

Building and Maintaining the Elite Athlete



NEW ENGLAND CHAPTER OF THE AMERICAN COLLEGE OF SPORTS MEDICINE ANNUAL FALL CONFERENCE
November 8 & 9, 2012 ■ Rhode Island Convention Center ■ Providence, Rhode Island

Jointly sponsored by: The American College of Sports Medicine and The New England Chapter of the American College of Sports Medicine

SCHEDULE

Registration for both days begins at 7:30 a.m.

Thursday Conference:
8:30 a.m. - 5:30 p.m.

Friday Conference:
8:30 a.m. - 3:20 p.m.

ACCREDITATION

Continuing Education Credits

NEACSM is an approved provider for ACSM and the Board of Certification, Inc. (BOC-P788). We have applied for thirteen and a half (13.5) hours of CECs. Attendance verification forms will be available upon request.

Continuing Medical Education (CME) credits have been filed with the American Academy of Family Physicians. Determination of CME credits is pending.

TARGET AUDIENCE

- Sports Medicine Professionals and Students: Physicians, physical therapists, athletic trainers, and therapeutic assistants
- Exercise Physiology Professionals and Students: Research, clinical, and academic
- Applied Professionals and Students: Strength and Conditioning coaches, personal trainers, and gym owners

OBJECTIVES

At the conclusion of the meeting, participants should be able to:

- Describe the unique demands experienced by athletes in training, physical and mental
- Understand the role of exercise science and nutrition in meeting these demands and optimizing both the performance and health of the competitive athlete
- Comprehend the basics of implementing preventive health programs for both the competitive athlete and the population, in general with specific understanding of the role of the exercise science or sports medicine professional
- Identify newly emerging therapeutic interventions in the management of various injuries and illnesses in athletes
- Describe the role that competitive sports and physical activity play in society, in general, as reflected in the media and in the legal climate

EVENTS

Presidents' Student Luncheon
Thursday, November 8th
12:30-1:20 p.m.

President's Reception and Student Awards
Thursday, November 8th
5:30-7:00 p.m.

9th Annual College Bowl at President's Reception
Thursday, November 8th
5:30-7:00 p.m.

NEACSM Town Meeting
Friday, November 9th
8:00-8:30 a.m.

WELCOME



On behalf of the 2012 New England ACSM Executive Committee and Annual Meeting Planning Committee, I am excited to welcome you to the 2012 Annual Meeting in Providence, Rhode Island. The theme of this year's meeting will be "Building and Maintaining the Elite Athlete." We have arranged an exceptional group of keynote and invited speakers to provide lectures on all different facets of exercise science, athletic performance, and managing the athlete when problems arise. The speaker for the Clarkson

Keynote Lecture this year is Dr. Andrew Pipe from Queen's University in Ottawa Canada. Dr. Pipe is an internationally respected sports medicine authority. In addition to his extensive experience with the Canadian Olympic program, he also is an expert on preventive health. He will be drawing on his experience when he speaks on the advocacy responsibilities of sports medicine professionals. The Knuttgen Keynote Lecture will be delivered by Dr. Steven Fleck, the current President of the National Strength and Conditioning Association. In his career as a strength and conditioning authority, Dr. Fleck has been a prolific researcher, author, and practitioner. He will be addressing the health benefits of resistance training.

Our invited speakers include Mr. David Epstein of Sports Illustrated who will discuss his role as a preeminent lay writer about sports medicine issues. Eric Quandt, JD, is an attorney from Chicago whose experience and expertise in the legal areas of sports medicine have made him a respected national leader in this area and will contribute to his lecture on minimizing liability in the sports medicine and exercise science field.

This year, we also have a unique Invited Symposium, headlined by Drs. Douglas Casa and Christopher Minson. Drs. Casa and Minson will present along with Dr. Rebecca Stearns in the issues surrounding heat illness in athletes, an area in which they are amongst the world's leading authorities. Also, Dr. Michael Joseph combines a background as a clinical physical therapist along with a doctoral degree in exercise science. His combined work in biomechanics and tendon basic science is leading to new thinking in the management of athletes with tendinopathy, which will be addressed in his lecture. Dr. Nancy Rodriguez will be speaking on the nutritional needs of elite athletes, drawing on her eminent career as a leader in the field of sports nutrition and her research on protein requirements in elite athletes. Dr. John Sullivan rounds out this exceptional line-up as a sports psychologist whose experience with NCAA, Olympic, and NFL athletes and his passion and speaking ability have made him a nationally recognized expert in the mental health needs of athletes.

