



# Organizational Updates

Friday 3:30 – 4:00pm 2min each

1. Taylor Hooton Foundation
2. AATA
3. USADA
4. NATA
5. ACSM
6. PCFSN
7. AAPSM
8. AAP
9. AOASM
10. SCAN



# TAYLOR HOOTON FOUNDATION

- Formed in 2004
  - In memory of Taylor Hooton
  - 501(c)3 – non profit
- Widely recognized as the national leader on the subject of APED use by youth
  - Have spoken directly to about one(1) million people

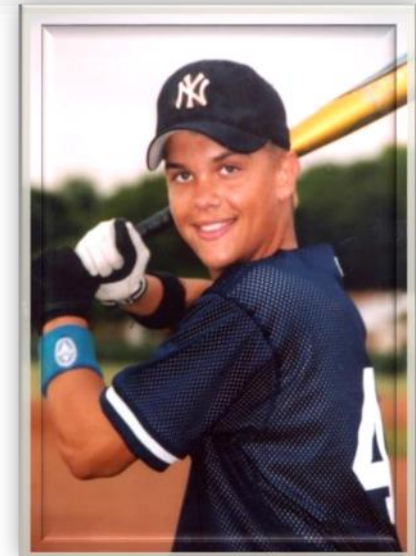


## Mission

- Educate America's youth and their adult influencers about the dangers of APEDs

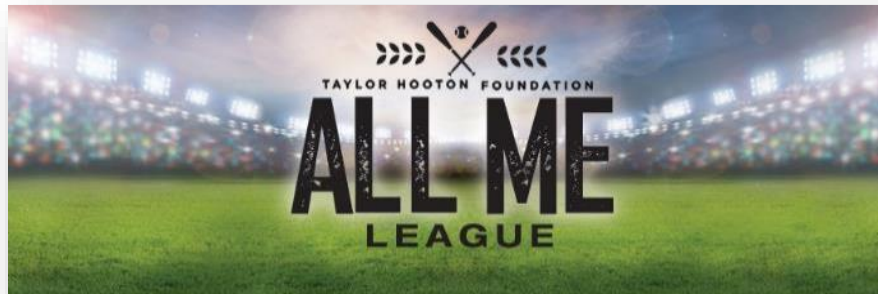
## Vision

- Eliminate the use of APEDs in US, Canadian, and Latin American high schools, middle schools and universities





# TAYLOR HOOTON FOUNDATION



- Target - kids
- Promote a “PED-Free” lifestyle
- Sign Pledge / Submit Video
- PSAs / Ads in MLB programs
- [allmeleague.com](http://allmeleague.com)

**TAYLOR HOOTON FOUNDATION  
ALL ME  
LEAGUE**

**WHAT  
INSPIRES  
ME?**

**KEN GILES**  
[ PHILADELPHIA PHILLIES ]

"The kids that look up to me. The ones that see me as their role model, their hero. They want to be where I'm standing today. Training hard, eating right, playing fair - that's what got me to the big leagues. Not Appearance or Performance-Enhancing Drugs (PEDs). I'm PED free because they deserve the best me I can give, every single day."

**Join Ken Giles and pledge to be PED free. Take the All Me Challenge at [www.allmeleague.com](http://www.allmeleague.com).**

The All Me Challenge is presented by the Taylor Hooton Foundation, the leader in the advocacy against appearance and performance enhancing drug use by the youth of America. To learn more about the Taylor Hooton Foundation, visit [www.taylorhooton.org](http://www.taylorhooton.org).

**TAYLOR HOOTON FOUNDATION**  
[TAYLORHOOTON.ORG](http://TAYLORHOOTON.ORG)



## Advisory Board

- Jay Bruce
  - Cincinnati
- Matt Carpenter
  - St. Louis
- John Danks
  - Chicago White Sox
- David DeJesus
  - Tampa Bay
- Brian Dozier
  - Minnesota
- Charlie Furbush
  - Seattle
- Brett Gardner
  - New York Yankees
- Dillon Gee
  - New York Mets
- Ken Giles
  - Philadelphia
- Alex Gordon
  - Kansas City
- Clayton Kershaw
  - Los Angeles Dodgers
- Jason Kipnis
  - Cleveland
- Dustin McGowan
  - Toronto
- Mark Melancon
  - Pittsburgh
- Dustin Pedroia
  - Boston
- Josh Reddick
  - Oakland
- Anthony Rendon
  - Washington
- Tyson Ross
  - San Diego
- Max Scherzer
  - Detroit
- C.J. Wilson
  - Los Angeles Angels
- Brad Ziegler
  - Arizona





<http://athletesandthearts.com>



# Athletes and the Arts

[www.athletesandthearts.com](http://www.athletesandthearts.com)

## Current Coalition Partners:

American College of Sports Medicine (ACSM)

Center for Music Arts Entrepreneurship, Loyola University (New Orleans)

Performing Arts Medical Association (PAMA)

*National Hearing Conservation Association*

*New Orleans Performing Artists Clinic*

*American Medical Society for Sports Medicine (AMSSM)*

*American Osteopathic Academy of Sports Medicine (AOASM)*

*Music Teachers National Association (MTNA)*

*National Athletic Trainers' Association (NATA)*

*National Association of Teachers of Singing (NATS)*

*National Association for Music Education (NAFME)*

*Drum Corp International (DCI)*

*Conn - Selmer*

**Jonathan Batiste, Artist in Residence**



# Consider...

- Approximately 3 million musical notes in a 2.5 hour long performance.
- Approximately 50,000 steps in a marathon.
- Approximately 150 pitches thrown per team in a professional baseball game.
- Approximately 8,000 steps per field player in a soccer match.

