

# Student Guide to the 2026 ACSM Annual Meeting



## Sessions

### Student & Early Career Pre-Conference: The Science and Art of Mentorship: Empowering the Next Generation of Leaders

Tuesday, May 26 | 3 – 5 p.m.  
Room: CC-251D

This session will highlight what makes a mentor really stand out while helping themselves and their mentees grow in meaningful ways. The session will provide actionable strategies for becoming an inclusive supportive, and impactful mentor. This event has reached pre-registration capacity.

### First Time Attendee Networking Event

Tuesday, May 26 | 5:45 – 6:45 p.m.  
Room: Hyatt Regency-TBD

Is this your first ACSM Annual Meeting, or simply looking to brush up on your networking skills? Attend this relaxed and friendly meet-up where you can connect with other newcomers and chat with ACSM leaders before the week begins. It's your chance to ask questions, make a few early connections, and head into the conference feeling confident and ready to dive in.

### A Roadmap to Professional Success and Leading Others: What it Takes to Take Charge?

Thursday, May 28 | 11:30 a.m. to 12:30 p.m.  
Room: CC-251D

This inspiration presentation will highlight foundational factors underlying future career success, specific behavioral skills associated with people who are highly accomplished, and complementary approaches that can help you achieve breakthrough life goals.

## Events

### President's Cup Competition

Wednesday, May 27 | 2 – 4:30 p.m.  
Room: Hyatt Regency-Salt Lake D

Students display their research and compete against some of the top student researchers across the country.

## Exhibit Hall Opening Reception

Wednesday, May 27 | 5:30 – 6:30 p.m.  
Room: CC-Hall C

Meet with exhibitors, network with attendees and pick up snacks and free samples. Check the mobile app on-site for more details and visit the ACSM Member Hub to learn how to get more involved.

## Student Bowl

Wednesday, May 27 | 7:30 – 9 p.m.  
Room: Hyatt Regency-Salt Lake C

Undergraduate teams from ACSM's Regional Chapters face off in a Jeopardy-style competition showcasing their sports medicine and exercise knowledge. Only one regional chapter will be crowned champion.



## ACSM Student Lounge

Tuesday: 3 – 6 p.m.  
Wednesday: 9 a.m. to 5 p.m.  
Thursday: 9 a.m. to 5 p.m.  
Friday: 9 a.m. to 3 p.m.  
Room: CC-150G

The ACSM Student Lounge is the hub of student engagement activities and career development opportunities. Relax & interact with fellow students. Connect with potential employers through the ACSM Career Center or have your LinkedIn profile or CV reviewed. Light refreshments will be provided.

### Featured in the Lounge: Pathways to Possibilities

Chat with professionals working in a variety of diverse fields throughout the week to learn about career paths and ask advice from someone who's been there.



# Know Before You Go

## Download the Mobile App

The Annual Meeting Mobile App is your guide to all sessions, events and on-site assistance. You can view the full schedule, digital program, abstract and speaker lists, download presentation slides, plan your own schedule and more! Search “ACSM Conferences and Meetings” in the app store and download before you get to Salt Lake City.



## Packing List

As you're packing for the Annual Meeting, don't forget these key items:

### Comfortable shoes

- ✓ Sweater/light jacket (it can be cold in the convention center!)
- ✓ Refillable water bottle
- ✓ Small snacks such as granola bars, nuts or dried fruit
- ✓ Small tote or backpack
- ✓ Portable charger or battery for mobile devices
- ✓ Business card or QR code to your LinkedIn profile for networking
- ✓ Small notepad and pen or mobile app for taking notes in sessions

### What to wear: Business casual attire

- ✓ Dress shirt and slacks, tie optional, sport coat or blazer may be worn for receptions or while presenting
- ✓ Blouse and dress pants or a dress, blazer or cardigan optional
- ✓ Polo and khaki pants with a pullover or cardigan are acceptable for attending sessions, the exhibit hall or poster hall when not presenting

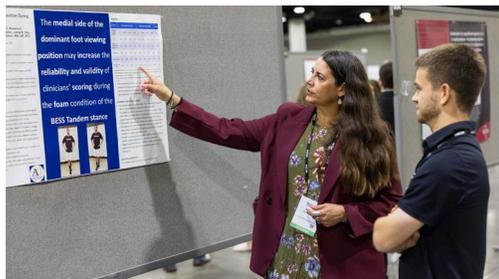
Those attending the ACSM Honors event should wear business attire: dress pants with shirt, tie and sport coat or blazer; dress pants with blouse or dress.

## Tips for Presenting Your Poster

2022 President's Cup winner Sophie Seward shares her tips for presenting an award-winning poster.

[Click here for more information.](#)

Scan QR Code to read her tips:



## Networking Tips

The Annual Meeting is a perfect opportunity to network with leading researchers, practitioners and educators, as well as your peers and fellow students. Review these eight networking tips and be set up for success!



[Click here for more information.](#)

## Volunteer Program

ACSM offers students the opportunity to get involved, support the event, and reduce their registration fees through the student volunteer program. Students completing a full, four hour, volunteer shift will receive a 50% refund of their registration fees post-conference.

Scan QR code to learn more and register for these programs:



## ACSM Peer Connect Program

Will this be your first ACSM Annual Meeting? Or maybe you're attending alone? Participating in the ACSM Peer Connect Program is a great way to navigate a large conference and expand your network. This program is designed to make conference attendance more approachable by pairing you with someone who shares your professional interests and meeting goals.

[Click here to learn more.](#)

Scan QR code to learn more about the ACSM Peer Connect Program:



## Social Media

Connect with ACSM! Tag us and use #ACSM26 in your posts for a chance to have your content shared.

Instagram: [@ACSM1954](#)

TikTok: [@ACSM1954](#)

Twitter/X: [@ACSMNews](#)

LinkedIn: [American College of Sports Medicine](#)

Facebook: [American College of Sports Medicine](#)

