



ON TRACK



Exercise Is
Medicine

MESSAGE FROM THE PRESIDENT...

Jim McKinley, MD

University of Texas Health Science Center at Tyler

Greetings TACSM members, sports medicine enthusiasts and practitioners. I hope spring finds you well. Here in Tyler the azaleas are in full bloom, and it is truly a time of renewal for nature's beauty. As we approach the waning weeks of the spring semester, many of us recently attended the Annual TACSM Meeting, which also offers a time of professional renewal. I always enjoy the opportunity to "recharge my batteries" by interacting with colleagues, old acquaintances, new faces and students. It is always stimulating and also reassuring to see the new research being presented by students, and hear and discuss new ideas with thought leaders in our multidisciplinary format. I would encourage all of you to plan to attend next year's spring meeting here in East Texas, to be

refreshed by the natural beauty and diversity of our state, and be reinvigorated by the variety of educational and professional offerings that will be available.

My overall goal for this year is to continue the excellent work of those who have gone before me. The Texas Chapter has become a shining example for other regional chapters in many ways. Not the least of these is our support of our students. The Texas Chapter now provides more to students, in terms of scholarship/award money, than any other chapter. So students, another reason to become active in our organization, get your research projects together and present them to the TACSM for the annual meeting!

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PRESIDENT'S CORNER

The students are the lifeblood of this organization, the future researchers, teachers, practitioners, and we are privileged and proud to support them in this way. By providing encouragement, financial and otherwise, to our students, we are developing the leaders of our fields for tomorrow.

The TACSM and ACSM are uniquely multidisciplinary when compared to other national and regional professional societies, and this has always been part of the appeal of these organizations for me. I hope in the next year, and for our 30th annual meeting next spring, to attract more involvement from my physician colleagues.

This year the initiative for the ACSM is "exercise is medicine", and as a chapter we will try to disseminate this to our

constituents throughout our region. At the request of the TACSM, the Month of May has been proclaimed "Exercise is Medicine Month" in Texas by Governor Rick Perry. We certainly all wish to promote exercise and a healthy lifestyle to all of our neighbors and improve the health of our state.

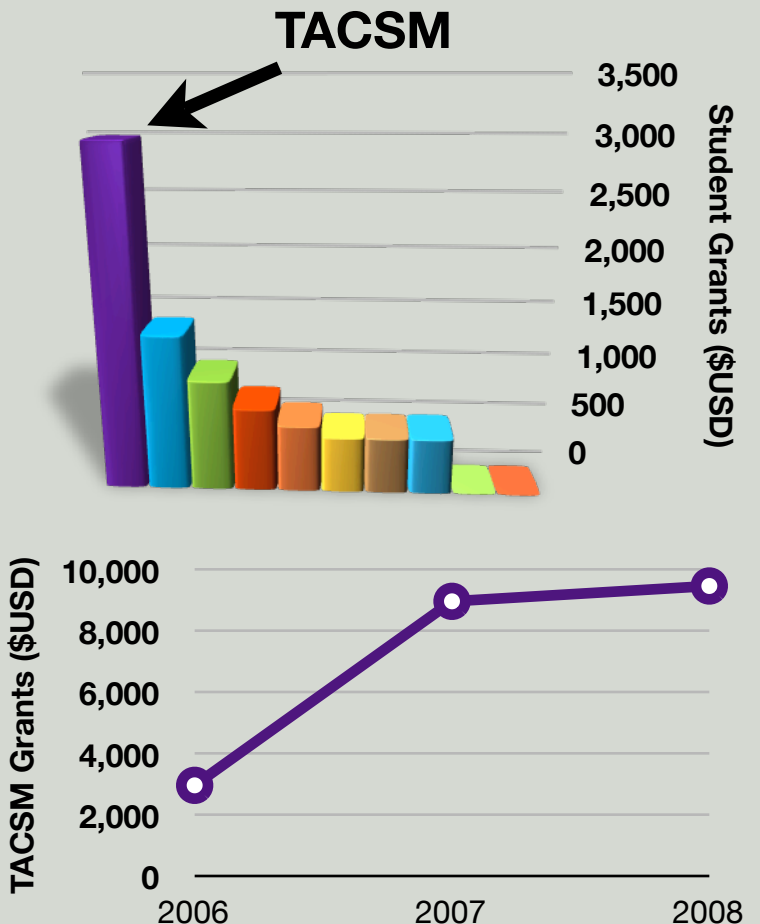
Lets all pull together this year to promote our organization, encourage our colleagues and students to become active in our fine organization, and attend our exemplary spring and fall lecture series (coming to a campus near you), as well as the annual meeting next spring. In this way we can assure that our chapter remains strong, continues to support our students, and develops new leaders in the field of sports medicine for years to come.