# WORLD ANTI-DOPING CODE

2015



## WADA CODE CHANGES

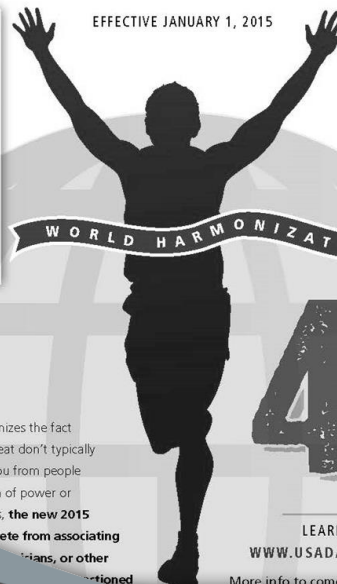
EASIER FOR CLEAN ATHLETES.  
TOUGHER ON CHEATS.

MARK YOUR  
CALENDARS!

# 3 IN 12

IN 2015, **THREE** WHEREABOUTS FAILURES  
IN **12 MONTHS** WILL BE A VIOLATION.  
(USED TO BE 18 MONTHS)

EFFECTIVE JANUARY 1, 2015



Now athletes in all countries  
will be held to the  
**SAME HIGH STANDARDS**  
as U.S. Athletes have been.

Athletes will now have to  
be in an RTP **SIX MONTHS** prior to  
making a full return from retirement.  
Waivers to this rule will now be granted  
through WADA and not the USOC.



The 2015 WADA Code recognizes the fact  
that athletes who want to cheat don't typically  
do it alone. To help protect you from people  
who might use their position of power or  
influence over athletes, the new 2015  
Code prohibits an athlete from associating  
with coaches, trainers, physicians, or other  
personnel who are sanctioned.

# 4 YEAR

INTERNATIONAL  
SANCTIONS

FOR  
INTENTIONAL  
VIOLATIONS

These sanctions  
will now increase  
to four years.  
(Used to be 2 years)

LEARN MORE AT  
[WWW.USADA.ORG/2015CODE](http://WWW.USADA.ORG/2015CODE)

More info to come in the athlete tutorial!



Preserving. Inspiring. Protecting.



TrueSport™

## USADA Update

Matthew Fedoruk, Ph.D.  
Science Director

Ken Wright, Ph.D.  
USADA Board of Directors



**For more information:**



**[www.usada.org/2015code](http://www.usada.org/2015code)**

**Key Updates:**

- ✓ Revised USADA Protocol for Olympic and Paralympic Movement Testing, USADA TUE & Whereabouts Policies
- ✓ New & Expanded Resources –
  - ✓ New Athlete Whereabouts App
  - ✓ New Athlete, Coach and Medical Education
  - ✓ Updated Supplement 411 Website / High Risk List
- ✓ Increased Focus on Stakeholder Engagement, including Health Professionals

**2015 WADA CODE CHANGES**

**EASIER FOR CLEAN ATHLETES.  
TOUGHER ON CHEATS.**



All of the PCC's programs are integral to addressing doping's root causes and ultimately decreasing the use of performance-enhancing drugs by all participants in all sports at all levels of play.

Programs include:

- [Grants Program](#)
- [Fellowship Program](#)
- [Working Groups](#)
- [Tech Transfer Groups](#)

- PCC Scientific Advisory Board is reviewing 10-20 grants three time per year
  - 2014 Success rate for new proposals is about 25%
  - Highest amount of funding in any year since it's inception – about \$3.6M



**Supporting anti-doping  
research and development**

# New DASCA Success!

## Designer Anabolic Steroid Control Act

### New Steroid Law (DASCA) Goes Into Effect

December 19, 2014 | Written by Rick Collins

3 Comments



On December 18, 2014, President Obama signed the [Designer Anabolic Steroid Control Act of 2014](#) – DASCA for short. Several years in the making, DASCA cracks down on the over-the-counter “prohormone” segment of the sports nutrition supplement market.

Learn more...

