



President's Message-Peter Grandjean

On behalf of the SEACSM Executive Board, we really appreciate you taking a few moments to read through this newsletter. Our President-Elect, Dr. David Pascoe, and our Clinical Program Director, Dr. Kyle Cassas, have organized what is shaping up to be a meeting for the ages! This 39th annual meeting of the Southeast Regional Chapter will feature more quality scientific presentations, tutorials, symposia, and clinical case studies than ever before. Our Executive Board has done an absolutely stellar job preparing for our 2011 meeting. We have built on the knowledge, wisdom, and experience of previous Executive Boards to design a meeting that will enrich and invigorate you! As you wind down your fall semester, please remember to register for the meeting, get your team ready for the Student Bowl, and make sure your institution has a booth at our Graduate Student Fair.



All the best!

A handwritten signature in blue ink that reads 'Peter Grandjean'.

Peter W. Grandjean, Ph.D., FACSM
President, SEACSM

SAVE THE DATE-SEACSM: FEBRUARY 3-5, 2011

This year's meeting date is a week earlier than normal. The meeting will be at: Hyatt Regency Greenville, 220 N Main St, Greenville, SC 29601. The Hotel deadline is **January 19, 2011**. The Hotel Reservations number is 864-235-1234 or 800-233-1234. Please make reservations early as you can always cancel if your plans change. Registration for the meeting is now open at www.seacsm.org. See you in Greenville, SC.

Sponsor and Exhibitor Opportunities.-Michael Berry

One of the ways by which the Southeast American College of Sports Medicine defrays the cost of the annual meeting is through the use of sponsors and exhibitors at the meeting. The chapter offers a variety of opportunities to companies and organizations to market their products and services to sports medicine and exercise science professionals in the southeast and to gain local, regional and national exposure for their company. One of the highlights of the conference is the exhibitors' that participate in the meeting. The participants have the opportunity for one-on-one contact with the exhibitors to learn more about the products and services they have to offer. The sponsors and exhibitors that participate at the annual meeting are from a wide variety of industries that offer products, equipment or services that the conference attendees use frequently in their professions. Last year was a record breaking year for SEACSM in terms of attendance and participation of exhibitors. In fact, all our exhibitor spaces were occupied. If you or your business would like to participate as a sponsor or exhibitor, or if you know of a company or business that you think would like to participate, please contact Michael Berry (berry@wfu.edu) as soon as possible to discuss these opportunities.

SEACSM Graduate Student Fair

Dear Graduate Coordinators and Internship Supervisors:

Once again, the Graduate Student Fair was an overwhelming success with nearly 250 students attending and 29 universities and internship sites hosting booths at the 2010 annual meeting. The 2011 Graduate Student Fair will be held on Friday, February 4 from 5:30-7:00 PM. Those interested in having a table at the Fair to advertise internship sites or graduate programs can download an application form at http://www.seacsm.org/gradfair2011_app.pdf. The fee for hosting a booth is \$85 by December 1st and \$100 after December 1, with an additional \$15.00 if



an electrical outlet is required. Applications and payment are due by Friday, January 21, 2011. Any questions regarding the Graduate Student Fair may be addressed to Dr. Mark Loftin at mloftin@olemiss.edu or (662) 915-5526. Don't miss this chance to network with some of the brightest students in the Southeast!!!

2011 Annual Meeting Preview

SEACSM Members:

We are very excited about the SEACSM program for this year's meeting in Greenville South Carolina on February 3rd-5th, 2011. The program has expanded from 164 abstracts accepted last year to 212 for our upcoming meetings. The success of this region and the meeting program is directly attributed to our active membership. This program will feature 10 symposiums, 15 tutorials, 37 oral presentations, and 142 posters including 24 student award finalists in three categories: Undergraduate, masters, and doctoral.

