



2011 Resident Interest Group

AMSSM 20th Annual Meeting
Salt Lake City, UT

[Objectives]

- The Road to Fellowship...
 - Intern Year
 - Second Year
 - Third Year
 - Encouraged Activities
- The Application
- Important Dates
- The Interview
- The Fellowship

[The Intern Year]

- Build a strong foundation in your specialty
- Make contacts in Sports Medicine
 - AMSSM website-local docs, mentorship program, etc.
 - Word of mouth
- Obtain the AMSSM fellowship application
 - Use as a guide toward fellowship
- Attend a national/regional meeting
- Get involved locally:
 - Event coverage!
 - High School Coverage
 - Talks to community groups
 - Participate in coverage of mass par events

[The Second Year]

- Take on more responsibility with local sports medicine involvement:
 - Continue event coverage
 - Residency education
- Case presentation/Journal article
- National/Regional Meetings
- Electives
 - Away or not?
 - Spring
- Begin to look/research programs
 - What are you looking for in a program?
- Fall/Winter: AMSSM Resident Scholarship
- Spring: Begin Application
 - Start PS & CV, Collection of LofR

[The Third Year]

- Stay Involved
- August: Submit the application
- Summer/Fall – Away Elective
 - (Finish application for the program before the time of rotation - interview during rotation)
- October-Dec: Prepare for the interview
- Enjoy

[Encouraged Activities]

- National Organization Membership:
 - AMSSM, ACSM
- AMSSM Resident Scholarship
- Event Coverage & Shadowing
- Residency Projects:
 - High school, Lectures, Curriculum
- Longitudinal Sports Coverage
- Primary Care Activities
- Away Electives:
 - Spring 2nd yr/Fall 3rd yr
 - Contact programs early

[The Application]

- Begin early and Be organized
 - Submit by end of August 3rd year
- Universal application found on AMSSM website (no ERAS)
- CV:
 - Keep it updated from the beginning
 - Start work spring of 2nd year
- Letters of Recommendation:
 - Three: Program Director, AMSSM member, faculty on rotation
 - Start spring of 2nd year
- Personal statement
- Miscellaneous:
 - Medical school diploma/transcript, state licensures, certificate of training, USMLE scores, etc.

[The Application]

SPORTS MEDICINE ROTATION (Dates, Type, Location, Instructor):

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SPORTS MEDICINE COVERAGE (Games, Events, Training Room, Other):

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SPORTS MEDICINE CONFERENCES:

Attended:

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Presented: PLEASE INCLUDE A COPY OF THE PROGRAM OF ANY LISTED PRESENTATION

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PUBLICATIONS (author, title, publication, date - use additional sheets if necessary): PLEASE INCLUDE A COPY OF THE TITLE PAGE OF ANY LISTED PUBLICATION.

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[Important Dates]

- August 31, 2011
 - Match open
 - Register with NRMP at www.nrmp.org
- Application Deadline
 - Varies from program to program
 - Late September to mid-November
- November 2, 2011
 - Rank order list opens
- December 14, 2011
 - Rank order list closes
- January 4, 2012
 - Match Day

[The Interview]

- Be courteous
- Dress appropriately
- Be interested
- Be honest
- Know you - What you want
- Know your application
- Ask questions:
 - Program consistent
 - Keep set of important longitudinal questions
- Research programs/Know the program

Statistics for 2010 Match

2011 Primary Care Sports Medicine Match Results

Programs

<u>Category</u>	<u>Number</u>	<u>Percentage</u>
# of Programs	114	
Programs Filled	109	96%
Programs Unfilled	5	4%

Positions

<u>Category</u>	<u>Number</u>	<u>Percentage</u>
Positions Offered	170	
Positions Filled	165	97%
Positions Unfilled	5	3%

Applicants

<u>Category</u>	<u>Number</u>	<u>Percentage</u>
Number Applicants	228	
Number Matched	165	72%
Number Unmatched	63	28%

2010 Stats:

- # Programs - 108
- Fill Rate - 92%
- # Positions - 164
- # Applicants - 212

Other 2011 Stats:

