

Student Newsletter

Get Ready for Seattle!

Inside this issue:

Navigating the Annual Meeting	2
New Student Lounge and Mini-Sessions	2
Key Student Sessions	3
Student Facebook Group	3
See you in Seattle	4

This year's National ACSM Annual Meeting is being held in Seattle May 27-30. I know Seattle is hard to get to on a student budget, but attending the annual meeting is a great way to learn about new research, refine your interests in exercise science, and network for job and/or graduate school opportunities.

This newsletter has been created specifically for students. It provides tips on how to successfully navigate the meeting. It also highlights some of the key student-

oriented and research-oriented events being offered. If you haven't registered yet, go to www.acsm.org today and click on "Annual Meeting" to sign up!

Once you get there, be sure to check out the new **Student Lounge Area** to connect to other students, as well as the **On-Site Job Board** for internship, job, and graduate student positions.

Can't wait to see you there!

*Lanay Mudd, MS
Michigan State University*



Fun Events to Check Out

ACSMopardy Quiz Bowl!

Thurs (5/28), 7:00 – 8:00 PM

This year is the 2nd Annual Jeopardy Competition! The game will feature teams of 3 undergraduate students representing each region. Be sure to come by and support the MWACSM team as they seek to repeat our victory and defend our national title!

MWACSM Regional Social

Thurs (5/28), 8:00-9:30 PM

The regional social is a great place to catch up with old friends and network within your region. This year we will offer some munchies and a cash bar. Be sure to stop by as we honor our award winners and discuss our upcoming regional meeting!

Morning MBT Walk

Thurs (5/28) 6:15-7:30 AM

Sample pairs of MBT shoes will be available for you to wear on a 30-45 minute guided walk of downtown Seattle. Groups will be formed based on fitness levels.

8th Annual Gisolfi Fun Run

Fri (5/29), 6:30AM

Join ~400 "ACSMers" for a 5K walk/run around Seattle. This event is sponsored by the Gatorade Sports Institute. You can sign up for it on-site when you pick up your registration packet.

Navigating the Annual Meeting



The Seattle Convention Center where the Annual Meeting will be held

“A benefit of attending the annual meeting is exposure to cutting-edge research before it’s published.”

With so much going on, it can be hard to decide on how to spend your time at the annual meeting. Here are some tips which can also be found by visiting the Student Affairs section of the ACSM website (www.acsm.org).

1. Plan ahead. You can start to plan your conference itinerary well before you arrive. Use the Preview Program, which can be found on the ACSM website and the online system to plan your itinerary and find sessions that interest you.

2. Narrow your focus. More than likely, there will be several presentations going on at once that you might be interested in. When deciding which to attend, consider what is most relevant to your current pursuit or line of research.

3. Learn the layout. Take a few moments to familiarize yourself with the conference center. If you are giving

an oral presentation, you will want to find the Speaker Ready Room, so you have time to check your slides and practice your talk. The **Student Help Desk** located near the registration tables can also help you find your way around.

4. Network. The annual meeting is a great opportunity to interact with colleagues from a variety of backgrounds. The annual meeting is a good chance for you to talk with potential mentors and/or colleagues. Special student sessions also allow you to gain valuable insight from some of the biggest contributors to our field.

5. Avoid “burn-out”. There is so much to see and learn at the annual meeting that it is easy to get overloaded with information. So be sure to include some down time in your itinerary. Take time to catch up with old friends, get some exercise, or check out what the host city has to offer.

New “Student Lounge” Area!

New this year the Student Advisory Committee is hosting a “Student Lounge” Area on-site at the conference! This area will have a special student message board and information just for students (like where to find cheap food and entertainment). We hope that you will take advantage of the *Lounge* to sit and relax in between session, plan your day, and meet other students.

Student Representatives will also lead special “Mini-Sessions” in the *Lounge*. Each mini-session will include a brief (~15 min) presentation followed by Q&A. If you can’t make it to all of them be sure to grab a flyer that will include the key points from each session. If you have ideas for future mini-sessions let your student rep know and we’ll include them next year!

STUDENT MINI-SESSIONS

Location: The Student Lounge

“How to Write an Abstract and Present YOUR Research”

Date and Time: Wed (5/27), 12:00-12:30

Presenter: Tamra Trehearn (Northland)

“How To Network”

Date and Time: Thurs (5/28), 12:30-1:00

Presenter: Kim Smith (BOT Liason)

“How to Navigate a Poster Session”

Date and Time: Thurs (5/28), 3:00-3:30

Presenter: Lanay Mudd (Midwest)

“How to Connect to Your Region”

Date and Time: Fri (5/29), 10:00-10:30

Presenter: Michael Holmstrup (Mid-Atlantic)



Save time to check out Pike Place Market and, of course, Starbucks!