The invited speakers include: Dr. Scott Powers (Keynote lecture: Exercise can Protect against a Broken Heart); Dr. Thomas Best (President's Lecture: The Immune Response: Friend or Foe?); Dr. Steven Blair (Montoye Scholar Lecture: Physical Inactivity: The Biggest Public Health Problem of the 21st Century); Dr. Lichtman (Basic Science Lecture: Imaging the Neuromuscular System); and Dr. Brent Ruby (Luncheon Lecture: Quantifying the Limits of Human Performance Outside of the Laboratory).

In addition, students from various institutions will be competing and demonstrating their academic prowess in the jeopardy style Student Bowl. Make sure your teams sign up early to represent your school. There will be a Graduate Fair to learn about future career opportunities. Schools should be aware that there are early registration incentives.

On Thursday Night there will be the Social to meet with friends and network. At the meeting, we also have exhibitors that will promote and demonstrate their latest equipment, software, and supplies. There is a very active schedule program planned for the 2011 meeting. Please see the PROGRAM AT A GLANCE.

Last year had over 750 attendees and more are expected this year. This means that you should register early and finalize your hotel arrangements. Greenville is centrally located within our region and features a river park a couple blocks from the convention center for exercise and leisure, a variety of restaurants and pubs. The conference hotel is the Hyatt Regency in downtown Greenville, SC. Hotel information can be found at (www.greenville.hyatt.com) or links on the SEACSM web site. We look forward to seeing you at the meeting in February, just a few months hence.

If you have any questions regarding the 2010 SEACSM meeting please

contact: Dr. David Pascoe at: <mailto:pascodd@auburn.edu> or 334.844.1479.

2011 SEACSM Meeting AT-A GLANCE February 3-5, 2011 Greenville, SC

Time/Day	Redbud	Regency		Ballrooms		Continental	Crepe Myrtle	Teal
		E	F	O	BAC	M		
4 Feb								
4:00 PM	S1			O1-O4	S2		O5-O8	T1
5:00 PM	(4-5:30)	S3		(4-5:15)	(4-5:30)	T3	(4-5:15)	T4
6:00 PM	T2	(5:15-6:45)				(5:30-6:30)		(5:30-6:30)
7:00 PM	(5:30-6:30)						KEYNOTE	
8:00 PM							Dr. Powers	
9:00 PM					SEACSM SOCIAL		7:30-9:00	
10:00 PM					9:00-11:00			
5 Feb								
6:00 AM		WOMEN'S BREAKFAST						
7:00 AM		6:45-7:45						
8:00 AM	S4			O13-O15	S5	T5	O9-O12	S6
9:00 AM	8-9:30				8-9:30		PRES. LEC	8-9:30
10:00 AM							Dr. Best	
11:00 AM	S7	T6		O16-O19	O20-O23	T7	9:45-10:45	
12:00 PM			Past Pres Lunch					Clinical Track
1:00 PM								(10:45-12:15)
2:00 PM						O24-O27	Montoyo Dr. Blair	12:30-6:15
3:00 PM	T8	S8		T9	T10	2:45-4:00	1:30-2:30	POSTERS
4:00 PM	2:45-4:15	2:45-4:15		2:45-4:15	2:45-4:15		STUDENT BOWL	P49-P72
5:00 PM							(4:30-5:30)	(2:45-4:15)
6:00 PM	CLINICAL RECEPTION					GRAD FAIR		
7:00 PM						5:45-7:00		
8:00 PM	(6:30-8:30)							
9:00 PM								
6 Feb								
7:00 AM								Clinical Track
8:00 AM	S9	T11	T11	O28-O30	T12	O31-O34		7:30-12
9:00 AM							BASIC SCI	POSTERS
10:00 AM	S10	T13	T13	O35-O37	T14	T15	Dr. Lichtman	(8-9:45)
11:00 AM	(10:30-12)	(10:30-11:30)	(10:30-11:30)	(10:30-11:45)	(10:30-11:30)	(10:30-11:30)	9-10:15	POSTERS
12:00 PM							LUNCHEON	P97-P118
1:00 PM							Dr. Ruby	(10:15-12)
2:00 PM								

