ACSM Student Bowl winners from Kennesaw State University. These events at ACSM help us to showcase the talent within our regional chapter. It never gets old having ACSM Presidents comment about how impressed they are with the SEACSM Region.

While President Elect John Petrella has been working hard on preparing for the abstract submissions Past President Lynn Panton has been developing some new and exciting opportunities for young professionals to get involved in our regional meeting. Please read their messages to see the latest regarding these opportunities. The other members of the Board are also preparing for the Fall as we do have our abstract deadline as October 1. It is a deadline that sneaks up really fast on so many of us. If at any time you have questions regarding these submissions, please let us know.

News from my end includes the Fall Lecture Tour and Invited Speakers for our annual meeting. First, a big thanks to Mark Schaffer from Western Kentucky University for coordinating the Fall Lecture Tour. This tour will be in the states of Kentucky, Tennessee, Mississippi and Louisiana. The speaker for this Fall is Dr. Jason Crandall. He will be talking about Bingocize®: The journey from local service-learning project to nationally and internationally-disseminated health promotion program. The following universities are hosting Dr. Crandall: Western Kentucky University (Host: Mark Schafer), the University of Tennessee-Chattanooga (Host: Nicholas Boer), Mississippi State University (Host: Megan Holmes) and the University of New Orleans (Host: Ann O’Hanlon). If you are interested in attending these presentations, please reach out to Mark (mark.schafer@wku.edu) and he can connect you with the university host. The dates include the following: September 16-19th Western Kentucky University, University of Tennessee-Chattanooga, and Mississippi State University and October 23rd-25th University of New Orleans. We are also thankful for the support from International Journal of Exercise Science allowing the speaker to reach these states that are relatively large and require long travel days. Second, we have a great line-up of invited speakers for our annual meeting in February. Besides bringing the ACSM President Bill Kraus, we will have the following speakers present: Jim Pivarnik from Michigan State University and
Past ACSM President, Karin A. Pfeiffer also from Michigan State University, Stella Volpe from Drexel University, and Tom Best from the University of Miami and Past ACSM President. I hope you will look forward to attending their presentations and meeting them during our events.

Finally, we strive each year to make our annual meeting exceptional with great presentations, speakers, and activities. We listen to your comments and do our best to make some small changes with each meeting. We encourage you to let us know any thoughts regarding the conference and we look forward to working with so many of you that volunteer your time to assist with the meeting. It is a great event and a certain highlight of the coming year.

Again, thank you for being such an active and engaged chapter! Please contact me (battistara@appstate.edu) if you have any comments/questions or suggestions.

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**Past-President’s Message – Lynn Panton**

I am looking forward to the last of my three-year presidential duties as your Past President. It has been a wonderful opportunity to get to know and work with so many of you across the SE region. Thank you to those of you who have sent me nominations for the 2020 SEACSM Board members (President-Elect, two Members At-Large, and a Student Representative). Once the final ballot has been approved by the SEACSM Past Presidents, we will send the ballot out prior to the 2020 SEACSM meeting, and votes will be cast on site to determine the next Executive Board members. Additionally, we are accepting nominations for the Montoye Scholar. The Montoye Scholar honors Henry Montoye, and our 2020 awardee will deliver the Montoye Lecture at the 2020 meeting. If you would like to nominate someone, please email me at lpanton@fsu.edu with a brief rationale in support of your nominee and please include his or her CV. Please send me the nominations by September 15, 2019.

This year along with our undergraduate, Master’s and Doctoral research competition, we will be including a research competition for Post-doctoral Fellows and Assistant Professors. This competition will be held Thursday afternoon and will be in the format of the Rapid Fire Platform that was completed this year at ACSM. More information will be on the SEACSM website but briefly, the competition will be in an oral format where individuals will present their research in five minutes using slides and will have five minutes to answer questions from the audience and judges. Four Post-doctoral and four Assistant Professors will be chosen from the submitted abstracts to be in the competition. Two winners will be selected one Post-doc and one Assistant Professor. Judges will be made up of our Past Presidents. Along with the notoriety, there will be a cash reward for the two winners, which will be announced at the luncheon on Saturday.