The 2012 meeting combines this impressive array of experts with the usual cutting edge presentations from our chapter's members, Free Communications, and the President's Reception and 9th Annual College Bowl on Thursday. Additionally, the New England Chapter is the home of ACSM's national President-elect, Dr. William Dexter, who will be speaking just before the Clarkson lecture on the history and role of the New England Chapter in the context of ACSM nationally.

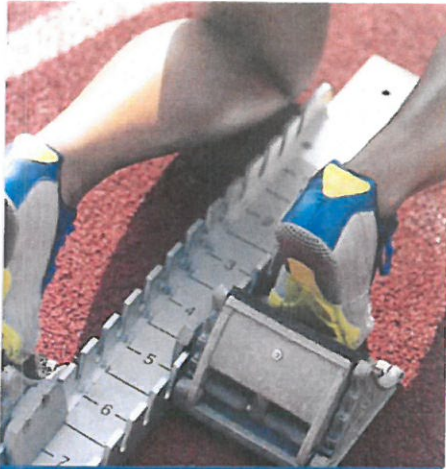
2012 MEETING SUPPORTERS

We'd like to thank all of our sponsors for their generosity



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CONFERENCE HIGHLIGHTS

STUDENT LUNCHEON

Thursday, November 8th
12:30 - 1:20 pm
Ballroom D&E
Pre-registration required!
For more information, contact:
Sarah Landeen at slandeen@thocc.org

NEACSM Student Luncheon
provided through the
David N. Camaione Fund

COLLEGE BOWL

Students test their sports
medicine knowledge in the
9th Annual 'College Bowl'

Thursday, November 8th
5:30 - 7:00 pm
For more information, contact:
Peter Ronai at (203) 416-3935 or
email: pronaio@optonline.net

CLARKSON KEYNOTE LECTURE



Andrew Pipe, CM, MD, LLD (Hon), DSC (Hon)
Thursday, November 8, 2012, 11:20 am
"Silence is Not an Option: Advocacy and the Sport Medicine Professional"
Chief, Division of Prevention and Rehabilitation, University of Ottawa Heart Institute
Professor, Faculty of Medicine, University of Ottawa

KNUTTGEN KEYNOTE LECTURE



Steven J. Fleck, PhD, FNCSA, FACS, FISSN
Friday, November 9, 2012, 11:00 am
"Cardiovascular Health Benefits of Resistance Training"
Associate Professor, Department of Health, Exercise Science and Sport Management
University of Wisconsin-Parkside
President, National Strength and Conditioning Association



INVITED SPEAKERS



David Epstein
Thursday, November 8, 2012,
8:30 am
"Lost in Mistranslation: Why
Your Cell Number Should be in
My iPhone"
Senior Writer, Sports Illustrated

Michael Joseph, PhD, PT
Friday, November 9, 2012, 8:30 am



"Pathophysiology and
Management of Tendinopathy"
Assistant Professor, Neag School of
Education Department of Kinesiology,
University of Connecticut



Eric F. Quandt, JD
Thursday, November 8, 2012,
9:50 am
"Minimizing Professional
Liabilities in Sports Medicine
and Exercise Science"

Nancy R. Rodriguez, PhD, RD, CSSD, FACS
Friday, November 9, 2012, 10:00 am



"Performance Nutrition for the
Elite Athlete"
Professor, Department of
Nutritional Sciences
University Teaching Fellow
Director, Sports Nutrition Programs,
University of Connecticut

Douglas J. Casa, PhD, ATC, FACS, FNATA
Thursday, November 8, 2012, 1:20 pm



"Maximizing Athletic Performance
and Safety During Intense
Exercise in the Heat"
Professor, Neag School of
Education Department
of Kinesiology
Director, Athletic Training Education
Chief Operating Officer, Korey Stringer Institute
Research Associate, Human Performance
Laboratory, University of Connecticut

John P. Sullivan, PsyD
Friday, November 9, 2012, 1:00 pm



"The Mental Health of the
Elite Athlete"
Clinical Sport Psychologist
Applied Sport Scientist
Chief Consultant/CEO
Clinical & Sports Consulting
Services

Christopher Minson, PhD
Thursday, November 8, 2012, 1:20 pm



"Maximizing Athletic Performance
and Safety During Intense
Exercise in the Heat"
Professor and Department Head
Co-Director of the Exercise and
Environmental Physiology Labs
Department of Human Physiology,
University of Oregon

PAST PRESIDENTS LECTURE

Carol Ewing Garber, PhD, FAHA, FACS
Friday, November 9, 2012, 2:00 pm



"Current Controversies in
Prescribing Exercise for Adults"
Associate Professor Movement
Sciences
Director, Graduate Program in
Applied Physiology
Teachers College

Columbia University
First Vice President (Education and Allied Health)
American College of Sports Medicine

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