

3rd International Congress on **SOLDIERS' PHYSICAL PERFORMANCE**

Boston, USA • 18-21 August 2014

First Announcement



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Hosted by the United States Army
Research Institute of Environmental Medicine

www.icspp2014.com



INVITATION > A Message from the Co-Chairs

On behalf of the Planning and Advisory Committees, we are delighted to invite you to experience the 3rd International Congress on Soldiers' Physical Performance (ICSPP). This meeting will carry on the rich legacy of information exchange and dialogue among international partners from the first and second meetings hosted by the Finnish Defense Forces in 2005 and 2011.

We are confident that you will find the scientific programming of this meeting to be at the cutting edge of military physical performance research, as leading subject matter experts in human performance optimization and injury prevention will be in attendance. The Surgeon General and Commanding General of the US Army Medical Command, LTG Patricia Horoho, has been invited as the keynote speaker. Her Performance Triad Vision is transforming Army Medicine from a healthcare system to a system for health; it offers actionable education, programs, and policies across the military to help leaders at all levels improve their soldiers' stamina by maintaining, restoring, and improving sleep, activity, and nutrition (SAN).

We're proud to deliver four days of networking and soldier health and performance research at its best, including symposia and featured science sessions by international partners and world renowned speakers. A poster pavilion will showcase original research featuring a broad range of topics. Visit the exhibit hall for an interactive learning experience featuring training, fitness testing, and military equipment, as well as products from medical and sports-related companies to help soldiers perform at their best in combat. To explore multiple opportunities for jobs, professional development, and research support, visit the Recruitment Center during exhibit hours.

We've added value to the experience by offering an interactive forum featuring a Warfighter Readiness Roundtable and a Think Tank to establish an international consensus for research priorities. To stay up-to-date on details, visit www.icspp2014.com or send an email to info@icspp2014.com.



Dr. Brad Nindl
Co-chair



Ms. Marilyn Sharp
Co-chair



ABOUT 3rd ICSP > General Information

Who Should Attend?

Scientists and researchers, soldiers and military leaders, policy makers, practitioners, physicians and healthcare providers

Highlights

- Invited Keynote Speaker: The Surgeon General and Commanding General of the US Army Medical Command, LTG Patricia Horoho
- Interactive sessions with internationally renowned experts in human performance optimization and injury prevention
- Symposia and featured science sessions by international partners
- Poster Pavilion showcasing abstracts of original research
- Recruitment Center for job opportunities and research support
- Exhibits featuring innovative training, fitness testing, and military equipment

Mark Your Calendar

- **31 March** > Abstracts, symposia, featured science session submissions deadline
- **25 April** > Notification to authors of accepted Call for Papers submissions
- **15 May** > Early Registration ends

“ I consider this conference critical for soldier health. It provides a unique forum to leverage expertise and global collaboration to ensure soldiers remain in optimal health and are equipped to protect themselves from disease and injury, which enables them to perform at their highest capacity during their missions. ”



Major General Joseph Carvalho, Jr
*Commanding General
US Army Medical
Research and Materiel
Command*



PROGRAM > Schedule At-A-Glance*

Monday > 18 August

- 1700-2030 Registration
- 1800-1930 Opening Ceremony
- 1930-2130 Welcome Reception

Tuesday > 19 August

- 0700-0730 Registration
- 0730-1700 Poster Pavilion, Exhibits,
Recruitment Center
- 0730-1700 General Sessions, Symposia, Featured
Science Sessions, and Scientific Events

Wednesday > 20 August

- 0700-0730 Registration
- 0730-1700 Poster Pavilion, Exhibits,
Recruitment Center
- 0730-1700 General Sessions, Symposia, Featured
Science Sessions, and Scientific Events

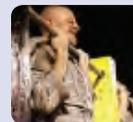
Thursday > 21 August

- 0700-0730 Registration
- 0730-1200 Poster Pavilion, Exhibits,
Recruitment Center
- 0730-1700 General Sessions, Symposia, Featured
Science Sessions, and Scientific Events
- 1900-2200 Closing Ceremony and Banquet

*Tentative. Subject to Change.

Featured Scientific Events

An interactive forum fostering collaboration through global perspectives and opportunities for continued networking and learning.