Supplement  
**411**

SUPPLEMENT  
**SAFETY**  
NOW A PUBLIC PROTECTION  
INITIATIVE



TrueSport™

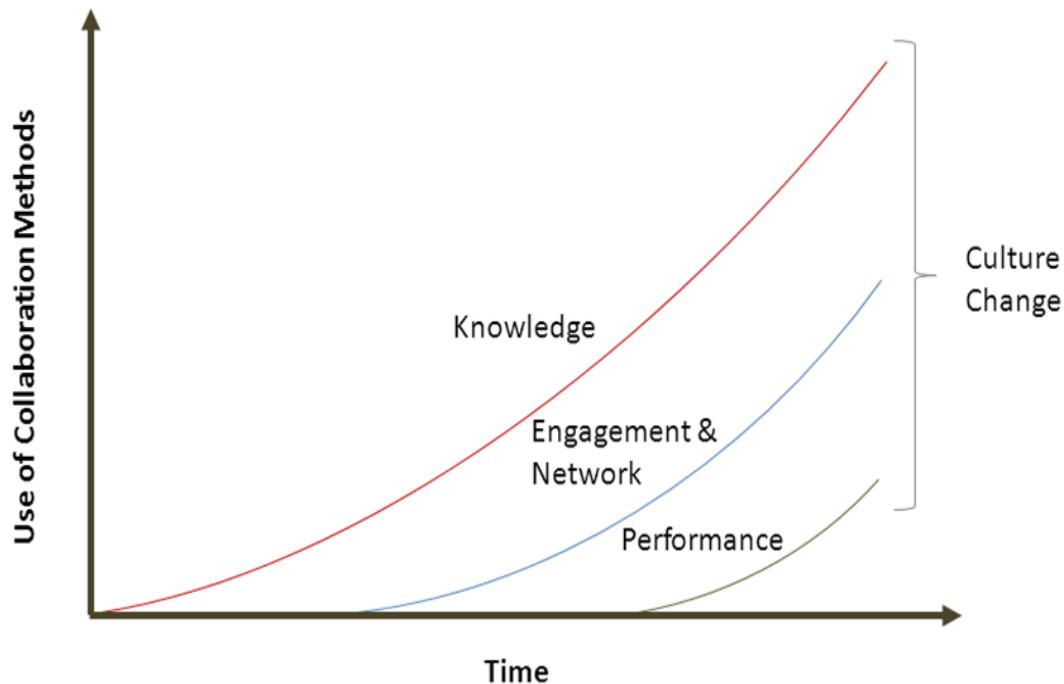


NATIONAL **ATHLETIC TRAINERS'** ASSOCIATION

H E A L T H   C A R E   F O R   L I F E   &   S P O R T

**\*Translation**      **\*Disruption**  
**\*Multidisciplinary**      **\*Progress**

## The Collaboration Curve



**\*Global**  
**\*Change**  
**\*Impact**  
**\*Scale**



**AMERICAN COLLEGE**  
**of SPORTS MEDICINE**  
**LEADING THE WAY**



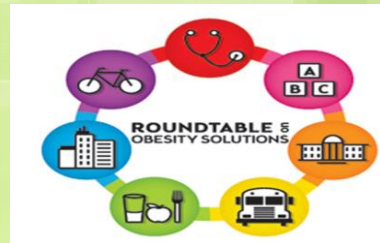
# Moving Change...Together



**DESIGNED TO MOVE**



**NATIONAL Physical Activity Plan Alliance**  
*Make the Move*



**30 MINUTES  
TO BETTER HEALTH**



## ***NYSHSI Healthy Youth Sports app!***

- Designed to educate and creatively engage youth and adults who are interested in youth sports, health & safety
- Providing everything you need to assist you in navigating your child's healthy journey through sports
- **FREE download** through the App Store (iPhone) and Google Play (Android)

### Navigating Your Child's Healthy Journey Through Sports



**NYSHSI HEALTHY  
YOUTH SPORTS**

The **FREE**  
Youth Sports App

Get it on  
Google play

Download on the  
App Store



# President's Council on Fitness, Sports & Nutrition



PCFSN consists of 23 individuals who are appointed by the ***President of the United States*** and serve in an advisory capacity through the Secretary of Health and Human Services.

Through cross-sector ***partnerships***, PCFSN promotes programs and initiatives that ***motivate*** people of all ages, backgrounds, and abilities to lead active, healthy lives.



## Vision

All Americans lead active, healthy lives.

## Mission

Educate, engage and empower all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition.

For more information, please visit [www.fitness.gov](http://www.fitness.gov)

# PCFSN Updates



- 14,300 schools signed up for ***Let's Move! Active Schools*** impacting 8.6 million kids.
- The **Presidential Youth Fitness Program** – the new Youth Fitness Test—shifts the focus from *performance* to *health* when assessing student fitness levels.
- PCFSN is working with the ***White House Conference on Aging*** on the Healthy Aging initiatives.
- Launched ***UltimateMe PALA+ Challenge*** to promote physical activity and good nutrition for military families with the DoD's Healthy Base Initiative.
- Continues to support military families with ***Joining Forces Fitness Initiative***, which provides free gym memberships and personal training sessions to Reserve & National Guard families through partnerships with ACE & IHRSA.


# PCFSN Updates



- ***Annual Council Meeting*** will be in May 2015!
- ***Commit to Inclusion*** is a call to action campaign that supports the implementation of the Guidelines for Disability Inclusion in Physical Activity, Nutrition, and Obesity Programs and programming like PCFSN's *I Can Do It, You Can Do It!* program to empower people with disabilities to be healthy and active.
- The ***President's Challenge program*** engages over 250 Advocates to encourage participation in all of its programs, including the Presidential Active Lifestyle Award (PALA+) and Presidential Champions.