Thanks,
Jim McKinley MD

STUDENT FOCUSED

The TACSM is a student focused group lead by the top professionals in the State of Texas. At the 2006 TACSM annual meeting in Denton, Texas a total of \$3,000 was awarded to student members to pursue their budding scientific agendas. At the 2007 TACSM annual meeting in Fort Worth, Texas a total of \$9,000 was awarded to support student research.

These statistics indicate that TACSM has given back more money to support student research than the nine other ACSM chapters combined. If you are a student and have not taken the opportunity to apply for a student development grant, we would strongly encourage you to participate in 2009.



STUDENT EVENTS AT ACSM 2008

Hello, student members of TACSM! I hope this column finds you finishing a very successful semester! The Annual Meeting takes place at the Indiana Convention Center in downtown Indianapolis. Get Acquainted with Indianapolis, home of the 55th Annual Meeting..

The Student Affairs Newsletter page of the ACSM annual meeting web site is full of useful information including job opportunities, scholarships and awards available, and important student events at the national meeting. Some of those student events are highlighted here. For others, the link below will take you directly to the Student Affairs Newsletter page and more links:

http://www.acsm.org/Content/NavigationMenu/Education/StudentAffairs/Student_affairs.htm

A Student Help Desk will also be available at the Indianapolis meeting. The Student Help Desk is located near the ACSM registration counter and is manned by the current student representatives. You can go by anytime during the meeting for assistance. For those of you who are unfamiliar with this function, it serves as an information resource with a variety of programs, maps, and general ACSM information to pass out to students at the meeting.

THE WELCOME PARTY: Start the conference off right as you see old friends and meet new ones on Wednesday, May 28th from 9pm-11pm. This is a fun informal event with music and a no-host bar.

THE REGIONAL CHAPTER SOCIALS: Set for Thursday, May 29th from 8pm-9:30pm.

STUDENT COLLOQUIUM: Date and time To Be Determined:

“Strategies for Professional Success: Using ACSM as a Leadership Laboratory”

This event brings the following outstanding speakers:

Barry Franklin, Ph.D., FACSM

Bill Farquhar, Ph.D., FACSM

William O. Roberts, M.D., FACSM

Don't miss this important event engineered specifically for the student segment of ACSM.

MEET THE EXPERTS SESSION: Date and time To Be Determined. This networking session will bring students together with some of ACSM's leaders, board members, and volunteers. **Space is limited** so pick up your tickets [free of charge] asap at the Student Help Desk.

2008 MICHAEL L. POLLOCK STUDENT SCHOLARSHIP AWARD

In memory of Michael L. Pollock, Ph.D., FACSM, ACSM's 26th President, the ACSM Foundation will award two \$200 scholarships to graduate students presenting research projects at the 2008 ACSM Annual Meeting. The awards will be based on the two best research projects focused in the areas of health & fitness and/or clinical exercise physiology. The research will be evaluated by a committee of ACSM Fellows who worked with Dr. Pollock, including two past presidents. For consideration, review the attached document and **submit your application and research project to ACSM no later than Monday, May 5.**

ANNUAL MEETING HOUSING

Reservation Deadline: Wednesday, April 30, 2008

Rooms can be reserved through ACSM website.

The co-host hotels for this year's meeting are The Indianapolis Marriott Downtown and The Westin Indianapolis however; there are several hotels to choose from.

It's going to be a great meeting!!

See You There,

Jill Barnes, MS
University of Texas



NEW BOARD MEMBERS



Jim McKinley, MD
President
UT Health Science
Center at Tyler



Steve Morris, PT, PhD
President Elect
UT MD Anderson



Chris Hearon, PhD
Executive Director
Texas A&M - Kingsville

TACSM 2008 ANNUAL MEETING

On February 29th and March 1st, 2008 professionals and students from around Texas traveled to Odessa for the 2008 TACSM Annual Meeting. was awarded to support student research. TACSM is unique from the other regional ACSM chapters because it has a strong student focus. Below are images of the student award manuscript winners, poster award winners, and student development grant winners.