**Warfighter
Readiness
Roundtable**—Mission
Critical: Strength vs.
Aerobic Fitness



Think Tank—
Establishing
International
Consensus for Military
Physical Readiness
Research Priorities



PROGRAM > Invited Speakers



Invited Keynote Speaker

Lieutenant General Patricia Horoho

The Surgeon General and Commanding General of the US Army Medical Command

Maintaining, Restoring, and Improving Soldier Health:
Performance Triad Vision



Dr. William Kraemer

*University of Connecticut,
USA*

Physiological Readiness
and Resilience: Scientific
Underpinnings for
the Pillars of Military
Preparedness



Dr. Martin Gibala

*McMaster University,
Canada*

Physiological Adaptations
and Military Applicability
to Low-volume, High-
intensity Interval Training
in Health and Disease



Dr. Julie Greeves

*Army Recruiting and
Training Division, UK*

Physiological
Implications, Performance
Assessment and Risk
Mitigation Strategies
for Women in Combat-
Centric Occupations



Dr. Keijo Häkkinen

*University of Jyväskylä,
Finland*

Concurrent Aerobic and
Strength Training Modes
for Developing Physical
Performance



PROGRAM > Invited Speakers



**Dr. Patty Deuster and
COL Francis O'Connor**

*Uniformed Services
University, USA*
Human Performance
Optimization (HPO)
Strategies: Integrating
Research, Education,
and Clinical Services'
Line of Efforts for Soldier
Readiness



Dr. Nigel Taylor
*University of Wollongong,
Australia*
Protection versus
Physiology: Interactions
among Physiological
Regulation and Protective
Equipment



MG Xavier Bigard
*French Anti-Doping
Agency, France*
Are There Ethical Limitations
for Improving Physical
Performance in Soldiers?

“ *The collective expertise brought together from world-renowned subject-matter experts during the 3rd ICSP will foster a dynamic dialogue that leads to optimized soldier health and performance.* ”



**Major General
Dean Sienko**
*Commanding General
Army Public Health
Command*



COMMITTEE MEMBERS

Planning and Organizing Committee Members

Co-Chairs

Dr. Bradley Nindl (USA)

Ms. Marilyn Sharp (USA)

Members

Mr. Mark Bither (USA)

Dr. Bob Kenefick (USA)

LTC Matti Santtila (Finland)

Dr. Keijo Häkkinen (Finland)

Dr. Heikki Kyrolainen (Finland)

Dr. Ed Zambraski (USA)

Dr. Bruce Jones (USA)

LTC Robert Roussel (USA)

Scientific Advisory Committee Members

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Dr. Herb Groeller (Australia)

Dr. Jill McQuade (USA)

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Dr. Dani Moran (Israel)

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Dr. Karen Kelly (USA)

Dr. Jeff Schiffman (USA)

Dr. Patty Deuster (USA)

Dr. William Kraemer (USA)

LTC Andre Siqueira (Brazil)

LTC Antonio Duarte (Brazil)

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Dr. David Swain (USA)

Mr. Jason Dudley (USA)

Ms. Lydia Law (Singapore)

Dr. Nigel Taylor (Australia)

Dr. Chip East (USA)

Dr. Jason Lee (Singapore)

LTC(P) Deydre Teyhen (USA)

Dr. Yoram Epstein (Israel)

COL Dieter Leyk (Germany)

Mr. Taco Visser (Netherlands)

Dr. Karl Friedl (USA)

LTC Anders McDonald

Dr. Tom Williams (USA)

Dr. Pat Gagnon (Canada)

Sookermany (Norway)

Dr. Thomas Wyss (Switzerland)

Dr. Ryland Gaskins (USA)

Mr. Brian McGuire (USA)

Dr. Miyo Yokota (USA)

Dr. Julie Greeves (UK)

Dr. Scott Montain (USA)

MAJ Zakharov (Russia)



CALL FOR PAPERS

Abstracts, Symposia & Featured Science Sessions

The 3rd ICSPSPP invites abstract submissions for oral and poster presentations, as well as submissions for symposia and featured science sessions. Submissions are encouraged from a broad area relevant to soldiers' physical performance:

- physical training programs and adaptations
- occupational and physical performance testing and assessment
- injury prevention
- public health approaches
- nutritional considerations
- human factors
- ergonomics
- equipment design
- biomechanics
- load carriage
- gender integration issues
- environmental issues
- health promotion and wellness
- deployment concerns
- pedagogy
- psychological
- cognitive factors
- leadership
- social factors

Submission Guidelines

- All submissions must be received by **11 April 2014**. (Deadline extended from 31 March 2014.)
- The maximum word count for abstract submissions is 500 words, which includes the title, authors, institution, purpose, methods, results, and conclusions.
- The submitting author/chairperson/speaker will receive an email message confirming the receipt of the submission. Please notify your co-authors/speakers that the confirmation was received.
- All submissions must be made online in English.
- Submissions that do not comply with guidelines will not be reviewed or considered for presentation.
- Notification will be emailed only to the contact person indicated on the submission.
- All abstracts accepted for presentation will be included in publications that are part of the conference program.