Finally, we continually strive to support opportunities for student presentations and participation at the annual meeting. Stay tuned to future newsletters that will detail ACSM grant funding and other opportunities to attend and present at the 2020 SEACSM meeting. Among the important opportunities are the Leadership & Diversity Training Program and First Time Student Presenters. Start planning now for your presentation submissions in September and to attend the annual meeting in Jacksonville, FL.
SAVE THE DATE - FEBRUARY 13-15, 2020
Jacksonville, FL

Sponsor and Exhibitor Opportunities
Michael Berry

Within the next couple of weeks, I will be sending out the Exhibitor and Supporters Guide for the 2020 annual meeting in Jacksonville, FL. 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) 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 2020 meeting.

President-Elect - John Petrella

August brings new and returning students to campus for the start of another academic year. August is also the time to start planning your submissions and travel for our next annual meeting. The 2020 annual meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM) will be held February 13-15, 2020 in Jacksonville, Florida at the Hyatt Regency Jacksonville (Hyatt-Regency-Jacksonville). An item to note about the location of this year’s conference, is that one of the popular dining options close to the hotel, The Landing-Jacksonville, is no longer in operation. The Hyatt has several options for food and there are multiple restaurants within walking distance of the hotel.

The 2020 agenda will start with pre-conference sessions that will lead into the research competitions and a keynote session on Thursday. We will have a full day Friday and again be finished by Saturday afternoon with the awards luncheon and final speaker. Details on speakers and topics will be coming soon. Be thinking about the tutorials, symposia, and clinical case studies that you would like to submit. The annual meeting continues to be of very high caliber because of the investment you make in submitting and presenting your excellent work 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. Also, please consider your or your student’s work for the various levels of research competitions (assistant professor/postdoc, doctoral, masters, undergraduate) when submitting. For mentors of student research submissions, please consider that student candidates will be reviewed based on the student’s contribution to the development of the project and protocol design, performance of the procedures, and writing of the abstract. Do not hesitate to contact me (jkpetrel@samford.edu) if you have any questions about the types of submissions and research competitions.

Last year, the Board provided updated guidelines for abstracts; thank you for adjusting and following those instructions when submitting. Please continue to make every effort to continue to submit abstracts based on those same guidelines provided again this year. All meeting submissions will be done electronically only. Please carefully review the guidelines for submission and examples provided before submitting (located on the SEACSM.org website). The deadline for receipt of all abstract submissions of tutorials, symposium, oral, poster, and research competitions is midnight (11:59 pm EST) of October 1, 2019 with the exception of clinical case submissions. Clinical case submissions are due midnight (11:59 pm EST) of December 1, 2019.

To submit electronically, go to the SEACSM website (SEACSM.org), and follow the links to the Annual Meeting and abstract submission. Please contact John Petrella at 205-726-2716/jkpetrel@samford.edu if you have any issues uploading your submissions. 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 in 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 (students: if in doubt, list your mentor/professor’s email). The Board looks forward to another great meeting disseminating your research contributions.

AV Teams: Brian Parr

It’s not too soon to start planning for the 2020 SEACSM annual meeting in Jacksonville, and that includes student AV teams. These groups are responsible for providing audiovisual support for presenters during keynote, tutorial, symposium, and oral free communication sessions. Teams include 2–3 students and are required to bring a laptop computer, projector, supporting peripherals (cords, adapters, etc.), and a laser pointer. SEACSM will provide one hotel room for the two nights of the conference for each AV team. Each team must have a faculty sponsor who will be attending the meeting and only one AV team will be permitted per institution. More information and the AV team application will be available in early Fall 2019. In the meantime, start building your team! For questions, contact Brian Parr at brianp@usca.edu.
Hello Students! We are hoping you are having an incredible summer and are getting excited to start a new school year. Please check out the exciting news and updates specifically for SEACSM students. We have been working hard to plan new events for the upcoming 2020 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 bringing back our t-shirt design contest! This is an easy and fun way to get involved in the chapter. This year we will allow a group submission (up to three students). Single student submissions are welcome as well. The winner(s) will receive a FREE conference shirt! The contest is simple, the shirt design must include the following items:
  o 1. Conference name (SEACSM)
  o 2. Year (2020)
  o 3. Location (Jacksonville, FL)
  o 4. Representation of an aspect of Kinesiology (Be creative/witty)! Send designs by October 30th to ebechke@uncg.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 13th 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 group run Saturday morning at 6:30 am. This run will be a 3-mile run at an approximate pace of 10 minutes per mile. We want to encourage group conversations and get some exercise while doing it! Make sure to register at the student help desk early as spots will fill up fast! If you are interested in volunteering as a pacer for this event, please contact either one of your student representatives.