Registration: 1:00 – 6:00 PM Thursday; 8:00 AM – 5:00 PM Friday; 7:30 – 9:00 AM Saturday
 Exhibitors: 4:00 – 9:00 PM Thursday; 8:00 AM – 6:00 PM Friday; 8:00 – 12:00 AM Saturday

Clinical Track Program Info (2/4-2/5)

Message from Sean Bryan (Clinical Representative) and Kyle Cassas (Planning Committee Chair) to Clinical Members

If you have not attended a SEACSM Clinical Track Program then now is the time! Based on the planning committee's assessment of need and feedback from participants of the 2010 SEACSM Clinical Track Program, this year's course is designed to educate clinical professionals interested and engaged in the healthcare of the endurance athlete of all ages participating in organized and recreational sports. Please check out the preliminary agenda listed below and don't miss this exciting program. Registration is a quick and easy online process – just go to <http://www.fau.edu/divdept/exsci/seacsm/clinreg.htm> - we look forward to seeing you in Greenville!

SEACSM 2011 Annual Meeting Clinical Track Program Greenville, SC

Theme: The Endurance Athlete

Friday February 4, 2011

Welcome and Announcements: Kyle J. Cassas, MD	10 minutes
GI Problems in Athletes: Thomas M. Best, MD, PhD, FACSM	45 minutes
Exercise Physiology for the Practicing Clinician: Ray Moss, PhD	30 minutes
Ultra-Endurance Events : John Millon, MD	20 minutes
Break	
The Medical Tent: SC Half Ironman Perspective: Dave Sealy, MD	30 minutes
Fellow Case Presentations (Case 1, 2, 3)	15 minutes-each
Gait Analysis: Bert Fields, MD	30 minutes
Basic Bike Fit: Dave Mruz, DC	20 minutes
Evaluation and Treatment of Exertional Leg Pain: Delmas Bolin, MD, PhD, FACSM	30 minutes
Discussion	
Clinical Reception: 6:30 PM – 8:30 PM	

Saturday February 5, 2011

Welcome and Announcements: Kyle J. Cassas, MD	10 minutes
Foot and Ankle Problems in the Endurance Athlete: Bryan Weatherby, MD	30 minutes
Vascular Issues in Endurance Athletes: Bruce Gray, MD	30 minutes
Fellow Case Presentations (Case 4, 5, 6)	15 minutes-each
The Female Athlete: Michelle Wilson, MD	30 minutes
Strength Training Effects on Endurance Performance: Peter M Magyari, PhD, HFS, CSCS	30 minutes
Rehab Issues in Endurance Athletes/Functional Movement Screen: Brad Eggebraaten, PT, ATC	30 minutes
Fellow Case Presentations (Case 7, 8, 9)	15 minutes-each
Sports Nutrition and the Endurance Athlete: Speaker TBA	30 minutes
Voting for Best Case Presentation and Closing Remarks	
Adjourn	

**Student Article**

Travel Awards: Don't miss out on these available student travel awards to ACSM associated National Meetings (Applications available at www.acsm.org).

Gail E. Butterfield Nutrition Travel Award - Two \$500 travel awards through the *Gail E. Butterfield Nutrition Travel Award Fund*. The purpose of the awards is to provide annual assistance to help fund travel expenses accrued by two (2) PhD students (one from the U.S. and one international student) to present their scholarly work at the next ACSM Annual Meeting (Denver, Colorado; May 31-June 4, 2011). Deadline: Friday, April 1, 2011.



Michael L. Pollock Award - In memory of **Michael L. Pollock**, ACSM's 26th President. Two (2) \$200 scholarships to graduate students who are presenting research projects at the 2011 ACSM Annual Meeting in Denver. Awards based on the two best research projects, *focused in the areas of health & fitness and/or clinical exercise physiology*. Deadline: Friday, April 1, 2011.

