American College of Sports Medicine
Midwest Chapter Leadership and Mentoring Program

The Leadership and Mentoring Program (LMP) is designed to provide a meaningful mentoring relationship aimed at guiding, advancing and inspiring individuals navigating their professional careers. This dynamic and reciprocal relationship facilitates career selection and advancement, accelerates professional growth, and offers exposure to networking and leadership opportunities within the Midwest regional and national American College of Sports Medicine (ACSM).

There are three levels of the LMP. Below is a summary of the purpose, eligibility, and details of each level of the MWACSM (MWACSM) LMP. Although applicants of diverse racial and ethnic backgrounds are highly encouraged to apply, anyone who desires leadership training through MWACSM may apply. The program is offered at three levels.

An applicant should choose the level that most closely describes their current academic and/or professional status. Individuals may move through all three levels, two levels, or participate in only one of the three levels during their academic and/or professional development.

Purpose & Eligibility

LEVEL 1

Purpose: The first level is intended to introduce undergraduate students who are pursuing a degree in sports medicine, exercise science, activity epidemiology, or related fields to the benefits of MWACSM membership and the opportunities for professional growth available through MWACSM and ACSM. Students in the Level 1 program will learn about careers in sports medicine, exercise science, activity epidemiology or a related field. Students will also be valued members of the MWACSM community as it will be their responsibility to assist in the recruitment of other undergraduate students for membership in MWACSM. Level 1 participants will also be provided with networking opportunities and will begin to learn about leadership including opportunities within MWACSM. Level 1 participants will be mentored by a doctoral student or professional leader in the Midwest region.

Eligibility: All applicants must meet the following general criterion:

1. Be enrolled in a Bachelor's level program in sports medicine, exercise science, activity epidemiology, or a related field.

LEVEL 2

Purpose: The second level targets students pursuing a graduate or professional degree related to sports medicine, exercise science, activity epidemiology, or related field. The Level 2 program is intended to help graduate and professional students become more familiar with structures of

service and leadership including opportunities within MWACSM. Individuals participating in the Level 2 program will recruit other graduate students to become MWACSM members. Level 2 participants will be mentored by professional leaders in the Midwest region.

Eligibility: All applicants must meet the following general criterion:

1. Be enrolled in a Master's or Ph.D. program in sports medicine (e.g., athletic training, occupational therapy, or physical therapy), exercise science, activity epidemiology, or related field OR a M.D. or D.O. program.

LEVEL 3

Purpose: The third level provides mentorship to individuals holding a professional or terminal degree in medicine/sports medicine, exercise science, exercise epidemiology, or related field who have been continuous professional MWACSM and/or ACSM members for two years. Level 3 participants will be mentored by professional leaders in the Midwest region; ACSM Fellow status is preferred but not required for the mentor. Mentors can provide exposure to MWACSM and ACSM service opportunities, leadership development, and additional professional development outside of MWACSM and ACSM.

Eligibility: All applicants must meet the following general criteria:

1. Hold a terminal degree in a sports medicine, exercise science, activity epidemiology or related field or hold a M.D. or D.O.
2. Have been a MWACSM (or other regional chapter) and/or national ACSM Professional or Professional in Training member for at least two years, immediately prior to applying to the program.
3. Attended at least two MWACSM or other regional/national meetings within five years of applying for the program.

Program Details

Individuals (mentees) accepted into the program will:

- Receive a mentor who is not affiliated with the mentee's institution.
    - *Level 1* mentees will receive a doctoral student or professional member as their mentor. Doctoral student mentors can be enrolled in a Ph.D. program in sports medicine (e.g., athletic training, occupational therapy, or physical therapy), exercise science, activity epidemiology, or related field OR a M.D. or D.O. program. They must also be an active member of MWACSM and have a minimum of two years of active engagement in service to the field. Professional member mentors can hold a terminal degree in a sports medicine, exercise science, activity epidemiology or related field or hold a M.D. or D.O. They must also be an active MWACSM member and have years of experience in service to the field. Examples of service include membership on institutional or professional

organization committees, abstract/manuscript/grant reviewer, session moderator or judge at a conference, etc.
    - *Level 2* and *Level 3* mentees will receive a professional member as a mentor. This mentor can hold a terminal degree in a sports medicine, exercise science, activity epidemiology or related field or hold a M.D. or D.O. They must also be an active MWACSM member and have years of experience in service to the field (examples provided above). For *Level 3* mentors, ACSM Fellow status is preferred by not required.
- Receive a letter welcoming them into the LMP which outlines the benefits and expectations regarding their participation in the program:
    - Mentees will receive a free year of MWACSM membership including member benefits.
    - Mentees will receive complementary registration and attend the MWACSM Annual Meeting.
    - Mentors and mentees should set up an initial virtual meeting at the start of the year (January) to discuss goals and timelines. The frequency at which the pair communicate, and meet is up to their discretion.
    - Pairs can plan to meet up in-person at the ACSM annual meeting if both attend. In this situation, the following should be addressed:
        - Mentor will discuss meeting navigation and how to determine which sessions to attend.
        - Mentor will attempt to take mentee to presentations and social events.
        - Mentor will ensure networking opportunities with other professional members the mentee did not previously know.
    - Pairs should plan to meet at the MWACSM Annual Meeting.
        - The mentor should plan to address the same items described above.
        - Mentees should plan to attend all sessions including the keynote sessions, student colloquium, MWACSMeopardy, and luncheon/dinner.
        - *Level 2* & *3* mentees will also attend the MWACSM Board of Directors meeting as part of their annual meeting activities.
        - Mentees may specifically be asked to attend other aspects of the annual meeting or perform duties such as:
            - Breakfast with the keynote speakers.
            - Other duties appointed by members of the MWACSM Board of Directors or the ad hoc LMP committee (e.g., providing a leadership role during MWACSMeopardy, chairing a session, etc.).
    - At year end (December), mentees will submit a report describing their activities and experiences over the past year.

Additionally, participants will:

- Maintain contact with mentor throughout the following year.
- Learn about serving at the ACSM regional and national level.
- Attempt to participate and attend the next ACSM regional and national annual meetings.
- Recruit students at their university and in their region to become members of MWACSM.

- Assist the student liaison to the MWACSM Board of Directors as requested.

Required Application Materials

1. Completed application form found here.

2. A current CV or resume (you will be asked to upload this document to the online application).

3. Two letters of recommendation, one of which is from the applicant's advisor, department chair, academic dean, or individual who is familiar with the applicant's capabilities and work ethic. Your references can upload their letters here.

4. Level 3 Applicants ONLY
    a. One of the two letters of recommendation must be from an ACSM Fellow (see #3 above).

Letter of Recommendation Guidelines

References should plan to upload their letter here by October 31st. Letters should include the following:

1. Please include in body of letter:
    a. Applicant's Name.
    b. Your Name.
    c. Your title, position and institution.
    d. Whether you are a MWACSM member, ACSM member and/or ACSM Fellow.

2. Please provide the following information:
    a. How long and in what capacity have you known the applicant.
    b. Describe the quality of the applicant's work.
    c. What is the applicant's level of productivity.
    d. Please evaluate the applicant's level of interest and long-term potential to contribute to MWACSM.

3. In the letter, please rate the applicant according to:
    a. General knowledge.
    b. Leadership skills and potential.
    c. Persistence toward goals.
    d. Maturity.

Program Timeline

October 31st (of current year)

- Applications due.

December 1st (of current year)

- Participants will be selected by the MWACSM Leadership and Mentoring Committee and notified of their acceptance into the program.

January 1st (of next year)

- Program official starts.

October/November (of next year)

- Mentees and mentors should plan to attend the MWACSM Annual Meeting.

December 31st (of the following year)

- Mentees will submit annual report summarizing activities from the past year.