▶ Be on the lookout this fall for important deadlines regarding our annual SEACSM Meeting. Things to watch out for:
  o Abstract Submission: Start preparing those abstracts now! Be sure to check out https://www.acsm.org/acsm-membership/regional-chapters/acsm-
chapters/southeast for the most up to date information on deadlines and formatting requirements!

- **Student Bowl**: If you would like to compete in the 2020 Undergraduate Student Bowl at the annual SEACSM Meeting in February please be aware that team registration opens on October 1st. Sponsors should contact Amanda Price at priceaa@wssu.edu to register.
  - Congratulations, to the students from Kennesaw State University on winning the National Student Bowl competition at our 2019 Annual ACSM meeting! Ally Kuntz, Emma Chorney, Joy Tankersley, and Kayla Alesi proudly brought home 1st place for the second year in a row for the SEACSM chapter!

- **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 2019!

- **President’s Cup Competition**. This year we will hold the fifth 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 2020 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, do 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!

.get an idea for a student event you’d like to see at future meetings?
- Email your student representatives directly and share them with us!

Stay Healthy and Active,

Emily Bechke, M.S., EP-C
Graduate Research Assistant
Department of Kinesiology
The University of North Carolina at Greensboro
Email: ebechke@uncg.edu

Jonathan Ruiz-Ramie M.S.
Graduate Research and Teaching Assistant
Arnold School of Public Health | University of South Carolina
Department of Exercise Science
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SEACSM Graduate Student Fair
Attention Graduate Coordinators:
The 2020 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 and proof of electronic payment to Yuri Feito (yfeito@kennesaw.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 Yuri Feito (yfeito@kennesaw.edu).

Student Bowl Information
Congratulations, to the students from Kennesaw State University, who represented the SEACSM chapter at our 2019 Annual ACSM Meeting in May and won the 12th Annual Student Bowl Competition at the National ACSM meeting!! The winning team members were Ally Kuntz, Emma Chorney, Joy Tankersley, and Kayla Alesi. If you would like to compete in the 2020 Undergraduate Student Bowl at the annual SEACSM Meeting in February please be aware that team registration opens on October 1, 2019. Sponsors should contact Amanda Price at priceaa@wssu.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 2020 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 San Francisco, CA. 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). The Faculty Sponsor needs to contact Amanda Price (priceaa@wssu.edu) to register their team starting on October 1, 2019. 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. Faculty Sponsors who have registered a team will receive an update email with helpful instruction to prepare for the event after registration closes.

**SEACSM 2019 Lecture Tour Information**

**Speaker Information: Jason Crandall, Ph.D.**

Dr. Jason Crandall is an Associate Professor of Exercise Science and Co-Founder/Director of the Western Kentucky University Center for Applied Science in Health and Aging. Supported by over $2 million in funding from the National Institute on Aging, Retirement Research Foundation, and U. S. Center for Medicare and Medicaid Services, his research focuses on service-learning in higher education and novel physical and cognitive interventions for older adults. He is the creator of Bingocize®, a combination of bingo, exercise, and health education, that is approved by the National Council on Aging and the United States Department of Agriculture as an evidence-based falls prevention and physical activity intervention, respectively. The program is currently implemented in over 25 states and internationally.

Sponsor for the Lecture Tour is the International Journal of Exercise Science.

**Official Sites and Dates**

- **September 16th** – WESTERN KENTUCKY UNIVERSITY
  Host: Mark Schaffer
- **September 17th** - UNIVERSITY OF TENNESSEE - CHATTANOOGA
  Host: Nicholas Boer
- **September 18th** - MISSISSIPPI STATE
  Host: Megan Holmes
- **October 24th** – UNIVERSITY OF NEW ORLEANS
  Host: Ann O’Hanlon

**SEACSM Clinical Representative:**

- **Kenneth P. Barnes, MD, MSc., CAQSM, FACSM**

The theme for our 2020 conference in Jacksonville is Sports medicine by the beach. Topics will include beach/sea related sports and injuries including marine envenomation, surfing, dermatology, surfing, scuba, sailing and more. The planning committee is composed of the following members who have graciously agreed to continue their involvement with SEACSM’s Clinical Track Conference:

Ken Barnes, MD, FACSM--Clinical Representative (Miami) Brent Messick, MD, FACSM--Chair (Atrium Health) Ryan Draper, DO--Vice Chair (Moses Cone), David Liddle, MD (Vanderbilt), Kim Kaiser, MD (Kentucky), Amadeus Mason, MD (Emory) John Kiel, DO (Florida), Siobhan Statuta, MD (UVA). In closing, we would also like to formally thank Dr.
Matt Close for serving as Chair and Clinical representative for the SEACSM Clinical Track Conference. We appreciate your leadership efforts to help make the meeting a success year after year. Best of luck with your practice in Colorado. The 2019 SEACSM Clinical Fellow Case Award winner was William Manning, MD, GHS.

