

MIDWEST NEWS

The Official Newsletter of the MWACSM
Spring 2016 Issue

Never too Early to Start Planning for the 2016 MWACSM Annual Meeting!

The 2016 MWACSM Annual meeting will be held November 4-5, 2016 at the Grand Wayne Convention Center. Midwest ACSM Past-President, Dr. Juliane Wallace, has been actively preparing an exciting program. Expect to see more details about next year's meeting as we move closer to the meeting!

Want to see what we have been up to lately? Please see the letters below from our Past-President as well as current President for the updates on the current state of the Chapter!

MWACSM President's Message

Dear Midwest ACSM Members,

Get engaged. Now, if you know me at all you know that I don't normally present this advice. However, what I'm referring to is becoming, remaining, and/or inviting others to get involved in the Chapter. The 2000 MWACSM meeting in Grand Rapids was my first regional chapter meeting...but certainly not my last. As a graduate student I wished that I knew about regional chapter meetings earlier in my academic career. Through incredible mentors (several of which are previous Board members and MWACSM Presidents) and a graduate school culture of attending and presenting at MWACSM conferences, I have gained immeasurable experience that has helped bring me to where I am today. Which is the President of MWACSM. Who knew? Not me, not at the time. Becoming active in a chapter that continues to grow is fairly easy. You can become a member, attend conferences, present a poster or oral communication, attend the MWACSM social in Boston, network, apply for grants, volunteer at the conference, run for Student Representative, run for the Board, you can even run for President Elect. But whatever you do, get engaged.

MWACSM has a storied history of providing opportunities to members. One of the greatest successes, in my eyes, that MWACSM has demonstrated is the amount of former undergraduate and graduate students that were "brought up" in the Region and are not only still in the Region, but active. This is evident as the attendance at the 2015 MWACSM conference was 516 attendees, another record for several years running. Perpetuating this growth is my greatest challenge as President. Continuing to offer value and resources to the members is my responsibility. Make sure to review our website, www.mwacsm.org, for important dates and opportunities. Feel free to email us with any questions that you may have, office@mwacsm.org.

The growth and success of our Chapter is dependent on the next group of volunteers, attendees, presenters, mentors, and Board members. I would like to welcome our two newest Board members Alex Montoye and Sandy Knecht. I would also like to extend my gratitude to Derek Kingsley and Matt Laurent as they have rotated off of the MWACSM Board of Directors and to Paul Nagelkirk whose mentorship and friendship has proven to be priceless again and again. I am also happy to welcome Heather Betz as the President-Elect. As MWACSM runs on a special fuel called "volunteering", I encourage you all to get engaged.

I hope to see you all at our MWACSM social in Boston and our 2016 MWACSM Annual meeting in Ft. Wayne.

I wish you all a happy, healthy, and physically active year,

Adam M. Coughlin, PhD.
President, Midwest ACSM

MWACSM Past-President

This newsletter highlights just a few of the exciting things to come in 2016! 2015 brought significant and positive changes to MWACSM with a new, more user-friendly website, an outstanding new Executive Director, and new initiatives supported by ACSM Regional Chapter grant awards. In addition, we broke another attendance record at the 2015 MWACSM Annual Meeting in Ft. Wayne, IN and hope to do so again when we return to the Grand Wayne Convention Center in Fort Wayne, IN for the 2016 Annual Meeting. Mark your calendars for Nov. 4-5, with a welcome reception taking place the evening of the 3rd. I am pleased to announce our headline keynote speaker is Dr. William Kraemer, FNCSA, FACSM, FISSN, Professor of Human Sciences at The Ohio State University, who has received numerous accolades for his work that integrates molecular biology with exercise physiology, including an NIH Merit Award and the ACSM Citation Award. In addition, I am equally pleased to announce Dr. Stella Volpe RD, LDN, FACSM as our Clinical Keynote speaker. Dr. Volpe is a Professor and Chair of the Nutritional Sciences Department in the College of Nursing and Health Professions at Drexel University.