[About AAPSM](#)
[Membership](#)
[AAPSM Members](#)
[Calendar of Events & News](#)
[Corporate Sponsors](#)
[Footwear](#)
[Articles & Resources](#)
[Home](#)



[Running Shoes](#)
[Training Shoes](#)
[Walking Shoes](#)
[Toning Shoes](#)
[Fitness Begins With Feet](#)





### Footwear





## RUNNING SHOES




Until recently, most manufacturers classified running shoes according to three main categories; Motion Control, Stability and Cushioned or Neutral. Now manufacturers are using their own terms...[MORE!](#)

### RUNNING SHOE ANATOMY ▶

## TRAINING SHOES




Training shoes provide cushioning as well as varying levels of stability devices to protect the feet and ankles. Training shoes are the jack-of-all-trades so they work well in a variety of

January 22, 2015



**Now Available!**

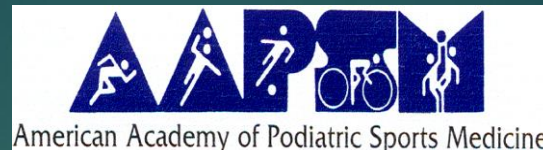
Pay Your Dues & Renewals Online!



[Click here to get started!](#)

**Do you have a Sports-Related Problem?**  
**A question for the Academy?**  
[Click here to ask us!](#)

The American Academy of Podiatric Sports Medicine serves to advance the understanding, prevention and management of lower extremity sports and fitness injuries. We believe that providing such knowledge to the profession and the public will optimize enjoyment and safe participation in sports and fitness activities. We will accomplish this mission through professional education, scientific research, public awareness and membership support.



- American Academy of Podiatric Sports Medicine prides itself in providing educational opportunities to its membership.
- AAPSM presents sports medicine tracks at American Podiatric Medical Association Annual Scientific Seminars, NATA Annual Meetings, ACSM Annual Meetings, etc.
- Provides educational scholarships to student members; fellow in training scholarships; NATA Excellence in Athletic Training Award, Golden Foot Award, etc.
- Provides annual stand alone sports medicine seminars with world renowned lectures and state of the art lectures and workshops
- Informative website for members and public featuring information on the latest running shoe availability – visit [www.aapasm.org](http://www.aapasm.org)

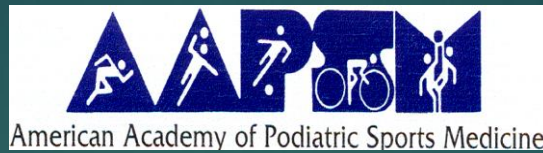
**AAPSM Presents - Tools of the Trade - A Sports Medicine Experience!!**  
**September 11-13, 2015**  
**Historic Thayer Hotel – West Point, New York**



Get the Nuts and Bolts on the Following Hot Topics:

- Overuse Injuries
- Gait Analysis Tools
- Foot and Ankle Dysfunction in the Athlete
- Psychological Approach to Treating Athletes
- Achilles Issues
- Dermatological Issues Facing Athletes
- Athletic Footwear

Stay tuned....final program and brochure coming soon...



The AAPSM prides itself in the collaborations it has made since becoming a member of the Joint Commission on Sports Medicine and Science.

The AAPSM is pleased to be a founding member of the Special Olympics, Inc. Fit Feet Program/Healthy Athletes Program which was made possible by contacts made at JCSMS meetings . We are also proud to contribute to position papers with NATA, ACSM and continue to make strides to participate with the United States Olympic Committee. We are also a member of the Stop Sports Injuries and welcome other joint ventures!

The AAPSM is excited to have its own Fellow in Training Graduate student Andrew Yun, DPM present a poster in Memphis.

The AAPSM invites each of you to visit our informative website at [www.aapasm.org](http://www.aapasm.org) for additional information on not only the AAPSM but how we as sports medicine professionals can help educate the public on the awareness and prevention of sports related injuries.

[www.aapasm.org](http://www.aapasm.org)



# Organizational Updates

Saturday 11:00-11:45pm

1. AMSSM
2. AAP
3. AOASM
4. SCAN
5. CPSDA
6. ACAS
7. ISSP
8. ADA
9. SHAPE
10. JSCMS
11. PCFSN



# AMSSM Update



## Launch of SportsMedToday.com



## AMSSM International Traveling Fellowship

- Launched in 2014
  - Australia (2014)
  - South Africa (2015)





# AMSSM Update



## ECG Interpretation in Athletes Initiative



- Free Online learning modules to help physicians more accurately interpret ECG results to impact SCD in athletes.