Steven M. Horvath Award - In memory of **Steven M. Horvath**, FACSM. Two (2) \$500 scholarships to aid two underrepresented minority graduate students to present their scholarly work at the ACSM Annual Meeting in Denver, CO. Deadline: Monday, April 11, 2011.



Student Bowl: We are still fielding teams for the 2011 Student Bowl at the SEACSM meeting in Greenville! The "Student Bowl" is a fun and friendly competition consisting of "Jeopardy" style play with categories and questions from an exercise science curriculum. Teams must consist of 3 students (consisting of at least 2 undergraduates) and one alternate. The winner will represent the Southeast Region in the National Student Bowl Competition in Denver! The winning teams will receive some great prizes!

Faculty: Please help the students of SEACSM continue to build the Student Bowl into tradition by being a faculty sponsor for a team. In addition, we are seeking faculty members to help in the formulation of a pool of questions for this year's competition.

Brandon C. Hollis, M.S. (bholl1@lsu.edu)
Student Representative to the Board of SEACSM

Remember to register for the meeting and to book your hotel room early as we have a record number of presentations at this year's meeting!

Past President's Message Fall 2010**Alan C. Utter***From Boone, NC*

As I finish my responsibilities and duties as Past-President of the SEACSM, I want to take a moment to thank you the members for giving me this opportunity to provide leadership to the best chapter of the ACSM in the United States that being our chapter the Southeast American College of Sports Medicine! It has been my pleasure to work with you over the last three years and I am pleased to report that the SEACSM is both financially and academically fit. The SEACSM is under steadfast leadership by my successors: President Dr. Pete Grandjean and President-Elect: Dr. David Pascoe in conjunction with and an outstanding Executive Board and the tireless efforts of our Executive Director: Dr. Lynn Berry and Webmaster: Dr. Don Torok.

The 2011 SEACSM Annual meeting is shaping up very well and I have just a few updates from my end. New this year, the Student Award Poster Competition will now have three categories: Undergraduate, Master's, and Doctoral. We received a total of 60 submissions for this competition and the Top 8 posters have been determined for each of the categories. I encourage you to visit these outstanding posters on Thursday night of the Annual meeting at which time the student authors will be presenting to judges to determine the winners in each division. The winners will be announced at the luncheon and lecture on Saturday. I will also update you in that the selection committees have met and both the 2011 Montoye Scholar Award and the 2011 SEACSM Service Award winners have been determined and will be announced during the meeting.

As you know the future of our chapter relies heavily on those that are elected to leadership positions including: President-Elect and Members at Large for our Executive Board. The SEACSM Executive Board is pleased to announce the following slate of candidates for the upcoming 2011 SEACSM Election Ballot. I ask that you please review candidate credentials (will be made available at the meeting) and exercise your right to vote on the future leadership of the SEACSM chapter. Voting will take place at the Annual meeting.

2011 SEACSM Election Ballot:**Student Representative:**

1. Joseph Pierce, East Carolina University
2. Lindsey Schreiber, Auburn University

Member-at-Large

1. Dawn Coe, University of Tennessee
2. Matt Green, University of Northern Alabama
3. Michael McKenzie, Winston Salem State University
4. Stephen Rossi, Georgia Southern University

President:

1. Paul Davis, University of North Carolina-Greensboro
2. Michael Turner, University of North Carolina-Charlotte

I look forward to seeing you all in Greenville in February 3-5, 2011 for our Annual meeting.

Editor's News- Don Torok

Congratulations, now that you have gotten to this part of the newsletter, you are very well informed on the exciting program that is being planned for you on your trip to Greenville, SC. With this year's record submissions, we are planning on another outstanding meeting.

REQUIREMENTS for all Posters for the SEACSM 2011 MEETING

Posters should be made to fit on a board which is 4'x 6'. Presenters should bring their own pins to present their poster.

