
Mid-Atlantic Regional Chapter News

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ACSM Mid-Atlantic Regional Chapter 32nd Annual Meeting November 6-7, 2009

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>

Tentative Program Highlights

Keynote speaker: to be determined

Childhood Obesity

Exercise and Public Health

Exercise Adherence

Hands-on Strength and Conditioning

Sport Psychophysiology

Medical Fitness

Collegiate Teaching

ACSM Certification and Getting a Job

For More Information...

Check the MARC-ACSM Website

(<http://www.marcacsm.org>) this summer for
details on housing, abstract submission, etc.



Our new member-at-large, Michael Holmstrup, and his new son enjoying the 2008 meeting

How to Contact MARC-ACSM

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MARC 2008 Election Results

President: Jim Roberts, Ph.D., Edinboro University

President Elect: Kristi Abt, Ph.D., University of Pittsburgh

Member-at-large: William "Turi" Braun, Ph.D., Shippensburg University

Member-at-large: Michael Holmstrup, M.S., Syracuse University

MARC-ACSM Officers



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Past Presidents of MARC-ACSM

2008	Steve Siconolfi	1997	Michael Cox
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



MARC past-president Dan Drury working registration at the 2008 meeting



Immediate past president, Steve Siconolfi, with our newest MARC-ACSM member

President's Column



Jim Roberts

It is hard to believe almost a half a year has past since our annual meeting Harrisburg. However, as many members may have been busy with duties outside of the Mid-Atlantic Regional Chapter of ACSM, the executive board has been very busy working on many ideas (including ideas submitted by MARC-ACSM members) to continue to improve and expand the opportunities in our chapter. The following are just some of the items on which we have been working:

Annual Meeting Program- This year's program is our largest offering ever. As our membership continues to grow, the executive board has worked hard to meet the needs of all members. We have sessions geared toward members interested in the medicine, applied sciences, basic sciences, student-oriented topics, and more!

Facebook – We have a very active student population in MARC-ACSM. Many students and professionals are into the social networking that is available online today. This is supported by the over 200 members (friends as they are called on Facebook) we have on our recently added Facebook presence. This has the potential to be a great communication tool for keeping some members up to date on items between newsletters and the annual meeting. In addition, this will certainly promote our regional chapter to some that may not have known about it. Finally, there are a couple of other regional chapters on Facebook too, but we seem to be ahead of the curve!

Entertainment- A move has been made to include live entertainment for the social this year. We have contracted with singer/songwriter Jackson Rohm for this year's annual meeting. His current schedule has performances scheduled from Florida to Illinois and most of the states in the Mid-Atlantic Region. He has a playlist of about 300 songs from a variety of genres. Visit www.jacksonrohm.com to hear some of his tracks or to learn more.

Service- Plenty of opportunities exist for you to become more involved in the Regional Chapter. We continue to working on strategic planning and may have opportunities for members to serve in that area. In addition, we have a need for moderators, research committee members, and several positions on the executive board. Email me at president@marcacs.org or jroberts@edinboro.edu if you want to be more involved, and I'll do my very best to match you with service in the chapter that helps build the chapter while using your strengths too.

Executive Director- Finally, Dr. Craig Stevens will be stepping down as Executive Director of MARC-ACSM after many years of service. This will be his last year in this capacity, and the current board will be naming a successor in the very near future. The Executive Director needs to be a past-president and many attempts have been made to contact the past-presidents prior to appointing the new Executive Director. The announcement of the new director will be made prior to the National ACSM meeting in Seattle. On behalf of the board, I would like to thank Craig for his service and appreciate his help in the transition for our new Executive Director in 2010. I am enjoying serving MARC in this capacity and it certainly is helpful to have many hard-working individuals on the board. I hope to see you many of you in Seattle and do not forget to MARC your calendars now for a great meeting scheduled for Harrisburg November 6th and 7th of 2009!!

Past Student Rep Column



Michael Holmstrup

We have had some successful new projects this past year, including the "College Bowl" and "Meet the Experts" sessions, and I am very excited to see where they go in the future with our incoming Student Representative, Jody Greaney. Jody joins the MARC Executive Board as a graduate student from the University of Delaware, and she has already brought some great ideas to our planning meeting in January. Look for big things to happen on the student agenda in MARC over the next couple of years!

I just wanted to take a quick moment to thank all of the members of the Executive Board, as well as Kimberly Weary and Summer Cook (our previous Student Reps) for all of the help and advice they have freely given me. Finally, I would like to thank all of the students of our region for their feedback, enthusiasm, and support. It has really made my job easy and enjoyable to know that it was for such a tremendous group of future leaders. I hope that our regional chapter can act as a doorway to great things for all of you!

Student Rep Column



Jody Greaney

Hello fellow students! This is your new Student Representative, Jody Greaney, from the Department of Health, Nutrition, and Exercise Science at the University of Delaware. I would like to begin by thanking your former Student Rep, Michael Holmstrup from Syracuse, for helping to ease the transition into this new position. I am very excited to work with all of my fellow colleagues, along with all of the MARC students, in my time in this position. Please feel free to contact me at student@marcacsms.org with any questions, comments, or concerns that I can bring to committee meetings.