## Federal Across State Lines Bills



- Federal Bills Addressing Malpractice & Licensure Issues for Traveling Across State Lines with Team – a collaborative effort with AAOS, AOSSM, NATA and other organizations

# AMSSM Update



## Ultrasound in Sports Medicine Position Statement

- Position Statement and recommended curriculum for SM fellowships published in Jan/Feb 2015 issues of CJSM, BJSM and PM&R Journal



## CSSS Meeting in New York City

- Collaborative Solutions for Safety in Sport National Meeting with NATA (March 26-27 in NYC)

## 2015 AMSSM Annual Meeting

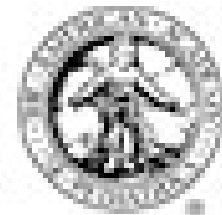
- April 14-19 in Hollywood, FL
- 2015 theme: Making the Call: Return to Play





American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™





# American Osteopathic Academy of Sports Medicine

## Who we are/Who we are not

- SPORTS US
- SPORTS OSTEOPATHY
- ORTHOBIOLOGICS
- EVENT PHYSICIANS
- TRAINING ROOM
- EXAM ROOM
- CLASS ROOM
- MEDIA
- WEBINARS
- PUBLICATIONS
- LIFESTYLE MEDICINE
- PROGRAM DIRECTORS
- STUDENTS, RESIDENTS, FELLOWS
- ANNUAL CLINICAL CONFERENCE
- ACSM
- ACOFP
- AMSSM
- AAOS
- AAOM
- NATA
- COMS
- AOA
- NCAA
- PEDIATRICS
- ACOI
- ACOEP
- PM&R
- USOC

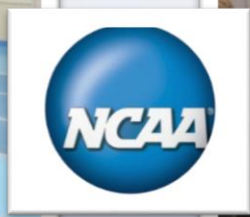
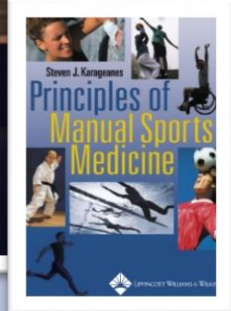
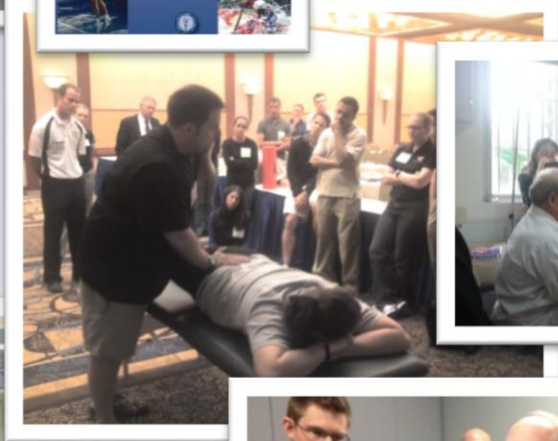
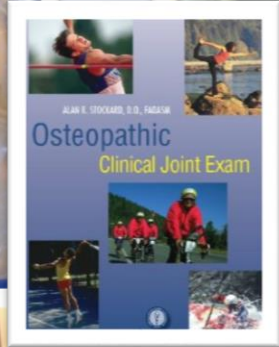
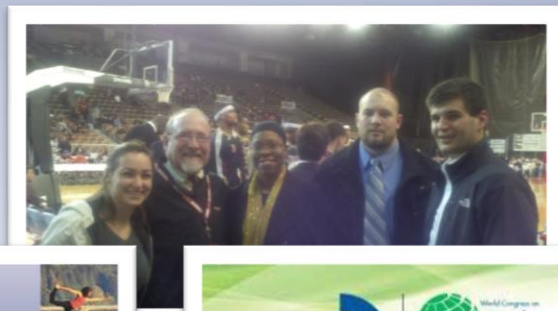
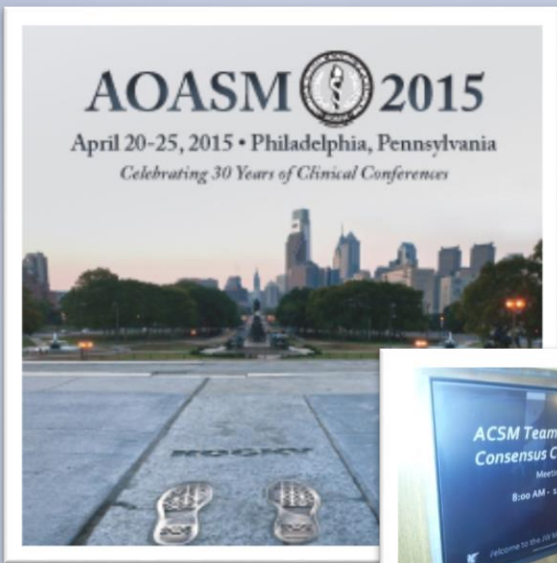


# American Osteopathic Academy of Sports Medicine

## Participation

- ACSM San Diego 2015
- OMED Orlando 2015
- ACOFP
- AOASM Philadelphia 2015
- AOASM Phoenix 2016
- POMA 2105
- JCSM 2015
- AAOS ACL Prevention
- Team Physician Consensus
- NCAA Cardiac Task Force
- Joint Commission Sports
- Addiction College
- Arts in Medicine
- Joint Exam Publication
- Ultrasound Webinars







*Largest Practice Group of The Academy of Nutrition and Dietetics*

## **Set the Standard for Sports Dietitians**

Experts in food and nutrition for sports and physical performance, health and chronic disease prevention, and disordered eating



# Excellence in Education

**Sports,  
Cardiovascular,  
and Wellness  
Nutrition**

a dietetic practice group of the  
**eat right.** Academy of Nutrition  
and Dietetics

## E-Library

Welcome to SCAN's E-library. This library contains pre-recorded webinars, workshop and symposium videos, and other media. For your convenience, it is arranged by topic. Those items that are from SCAN workshops or symposiums are also cross listed under the event. If you have any questions, you may contact the SCAN office by clicking [here](#)

**LEARN**



Sports Nutrition



Cardiovascular Health



Wellness and Weight Management



Disordered Eating and Eating Disorders

## Find a SCAN Registered Dietitian

A SCAN RD is a Registered Dietitian with the training, expertise, and desire to help you live and perform optimally through good nutrition at every stage of life. We can help you to EAT RIGHT!

