
Mid-Atlantic Regional Chapter News

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ACSM Mid-Atlantic Regional Chapter 31st Annual Meeting November 7-8, 2008

Sheraton Harrisburg Hershey Hotel, Harrisburg, PA

4650 Lindle Road – Harrisburg, PA 17111

Phone: (717) 564-5511

<http://www.starwoodhotels.com/sheraton/property/overview/contact.html?propertyID=1995>

Important Meeting Information

Registration Forms

Registration forms are available on the MARC-ACSM website at www.marcacsm.org. You may also register on-site at a slightly higher rate.

Call for Abstracts

Tuesday September 30, 2008 is the deadline to submit an abstract for the MARC 2008 Annual Meeting. Please visit the MARC website for details.

Lodging

The conference will again be held at the Sheraton Harrisburg Hershey Hotel in Harrisburg, PA. When making reservations, call (717) 564-5511 and be sure to mention that you are attending the MARC-ACSM meeting. Remember to reserve early, because only a limited number of rooms are held at the conference rate.

2008 Service Award Recipient Dr. Shala Davis



We are very pleased to present the MARC Service Award for 2008 to Dr. Shala Davis, Professor and Graduate Program Coordinator in the Department of Exercise Science at East Stroudsburg University of PA. Dr. Davis has served MARC-ACSM as a member at large in 2001 and 2002, president elect in 2003, president in 2004, and past president in 2005. During that time she also put in countless hours preparing for the annual meeting as our liaison to the Fernwood Hotel and Resort site for our annual meeting. After completing her presidential duties, Dr. Davis was appointed the MARC Regional Chapter Representative serving as a liaison between MARC and ACSM National, a position she still holds. Dr. Davis continues to remain very active at all MARC-ACSM annual meetings lending her expertise and experience in a variety of areas. We are fortunate to have Dr. Davis give so willingly of her time and energy. Her efforts have helped our organization immensely and we are grateful for her selfless and longstanding service.

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Past Presidents of MARC-ACSM

2007	Mark Sloniger	1996	Karen Mittleman
2006	Matthew Kerner	1995	Thomas Doubt
2005	Jill Kanaley	1994	W. Craig Stevens
2004	Shala Davis	1993	M. Paternostro-Bayles
2003	Dan Drury	1992	M. Paternostro-Bayles
2002	Brad Hatfield	1991	Gary Sforzo
2001	Carlos Crespo	1990	Tim McConnell
2000	Ross Anderson	1989	H. Robert Perez
1999	Betsy Keller	1988	Elsworth Buskirk
1998	Sam Case	1987	Robert Otto
1997	Michael Cox		

President's Column



Steve Siconolfi

MARC Meeting News: More than 30 years ago the American College of Sports Medicine began defining the effects of exercise on health, not just sport. We struggled with the intuitive concept that exercise was not only good for improving sport performance, but could also improve health. Due to the diligence of members in our profession, we celebrated “Exercise as Medicine” this past May at the national meeting. At this fall’s meeting, MARC will extend the celebration by having presentations that will help us further understand how exercise can be medicine. We are privileged to have Dr. Steve Blair as our keynote speaker who will present on the topic.

In addition, this year’s meeting has been designed to group topics so that you will be able to easily move to sessions with similar foci. This year our board employed a new approach to the meeting and to the governance of our chapter. We have gone from advisors to working advocates. We, the board, are looking for ways for members to help participate in developing our chapter. Contact us either at the meeting or by e-mail to join some of our committees and help develop projects that will serve our members and communities. A relatively new MARC initiative is sponsoring or co-sponsoring a spring workshop, seminar or lecture that annually rotates geographically around the chapter. This past spring we had a seminar Childhood Obesity co-sponsored with Ithaca College. We are looking for college, universities, hospitals, and private clinics to let us know if they would like to co-sponsor an event with MARC. Please feel free to contact

me (ssiconolfi@ithaca.edu) or others board members.