This past November, we held the 30th annual MARC ACSM conference at the Sheraton Harrisburg-Hershey Hotel in Harrisburg, Pennsylvania. It was a great success, with a wide variety of symposium topics, excellent student poster sessions, and an assortment of vendors represented.

We tried some new things at this year's conference, in our continued attempts to get even more students involved in MARC. We held the first "Meet the Experts" session, and it's safe to say, that judging from its popularity, it was a great success. This session was an opportunity for students to meet and chat with a variety of experts in the health sciences field – from physical therapists to NASA researchers. We look

forward to expand upon this session in upcoming MARC conferences.

Friday evening's MARC Expo and Social is always a big draw for students. This is a great time to meet prospective employers and representatives from graduate programs, all while developing valuable networking skills. This year kicked off the start of the MARC College Bowl tournament, which consisted of eight teams participating in a "Jeopardy-style" game. Salisbury University took home the title this year, in an exciting and heated battle with their opponents. The opportunity to participate is open to all undergraduate students, so get your school's team formed now and enter to win! Interested teams should contact me at student@marcacsms.org.

Keeping the students' best interests in mind is important to us, and that is why we have recently started a MARC ACSM Facebook profile. If you haven't already, become friends with MARC ACSM. We already have over 200 friends! It is a great way to keep in touch with students from other programs and keep abreast of all the news coming out of MARC.

Also, do not forget about this year's national ACSM meeting, which will take place in Seattle, Washington, from May 26th – 30th. The meeting promises to be very informative, with well-known and respected speakers at the many symposium sessions, and a wide variety of topics covered in the poster sessions. Book your rooms early; with such an exciting destination, space is sure to fill quickly!

As you can see, we're really trying to keep you, the MARC student, involved, as the success of MARC depends on you. We are excited to build on the success of last year and look to improve MARC every year. I'll see you in Seattle!



Keynote speaker, Dr Steve Blair, with then president, Steve Siconolfi, at the 2008 meeting.

2008 MARC-ACSM Student Research Awards

Graduate Student Investigator Award



Styliani Gouloupoulou, Syracuse University

Past Recipients

- 2007 Francesca Amati, University of Pittsburgh
- 2006 Sara Fleet, University of Pittsburgh
- 2005 Kimberly Weary, University of Pittsburgh

Student Research Grant Award



Erin Delaney, University of Delaware

Past Recipients

- 2007 Stella Gouloupoulou, Syracuse University
- 2006 Not awarded
- 2005 Tracy Baynard, Syracuse University

Undergraduate Student Investigator Award



Kristy Rubino, Gettysburg College

Past Recipients

- 2007 Mark Sausen, University of Delaware
- 2006 Jennifer Basich, Slippery Rock University
- 2005 Luke Haile, Bloomsburg University

MARC President's Award for Outstanding Doctoral Student



Ruth Franklin, Syracuse University

Past Recipients

- 2007 Francesca Amati, University of Pittsburgh
- 2006 Stella Gouloupoulou, Syracuse University
- 2005 Summer Cook, Syracuse University

Scenes from the 2008 Conference



Undergraduate students from Slippery Rock University display their research



Dr. Shala Davis, MARC Regional Chapter Rep.



The winning college bowl team from Salisbury University



Students talking with Dr. Steve Blair after his keynote address



Students "cutting the rug" at the Friday night social



A MARC tradition - Dr. John Anning break dancing! How long can it continue?

Program Highlight



SYRACUSE UNIVERSITY

DEPARTMENT OF
EXERCISE SCIENCE

The Department of Exercise Science at Syracuse University is dedicated to educational excellence through high quality, innovative graduate programs in applied exercise physiology and cutting-edge research. A program that provides a strong theoretical background, that also provides lab experiences, clinical opportunities and research experience.

Graduate students major in Exercise Science with specializations in:

- Exercise Physiology and Fitness
- Research emphasis in Exercise Physiology
- Endocrine and Obesity
- Skeletal Muscle Disuse, Oxidative Stress, and Rehabilitation
- Cardiovascular and Neuromuscular Physiology
- Exercise & Aging
- Anti-inflammatory Effects of Exercise
- Strength and Conditioning

The **Department of Exercise Science** is nationally recognized and offers the following graduate degrees: **Master of Science in Exercise Science (M.S.)** **Doctor of Philosophy (Ph.D.) in Applied Exercise Physiology** (offered through the Department of Science Education).



For more information on graduate study at Syracuse University, please contact
Donna Fecteau
(315) 443-2114; defectea@syr.edu or visit our website at soe.syr.edu

**Mark the date for the MARC Conference
November 6-7, 2009**

**Check the MARC-ACSM website this
summer and the fall newsletter for more
information**