Your ZIP Code

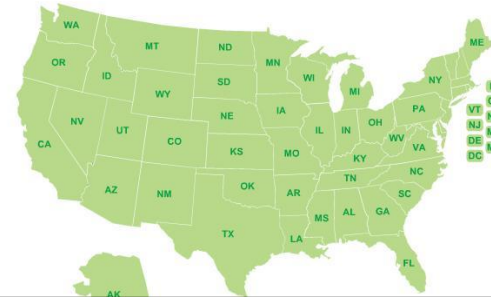
ex. 60480

Radius (in Miles)

ex. 10

**Find**

Or try our [Advanced Search](#)



CSSD – Certified Specialist in Sports Dietetics (678)



**nutritional  
dogma  
vs. data**

**TAKE A CLOSER LOOK**



**MAY 1-3, 2015**

Cheyenne Mountain Resort  
Colorado Springs, Co



# Partnerships

## Professional collaboration with exercise science, fitness and health organizations & programs

- Academy of Eating Disorders
- American Association of Cardiovascular and Pulmonary Rehabilitation
- American College of Sports Medicine (ACSM)
- Joint Commission on Sports Medicine and Science
- National Athletic Trainer's Association
- National Collegiate Athletic Association
- National Lipid Association
- Organizational supporter of Exercise is Medicine (EIM); Nutrition & Physical Activity toolkit for RDs

