



### A Message from your President—Todd A. Astorino

I hope your summer has been pleasant and a mixture of productivity and relaxation. As for your Southwest ACSM representatives, we are finalizing plans for our annual meeting held in New Port, CA October 25-26. More information regarding the meeting can be found on our website:

<https://www.acsm.org/acsm-membership/regional-chapters/acsm-chapters/southwest>.

If you are a professional or student who is interested in presenting your data at the meeting, there is information on our website regarding this process. Our deadline is September 20 2019 for all submissions, so please submit your work on time which gives us an opportunity to review your submissions in a timely manner. Also, please remember that you must register for the meeting and pay the registration fee if you submit an abstract.



Thank you again for supporting our Chapter and I look forward to your attendance at our upcoming meeting.

### SWACSM Election Results

It is a great pleasure to announce that our new President-Elect is Dr. Marcella (Marci) Raney of Occidental College and our new Member-At-Large is Dr. Hawley Almstedt from Loyola Marymount University! The Board of Trustees extends its congratulations to our newest members and warmest gratitude to Dr. James Navalta (UNLV) and Dr. Jeffrey Bernard (CSU Stanislaus) for their continued interest in serving the SWACSM membership!

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**A Message from your President Elect—Michele LeBlanc**

It is hard to believe that summer is coming to a close and the annual chapter meeting is right around the corner! This year the meeting will be held in a new location, the Renaissance Hotel in Newport Beach, on Friday, October 25<sup>th</sup> and Saturday, October 26<sup>th</sup>. The conference hotel has a very convenient location – right off of the 405 freeway and right next to the John Wayne/Santa Ana/Orange County airport. This year’s program offers something for everyone with a wide range of session topics and presenter expertise. The conference will open with the DB Dill lecture which will be given by William Kraus, M.D., who is the President of the national ACSM organization. He will be presenting “The Science Behind the Physical Activity Guidelines: Past, Present and Future”. Throughout the rest of the day there will be concurrent sessions, offering attendees choices during each time slot. Sessions on Friday include the Undergraduate Student Research Competition (before lunch) and the Graduate Student Research Competition (after lunch) where students will give oral presentations about their research and have the chance to win various prestigious awards. Other sessions will be given by well-established experts from our region and beyond on topics including osteoarthritis, the physics and physiology of endurance exercise, autism spectrum disorder and exercise, sports biomechanics, knee articular cartilage health, and blood flow restriction and exercise. The first of two poster sessions will be held Friday evening. This presentation format allows for one-on-one interaction with the researchers, as well as an opportunity to visit with your friends in the region and to make new acquaintances in an informal venue. The last program item is the always popular Student Jeopardy where teams of students compete for bragging rights and the chance to compete against other regional teams at the national ACSM meeting.



Saturday’s schedule order is a bit different from past years with the morning beginning with the Gatorade Sports Science Institute speaker, Dr. Khalil Lee, who will present “Bridging the Gap: How to Apply Sports Science as a Tool in Youth Athlete Development”. Concurrent to this talk will be Dr. Chris Koutures discussing concussions in youth. After these talks, the General Session will be held which includes Dr. Stella Volpe, Chair of the Department of Nutritional Sciences at Drexel University, presenting “The Effect of Food-based Supplements and Intermittent Fasting on Athletic Performance”. At the conclusion of this session will be the second poster session, highlighting exciting and new research findings from students and professions in the region.

I hope to see you all at this year’s conference. I look forward to the formal talks and learning more about the research work in the region that will be presented in the two student oral presentation sessions and the two poster sessions. Don’t forget to submit your abstract (Deadline = September 20<sup>th</sup> at 5:00 PST)!