Student Manuscript Award Winners



Jun Sugawara



Christine Freeman

Doctoral Poster Awards



Nicholas Greene



Josh Wooten

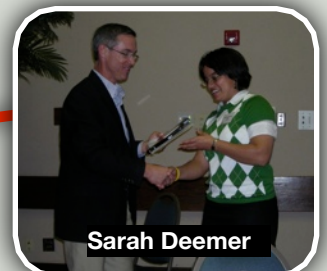


James Rowe

Masters Poster Awards



Ygnacio Lopez



Sarah Deemer

TACSM 2008 ANNUAL MEETING

Undergraduate Poster Awards



E.G. Sterner



Eren Sanborn

Student Development Grants



Stephen Romero



Jill Barnes



Lisa Esposito



Kelley Strohacker

On behalf of the TACSM board, we would like to thank everyone that contributed to the success of the 2008 TACSM Annual Meeting. A special thanks to Dr. Zero Eldridge, his students, and staff at the University of Texas Permian Basin.

NEW BOARD MEMBERS



Donovan Fogt, PhD
Basic & Applied Science
UT San Antonio



George King, PhD
Education & Allied Health
UT El Paso



Kyle Biggerstaff, PhD
National Representative
Texas Woman's University



Brian McFarlin, PhD
Director of Public Relations
University of Houston

2009 TACSM
ANNUAL
MEETING



A TACSM TRIBUTE TO JOEL MITCHELL.

Our outgoing Executive Director

Over the course of his distinguished career, Dr. Joel B. Mitchell has contributed tireless volunteer service to the Texas regional chapter of The American College of Sports Medicine. During that time he has served as the President and most recently the Executive Director. He has hosted two TACSM annual meetings on the TCU campus. In his role as Executive Director he enthusiastically met and worked with Dr. Jim Schwane to rewrite the TACSM bylaws, serviced as a semi-professional moving service for student poster presentation boards (Please contact him directly if you are interested in this service), and further enhanced the student focus of our group. The executive director of TACSM is typically afforded an annual stipend, and Dr. Mitchell enjoyed his work so much that he donated his annual stipend back to the TACSM operating fund each year of his service. Dr. Mitchell has played an instrumental role in shaping the lives of countless graduate students at TCU and across the State of Texas via his contributions and service. He is a shining example of what we all strive to achieve. It is safe to say that Dr. Mitchell left the TACSM in better shape than when he signed on, which is the goal of every board member. We are all truly grateful for everything Dr. Mitchell has contributed to further distinguish our group as the model for which other ACSM regional chapters aspire to become. While Dr. Mitchell has told the TACSM board that he is stepping down, we want him to know that we are like the Hotel California...

You Can Checkout, but You Can Never Leave!!



Joel Mitchell



FOR MORE INFORMATION CONTACT:

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Christopher.Hearon@tamuk.edu

TACSM MEMBERSHIP APPLICATION



(PLEASE PRINT)

Name: _____
Institution: _____
Street Address: _____
City: _____
State: _____ Zip: _____
Work Phone: _____
Fax: _____
Email: _____

Occupation Code (Select one from below): _____

101 Anatomist	117 Veterinarian	210 OB/GYN	304 LPN
102 Applied Physiologist	118 Other Basic/App. Science	211 Ophthalmologist	305 Nutritionist
103 Biochemist	201 Cardiologist	212 Orthopaedic Surg.	306 Occupational Therapist
104 Biomechanist	202 Chiropractor	213 Pediatrics	307 Optometrist
105 Coach	203 Dentist	214 Physiatrist	308 Physical Educator
106 Ergonomist	204 Emergency Medicine	215 Podiatrist	309 Physical Therapist
107 Exercise Biochemist	205 Family/General Practice	216 Psychiatrist	310 Physician's Assistant
108 Exercise Physiologist	206 General Surgery	217 Radiologist	311 Registered Nurse
115 Kinesiologist	207 Internal Medicine	218 Other Medicine	312 Respiratory Therapist
116 Sports Psych./Sociologist	208 Neurologist	301 Athletic Trainer	313 Other Health Care Spec.
	209 Neurosurgeon	302 Kinesiotherapist	401 Student
		303 Health Educator	501 Health & Fitness Prof.

Member Type (Circle One):

Professional (\$35/year)
Student (\$15/year)

Gender (Circle One):

Male
Female

Interest Area (Circle One):

Student (Level = _____)
Basic / Applied Science
Medicine
Education / Allied Health
Health Fitness Alliance

Please Mail Completed Form To:

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5494 North Circuit Dr.
Beaumont, Texas 77066
kevin.kendrick@lamar.edu

TACSM ON TRACK

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