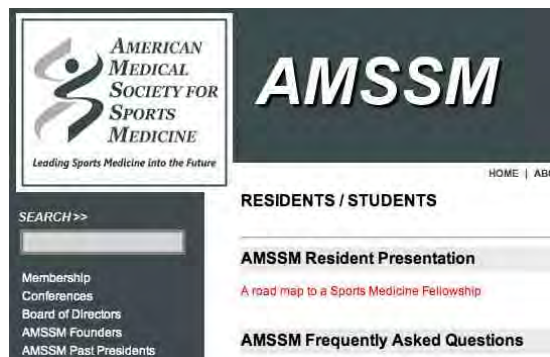
<u>Specialty</u>	<u># Positions</u>	<u>Filled</u>
Peds	14	14
EM	7	6
FM	149	145

[Overview of Fellowship]

- A day in the life of a Fellow
 - Clinical responsibilities (Office, training room, etc.)
 - School coverage & responsibilities
 - HS, college, & professional
 - Other coverage
 - Marathons, tournaments, etc.
 - Didactics/Journal club
 - National/Regional meetings
 - Presentations
- *Fellowship Field Manual*

Webites - Resources

- www.amssm.org
Resident/Student
 - This presentation
 - FAQ
 - Membership App
 - Resident Scholarship
- www.aoasm.org
- www.acsm.org
- www.nrmp.org
- www.aafp.org
- www.aap.org



AMSSM Website - Resident/Student

RESIDENTS / STUDENTS

AMSSM Resident Presentation

A road map to a Sports Medicine Fellowship

AMSSM Frequently Asked Questions

1) What type of residency should I choose to be eligible for primary care sports medicine?
An applicant should evaluate their interests and goals for the future when they choose a residency in sports medicine. Residencies in family medicine, pediatrics, internal medicine, physical medicine and rehabilitation. Most primary care sports medicine physicians train in family medicine due to the larger amount of fellowship openings for family medicine trainees.

2) How do I research individual fellowships?

A listing of fellowships can be found on the AMSSM website (<http://www.amssm.org>), and individuals should contact people from the various fellowship programs for more information.

3) How do I decide which program?

You should decide: what area of the program do you want included in your training?

Resident Scholarship Informational Letter

The AMSSM Foundation has authorized the Scholarship Program to provide assistance for residents to attend the AMSSM 20th Annual Meeting. The meeting will be held April 30-May 4, 2011, at the Grand American Hotel in Salt Lake City, Utah. This award is given annually to the applicants who best demonstrate a commitment to a career in Sports Medicine. Scholarship recipients will be selected by the Membership Committee.

Purpose:

The AMSSM is the principal organization for Sports Medicine Physicians. The Annual Meeting for the AMSSM is the prime event for interaction, education, and exchange of ideas in the treatment of the athlete or active individual. The purpose of the scholarship program is to provide assistance to resident members who want to participate in the Annual Meeting.

Criteria:

1. The award should be given to a qualified applicant who is planning a career in Sports Medicine.
2. The award should recognize an applicant who demonstrates skill, ability, and interest in Sports Medicine. There will be a maximum of three awards of \$1000, attendance at the annual meeting and complimentary one year membership to AMSSM are granted annually. All will be awarded on merit.

How to Match in Sports Medicine - Recommended Activities

American Medical Society of Sports Medicine (AMSSM):

- National primary care sports medicine organization
- Website: www.amssm.org
- Become a member as a resident
- Go to annual conference during second year (spring) or earlier
- Sponsored journals: Clinical Journal of Sports Medicine, British Journal of Sports Medicine

American College of Sports Medicine (ACSM):

- National sports medicine and exercise science organization
- Website: www.acsm.org
- Become a member as a resident
- Go to annual conference during second year (spring) or earlier
- Sponsored journals: Medicine & Science in Sports & Exercise, Exercise and Sport Sciences Review, Current Sports Medicine Report, Sports Medicine Bulletin

Away Rotation:

- At fellowship of interest
- At fellowship with known faculty within AMSSM (future letter of recommendation)