AMSSM is committed to continually cultivating and investing in the next generation of sports medicine physicians. Developed by the Membership Committee, the AMSSM Mentor Program is expanding to offer mentor opportunities on an on-going basis during the year by connecting current Active and Associate members with interested Resident and Student members. After initially setting up mentor sessions to interested Resident and Student members, we also plan to extend the Mentor Program to interested Fellows and Post-Fellowship members.

The goal of the Mentor Program is for mentors to guide their mentees (protégés) by giving perspective and answering questions about the field, passing on certain tenants of sports medicine that cannot be learned from any textbooks and creating a personal connection between the mentor and protégé.

Our Mission Statement, “AMSSM provides a forum to foster professional relationships among sports medicine physicians to advance the discipline of sports medicine through education, research, advocacy and excellence in patient care” demonstrates the importance of building professional relationships among its members to advance the field of sports medicine. The mentor - mentee (protégé) relationship is at the core of this premise where mentors share their experiences and offer important insight and advice to the protégé that are formulating their career path, while it gives the mentor a rewarding experience of giving back to the profession.

Longitudinal Mentor Program
Ultimately, the goal for the Year-Round Mentor Program is for the Mentor Program to be longitudinal through a natural evolving process where the mentor - mentee (protégé) relationship will continue to develop and sustain over a longer period of time.

Online Registration Links (Also Posted under Membership on the website)
Are you interested in signing up as a mentor: click here to volunteer as a Mentor. Residents and Medical Students: click here to be matched with a Mentor.

Matching Process
Mentors and mentees (protégés) will be matched by their primary specialty/specialty of interest, year of residency/medical school, geographical region and by other requested preferences on the registration form that include:

Professional Interest
- Team Physician
- Olympic/Paralympic
- Research
- Academics
- Private Practice
- Military

Format of Mentoring Session you want to participate in
- 1-on-1 session
- Pair (2 mentees)*
- Small group (3-4 mentees)*
  *Pair or small group session gives opportunity for expanded Q&A to learn from each other’s questions
Other Preferences
- Topics of Interest (ex. extreme sports coverage, etc.)
- Special Requests – List any special request(s) to match mentor to a protégé
- Gender Requests
- Someone with my background
- No Preference

Setting Up Initial Mentoring Session
The mentors will receive the names of their mentees (protégés) along with their email address and cell phone number so the mentor can make initial contact with their mentees (protégés) and through the conversation, decide together on a mutually agreeable date/time for the initial mentoring session, as well as for periodic follow-up mentor sessions.

The mentor and mentees (protégés) can decide which format they want to use for the mentor session(s):
- By Zoom Meeting/Big Marker Meeting (To schedule a mentoring session using AMSSM’s BigMarker Meeting/Zoom Meeting, please contact Joan Brown)
- By FaceTime, Skype or using your own Zoom Meeting account
- By cell phone
- By email (especially good for quick follow-up questions and for periodic follow-up).

Timing and Frequency of Mentor Sessions
The timing and frequency of mentor sessions is dependent upon each mentor-mentee (protégé) pairing. It is recommended that meetings occur on a quarterly basis. Additional meetings are at the discretion of the mentor-mentee (protégé) pairing. If possible, one session will be conducted in person during the Annual Meeting. At a minimum, a meeting needs to be conducted annually. Sessions may be of benefit leading up to significant events including application deadlines, interviews, AMSSM Case or Research Abstract proposal deadlines, scheduling rotations, etc.

Content for the Initial Mentor Session
The specific content of the initial mentoring session should be mutually decided by both the mentor and mentee, but below are suggested topics to include during the initial session:

Topic Suggestions to Cover During the Initial Mentor Session
The initial mentor session can be used as a general introduction to learn about each other’s interests in sports medicine and prior experiences.

Topics Mentors Can Share to Initiate Conversation
- Prior training and work experiences
- Why did you pick your specialty?
- Why sports medicine?
- How do you incorporate sports medicine into your practice?
- Experiences within AMSSM

Suggested Questions Mentors Can Ask Protégés (Residents and Students)
- Why did you choose medicine?
- What interests you about sports medicine?
- For students – do you have a particular specialty of interest?
- Where do you see yourself in 5, 10, 20 years?
- What do you hope to get out of the mentor program? Are there any specific questions or topics you want to address?
Content for Follow-Up Mentor Sessions

- Medical Students
  - Different primary specialties to choose from
- Residents
  - Selecting a fellowship
- How to get more experience in sports medicine during training
  - Medical school / residency rotations
  - Shadowing opportunities / “away rotations”
- Residency or fellowship application process
- Preparing for interviews
- AMSSM Annual Meeting
  - Submitting a case or research abstract
  - Important events to attend
  - MSIG / SMRC
- Coverage opportunities (team coverage, mass events, PPEs)

Feedback from Mentors and Mentees (Protégés)
We want to get your feedback/suggestions/ideas on how the mentor program is going, so each mentor and mentee (protégé) will receive a brief online survey periodically from Survey Monkey. This will allow us to keep making updates and improvements to the Year-Round Mentor Program.

Testimonials of the AMSSM Mentor Program
AMSSM will give the mentors and mentees (protégés) an opportunity to make a brief testimonial (written or video) about the AMSSM Mentor Program, giving AMSSM permission to use their testimonial when promoting the Mentor Program in brochures, social media or on the AMSSM website.

MENTOR SUPPORT SYSTEM
We are working on constantly building a core group of mentors in each specialty, and we realize the strength of our Mentor Program is dependent on the support and development of our mentors. To achieve this, we will have a Mentor Support System in place where we have the following Mentor Group Leaders:

<table>
<thead>
<tr>
<th>Emergency Medicine Mentor Group Leader</th>
<th>Christopher Guyer, MD</th>
</tr>
</thead>
</table>
| Allopathic Family Medicine Mentor Group Leaders | Marci Goolsby, MD  
Yaowen Eliot Hu, MD, MBA  
Siobhan Statuta, MD  
David Wang, MD |
| Osteopathic Family Medicine Mentor Group Leaders | Jacklyn Kiefer, DO  
Jason Smith, DO |
| Internal Medicine Mentor Group Leader | Claudia Dal Molin, DO |
| Pediatrics Mentor Group Leader | Cassidy Foley Davelaar, DO |
| PM&R Mentor Group Leaders | Lauren Elson, MD  
Jonathan Napolitano, MD |
| Diversity Mentor Group Leaders | Janeeka Benoit, DO  
Oluseun Olufade, MD |

These Mentor Group Leaders will serve a vital role in the Mentor Support System, where their main responsibilities are to serve as a mentor resource, offer support as needed and periodically check-in with their mentors to see how things are going.
Specifically:

- Joan Brown will serve as the Staff Coordinator for the Mentor Program and will email the Mentor Group Leader a list of AMSSM members serving as Mentors in their primary specialty.
- Make an initial contact by email with each Mentor in your primary specialty group and periodically check-in with them to see how things are going.
- Serving as a mentor resource – When contacting/following up with each mentor, the Mentor Group Leader would offer support to each mentor by checking to see if the mentor feels prepared for their mentoring sessions, provide topic suggestions/questions to initiate conversation with mentee(s) and give advice to the mentors based on your experiences as a mentor.

If you have questions regarding the AMSSM Mentor Program, please contact Joan Brown, AMSSM Membership Manager either by calling the AMSSM office or by email.