**Editor’s News- Don Torok**

**Things you need to know!**

- There are big changes to the 2020 SEACSM Meeting Abstract Submissions. This year we will be using the same company that ACSM uses for all submissions. With this in mind, please follow the directions very carefully. One thing that you must have is the **email address for all authors** on your abstract and all other submissions (tutorials and symposia). There will be a limit of 2450 total characters (this includes your title, authors and affiliations, and your abstract). Start planning now, so when the site opens after September 1, you will be a few steps ahead with the process.

- Do you want to get more involved with SEACSM? Visit our volunteer page and tell us how you would like to help: [https://www.acsm.org/acsm-membership/regional-chapters/acsm-chapters/southeast/get-connected/volunteer-opportunities](https://www.acsm.org/acsm-membership/regional-chapters/acsm-chapters/southeast/get-connected/volunteer-opportunities). We always need abstract reviewers and session hosts, so please volunteer. You can use this participation to help your portfolio, when you make your submission for fellow status.

- SEACSM would like to thank all individuals that contributed school supplies at the National ACSM meeting this year. The teachers and students in the region do appreciate your generosity.

- A big congratulations to the Student Bowl Team from Kennesaw State University for winning the 12th Annual Student Bowl Competition at the National ACSM meeting!!

- With our meeting being held in Jacksonville, FL this year, there will be an opportunity to see a new site and bring new exhibitors to our meeting. If you know of any good exhibitors for our meeting, please have them contact Dr. Michael Berry at: berry@wfu.edu.

- Did you see the locations for the 2019 SEACSM Fall Lecture Tour? Dr. Jason Crandall an Associate Professor of Exercise Science and Co-Founder/Director of the Western Kentucky University Center for Applied Science in Health and Aging is this year’s speaker. Here are the dates and sites for these lectures.
  - Sept. 16th – WESTERN KENTUCKY UNIVERSITY Host: Mark Schaffer
  - Sept. 17th – UNIVERSITY OF TENNESSEE –CHATTANOOGA Host: Nicholas Boer
  - Sept. 18th – MISSISSIPPI STATE Host: Megan Holm

- Don’t forget to nominate someone for the Henry Montoye Scholar award before Sept. 15. If you would like to nominate someone, please email Dr. Lynn Panton at lpanton@fsu.edu with a brief rationale in support of your nominee and please include his or her CV.

- Let us make the 2020 SEACSM the largest yet, so get to work on your submissions!
SEACSM Executive Board

- Rebecca Battista, President, Appalachian State University, Department of Health and Exercise Science, 014C Holmes Convocation Center, Boone, NC 28607. (W) 828-262-3047 E-mail: battistara@appstate.edu
- John Petrella, President-Elect, Samford University, Department of Kinesiology, 800 Lakeshore Drive, Birmingham, AL 35229, (W) 205-726-2716 E-mail: jkpetrel@samford.edu
- Lynn Panton-Past-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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- Jennifer Bunn, At-large Member, Campbell University, PO Box 1090, Buies Creek, NC 27506, phone: 910-893-1361, email: bunni@campbell.edu
- Yuri Feito, At-large Member, Kennesaw State University, Department of Exercise Science and Sport Management, Kennesaw, GA 30144, (W)(470) 578-7764, E-mail: yfeito@kennesaw.edu
- Brian Parr, At-large Member, University of South Caroline-Aiken,471 University Parkway, Aiken, SC 29801, (w) 803-641-3793, (F) 803-641-3723, E-mail: brianp@usca.edu
- 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
- Emily E. Bechke, EP-C, Student Representative (2018-2020), University of North Carolina at Greensboro, mail to: eebechke@uncg.edu
- Jonathan Ruiz-Ramie, Student Representative (2019-2020), University of South Carolina, Department of Exercise Science, 921 Assembly Street, Room 403, Columbia, SC 29208 (803) 777-2918, mail to: ruizramj@email.sc.edu

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