



2011 Annual Meeting (Past President)



Greg Kandt
Past President

Mark your calendars, save the dates October 20 and 21, and plan to join us at the Overland Park Marriott for the 2011 Central States Chapter ACSM meeting. I look forward to excellent participation by professionals and students in our region. The Overland Park Marriott recently completed total remodeling so meeting facilities and guest rooms are extremely nice.

I will be posting the full meeting agenda and list of speakers by early September. I am working with some new meeting sponsors and arrangements for a few speakers are still being finalized. I do still have openings for at least 2 presentations so if you would like to share some of your current research please contact me at gkandt@fhsu.edu.

Our Central States Quiz Bowl team represented us well in Denver last June, and continuing to “grow” the student quiz bowl event is another meeting focus this year. Please make plans to have a team of 3 undergraduate students represent your institution in the competition Thursday evening. Remember, according to National ACSM Competition Guidelines this is an undergraduate event and all team members absolutely must be undergraduates during the 2011 school year.

I do want to make you aware that we are trying a new type of meeting contract this year. I will share full details of all contract options at the chapter business meeting, but we used the services of professional meeting planner to solicit bids from numerous facilities in the Kansas City area. The guest room fees at the Marriott were the second lowest, but the one facility with lower room rates was going to charge significantly more for meeting facilities. Our meeting facility fees may be totally waived if we have adequate guest room occupancy. Please help support the Chapter and enjoy the excellent guest experience at our meeting hotel.

Special points of interest:

- *Annual Meeting Oct. 20—21*
- *Registration for the meeting will be available early to mid-September*
- *Quiz Bowl: 3 undergraduate student to represent your school*

President's Comments



John Thyfault – President

As President, I ask you to participate in our organization by attending the meeting, taking part in the business meeting, and overall playing a role in the organization anyway you can. Moreover, let us know what you would like to get out of the meeting and the organization. We are hoping to improve both the scientific aspects of the meeting as well as improving the applied information for professionals in the field. We can only enhance these features by having good ideas from you, the member. Also, if you are a faculty, get your students involved by attending, presenting research, and especially by having undergraduates participate in the quiz bowl. State Representative up for election are Kansas and Missouri, as well as the student representative. If you would like to nominate someone please let us know.

President Elect: Steve Burns



*Steve Burns
President-Elect*

Welcome back! It was great to see a great turnout at the National convention in Denver and I look forward to seeing everyone at the regional conference in Overland Park October 20th. Be aware that abstracts are now being received online with a deadline of October 3rd. We expect 40-50 abstracts submitted this year so now is the time to get out that study you conducted last year and write that abstract. Remember that the first author must present the project at the meeting October 20th. All abstracts submitted will be reviewed by several professional members and those accepted will be published in the conference program. Please visit the chapter website (<http://www.centralstatesacsm.org/home.html>) for full details on the process and guidelines for submission.

Monetary awards are available (\$500.00) and will be given to the most outstanding PhD and Masters student's research. To be considered for the award you will need to submit your application including a 3-4 page summary that includes the abstract, introduction, purpose, methods, results and conclusions by Oct 3rd.

The top 4-5 projects will present their project orally in a 15 minute session

Thursday evening followed immediately by poster presentations in conjunction with our social (5:30-6:30). Additionally, a plaque will be awarded to the best student poster (Students are only eligible for one year after they have graduated). Questions regarding abstract submission or Student Award competition should be directed to me at sburns@ucmo.edu.

The regional meeting is a great place to network and get involved in ACSM. The chapter is always looking for individuals that are motivated to give their time to various committees and leadership. If you would like to be more involved please introduce yourself to me at the meeting or send an e-mail to let me know. I look forward to seeing you all this October.

Secretary/Treasurer

We hope everyone enjoyed the summer and are finding yourselves in the flow of the fall semester. As others have mentioned, the Central States Annual Meeting is fast approaching. We will have the registration opened up around mid-September. The same methods of the online option, as well as a paper version for you to print off and send to me will be available. A few things to note during the registration process is that we do use PayPal and an account is not necessary to complete your registration. There are a few options once you get to the registration: 1) Professional member (2) Professional non-member 3) student members and 4) student non-members. If someone else is paying for you (department account etc.), please note that the buyer should be the person attending the conference. If there are any questions or concerns about your membership status or registration process, feel free to contact me.

A new approach to packet pickup and on-site registration will be in place this year. We are going to have early pick-up/on-site Wednesday evening (Times TBA). Late registration is allowed, but we really appreciate early registration so we can have some more accurate numbers for the luncheon, as well as have enough programs on hand. We look forward to seeing everyone at the meeting.



Mike Leiker
Secretary/Treasurer

Chapter Representative Message

I would like to express what an honor it is for me to once again help our chapter in a leadership role. As regional chapter representative I am charged with representing our chapter's interests with the National Organization.

I accept this role from the capable hands of Rich Sabbath who has done so much for our chapter over the years. Rich has donated hundreds of hours for this chapter over the years in various roles. I hope you all recognize and appreciate the dedication Rich has demonstrated for the advancement of this chapter. Thanks Rich.

Quiz Bowl

The Chapter will be hosting a Student Quiz Bowl at this fall's meeting. The winning team will advance to the National Student Quiz Bowl held at the National ACSM Meeting. If you have not seen this event at the National ACSM Meeting then you would be surprised how many people attend.

The teams are all undergraduate students and the structure we will use at our meeting will be the same as that used at the National event. The quiz bowl is modeled on *Jeopardy*. Some of you may be contacted to write questions or serve as a judge or timer.

I hope that you will put together a team to compete at the regional meeting.



Joe Pujol
Regional Chapter Rep.

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American College of Sports Medicine

...Advancing health through science, education and medicine

Much more than a slogan, the American College of Sports Medicine puts into practice its strategic efforts to advancing the health of all. As the largest sports medicine and exercise science organization in the world, ACSM has more than 20,000 International, National, and Regional Chapter members.

ACSM was founded in 1954. Since that time, our members have applied their knowledge, training and dedication in sports medicine and exercise science to promote healthier lifestyles for people around the globe. In 1984, the National Center relocated to Indianapolis, Indiana, and our strong heritage, combined with our visionary approach to the future, means ACSM continues to grow and prosper both nationally and internationally.

[View the most significant ACSM events as identified by the ACSM Historian and the Office of Museum, History & Archives.](#)

Working in a wide range of medical specialties, allied health professions, and scientific disciplines, our members are committed to the diagnosis, treatment, and prevention of sports-related injuries and the advancement of the science of exercise.

Our members' diversity and expertise makes ACSM the largest, most respected sports medicine and exercise science organization in the world. From astronauts and athletes to people with chronic diseases or physical challenges, ACSM continues to look for and find better methods to allow individuals to live longer and more productive lives. Healthy people make a healthier society.

ACSM's Mission Statement reflects this goal: The American College of Sports Medicine promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.



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CENTRAL STATES REGIONAL CHAPTER