For more information or to make a submission, visit www.icspp2014.com.



REGISTRATION & EXHIBITS

Registration

Registration is required to attend the 3rd ICSP. To receive savings, register online by **15 May 2014**, at www.icspp2014.com.

Registration fees for the 3rd ICSP include:

- Opening Ceremony
- Welcome Reception
- Scientific Events
- General Sessions
- Symposia
- Featured Science Sessions
- Poster Pavilion
- Recruitment Center
- Exhibits
- Closing Ceremony

Attendee Type	Early Registration <i>(by 15 May)</i>	Late Registration
Professional	\$500	\$595
Student	\$275	\$350
Exhibitor	\$525	\$620

Refunds and Cancellation Policy

Requests for cancellation of registration must be made in writing and emailed to registration@icspp2014.com. A \$150 processing fee will be applied to refund requests made by 30 June 2014. Refunds will not be given for failure to attend, late arrival, unattended events, or early departures. No refunds will be allowed after 30 June 2014.

Exhibits

Manufacturers of physical training, fitness testing, and innovative military equipment, as well as medical and sport-related companies, are invited to showcase their products. For information on becoming an exhibitor, or to leverage unique opportunities for increased access and exposure to stakeholders and decision makers, send an email to exhibit@icspp2014.com.



HOTEL > Welcome to Boston, USA

Famous for its hospitality and friendly spirit, Greater Boston is one of the most historically rich and culturally significant large cities in the United States. Its renowned medical and educational institutions have helped to make it an international center of learning and research.

Hotel Accommodations

The Westin Boston Waterfront, located less than three miles from Logan International Airport, sits in the artfully revitalized waterfront district overlooking the Boston Harbor.

Boston Waterfront Recreation

The Boston Waterfront bustles with activity, from culinary to cultural. The Institute of Contemporary Art (ICA), the Boston Children’s Museum, the Boston Tea Party Ships Museum, and the Harborwalk are just a short walk from the host hotel. An aquatic shuttle takes you to the historic Boston Harbor Islands—a national park like no other, including 34 islands that lie within the large “C” shape of Boston Harbor. It’s also easy to get to Quincy Market, the New England Aquarium, and the North End on foot, on a bike, or from the vantage of a trolley or duck tour. So follow the Freedom Trail or forge your own path to the destinations that intrigue you. But do take time to enjoy what many call America’s most European city.



The Westin Boston Waterfront

425 Summer Street
Boston, MA 02210
(857) 243-6929

Special Rate: \$230.05/night
(includes tax and fees)

Room reservations must be made by **16 July 2014** to receive the special rate listed. Reservations can be made online at www.icspp2014.com.



TRAVEL

Air Travel

Attendees using air travel to the 3rd ICSP are encouraged to select the General Edward Lawrence Logan International Airport located in the East Boston neighborhood approximately three miles from the host hotel, the Westin Boston Waterfront. The airport offers frequent service to and from cities in the United States, as well as Canada, the Caribbean, Europe, Mexico, Africa, and Asia.

Transportation

The FREE Silver Line SL1 bus rapid transit service, with drop-off and pick-up directly in front of each terminal, is the most convenient option and your best connection to and from the Logan Airport. Once at the World Trade Center stop, proceed up to the Mezzanine level. The hotel is located at the end of the foot bridge on Summer Street, next door to the Boston Convention and Exhibition Center.

Rental cars and taxi cabs are also available. Or, take a water taxi and enjoy fantastic views of the Boston Harbor. These transportation options require a fee.



Driving Directions

The Westin Boston Waterfront

- Follow signs out of Boston Logan International Airport to Interstate 90 West/ Massachusetts Turnpike West by way of the Ted Williams Tunnel.
- Take Exit 25 to South Boston.
- Keep right at the fork and exit onto Congress Street.
- Turn right on D Street.
- Turn right on Summer Street, and the hotel is on the left.