**A Message from your Executive Director —Jack Young**



Fall is soon upon us, that time of year where we sadly put summer behind us and, for those in academia, start another school year. It's also that time of year when I would hope your thoughts turn to the Southwest ACSM annual meeting. Once again the meeting will be held in Newport Beach/Costa Mesa in Orange County. For his year, we are meeting at the Renaissance Newport Beach Hotel which is still near to the John Wayne Airport. Michele LeBlanc has organized a program that has something for everyone. However, veteran attendees will agree that just as important is the opportunity to catch up with colleagues and bond with students in social activities. Between two poster sessions, the Student (aka Jeopardy) Bowl and extracurricular activities, it is our intention to create an enjoyable and productive experience for all.

As a member of the Southwest Regional Chapter, you received this newsletter attached to an e-mail or by a link to the SWACSM website, services provided to the chapter by ACSM. In fact, ACSM provides a variety of services and financial support which assist chapter operations. Registration for the annual meeting is through a link on the chapter web site, which is managed by ACSM. Chapter dues are collected by ACSM and direct deposited into the chapter bank account. The ACSM Foundation provides \$500 to be used for a student award which we use for the either the James or Butterfield Award each year. Through the Foundation, each chapter receives \$1,000 grant in addition to an all-expenses paid lecture by a Gatorade Speaker each year. Each year, ACSM provides \$4250 to each chapter for support of general chapter operating expenses. Finally, ACSM instituted the ACSM Regional Chapter Grant program through which we have been awarded funds to improve our technology for on-site registration and implement the Guidebook program. In these and many other ways, ACSM is a valuable supporter of the regional chapters and their mission. To learn more about the mission of ACSM, a broadside of the Strategic Plan is included in this newsletter.

Finally, congratulations to Todd Astorino (Southwest President), Ken Vitale (Southwest Member-at-Large), and Matt Lee (Student Bowl coordinator) who were all named Fellows of ACSM this year. And, I would be remiss if I didn't express my humble and grateful appreciation for being the recipient of this year's Southwest ACSM Recognition Award. It is truly an honor to be included among the noteworthy individuals who have received this recognition.

**Dr. John C Young 2019 SWACSM Recognition Award Winner**

The chapter is pleased to present the 2019 Southwest ACSM Recognition Award to John C. (Jack) Young, Professor Emeritus, Department of Kinesiology & Nutrition Science, University of Nevada, Las Vegas. A native of Detroit, Jack earned his undergraduate degree in physical education (B.S. Ed., 1970) and master's degree (M.S., 1976) from the University of Michigan. He completed studies for a Ph.D. in Exercise Physiology at the University of Wisconsin (1980). He had the good fortune to be awarded an NIH post-doctoral fellowship to work with Dr. John Holloszy at Washington University in St. Louis. His first faculty position was at Boston University (Sargent College of Allied Health Sciences) where he collaborated with Dr. Neil Ruderman, Division of Diabetes & Metabolism, Boston University School of Medicine. Throughout his career Jack's research interests have been focused on aspects of glucose utilization by skeletal muscle and on human performance.

In 1991, Jack accepted a position in the Department of Kinesiology at the University of Nevada, Las Vegas hoping to return to a physical education department. However, things worked out differently when, after assuming the position of department chair, he was tasked with leading the dissolution of the department in a reorganization of the university and integrating the Kinesiology science faculty into the College of Health Sciences. After 5 years as chair, he returned to the faculty ranks, only to later be reappointed for another 5 years this time to shepherd the department through the budget crises of the mid-2000s and subsequently lay the foundation for faculty growth. Jack retired from UNLV in 2017, and was awarded emeritus status.

As with several previous Recognition Award recipients, Jack's service to ACSM and the Southwest chapter was a significant factor in his selection for this award. He is a Fellow of ACSM, and has been a member of ACSM for over 40 years, having joined as a student in 1975. He was a member of the New England chapter while at Boston University, and joined the Southwest chapter on his arrival at UNLV. As a member of Southwest ACSM, Jack has attended every annual meeting since 1992. He has served as presenter, abstract reviewer, session moderator, and student competition judge. He served a term as member-at-large for abstracts, twice was a candidate for president, and has been the moderator of the SWACSM Student Jeopardy Bowl for the past 9 years. Most significant, he has served as Executive Director of the Southwest chapter for the past 16 years, the longest tenure in chapter history, and currently the second longest serving executive director for a regional chapter in ACSM.