We are thankful for the support of ACSM through the Regional Chapter grant program and are excited to announce increased support for the [MWACSM Leadership & Mentorship program](#), the MWACSM [ActiveU Competition](#) to enhance Exercise is Medicine on Campus, and Meet the Experts at the Annual meeting. I look forward to filling the remainder of the meeting agenda with symposia and tutorials, clinical case studies, a clinical keynote address and, maybe best of all, your research presentations. Keep an eye on the website for submission details!

Please also mark your calendar for our Regional Chapter Social, to be held during the ACSM Annual Meeting in Boston, MA on Thursday, June 2 from 8:00-9:30 (room TBD). I look forward to visiting with you and sharing my excitement for the upcoming year.

Juliane P. Wallace, Ph.D., FACSM
Past President, Midwest ACSM

Student Corner - Message from the Midwest ACSM Student Representative

Hello Students!

My name is Karissa Peyer and I am your student representative for the Midwest Regional Chapter of ACSM. My job is to be the voice of students on the Midwest Board of Directors as well as the voice of the Midwest Region on the national Student Activities Board.

Have you started planning for the annual national meeting? It is quickly approaching and will be held May 31st-June 4th in Boston, Massachusetts. Our chapter will be represented in the inaugural

President's Cup and in the student quiz bowl competition, both on Wednesday evening, June 1st. Be sure to come cheer on your region! We'll also be gathering Thursday evening, June 2nd for our regional chapter social. You don't want to miss it!

Make sure you get to Boston by Tuesday afternoon for Graduate and Early Career day. These sessions are intended for students and junior faculty as well as those interested in careers on the business side of Sports Medicine and Exercise Science. Come learn from the experts and ask your questions. Graduate and Early Career Day does *not* require any advanced registration and your attendance is free as part of your ACSM Annual Meeting registration.

Looking for roommates to make your trip to Boston a little more affordable? Contact me (kpeyer@iastate.edu) if you would like to be put in contact with other MWACSM students to share a hotel room during your time in Boston.

Are you interested in becoming more active in ACSM? I will be graduating in May and moving out of the region, which means that MWACSM is looking for a **new Student Representative!** If you are interested in the position, please email the chapter at Office@mwacsm.org. We also ask that you make sure to attend the Midwest Regional Social at the annual meeting in Boston to meet with the Executive Director and Presidents' Council.

Finally, be sure to follow Midwest Chapter of the American College of Sports Medicine (MWACSM) on Facebook to be notified of updates within the chapter, view job postings and other announcements, and see our weekly #MidwestMonday student highlights.

Best of luck with the rest of the semester!

Sincerely,

Karissa Peyer

MWACSM Student Representative
kpeyer@iastate.edu

Stay linked to the chapter through our Facebook page!

Can't wait for the next edition of Midwest News to hear about important upcoming events? The most up-to-date information can be found on our MWACSM Facebook page regarding details for the upcoming annual meeting and reminders. You can either click on the Facebook icon on our website banner, or find us on [Facebook](#) and then search for Midwest Chapter of the American College of Sports Medicine. Be sure to "Like" our page if you haven't already!

Attend the ACSM Annual Meeting Held in Boston on May 31st-June 4th, 2016

While at the meeting, we encourage you to go support the MWACSM Student Quiz Bowl Champion, University of Akron. In the past, we have had tremendous representation at the national jeopardy competition during the annual ACSM meeting and we are eager to see them compete and represent our region! In addition, you are able to view the advance meeting program, check out the highlights, and get information on registration and housing by clicking the link <http://www.acsmannualmeeting.org/>.

Visit the new MWACSM Website

Members are encouraged to visit the newly designed [MWACSM website](http://www.mwacsm.org) to keep current on meeting information, announcements and reminders.

Call for Symposia for the 2016 Annual Meeting

The Midwest ACSM invites proposals for symposia at the 2016 MWACSM Annual Meeting. The deadline for submission is June 15, 2016. Details and instructions for submitting symposia ideas will be available on the MWACSM Website <http://www.mwacsm.org/wordpress/>.