Here are some other things that you will need to know about the meeting. 1) Online registration for the meeting is listed in an earlier section of this newsletter.

The 2011 SEACSM meeting will be in downtown Greenville, SC at the Hyatt Regency (www.greenville.hyatt.com) on February 3-5, 2011. More information can be found on the SEACSM.ORG website.

Transportation: To / From Greenville Spartanburg International Airport:

Transportation services are available through Greenville Spartanburg International Airport or Hyatt Regency Greenville. Transportation fees vary and should be confirmed directly. To make your travels as simple as possible, we recommend calling local taxi cab services, visiting transportation kiosks in the baggage claim area, or calling the hotel in advance for assistance or recommendations.

Parking

Hyatt Regency Greenville is pleased to offer our guests to convenient parking options: • **Valet Parking: Cost:** \$15.00 per day, with in / out privileges • **Indoor or Self-Parking: Cost:** \$6.00 per day

Please note, maximum garage clearance is 6'8". RV and van parking is available in a nearby lot. Please contact our concierge if you require additional information.

Maps & Directions



Hotel Address

Hyatt Regency Greenville

220 North Main Street, Greenville, South Carolina, USA 29601 Tel: +1 864 235 1234

Fax: +1 864 232 7584

Directions Use the Hotel Address below for Mapquest/GPS directions: 50 Beattie Pl Greenville, South Carolina, USA 29601



From Greenville Spartanburg International Airport (14 miles):

Depart the airport heading south on GSP Drive. Proceed straight toward I-85 / Greenville / Spartanburg, then merge onto I-85 South toward Greenville. Merge onto I-385 North via Exit 51, toward Downtown / Greenville. I-385 North becomes Beattie Place. Hotel is located on the left side of Beattie Place.

From Chattanooga and Atlanta

Take I-24 East toward Atlanta / Knoxville. Merge onto I-75 South via Exit 185A toward Atlanta (crossing into Georgia). Take the I-285 West / I-285 East exit #259 toward Birmingham / Tampa / Greenville / Augusta. Merge onto I-285 East / GA-407 East via Exit 259B toward Greenville / Augusta. Merge onto I-85 North via Exit 33B toward Greenville (crossing into South Carolina). Merge onto US-29 North via Exit 42, then turn left onto Beattie Place. Hotel entrance is located on the left side on Beattie Place.

From Columbia

Take US-76 West, which becomes I-26 West. Merge onto I-385 North via Exit 51 on the left, toward Laurens / Greenville. I-385 North becomes Beattie Place. Hotel is located on the left side of Beattie Place.

From Charlotte

Take I-85 South toward Gastonia (crossing into South Carolina). Merge onto I-385 North via Exit 51 toward Downtown / Greenville. . I-385 North becomes Beattie Place. Hotel is located on the left side of Beattie Place.

2010 SEACSM Fall Lecture Tour

The **2010 SEACSM Fall Lecture Tour** was coordinated by, Dr. Jay Garner- from The University of Mississippi. The Fall SEACSM Lecture Tour was delivered by Dr. Duane Knudson-Texas State University. The title of the lecture was:



"Disfunctional Anatomy: Why Biomechanics is Essential." By all accounts, the SEACSM Fall Lecture Series was a success at all locations. Dr. Duane Knudson visited University of Louisiana-Monroe (Lisa Colvin), Murray State University (Jeremy Erdmann), Mississippi State University (Brendon Hale), University of Mississippi (Jay Garner), and University of Tennessee (Clare Milner). The lecture settings were varied ranging from full university wide auditorium of 500 attendees to a more intimate graduate student lunch setting of 15. The representative from each of the universities reported that Dr. Knudson was a very energetic and entertaining speaker that revealed a new side of kinesiology, especially mechanics. There are some pictures that Dr. Colvin from ULM posted (<http://www.facebook.com/album.php?aid=46120&id=153851914630859>).

SEACSM Executive Board

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SEACSM

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