Jack has consistently promoted his students' work by having them present at Southwest and ACSM annual meetings. As a mentor, he takes great pride in those who have gone on to faculty or post-doctoral positions across the country, and those who are currently enrolled in doctoral programs at prestigious universities. He considers these students to be his legacy.

Recognizing the wide range of physical activities popular today from walking to cross-training, from yoga to marathoning, Jack has combined physical activity with his love of sports as an active high school sports official. Contrary to the physical profile you see on some officials, he subscribes to the belief that you don't officiate to get fit, you get fit to officiate.

For his contributions to the profession, service and commitment to the mission of ACSM, and leadership and service to the Southwest Regional chapter, Dr. Jack Young is a most deserving recipient of the Southwest ACSM Recognition Award. Congratulations.

ACSM Strategic Plan



## Strategic Plan

The American College of Sports Medicine has embarked on a new strategic plan, guided by continuous improvement science methodologies. The plan is driven by seven fundamentals that represent the college's core functional priorities. Each fundamental is defined by a corresponding "true north" statement that defines its vision of success.



### Membership/ Certification

Create high value member experiences in order to drive loyalty with existing members and recruit new members.



### Education

Provide highest quality and value education when, where and how stakeholders want it.



### Integration

Create opportunities for cross-disciplinary collaboration and partnerships; and foster an environment where diverse perspectives are valued.



### Stewardship

Ensure the lasting impact and influence of ACSM through financial stewardship, social responsibility, and scientific integrity.



### Science/Research

Promote, support and disseminate transformative research. Train, mentor and nurture new and diverse group of investigators to shape the direction of sports medicine and exercise science.



### Medicine

Provide an indispensable community of learning, practice, and discovery for all healthcare providers to improve individual and population health.



### Advocacy

Provide innovative and diverse opportunities to engage, promote, and advocate for the professional interests of our members and certified professionals, as well as for individual and public health.



**Student Representative — Jacky Quintero**

Greetings to all students and faculty! My name is Jacky Quintero and I am a senior at California Lutheran University and the Student Representative for the SWACSM. I attended my first SWACSM conference last fall and thought it might be helpful for students who have never attended for me to share some of my impressions.

Before we even showed up, my faculty advisor had collected student names and was able to save us all money by registering the group of students at a reduced rate. Ask your faculty if your school might take advantage of this deal. If so, they need to do so by contacting Heather Turner in the National ACSM office. See the registration link for more info. Our school was able to get some funding from the student government for the hotel rooms. Your school may have a similar grant program so you should ask around your campus to find out as soon as possible in case there is an upcoming deadline to apply.

Give some info here about the talks you attended – include the idea of choices of sessions, being able to understand some info but also the fact that these are experts in their fields. What was it like to be in a session?

Lunch comments – places listed on the website, chance to visit with new people or with your friends

Impressions of poster session – food included, lots of socializing, learning about the wide variety of research in our discipline

Jeopardy comments and info below – the form must be submitted by October 12<sup>th</sup>

Last year's winners were Cal Poly San Luis Obispo- 2018 Jeopardy Bowl Winners

Saturday – Gatorade Sports Sciences Institute Speaker – this year Dr. Khalil Lee. The Founders' Lecture (nationally known speaker -this year = Dr. Stella Volpe from Drexel University who will be presenting "The Effect of Food-based Supplements and Intermittent Fasting on Athletic Performance") during the General Session. Morning ends with the second poster session.