Professional Development Advice from the Dean: The MARC meeting, like the national scientific meeting has two main purposes: (1) The dissemination and vetting of scientific ideas, and (2) The establishment of networks among professionals. Most students and young professionals concentrate on the first purpose and are either unaware or do not take advantage of the network opportunities at conferences. Let me encourage all who attend this year’s MARC meeting to build new and re-establish old networks. The social on Friday night after the keynote speaker is more than an opportunity to have a good time; it is a chance to introduce yourself to other professionals with similar interests as yourself. This does shift your focus (and behavior) at the social from one of pure enjoyment to one of purposeful networking. This will help you advance your professional career in terms of possible future references and positions, but also can lead to more productive scholarship activities. For example, this past August I attended the pre-olympic conference on sports medicine. I had the opportunity to meet new colleagues and establish new relationships. One new colleague chaired a session of my interest. After “networking” with him, he agreed to allow me to list him as a possible reviewer of a paper I am submitting. I was able to evaluate his perceptions and beliefs and felt that I could receive a fair, honest and non-biased manuscript review (this is one reason journals are now asking for a list of selected reviewers). Another new colleague uses a new technology that I thought might advance my own research program. We agreed to develop a joint research project that may benefit our individual scholarship programs. Both situations required a little extrovert activity on my part and an openness to new possibilities. One item that can help with networking is the sharing of a business card. The practice of exchanging cards is common on the international scene and can easily facilitate the transfer contact information needed to establish your networks. Again, my advice to younger

colleagues is to maximize your networking opportunities at conferences. The advantage of networking at MARC is that it occurs in your own backyard and the probability of seeing success increases as the distance between friends decreases. I hope to see you all at the November meeting and I challenge you to come up and say hello. The first 30 people who present me with a business card at the social will receive a small gift (in the mail) from Ithaca College.

In closing, I encourage all to attend the meeting so you learn more about exercise as medicine, take advantage of networking, and become involved in MARC.

Thanks!

Student Rep Column



Michael Holmstrup

I can't believe that this summer went by so quickly. Though it is a shame to see it slip away, it means that the time is quickly approaching for our MARC Annual Meeting. This November we will once again convene at the Sheraton Harrisburg/Hershey to meet with old friends and maybe get the chance to make a few new ones as well. I hope to get the chance to meet even more of you this time around.

ACSM regional chapters are designed with the Sports Medicine and Exercise Science student in mind. These events are full of informative presentations that highlight the latest in research and clinical application, and believe me when I say that there is something for everyone! In addition to the educational aspect of our regional conference (which can't be beat), we

are working to put together a couple of fun new initiatives as well.

Please plan on meeting with me during the 3:30 'snack break' on Friday, November 7th, as we will begin to lay the framework for the new 'MARC Student Affairs Committee'. Bring your ideas, as this is a chance to make your voices heard as the students of MARC. Our meeting will continue following the MARC Social.

Speaking of the MARC Social, this year will kick off the start of the MARC College Bowl tournament. We have 8 prominent schools from our region competing in this 'Jeopardy-style' game, and it should prove to be highly entertaining. Make sure to be there to watch West Chester, Bloomsburg, Pittsburgh, East Stroudsburg, Syracuse, Cabrini, Salisbury, and Slippery Rock battle it out for the First MARC College Bowl Title. Make sure that you are there to cheer on your school and make this event a big success! If your school didn't make the deadline for this year's competition, come anyway as the more support that we get, the better chance for even more teams next time.

All in all, we look forward to another successful MARC Annual Meeting. As I always say, the more you put into the meetings, the more that you will get out. See you in Harrisburg!

2008 MARC Elections for Executive Committee

MARC-ACSM members will be contacted by email from ACSM National with information about elections for executive board positions. The email will provide information about links to candidate bios and voting procedures. If you are a current MARC-ACSM member, please take the time to review the candidate information and vote.