***Leading the way in nutrition for sports and  
physical performance, health and wellness!***

# Collegiate and Professional Sports Dietitians Association



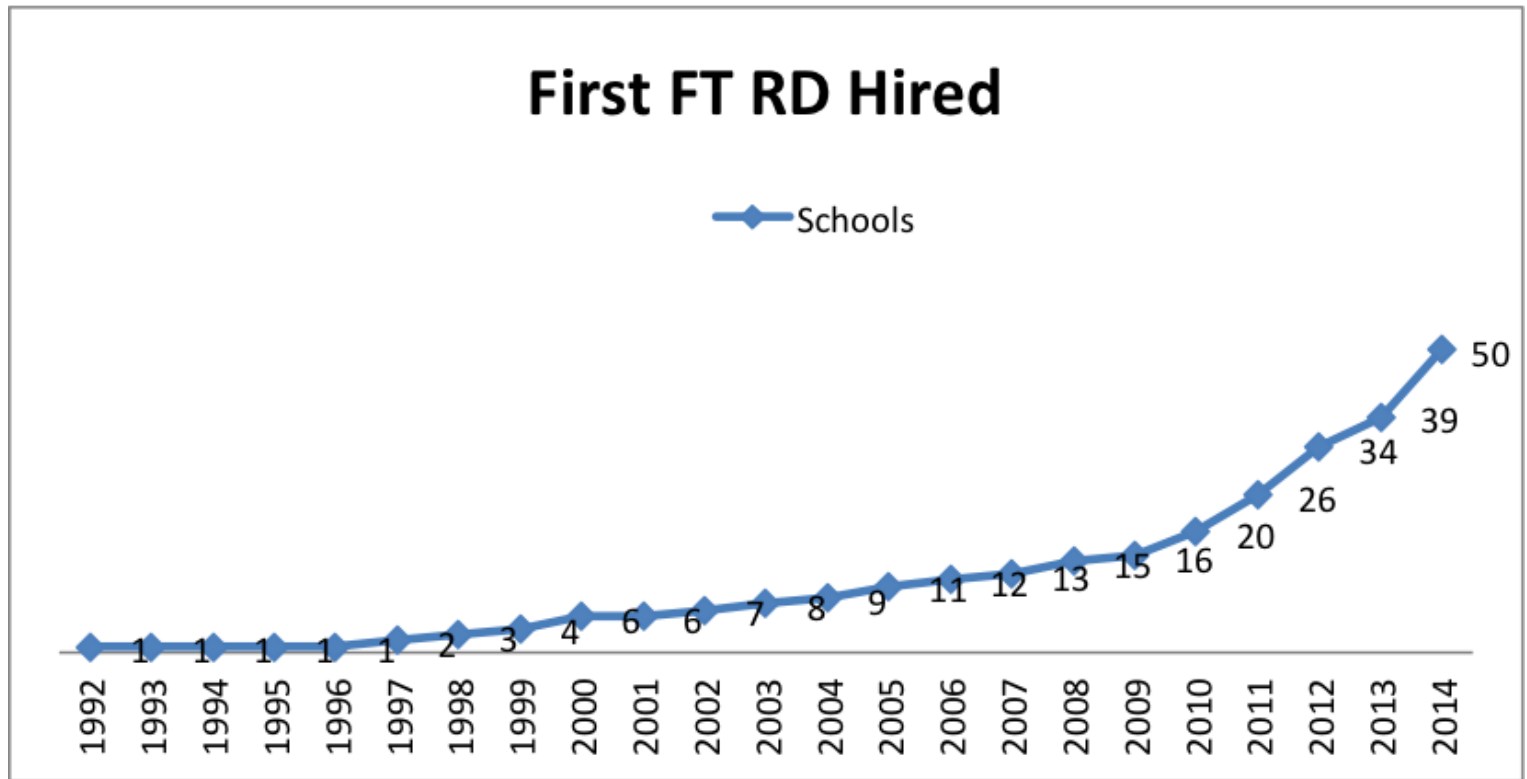
· C · P · S · D · A ·

FUELING VICTORY



# Growth Trends: Full-Time Sports Dietitians

Strong growth continues among NCAA Div. I programs.



# Inter-Association Consensus Statement

- Statement defines best practices for the provision of sports nutrition services in collegiate athletics
  - Targets administrators and decision making authorities
  - Advocates for best practices
  - Provides guiding principals for unifying structure and generating pathway for growth
- Supported by other leading collegiate and sports health professional groups
  - Verbal support from NATA, NSCA, CSCCa, APA, NCAA, SCAN, CATS



# Organizational update: American Chiropractic Association Council on Sports Injuries & Physical Fitness (ACASC)





# ACA Sports Council

- 2014 Annual symposium held in October in Portland, OR with 200+ attendees and another successful student program
  - Implemented our version of 5 slide multidisciplinary program
- Membership upgrades with umbrella organization that will hopefully lead to new database system by the end of the year
- Sent Executive Committee members to various events including:
  - ACA Rehab Council annual symposium
  - American Academy of Neurology (AAN) Sports Concussion Conference
- Events
  - USA Track and Field National Championships
  - IAAF Junior World Track and Field Championships
  - LPGA



## Looking forward...

- 2015 Annual symposium to be held in Denver, CO October 23-24
- New branding to energize a growing membership
- Committee members representing ACASC at
  - Youth Sports Safety Summit Annual meeting
  - American Chiropractic Board of Sports Physicians annual symposium
  - FICS General Assembly of Members in Athens, Greece



# International Society for Sports Psychiatry

**[www.SportsPsychiatry.org](http://www.SportsPsychiatry.org)**

## **Scientific session (open to the public) with APA**

Sunday, May 17, 2015 from 9 am – noon at  
InterContinental Toronto Center, Kingsway Room

## **Symposium (must register for conference) on Cheating, Personality Disorders, and Sports**

Wednesday, May 20, 2015 2-5 pm Toronto  
Convention Centre - South, Level 700 Room 701B

**ADA** American  
Dental  
Association®

America's leading  
advocate for oral health

# Society of Health and Physical Educators



health. moves. minds.

# ENGAGE

- National Convention and Expo
- General Sessions
- Idea Exchange Sessions

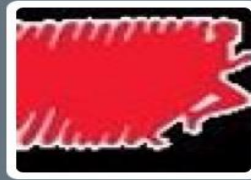
# ACTIVATE

- LMAS
- PYFP
- JRFH/HFH



# ADVOCATE

- Speak Out! Day
- Legislative Action Center
- Specific Asks



**JCSMS**

@JCSMSTWEETS

JOINT COMMISSION ON SPORTS MEDICINE AND SCIENCE

Indianapolis, Indiana • [jcsmsonline.org](http://jcsmsonline.org)

94  
TWEETS

174  
FOLLOWING

44  
FOLLOWERS



**JCSMS** @JCSMSTWEETS

5d

From @nytimeshealth Achieving better fitness with your cellphone?? Give it a try!! [well.blogs.nytimes.com/2015/02/11/bet...](http://well.blogs.nytimes.com/2015/02/11/bet...)



**JCSMS** @JCSMSTWEETS

2/7/15

@TomFarrey of ESPN reports on studies that cites concerns for youth football [m.espn.go.com/general/story?...](http://m.espn.go.com/general/story?...)



TWITTER ADDRESS: @JCSMSTWEETS

EMAIL FOR SUBMISSIONS: [jcsmsmstwitter@mail.com](mailto:jcsmsmstwitter@mail.com)