## SWACSM Jeopardy Bowl - Calling All Faculty and Students

Last year was our 9th Southwest Student Jeopardy Bowl with Cal State Poly, San Luis Obispo winning the regional competition! Last year's team members recall their experiences with enthusiasm having had the opportunity to travel and compete in the regional competition. Moreover, the excitement of having the opportunity to immerse themselves in all the lectures offered at the national conference in Orlando was a highlight to their graduating year.

Our 10th annual Southwest Student Jeopardy Bowl will be held in Orange County at the Renaissance Hotel in Newport Beach on **Friday October 25th, 2019**. All Universities and Colleges are invited to bring a team of 3 undergraduate students to answer questions on categories such as anatomy, physiology, cardiovascular physiology, EKG, biomechanics, and exercise prescription, just to name a few. The format will be similar to that of the long-standing television show, Jeopardy, with single jeopardy questions being easier than double jeopardy questions, and a final jeopardy question being the most difficult. All questions will have a dollar amount associated with the answer, and the team with the highest total at the end of the night, WINS!

I'm looking forward to having more Universities participate, resulting in the "best and brightest" representing the Southwest Chapter at the 2020 ACSM annual meeting in San Francisco. Registration is paid for by the National ACSM and the Regional Chapter will contribute funds for travel, lodging, and food. Each University is also expected to contribute a portion of the cost. Faculty should work together to identify a team who can complement each other in answering questions from our field. Each University is encouraged to bring as many students to support their team, wear their school colors, and cheer them on to victory!

All Universities that are interested in competing in Orange County this Fall must contact Dr Matt Lee at [cmlee@sfsu.edu](mailto:cmlee@sfsu.edu) before October 12<sup>th</sup>, 2019, so he can make necessary arrangements for the room and audio-visual equipment. The more Universities that participate, the better the selection process will be, and the stronger the team we send forward to National.

Reserve your teams spot today but completing this [form](#) before October 12, 2019



**Leah S. Meuter, Ashlen Michelle Kuntz and Megan N. Long**

**Cal Poly San Luis Obispo - 2018 Jeopardy Bowl Winners**

Stay Connected

# guidebook

Download the guidebook app [here](#) or search for swacsm19. The app will allow you to easily access the conference info while attending the conference.



**SWACSM Annual Meeting and Conference – Renaissance Newport Beach Hotel**

**October 25-26, 2019**

(more details can be found on the [SWACSM Website](#))

All members and those joining the Southwest Chapter of the American College of Sports Medicine (SWACSM) are invited to submit abstracts for presentation. General poster presentations are scheduled for Friday evening (5pm to 7pm, 10/25) and Saturday late morning (11am to 12:30pm, 10/26).

**ELECTRONIC SUBMISSIONS ARE REQUIRED, FOLLOW ABSTRACT SUBMISSION LINK.**

Please follow the general instructions below which will assist you in submitting your abstract electronically in addition to the student research award specific instructions.

**Abstract Submission Link:**

[Click here to submit SWACSM abstract](#)

**General Poster Presentation and Student Award Competition  
Extended Abstracts Due: September 20, 2019 at 5pm PDT.**

All questions regarding the abstract submission or the student research award competition should be directed to:

Dr Sarah L Dunn SWACSM Member at Large

Office: 909-448-4788

E-mail: [sdunn@laverne.edu](mailto:sdunn@laverne.edu)

## Meeting Information

October 25-26, 2019

### Renaissance Newport Beach Hotel

Room Block is open until October 3, 2019 or until filled for \$159/night  
Call 1-949-476-2001 to make reservation under room block under Southwest ACSM

Other Local Hotels:

[Hyatt Regency](#)

[Crowne Plaza Costa Mesa](#)

[Residence Inn Marriott Costa Mesa](#)

[The Westin South Coast Plaza](#)

### Airports

John Wayne Airport (SNA), (1.3 miles)  
Los Angeles International Airport (LAX), (40 miles)  
Ontario International Airport (ONT), (45 miles)



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