MARC-ACSM 31st Annual Meeting – Tentative Program

Friday November 7, 2008	
<p style="text-align: center;"><u>Morning Sessions</u></p> <p><i>Functional Training for Sports Performance</i> Joe Schoenlieber Mike Iosia Will Peveler</p> <p><i>Female Athlete Triad: What's New?</i> Katherine Beals Jeanne Bernhard Nancy Williams Mary Jane DeSouza</p> <p><i>Bill Meyers on Athletic Pubalgia Sports Medicine Case Studies</i> Bill Myers</p> <p><i>Teen Fitness: Youth Empowerment Grant</i> Maria Elena Hallion</p> <p style="text-align: center;"><i>Childhood Obesity</i> TBA</p> <p style="text-align: center;"><u>Afternoon Sessions</u></p> <p><i>The Exercise Pressor Reflex in Health and Disease</i> Laurence Sinoway Scott Smith Marc Kaufman Jianhua Li</p>	<p style="text-align: center;"><i>Hypo/Hyperbaric Medicine</i> Judy Wilson</p> <p style="text-align: center;"><i>Exercise Psychology by Age Group</i> Jason Willow</p> <p style="text-align: center;"><i>Be a Part of It: ACSM Certification Leading the Way</i> Hope Wood</p> <p style="text-align: center;"><i>Resume Networking and Interview Skills</i> Dorene Powell</p> <p style="text-align: center;"><i>Behavior Modification for Weight Loss</i> John Jakisic Amy Otto</p> <p style="text-align: center;"><i>Exercise and Cellular Function.</i> Dr. Keslacy Dr. DeRuisseau</p> <p style="text-align: center;"><i>Chiropractic Care, the Athletic Triage Model and Sport</i> Russ Ebbets</p> <p style="text-align: center;"><i>Careers in Exercise</i> Michael Holmstrup</p> <p style="text-align: center;"><u>Keynote</u> <i>Exercise as Medicine</i> Steven Blair</p>
Saturday November 8, 2008	
<p><i>Biomechanics: The Mechanisms of Non-contact Anterior Cruciate Ligament Injury and the Role of Gender</i> Scott McLean</p> <p style="text-align: center;"><i>Chinese Massage</i> Dr. Hang, Beijing Sport University</p> <p style="text-align: center;"><i>Pilates/Yoga Fusion Exercise</i> Amy Bidwell</p>	<p><i>Balancing Professional Life (TRS) and Family</i> Shala Davis</p> <p style="text-align: center;"><i>Healthy Aging</i> TBA</p> <p style="text-align: center;"><i>Pacing Strategy</i> Matt Green</p> <p style="text-align: center;"><i>The Influence of Hydration on Exercise Heat Tolerance: Do Differences Exist Between Field and Laboratory Findings?</i> Douglas Casa</p>

Important News: Upcoming Events

At its September meeting, the MARC-ACSM executive board discussed making the following changes to the executive board membership:

1. Delete the position of vice president
2. Transfer vice president duties to the president-elect
3. Create two new executive board members: a medical member and a corporate member. These new board positions would be added to encourage physician participation in MARC-ACSM activities and to foster a closer working relationship between MARC-ACSM and non-academic (corporate) organizations.

These changes will be discussed at the annual meeting in November. Since these changes require approval by MARC-ACSM members, an electronic vote will take place early next year. Please send comments about these proposed changes to board@marcacs.org

Request for Information

For the past several years, one or two exercise science academic programs have been highlighted in each issue of the MARC-ACSM newsletter. In previous newsletters we have highlighted the following programs:

Spring 2008: West Virginia Wesleyan College and Messiah College
Fall 2007: East Stroudsburg University masters programs
Spring 2007: Edinboro University
Spring 2005: Penn State University
Fall 2005: University of Delaware
Spring 2004: College of New Jersey
Fall 2003: University of Pittsburgh

If you are interested in having your academic program highlighted in the bulletin, please contact Bill Ryan at Slippery Rock University (william.ryan@sru.edu; (724) 738-2854) for more information.

See you in Harrisburg in November!

Please check the MARC-ACSM website for important information about the upcoming conference and deadlines for research abstract submission.