# JCSMS TWITTER FEED TOPICS

EXERCISE AND FITNESS: 34

MEDICINE: 20

SPORTS INJURIES: 18

CONCUSSION: 12

NUTRITION: 6

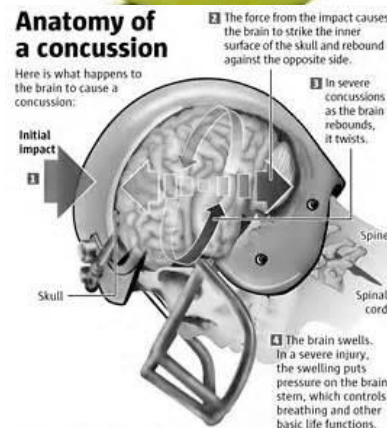
PUBLIC HEALTH: 3

PEDIATRICS: 3

DRUGS IN SPORT: 2

MEDICAL LEGAL: 1

@jcsmsweets



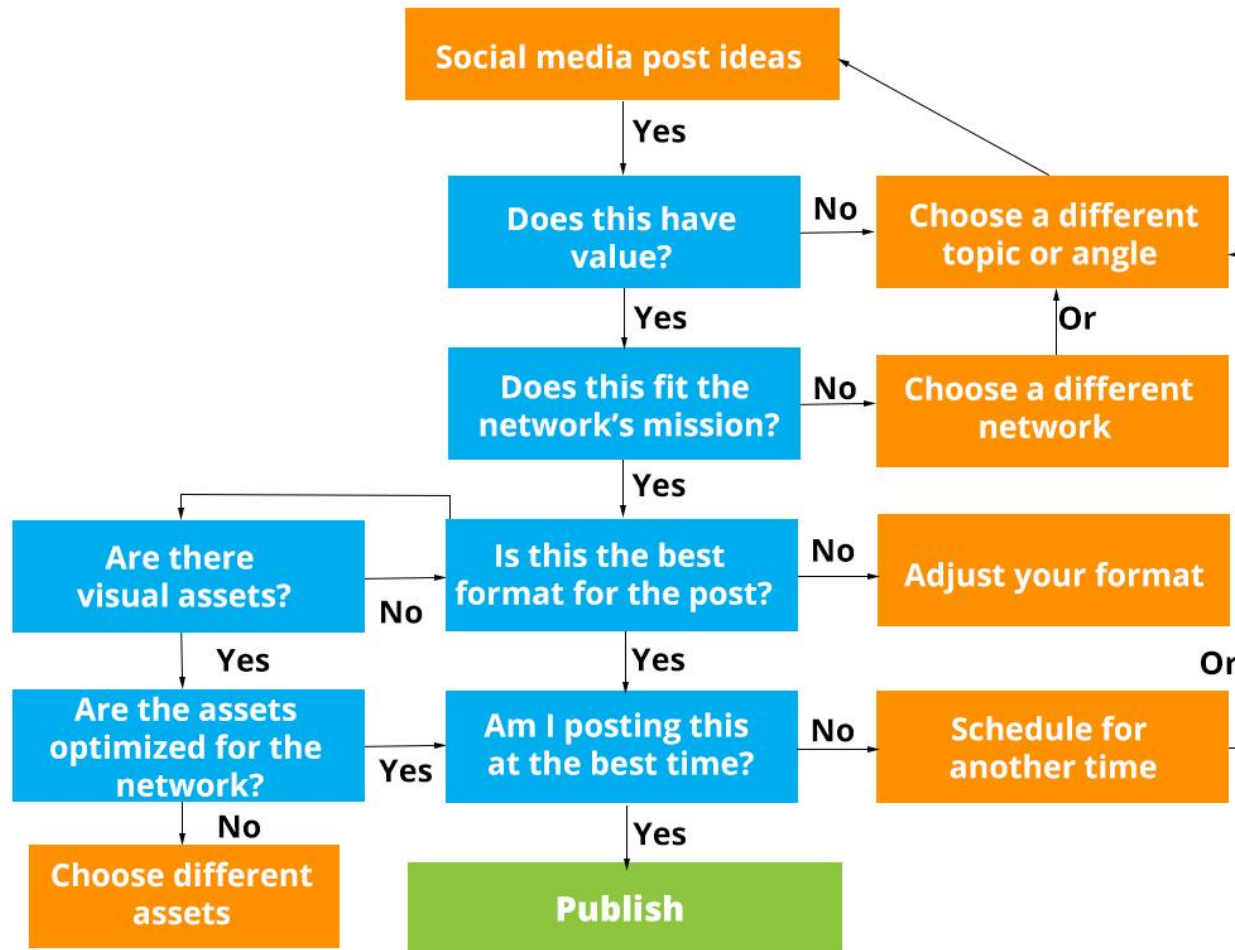
Sources: Dr. Jay Rosenberg of Kaiser Permanente Medical Care Neurology; American Academy of Neurology; The Human Body

MARK NOWLIN / THE SEATTLE TIMES



# GUIDELINES FOR SUBMISSION CONSIDERATION

## Think Before You Post



# President's Council on Fitness, Sports & Nutrition



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Sunday 9:45-10:45pm

1. NASPEM
2. AASP

# UPDATE: North American Society for Pediatric Exercise Medicine (NASPEM)

Bruce Alpert, MD, FAAP  
NASPEM Treasurer



# 2014 Biennial Meeting

- Held in Minneapolis, MN
- Some of the featured presentations:
  - Dr. Robert Malina
    - Pediatric Exercise Medicine and the Youth Athlete
  - Dr. Dan Nemet
    - Exercise and Inflammation in the Growing Child
  - Obesity management symposium
- River dinner cruise

# Currently working on

- Position stand regarding physical training methods for youth
  - Looking for ideas of procedures other organizations use when creating position stands
  - Please email Karin Pfeiffer ([kap@msu.edu](mailto:kap@msu.edu)) if willing to share
- Increasing membership
- Attracting long-term sponsorship
- Exchange lectures with other organizations