Call for Abstracts for the 2016 Annual Meeting

All Midwest ACSM members are invited to submit scientific abstracts for presentation as Free Communication/Slide or poster sessions. The due date for early abstract submission is June 15, 2016. Abstracts submitted early will be eligible for priority acceptance, which allows for feedback from the abstract review committee and possible resubmission. The deadline for final abstract submissions is September 15, 2016. Remember, up to six student awards are given for outstanding poster and oral presentations (undergraduate, master's, and doctoral levels) at the MWACSM Annual Meeting! Additional information, including the guidelines for submitting and preparing abstracts will be available on the MWACSM Website www.mwacsm.org.

Outstanding Student Poster and Oral Presentations at the MWACSM Annual Meeting

- Poster
 - Doctoral – Ron Garner (Purdue University)
 - Master's – Katie Bus (Iowa State University)
 - Bachelor's – Jordan Oddis (Ohio University)
- Oral
 - Doctoral – Brandon Dykstra (Ball State University)
 - Master's – Noah Neuenfeldt (Western Michigan University)
 - Bachelor's – Melissa Jones (Saginaw Valley State University)
- Undergraduate Student Scholar Award – Clare Heisey (Kent State University)
- Graduate or Professional Student Scholar Award – Zachary Zenko (Iowa State University)
- Undergraduate Student Research Study Project Award – Samuel Pitcairn
- Graduate or Professional Student Research Study Project Award – Sara Harper (Kent State University)
- DuPoint Nutrition & Health ACSM Travel Award- Jennifer Erichsen (Ball State University)
- ACSM President's Cup Award: Sara Harper (Kent State University)

To learn more about the Student Awards, visit the MWACSM website <http://www.mwacsm.org/wordpress/about-mwacsm/awards/> for additional information about eligibility criteria and instructions for submitting nominations. The deadline for submitting nominations is November 15, 2016.

MWACSM Leadership & Mentoring Program

Does Leadership development, Mentoring support, Networking opportunities, and Travel funding sound good to you? Apply to the Leadership & Mentoring program, where participants are given experiences and networking opportunities that will translate into greater involvement and leadership in MWACSM and ACSM.

Exciting News!!! The Chapter was awarded a grant to support your mentoring experience by supporting any travel that would aid the mentee/mentor connection, including travel to the annual National conference. Look here to find out more <http://www.mwacsm.org/wordpress/get-involved/mentoring-program/> and apply by September 15th!

MWACSM ActiveU Competition

In 2011, ACSM and Exercise is Medicine (EIM) on Campus conducted an ActiveU competition, which searched for the most creative and sustainable collegiate program that utilize the EIM on Campus principle of making physical activity an integral part of personal health care. The MWACSM EIM Committee is holding a similar ActiveU competition for colleges and universities within the Midwest region. In 2012 MWACSM awarded it's first ActiveU Award to the students at Michigan State University for promoting healthy lifestyles with it's on-campus partners to provide the MSU Moves Me program aimed at establishing engagement in movement and physical activity as a campus community. This past fall, Iowa State University won the ActiveU Award. Congratulations!

For additional information, including ways to start your own EIM on Campus <<http://www.mwacsm.org/wordpress/get-involved/eim/>>. The deadline for submitting your school's application for the MWACSM ActiveU award is October 1st, 2016.

Upcoming ACSM Workshops and Webinars

Interested in becoming ACSM Certified? Need continuing education credits to maintain your current credentials? Check out the upcoming ACSM webinars and workshops <<http://members.acsm.org/source/Meetings/cMeetingProcessSearch.cfm>> in your area!

Save the Date – Mark Your Calendars for Important 2016 Events and Deadlines!

May 15, 2016: Symposia submissions are due.

June 15, 2016: Early abstracts are due.

September 15, 2016: Deadline for final abstract submissions for the MWACSM annual meeting.

September 15, 2016: Application deadline for the Leadership and Mentoring Program.

September 15, 2016: Deadline for submitting nominations for open Board of Director positions.

September 15, 2016: Deadline for submitting nominations for Professional Awards.

October 1, 2016: Early registration for MWACSM Annual Meeting ends

October 1, 2016: Application deadline for MWACSM ActiveU Competition.

November 4-5, 2016: MWACSM Annual Meeting at Grand Wayne Convention Center (Ft. Wayne, IN).

November 15, 2016: Deadline for submitting nominations for Student Awards.