



MWACSM Annual Meeting Tips & Tricks

BEFORE THE MEETING

- What To Wear
 - Business casual. Click [HERE](#) for visual examples
 - Select attire that can be worn for long hours comfortably
 - Consider your role in the conference (presenter vs attendee)
- What To Bring
 - Hydration & Fuel
 - 1st Day: breakfast and lunch will be offered
 - 2nd Day: brunch will be offered
 - Bringing water and snacks is always a good idea
 - Note Taking Items
 - Bring your computer/tablet and/or a notepad with a pen
 - Networking:
 - Bring business cards / be prepared to connect on LinkedIn
- Session Attendance Planning
 - Visit the MWACSM conference page [Annual Meeting](#)
 - Download the conference program
 - Make a schedule for sessions/events you are planning to attend
 - Be sure to plan for and schedule breaks
 - Attend networking events



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DURING THE MEETING

- Upon Arrival:
 - Check-in and obtain your ID badge at the Registration Desk
 - It is highly recommended to view the Registration Desk hours on the MWACSM Annual Meeting website
- Conference Content:
 - Keynote Speakers
 - ~60-minute presentations by professionals/faculty
 - A meal (lunch/brunch) is normally served to everyone during the presentation
 - Professional Presentations
 - ~45-60-minute presentations by professionals/faculty
 - Student Presentations
 - Poster Presentations
 - Oral Presentations (~10-15-minute slide presentations by students)
 - Potential Goals: Chat with at 1-2 students about their research findings and research experience as a student. See if you might find the research experience interesting so that you can present your findings at a future MWACSM Annual Meeting. Questions are highly encouraged during these presentations so please feel free to share what you are thinking.
 - Grad Fairs
 - Network with a variety of graduate programs and representatives.
 - Receptions / Socials
 - Potential Goals: Chat with 2-3 Annual Meeting attendees (students, professionals, faculty, etc).
 - Quiz Bowl
 - The Quiz Bowl competition is a Jeopardy style contest where teams of undergraduate students from various universities/colleges compete for the title of Quiz Bowl champions based upon various facets of kinesiology.



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AFTER THE MEETING

- Follow / interact on MWACSM social media platforms
 - ([MWACSM Twitter](#))
 - ([MWACSM Facebook](#))
- Claim / download Continuing Education Credits (CEC)
 - CECs are needed to recertify any ACSM credentials you may have already obtained (e.g., certified personal trainer, certified exercise physiologist, clinical exercise physiologist, etc). The CEC document can be found in the MWACSM Annual Meeting Program (see MWACSM website)
- Continue networking and making follow-up communications
- Share conference content with other students, colleagues, peers, etc