Key Student Sessions

CONVERSATIONAL FORUM “From Doctoral Student to Faculty Member”

Date and Time: Wed (5/27), 1:00-1:50
Location: Rm 308

A panel of speakers including Rebecca Battista, James Pivarnik, Karin Pfeiffer, and Adam Coughlin will discuss how to establish your independence in a tenure track faculty position.

STUDENT COLLOQUIUM “A Roadmap for Success: Different Pathways in Exercise Science”

Date and Time: Wed (5/27), 5:30-7:00
Location: Sheraton Metropolitan A
Presenters: Steven Blair, Dawn Coe, Bob Murray

The 2009 Student Colloquium will discuss how to achieve different exercise science careers. Each speaker will present their personal career paths and highlight the choices they made along the way. The straight path (going immediately into a faculty position); a

windy path (working several types of jobs in exercise science); and a non-academic path will each be presented. An open question and answer period with the panel will follow the presentations.

MEET THE EXPERT NETWORKING SESSION

Date and Time: Fri (5/29), 12:00 – 12:45 (lunch is included)
Location: TBA

For the sixth consecutive year, this session gives you the opportunity to meet ACSM leaders one-on-one to chat with them about career, school, life goals and overall experience in the field. Come hear ‘guru’ advice from some of the distinguished members of ACSM. “Expert” Get your FREE ticket and check out the CV’s of the participants at the **Student Help Desk**. Admission is limited to the first 100 students.

INTEREST GROUP MEETINGS

Date and Time: Wed (5/27) and Thurs (5/28), 5:45-7:15PM
Location(s): TBA

One great way to network and get more involved in ACSM is to join a Special Interest Group. There are 25 different Interest Groups, each comprised of student and faculty members with specific research interests in everything from “Aging” to “Strength and Conditioning Specialties”. Most Interest Groups hold a planning session at the Annual Meeting where the members get to know one another and begin to plan programming sessions for the coming year. Look for a flyer at the Registration Center for a listing of the Interest Group Meetings and locations.

Other Key Sessions

CURRENT ISSUE

“Keeping Clean in Muddy Waters: Scientific Ethics and Responsibility”

Date and Time: Wed (5/27), 3:15-5:15
Location: 4C3
Presenters: Heather Chamblis, Carl Caspersen, James Pivarnik, John Jakicic

TUTORIAL LECTURE

“Grant Funding Opportunities at NIH: Insights from a NIH Peer Reviewer, K Awardee and a NIH Scientific Review Officer”

Date and Time: Wed (5/27), 3:15-4:05
Location: TBA
Presenters: Mark Poltsch (NHLBI), Michael Brown, Shane Phillips, Drew Carlson (NHLBI)

JOSEPH B. WOLFFE LECTURE

“Human Evolution, Endurance Running and Injury”

Date and Time: Wed (5/27), 8:00-9:15
Location: Hall 4A
Presenter: Dan Lieberman, Ph.D

D.B. DILL HISTORICAL LECTURE

“Evolution of the Female Athlete: myth Versus Reality”

Date and Time: Fri (5/28), 10:30-11:45
Location: 6B
Presenter: Barbara Drinkwater, Ph.D.

Facebook Group!

If you haven’t already, join the **ACSM Student Group** on Facebook, created by the incoming president, James Pivarnik! Being a member of the group gives YOU the opportunity to talk directly to Dr. Pivarnik, network with other students, and get all the updates on student activities at the Annual Meeting!



Go on Special ACSM Excursions to see some of Seattle’s sites—like Puget Sound!



See you in Seattle!

I hope some of these tips are helpful to you as you start to plan for attending the Annual Meeting. For more information about registration or hotel reservations, check out www.acsm.org/annualmeeting. As you can see, there are a lot of exciting student opportunities being offered. In addition to the social events, networking opportunities, and excellent science presentation be sure to check out the sites and sounds of Seattle! ACSM is offering several guided excursions at reduced prices to members. Tours of Seattle City Highlights, the Northwest Winery and Redhook Brewery, and the Future of Flight Center & Boeing are available for \$40-\$50/person. You can sign up in advance through the ACSM website or on-site. In addition, be sure to check out

the **Student Lounge** for other student-oriented activities! Check the ACSM Student Group on Facebook as we get closer for last minute updates as well. I look forward to seeing all of you in Seattle!

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